



WHHM

Annual
Client
Snapshot
Survey

2023 - 2024

Over the financial year 2023-2024, Women's Health Matters (WHM) worked with



1219

women and girls
received intensive
group support

1554

women and girls

335

women and girls
received light touch
outreach support



387

children received
support

We ran:

3933 sessions

including:

1221

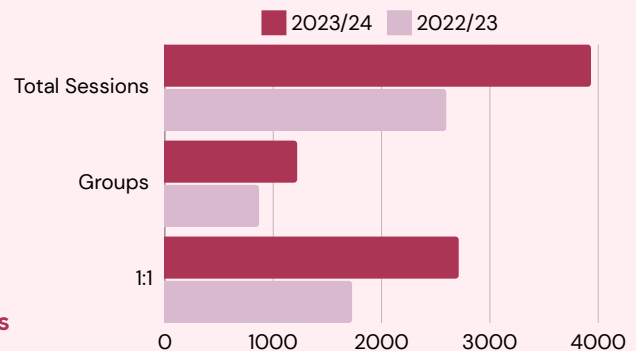
group sessions
(869 in 2022/23)

2712

1-to-1 sessions
(1728 in 2022/23)

2411

light touch contact and
short term work sessions



50% of our **staff team**
and **70%** of our **trustees**
have lived experience of
**domestic violence and
abuse.**

We engaged with people **65,229**
times across **Facebook, Instagram**
and **X**. Across these platforms, and
our **MVP Facebook** group, we have
5939 followers.

We engaged with **79 volunteers**
including trustees, volunteers
and students and worked with **13
external workers** who are
seconded to us to support our
groups free of charge from their
organisations.

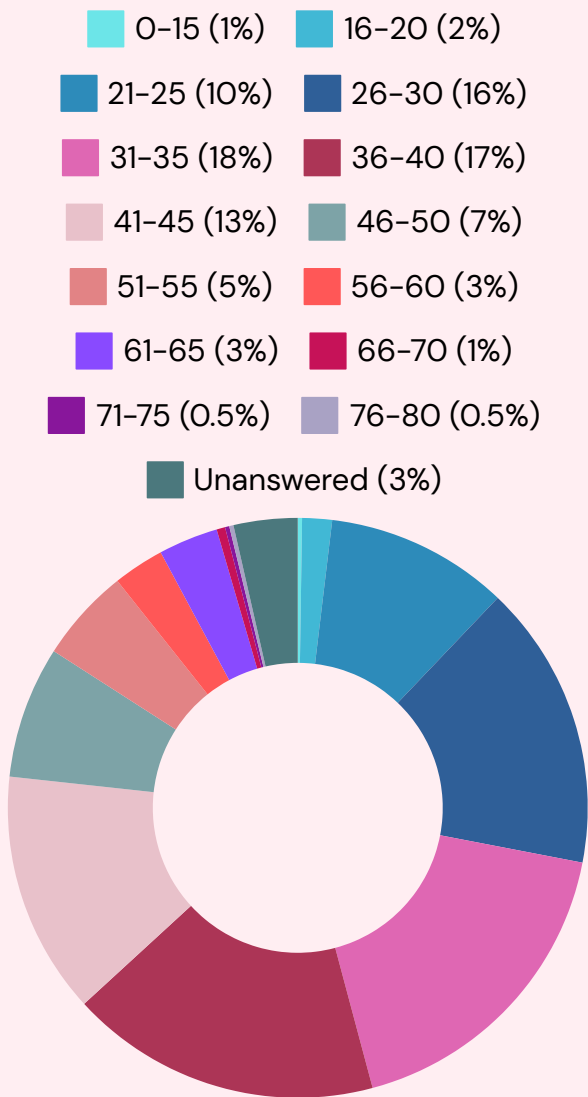
We hosted our **co-produced** and
co-facilitated Survivor's Voices:
Domestic Abuse Awareness
Training for **31 delegates.**

We delivered work across **28 services:**

- Art Therapy
- Being You Leeds
- Bluebirds 1:1 Support
- Bluebirds Group Support
- Breastfeeding Peer Support
- Breathe Free
- Creche
- Digital Support and Inclusion
- Emergency Fund, Household Support Fund and Product Bank
- Energise and Empower
- Family Canvas
- Feel Good
- Growing Together 1:1 Support
- Growing Together Group
- Healthy Holidays
- Inside Out
- Leeds Domestic Violence Service Support Groups
- LDVS Sanctuary Support
- Maternity Voices Partnership
- Pregnancy Choices Advocacy Service
- Rainbow Hearts
- Referrals and Short-Term Work
- Rosebuds
- The Key Change
- Women's Lives Leeds -Empowering Systems Change
- WHM Drop-In
- WHM External Training for Professionals
- WHM Volunteering and Student Placements Programme

