

Over the financial year 2022-2023,
Women's Health Matters (WHM)
worked with



2517
women and girls.

1214

women and girls received
intensive group and 1 to 1
support.

1303

women and girls
received light touch
outreach support.

303

children received
support.

We ran:
869 & 1728
group sessions 1-to-1 sessions

We coproduced and co-facilitated
Domestic Abuse training for
professionals alongside members of
the *Breathe Free* group.

We engaged with
69 volunteers across our
services and **12** external
workers provided support
in our groups, and hosted
student placements.

50% & 70%
of our trustees & of our staff
have declared
lived experiences of
Domestic Abuse and Violence.

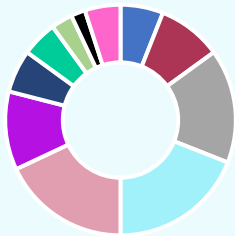
Financial Information:

In year income: £813,032
In year expenditure: £655,528

*NB: In year income inflated due to being received
in advance for 2023/24

Ages & Ethnicity:

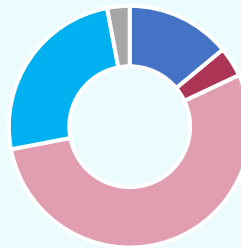
Women:



- 18-20 (6%)
- 21-25 (9%)
- 26-30 (16%)
- 31-35 (19%)
- 36-40 (18%)
- 41-45 (11%)
- 46-50 (6%)
- 51-55 (5%)
- 56-60 (3%)
- 61 and over (2%)

- African (18%)
- Arab (<1%)
- Bangladeshi (<1%)
- Black Caribbean and White (<1%)
- British (48%)
- Caribbean (<1%)
- Eastern European (1%)
- Indian (<1%)
- Irish (<1%)
- Pakistani (2%)
- White and Black African (1%)
- White and Black Caribbean (1%)
- White British (1%)
- Other Asian background (7%)
- Other Black background (<1%)
- Other Ethnic group (6%)
- Other mixed background (<1%)
- Other White background (2%)
- Not disclosed (8%)

Children:



- 0-5 (14%)
- 6-10 (4%)
- 11-15 (54%)
- 16-18 (25%)

- African (3%)
- British (51%)
- Eastern European (3%)
- Gypsy or Irish Traveller (2%)
- Irish (2%)
- Pakistani (1%)
- White and Asian (1%)
- White and Black Caribbean (2%)
- Other Asian background (18%)
- Other Black background (<1%)
- Other mixed background (3%)
- Other White background (2%)
- Not disclosed (11%)

**Work With
Children of Women**

Creche

Create & Connect
WHM Emergency Fund /
Household Support Fund

WOW!

Breathe Free

Growing Together
Family Canvas

Bluebirds

Rainbow Hearts

Rosebuds

Inside Out

Feel Good

Art Therapy

Leeds Domestic Violence Service

WHM Drop-In

**Work With
Women**

LDVS Sanctuary Support Scheme

Maternity Voices Partnership

Breastfeeding Peer Support

Energise & Empower

Sunflowers

Your Space

Digital Support
& Inclusion

Women's Lives
Leeds
- Empowering
Systems Change

Pregnancy
Choices
Advocacy
Service

The Key Change

**Work With
Girls**

Young Snowdrops

We delivered
our work across
27 services

In 2022-23, we worked with **women and girls most at risk**, including those experiencing **domestic violence, sexual and emotional abuse**; those with **children in care or at risk of being removed**; **young mums, pregnancy choices, maternity and parenting**; women seeking **asylum**; women with **learning disabilities**, and women with **complex needs or mental health and wellbeing needs**.

WHM supported women and girls of **34 different nationalities**, who spoke **27 different languages**, representing **8 religions**. **29.11%** of the women were **asylum seekers or refugees**.

We worked across the **12 areas in Leeds ranked in the most deprived 1% nationally**, by the Index for Multiple Deprivation (2019).



99%

felt able to get the support they needed through WHM

96%

said they felt **better about themselves**

95%

said they felt WHM had helped them **understand abuse**

95%

said WHM had helped **widen their support network**

96%

said they felt **safer**

Case Study:

At the time of her referral to Breathe Free in May 2022, Sue's (pseudonym used) child was due to be returned to her care after being removed due to an unsafe home environment involving DVA and substance misuse. Sue had left her abusive relationship six months before starting the group and wanted to learn more about DVA and support her recovery.

Sue engaged exceptionally well in the group and was keen to learn about all forms of DVA and the impacts on her life, contributing actively to the group discussion. She assuredly related the learning in group to her own life experiences, openly sharing her struggles with alcohol and remaining active in her recovery by attending regular AA meetings. Early into Sue's intervention, she shared her desire to volunteer with Forward Leeds when she finishes Breathe Free, hopeful to help women in similar situations that she was once in.

Towards the end of the course, Sue felt empowered to write down her experiences with the Police as part of a report to West Yorkshire Police via the Police Conduct Review process. Sue expressed feeling listened to and supported, hoping that sharing her negative experiences will improve police responses to victim/survivors of DVA in the future.

Sue completed the full 24-week course, remaining committed and attending regularly throughout. In week 23, a referral was made to Smart Works, resulting in career coaching, support writing her curriculum vitae, advice with job searching and was gifted an interview outfit she felt comfortable in. Sue successfully gained a volunteer placement at Forward Leeds, providing peer support for those in recovery. Sue went on to complete the Breathe Free Volunteering and co-produced and co-delivered training to Social Work Students at Leeds Beckett University in April 2023. She is now an ambassador for Smart Works and shares her experiences with women in community settings. Sue's family are no longer involved with CSWS and she remains strong in her recovery.

91.1% agree their **self-confidence has increased and 95%** said they felt better able to make their own choices

"They [WHM] have helped with my **self-esteem, confidence, anxiety** and helping me feel like a **valued human being.**"

"Since coming to WHM, I am making great progress in my recovery and wellbeing. I am working hard to get my son home and WHM has helped me get my confidence back."

92.1% said their mental wellbeing had improved

90% said they felt less anxious

"They [WHM] have helped with my **self-esteem, confidence, anxiety** and helping me feel like a **valued human being.**"

"WHM made me feel **less isolated** and alone"

90% said they felt more positive about the future

"I feel **less isolated**. I am **listened to and heard**. Being **heard** is new for me and very **valued**. I feel more **confident** to go to groups and **feel safe.**"

'I am not alone'

"WHM made me feel **less isolated** and alone

93.6% said they had developed a more positive support network, including making friends who understood them

93.1% said they received help from WHM, they couldn't have got anywhere else

"WHM has **improved my confidence** in myself, given me a reason to get out of the house and given me confidence in making **healthy relationships** in the future."

"WHM have offered support, referrals to other services and have **listened to me.**"

"I have increased my ability to **differentiate between healthy and unhealthy relationships.**"

93.1% stated they felt better able to **respond to abusive relationships**

23.5% said they couldn't access WHM without travel support

30.4% have received food, clothes or emergency items from WHM

19.6% have received emergency financial support from WHM