

# ***Women's Health Matters***

Annual Client Snapshot Survey Results

2022 - 2023



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  
group sessions

1728  
1-to-1 sessions

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

We delivered our work across 27 services:

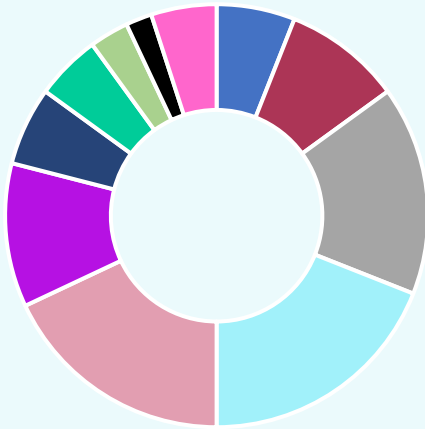
- Bluebirds
- Breastfeeding Peer Support
- Breathe Free
- Create and Connect
- Digital Support and Inclusion
- Emergency Fund, Household Support Fund, and Product Bank
- Energise and Empower
- Family Canvas
- Feel Good
- Growing Together
- Inside Out
- Leeds Domestic Violence Service
- LDVS Sanctuary Support
- Maternity Voices Partnership
- Pregnancy Choices Advocacy Service
- Rainbow Hearts
- Rosebuds
- Snowdrops
- Sunflowers
- The Key Change
- Women's Lives Leeds – Empowering Systems Change
- Women's Health Matters Drop-In
- Women's Health Matters external training for professionals
- Women's Health Matters Volunteering Programme and Student Placements
- Wow!
- Young Snowdrops
- Your Space

50%  
of our trustees &  
70%

of our staff team have declared lived experiences of **Domestic Abuse and Violence**.

## Women:

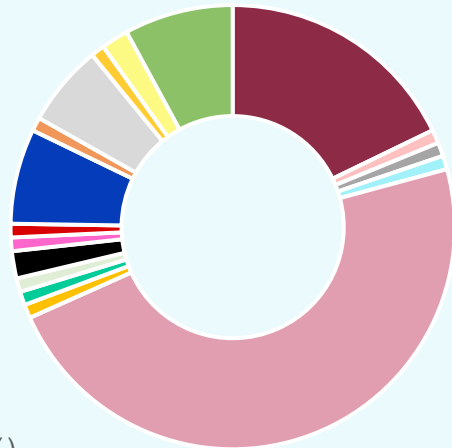
### Ages of Women



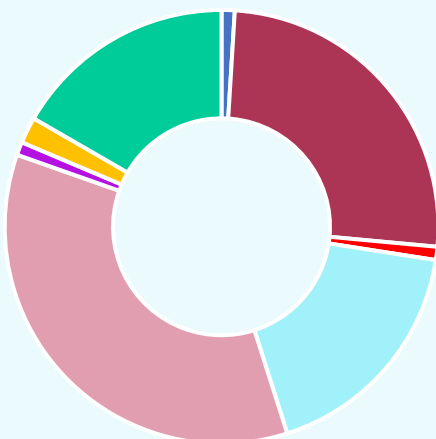
- 18-20 (6%)
- 21-25 (9%)
- 26-30 (16%)
- 31-35 (19%)
- 36-40 (18%)
- 41-45 (11%)
- 46-50 (6%)
- 51-55 (5%)
- 56-60 (3%)
- 61 and over (2%)
- Unanswered (5%)

### Ethnicity of Women

- African (18%)
- Arab (Less than 1%)
- Bangladeshi (Less than 1%)
- Black Caribbean and White (Less than 1%)
- British (48%)
- Caribbean (Less than 1%)
- Eastern European (1%)
- Indian (Less than 1%)
- Irish (Less than 1%)
- Pakistani (2%)
- White and Black African (1%)
- White British (1%)
- Other Asian background (7%)
- Other Black background (Less than 1%)
- Other ethnic group (6%)
- Other mixed/ multiple background (Less than 1%)
- Other White background (2%)