Database Information

Age of Women



Disability of Women

40%

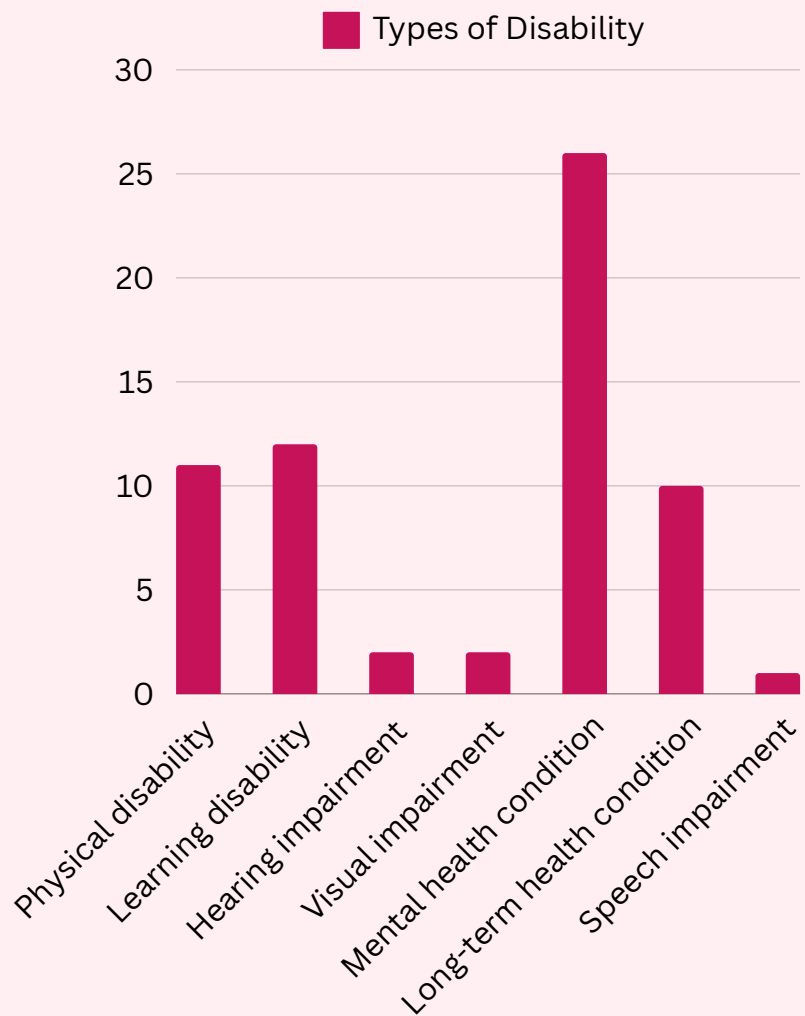
of the women we worked with reported a disability

17%

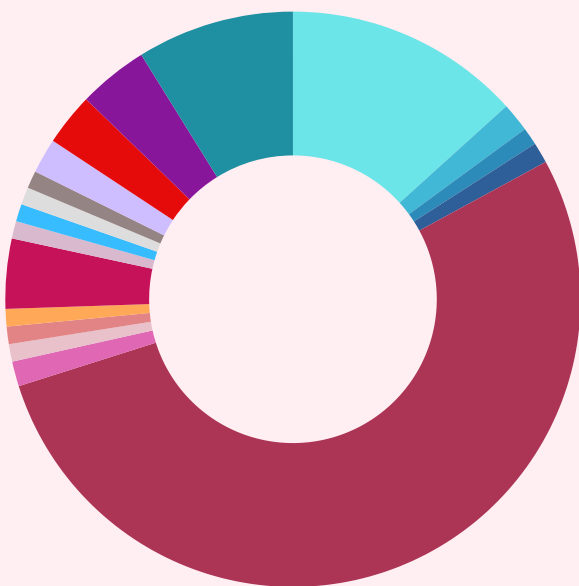
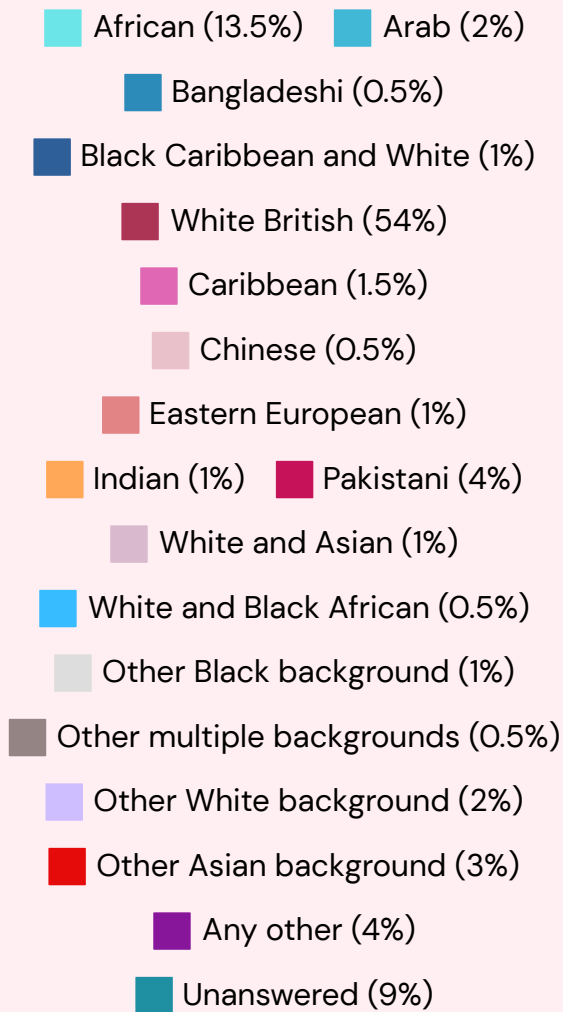
of those with a disability reported multiple disabilities

