

## What people have said about The Key:

“At the start I was really nervous, but now feel I’ve made friends for life”

“I know that I can talk to the people at group about problems without getting judged”

“It’s friendly & safe—made me realise I’m BRAVE!”

“I love this group, it’s helped me in loads of ways which I didn’t think I could find any help & support with “

“I’ve become such a better, more confident person”

“I met new friends—I didn’t know if people would like me, we all get on really well”

“There’s always something we can laugh at”

“I felt much more in control, more happy, I don’t self-harm as much”

“It helps me keep safe”

“I feel more confident in myself and my abilities to handle certain situations, less alone in the way I am feeling”

“The Key saved my life”

**To find out more or to join the project call -**

**0113 2762851**

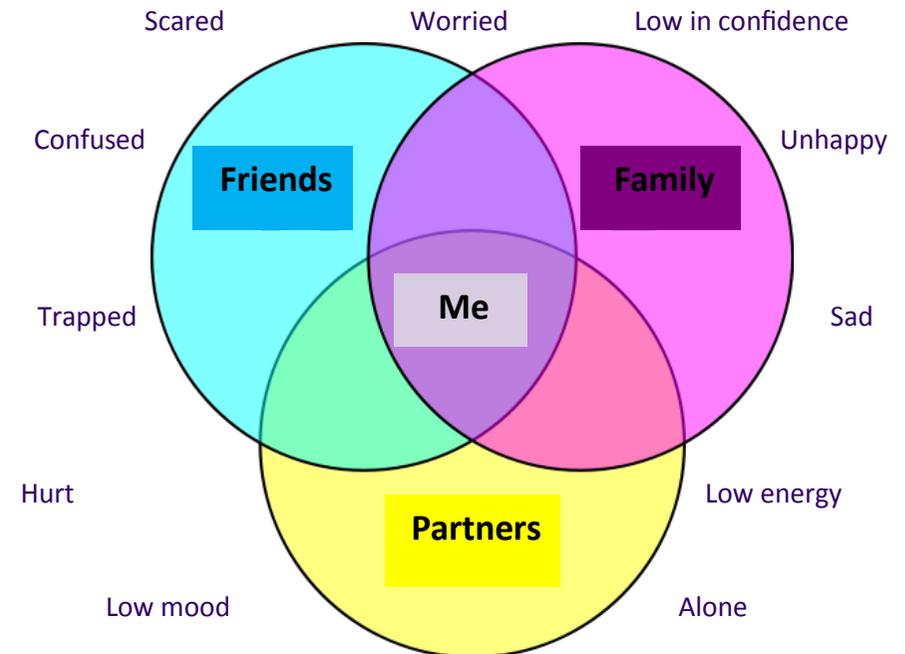
**or email [sarah@womenshealthmatters.org.uk](mailto:sarah@womenshealthmatters.org.uk)**

**or [nicola@womenshealthmatters.org.uk](mailto:nicola@womenshealthmatters.org.uk)**

## The Key



**Does someone in your life leave you feeling....**



**The Key is a Womens Health Matters project for girls and young women aged 13-25 in Leeds.**

## We offer groups and one to one support

Our sessions include topics such as:

Assertiveness

Staying safe

What is a healthy relationship?

Healthy families and friendships

The impact of abuse on children

Self esteem & confidence

Consent

Exploitation

My support networks

What is love?



## The practical stuff!

We have two longer term group programmes. Our daytime group meet in the city centre and has a crèche available, this group is for young women 16-25.

Our evening group meet near the city centre and is for girls 13+. Both groups have transport available so we can get you to group safely.

We also deliver short term group work programmes in schools and other youth settings.

Longer term group members will be able to progress to a 'moving on' group to continue work on their confidence, life skills, goals and peer support.

We are able to offer some one to one support in addition to our group work.

You can refer yourself to the project or your worker/ friend/ family member can do it for you.

The Key is voluntary —you only come along if you want to and you can share as much or as little about your situation as you like. What you share with us is confidential unless we are really worried about you or someone else but we'll always talk to you about this.