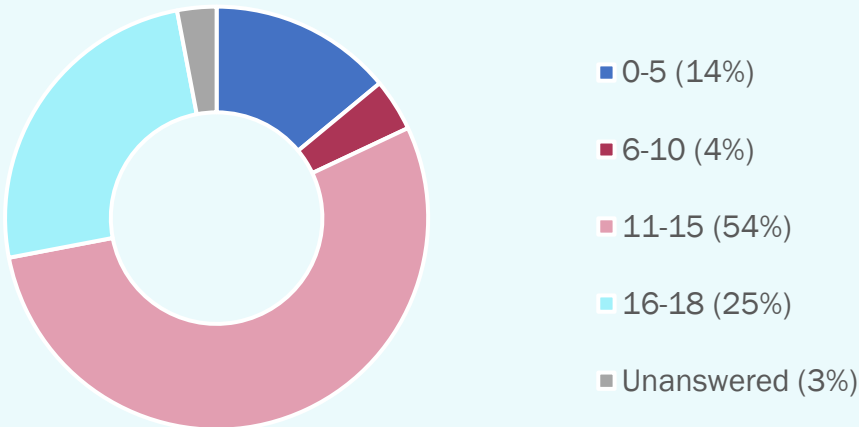
### Religion of Women



- Buddhist (Less than 1%)
- Christian (26%)
- Hindu (Less than 1%)
- Muslim (18%)
- No religion (36%)
- Sikh (Less than 1%)
- Any other religion (2%)
- Chose not to disclose (17%)

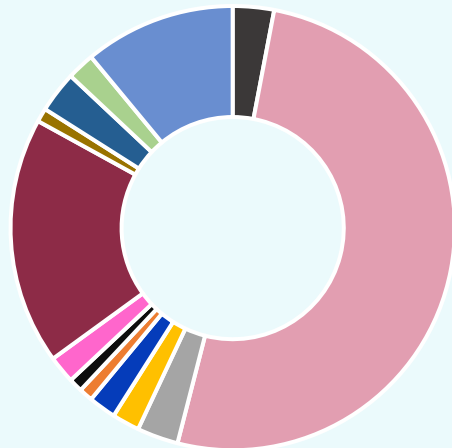
## Children:

### Ages of Children

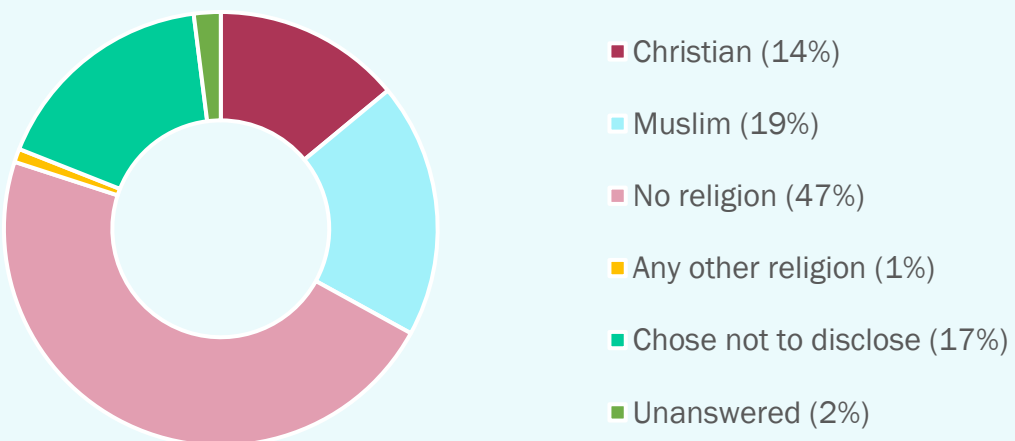


### Ethnicity of Children

- 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%)
- Mixed or multiple ethnic backgrounds (3%)
- Other White background (2%)
- Unanswered (11%)