6%

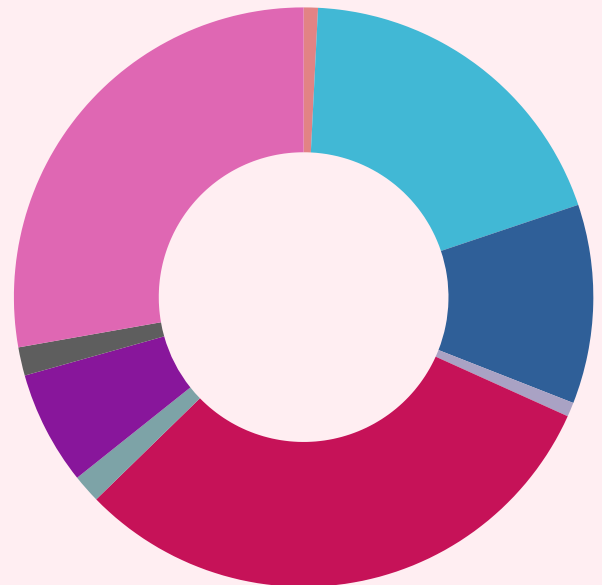
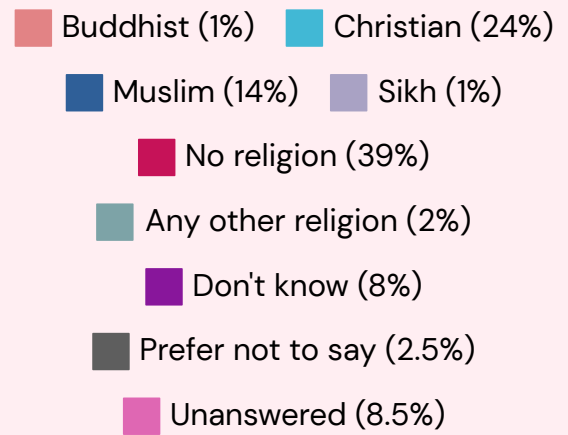
reported a 'dual diagnosis' of a mental health condition in addition to drug or alcohol abuse



Ethnicity of Women



Religion of Women



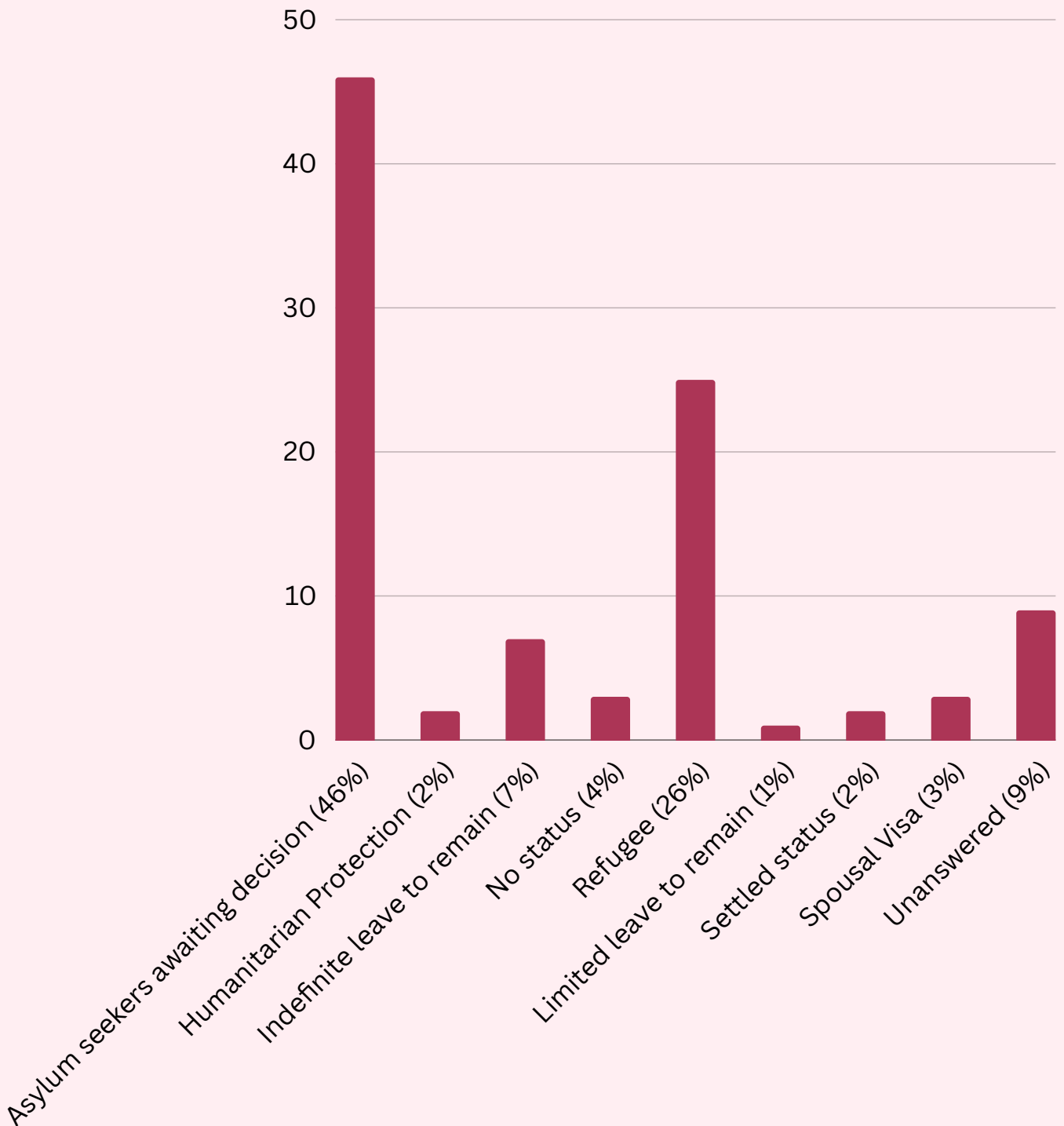
39 nationalities
(including British)

