



Women's Health Matters: Programmes and Projects

Women's Health Matters reduces health inequalities experienced by women from communities across Leeds. We work with women who have unequal access to services due to poverty, ethnicity, disability, sexual orientation or traumatic personal experience. Our outreach work allows us to support a wide range of women who have often found it difficult to work with statutory services. Through group work, peer support and intensive 1:1 support, we create a safe environment where women can build trusting relationships, begin to recover their health and regain control of their lives.

We provide support within the following areas: Domestic Violence and Abuse; parenting; women with children living in someone else's care; women seeking asylum; women with learning difficulties; and women with complex needs or mental health and wellbeing needs.

LDVS: Domestic violence education and support groups for any woman who has experienced or is experiencing DV, which run in West, East and South Leeds.

YUMs: a social and support group for young mums, which runs in South Leeds.

Maternity Voices Partnership: Chair role held by WHM, to effect changes and improvements to maternity services, bringing together practitioners and service users.

Rosebuds: a city wide social and support group for any woman whose children are being cared for by someone else. To help overcome loneliness and isolation and to increase confidence and self-esteem.

Inside Out: a city wide course for women who have had children removed from their care. This helps strengthen parenting skills and improve mental wellbeing through understanding how previous traumas have impacted on them and their parenting.

Feel Good: a city wide health and wellbeing education group for women with learning disabilities.

Rainbow Hearts: a social and support group for women who are seeking asylum.

Sunflowers: a service for asylum seeking women to support wellbeing through one to one and group work.

Your Space: supporting those living or working in LS8, 9, 10 & 11 to increase their wellbeing by offering a range of wellbeing activities, awareness campaigns & signposting.

Women's Lives Leeds Complex Needs Workers: ensuring the needs of women with multiple and complex needs are better supported through a holistic response from services.

Snowdrops: in response to the Covid-19 pandemic, offering one to one support for vulnerable women and girls who may already be working with us or through new referrals.

To make a referral to any of our services or for more information about any of our work, please call us on **0113 2762851** or email info@womenshealthmatters.org.uk

Please see our website for more details of our work: www.womenshealthmatters.org.uk