### Religion of Children



34

different nationalities

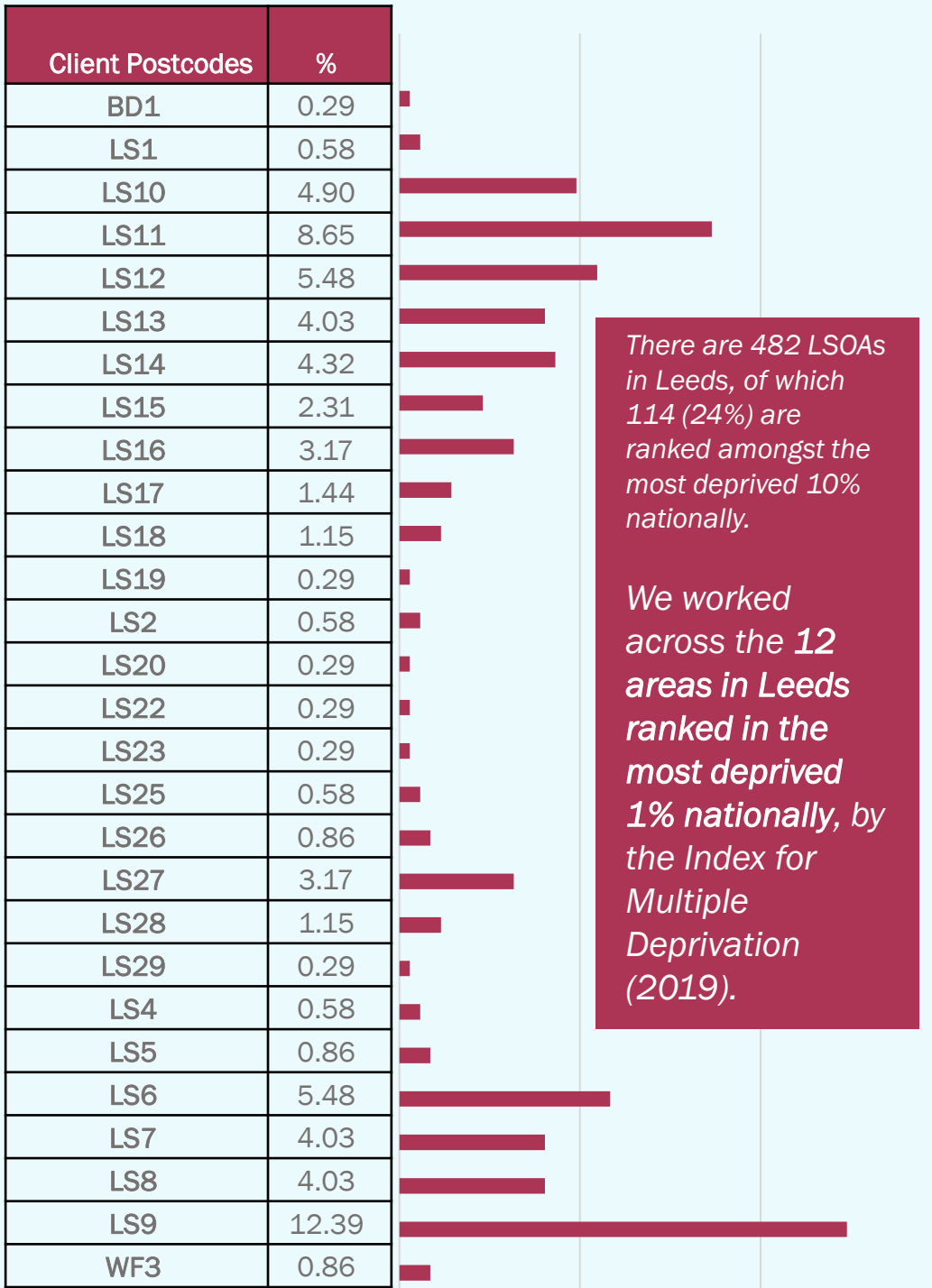
29.11%

asylum seekers or refugees

27

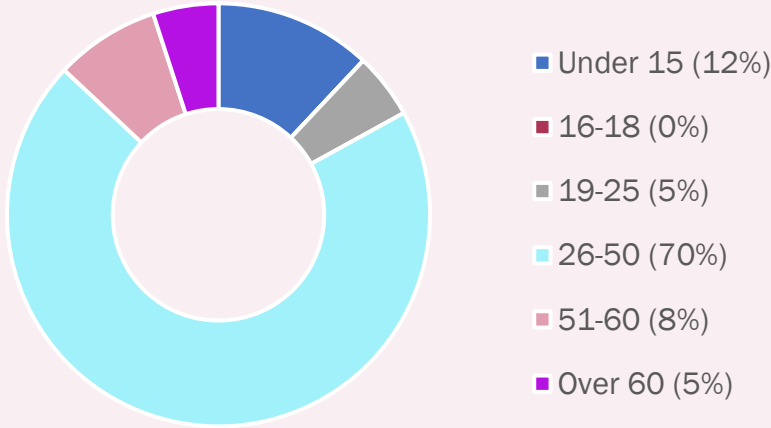
different languages

Postcode Information:

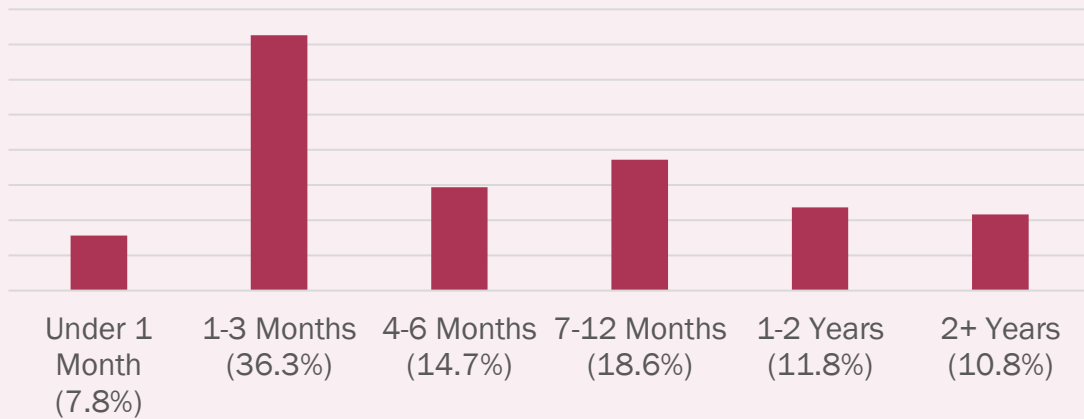


WHM's Annual Snapshot Survey ran between *January and February 2023*.  
**102 women responded to the survey.**