30 languages spoken

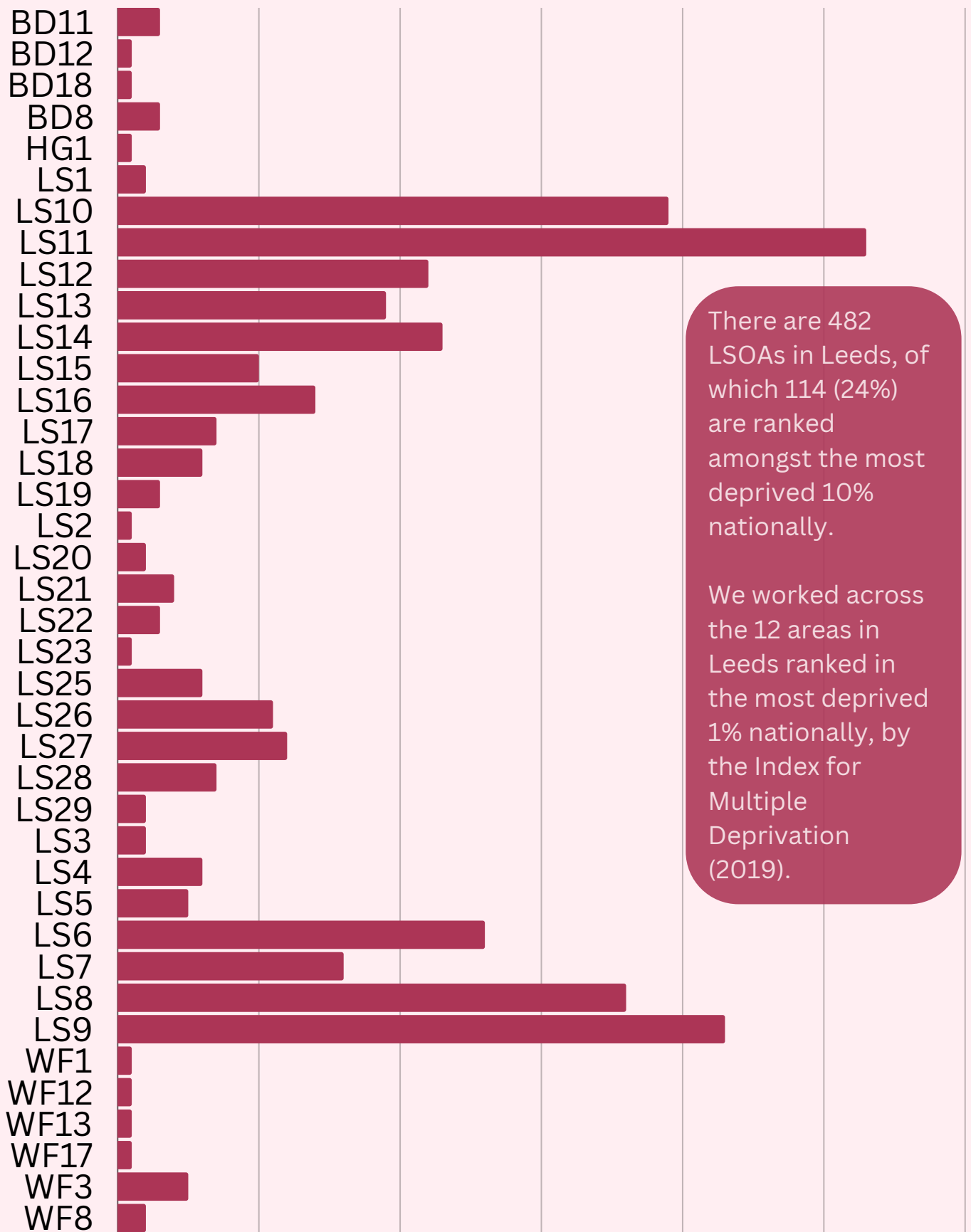
27.32%

of the women we support are not British nationals

Immigration Status



Postcode Information



There are 482 LSOAs in Leeds, of which 114 (24%) are ranked amongst the most deprived 10% nationally.

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

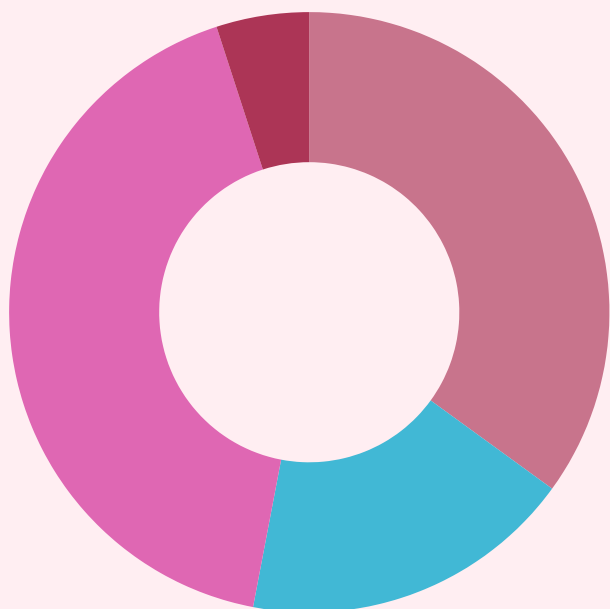
Disability of Children

19.02%
have a disability

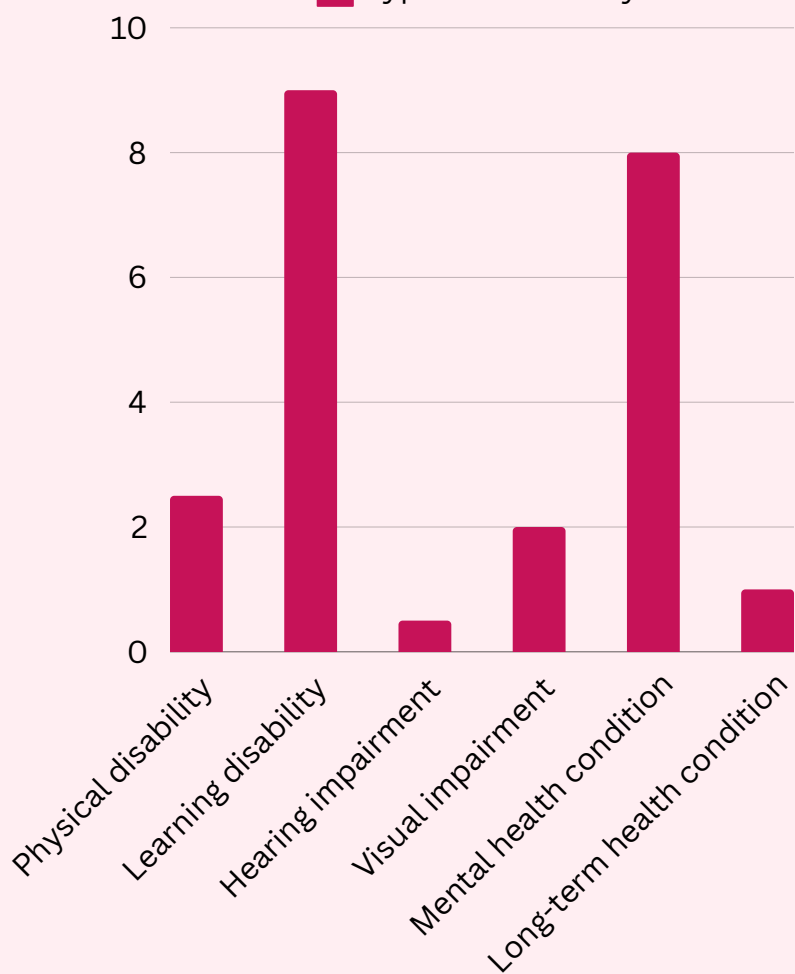
7%
of those with a disability
reported multiple disabilities