## Ages

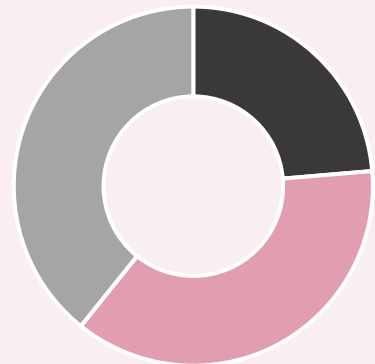


## Length of Support



## School & Employment

- Currently employed (22.5%)
- Left school without qualifications (35.3%)
- Unemployed for over 6 months (37.3%)



**68.8%** said they felt more ready to get a job following support from WHM.

## Finances

<p><i>"I had help with baby items."</i></p> <p><i>"WHM wrote a letter of support for me for the attention of my bank as evidence that I have been a victim of coercive control and economic abuse."</i></p>	59.8% have had money worries
	64.7% are receiving benefits
	35.3% aren't receiving benefits
	15.7% have had their benefits stopped or sanctioned
	24.5% have been homeless
	25.9% have been in emergency accommodation or vulnerably housed

## Statutory Services

9.8% have been through care
61.8% have had contact with Police as a victim of crime
23.5% have current involvement with CSWS
12.4% have been arrested, charged with a crime, or convicted of a criminal offence
2.9% have been to prison
24.5% have been homeless
45.1% felt statutory services didn't listen to them

*"WHM helped me seek legal advice."*

*"WHM helped me by allowing me to speak to my teachers and being confident to do so."*

*"WHM has made me aware of support from services."*

*"WHM made me feel heard, understood and supported"*

## Pregnancy

2.9% were currently pregnant
22.5% had had a termination
30.4% experienced pregnancy loss / miscarriage

## Children of Women

- 72.5% have children  
*number of children ranges from 1 (21.6%) to 10 (1%)*
- 58% are single parents
- 30% have a child in someone else's care
- 6.3% of their children have a learning or physical disability
- 12% of their children have mental health problems
- 13.2% of their children have emotional or behavioural problems
- 58.5% said following support from WHM their confidence in parenting had increased
- 50.9% said they had improved their parenting skills and were less likely to have a child removed in the future

## Mental Health

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

*"WHM put me in touch with another **therapist** for **weekly 1-1 support.**"*

*"WHM made me feel **less isolated and alone, boosted self-worth and my confidence.**"*

**75.5%** *reported having mental health difficulties*

- 56.9% lacking self confidence
- 41.2% feeling lonely
- 30.4% experienced pregnancy loss/ miscarriage
- 45.1% taking anti-depressants
- 63% self-harming or having suicidal thoughts
- 51% have experienced bereavement
- 5.9% have experienced death of a child





## Drugs & Alcohol

**25%** reported having difficulties with alcohol or drugs

## Abuse

**75.4%** have experienced unhealthy / abusive relationships, domestic abuse or emotional / sexual abuse

**70.6%** have been victims of violence

**45.1%** have experienced DVA as a child / teenager

**9.3%** have been sexually exploited or trafficked

**28.4%** were sexually assaulted or raped as a child

**36.6%** have been sexually assaulted or raped as an adult

*"WHM helped me to realise how **unhealthy some of the situations I have been in were.**"*

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

*"I have had help **leaving my relationship.**"*

**95%**

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

**93.1%**

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

**96%**

stated they felt more able to **leave abusive relationships**

## Support

*"Since coming to WHM I feel like I have the **support and understanding** I need. I am more confident in myself and am **safer since leaving my relationship.**"*

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

*"You have helped me to **gain my confidence back** and not be afraid of **speaking up.**"*

*"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."*

48% said their children's mental wellbeing had improved

86% said they improved their physical health

96% said they felt safer and 47% said their children felt safer

90% said they felt more positive about the future

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

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

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

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

47% said their children's confidence had increased

91.1% said they felt better able to stand up for themselves

96% said they felt better about themselves

92.1% said their mental wellbeing had improved and 90% said they felt less anxious

**99%** said they felt able to get the **support they needed** through WHM

*"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.**"*

*"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."*

*"I have had **help** leaving my relationship, with **money troubles** and **food too.**"*