Age of Children

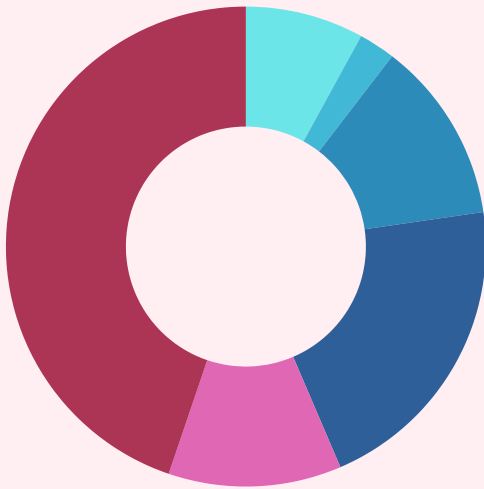
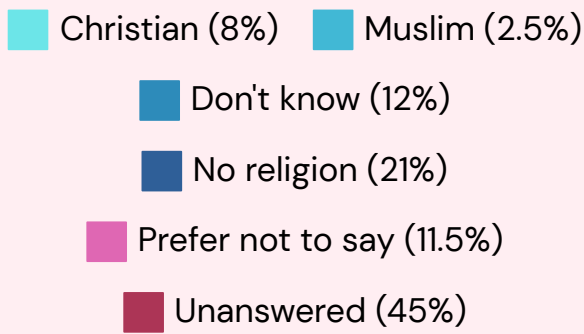
0-5 (35%) 6-10 (18%)
11-15 (42%) 16 and over (5%)



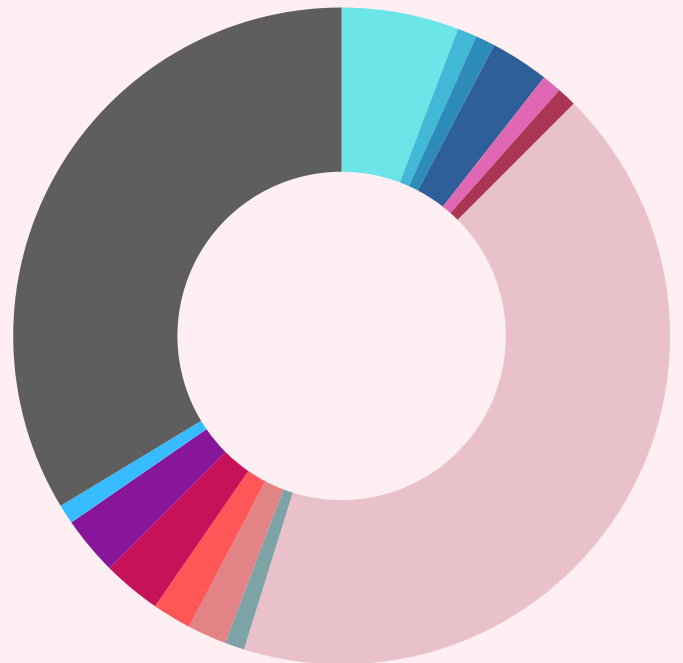
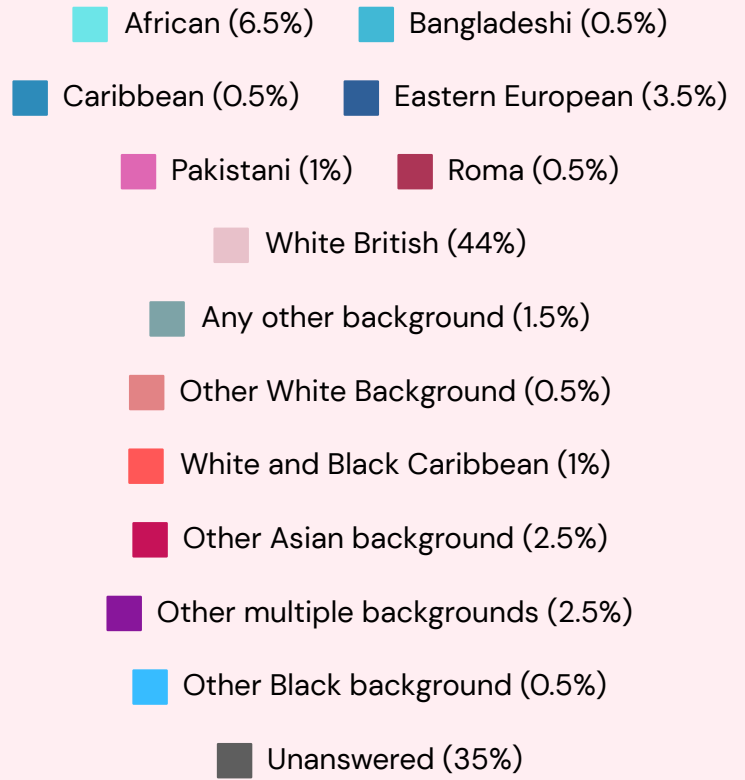
Types of Disability



Religion of Children



Ethnicity of Children



Snapshot Survey Data

WHM's Annual Snapshot Survey ran between January and February 2024.

94 (37%) out of the 256 women in service at the time responded to the survey.

School, Work and Benefits

72% 

currently receiving benefits

57% currently unemployed

44% have been unemployed for over 6 months

35% left school without qualifications (2023 data)

15% in school, college, university or training

Finances

62%

have used a foodbank

12% are currently or have been homeless

6% have had benefits stopped, sanctioned or delayed

13% are in or have been in emergency accommodation

60% have or have had money worries and have been unable to afford basic things

30% are or have previously been vulnerably housed

Police Contact and Statutory Services

10% have been arrested

5% have been charged with a criminal offence

6% have had contact with the police as an alleged offender

4% have been convicted of a criminal offence

22% currently or previously had adult social care involvement

4% were in care as a child

59%

have had contact with the police as a victim of crime



Children

66%

have children

of those with children:

65%

are single parents

27%

have a child in someone else's care

"[I felt] very lonely. Struggling being single a parent, not confident, worried about being a parent to two kids."

23% have a child(ren) with a learning disability/ difficulty

18% have a child(ren) with behavioural problems

26% have a child(ren) with emotional problems

24% have current children's social care involvement

19% have had children's social care involvement in the past

13% have a child(ren) with a physical disability

19% have a child(ren) with mental health problems

Health, Disability and Emotions

69%

Currently identify as having mental health problems

14% have had mental health problems in the past

36% currently have a long-term health condition

1% have had long-term health conditions in the past

23% currently have a physical health condition or disability

5% have had a physical health condition or disability in the past

16% currently have a learning difficulty/disability

4% have had a learning difficulty/disability in the past

24% have had a lack of self-confidence in the past

23% have felt lonely in the past

"I don't feel alone and I know there is help and hope."

62%

currently have a lack of self-confidence

60%

are currently feeling lonely

"I was feeling very low. I felt my life was never going to get better."

"I have felt really helpless like there is no hope for me. I felt lonely."

4% are currently self-harming

50% have self-harmed in the past

6% are currently experiencing suicidal thoughts

51% have experienced suicidal thoughts in the past

3% currently have problems with alcohol use

20% have had problems with alcohol use in the past

43% currently take antidepressants or other medication for mental health problems

27% have taken antidepressants or other medication for mental health problems in the past

3% currently have problems with substance misuse

13% have had problems with substance misuse in the past

1% currently have problems with gambling

1% have had problems with gambling in the past

“Lost, lonely, didn’t know who to talk to or where to go for help.”

Personal Experiences



have experienced domestic, emotional and/or sexual abuse

5% have been trafficked

19% have been sexually exploited

31% have been sexually assaulted or raped as a child

38% have been sexually assaulted or raped as an adult

3% have experienced forced marriage

20% have taken on a carer’s role for a friend or someone in their family

21% have had a termination

33% have had a pregnancy loss/miscarriage

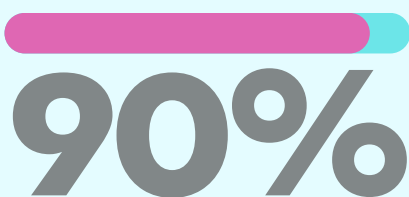
5% have experienced the death of a child

53% have experienced a close bereavement

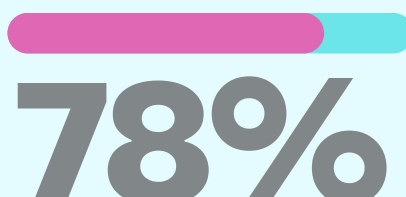
3% have experienced FGM

“I lacked self confidence and blamed myself for the abuse I had experienced.”

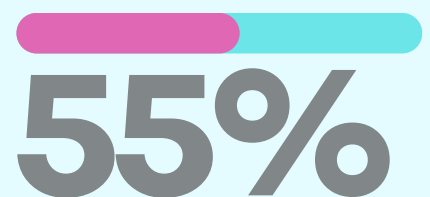
“Anxious and completely lost and confused. I didn't understand what had happened to me.”



have had problems with unhealthy or abusive relationships



have been the victim of violence



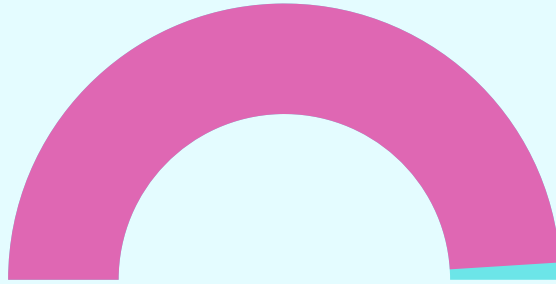
have witnessed domestic abuse as a child or teenager

Feelings

98%

agree that they feel able to get the support that they need from WHM

“Really grateful for the group. It is a lifeline for women like us.”



“I am not alone, I am more confident now about understanding what has happened to us. I have been given the tools and support to help me improve my mental health. I feel understood and more informed.”

84% agree that they feel able to get the support that they need from WHM

64% agree that they feel able to get the support needed from other services

77% agree that they worry about what people will think if they know about the challenges they have faced

95% agree that they received help from WHM that they couldn't have got anywhere else

Support Received

100%

of women felt satisfied with the support they have received from WHM

“They have made me feel like I have value, feel empowered. I have strong shoulders to lean on, to learn from, grow and renew a stronger version of myself.”

97% agree that they have increased their self-confidence

96% agree that they feel better about themselves

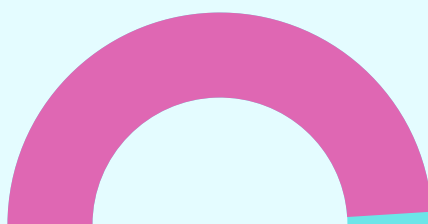
94% agree that they feel better able to stand up for themselves

92% agree that support received has improved their physical wellbeing

“This service has been a lifeline to me. I honestly do not know where I would have ended up without it.”

98%

agree that support received has improved their mental wellbeing



“I’m more aware of cycles of abuse, more aware of positive perception of me from strangers, I do feel like I have more options over all aspects of my life not just relationships.”

93% agree that they feel safer following support

93% agree that they feel less anxious following support

94% agree that they feel more positive about the future

81% feel more ready to get a job, access training or volunteer following support

“I now recognise ‘red flags’ early, improved all relationships, I have the tools to achieve my goals.”

95%

agree that they feel better able to make their own choices following support

“It has helped me to learn red flags and the cycle of abuse. I have met other women who make me feel like I’m not alone. It has been the most instrumental part of me starting to recover. I just hope every woman who needs this group will be able to attend.”

94% agree that they have widened their support network following support

94% agree that they feel less lonely following support

93% agree that they have made friends who understand them following support

95% agree that they understand what abuse is following support

98% agree that they are better able to respond to abusive relationships following support

99% agree that they can leave or feel able to leave an abusive relationship if they wanted following support

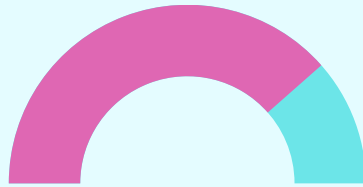
“I know that the abuse wasn’t my fault.”

“WHM has helped me to understand I was in an abusive relationship and if it wasn’t for this group I probably would’ve gone back to my ex by now.”

Financial Support

77%

of women have received items from WHM



“WHM helped with linking to financial help/ services.”

45% have received financial support from WHM

70% have received support with travel costs to attend sessions

50% agree that receiving financial support from WHM has helped them and their family cope better with the cost of living crisis

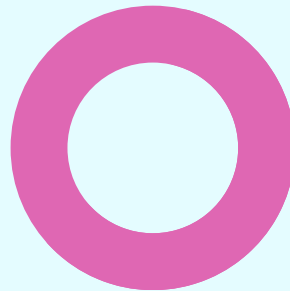
59% agree that they would not have been able to attend sessions without travel costs

“It has helped my mental well being and helped me financially.”

Supporting Children

100%

of those with children agree that their children have increased their confidence following support



“I don’t feel as lonely anymore. I don’t struggle as much being a single parent. I do feel a bit confident. I worry less about being a parent to two kids.”

81% of those who have had children removed from their care agree that any children they have in the future are less likely to be removed from their care

96% of those with children agree that their children feel safer after support

91% of those with children agree that their children have made friends following support

96% of those with children agree or strongly agree that their children have learnt new things following support

96% of those with children agree that they have increased their confidence about parenting following support

96% of those with children agree that they have improved their parenting skills following support

“I feel like I have hope in life and moving forward with my children.”

100%

of those with children agree that their children have improved mental wellbeing following support

Improved Lives

“Changed my life.

It has reiterated that as women we are 100% better together.

The future looks exciting with job opportunities and the confidence to parent my son in a healthy, inspiring way. I had so much self-doubt due to the abuse I survived being non-physical. I've learnt that emotional, psychological, financial and sexual abuse are just as damaging and that no one deserves it.”

“More confident and less scared to leave the house. I am starting to understand what I've been through and that it wasn't my fault.”

86%

“It is an absolutely fantastic service and I really benefit from it.”

of women who feel that their lives have improved feel that this is, in part, due to the support received from WHM, as below:

24% of women who feel that their lives have improved feel that **all** of this is due to the support received from WHM

46% of women who feel that their lives have improved feel that **most** of this is due to the support received from WHM

16% of women who feel that their lives have improved feel that **some** of this is due to the support received from WHM

“I have had counselling throughout which has really helped. Support from linking Leeds Art Therapy, groups, painting lessons. all things that have helped my mental health. I have met people I can talk to in group who understand each other.”

“This service saves lives. More funding would save more.”

“I have felt less alone. I now have people that understand what I have gone through and don't automatically think it's my fault. I am now less stressed and worried because of all I have learnt in group sessions.”

“Welcomed, not judged, listened to, loved and feel like I'm important.”




WHM

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 [@women-s-health-matters](https://www.linkedin.com/company/women-s-health-matters)

 www.womenshealthmatters.org.uk

It's not only the injustice that drives us, it's her hope for a better life.

Find out more on how you can support us:
www.womenshealthmatters.org.uk/support-us