Womens Health Matters
2017-18 At A Glance

Our Vision

Our vision is for a just, safe and kind society where women are inspired and helped to reach their unique positive potential - where good health and positive relationships are valued and nurtured.

What We Do

We empower women and girls across Leeds to challenge health inequalities. We help them access services and improve their emotional and physical health.

We work with women experiencing extreme disadvantage, including women in abusive relationships, with children in care or at risk of being removed and women seeking asylum.

We specialise in group work, peer support and one to one support. Our outreach work enables us to speak with women who find it more difficult to engage with services.

Our services are run by women, for women.

This year we ..... 

- Worked with women and girls aged 13 and over across 14 projects
- Reached 2898 women with our services
- Provided intensive support to 505 women & ran 385 group sessions

"I feel as though I have more meaning in life, I feel loved & supported, like life is worth living and I can move on with positivity."

Our Impact

Our 2017 survey of 88 women showed:
- over 80% of those supported intensively have improved health and wellbeing
- 62% ended an abusive relationship
- 89% had increased self-confidence
- 81% felt safer
- 77% felt less lonely
- 85% said they couldn't have got the help anywhere else
Breathing Space launched with three year Tampon Tax Fund support. It provides group work for women who have experienced domestic violence and trauma, have Social Care involvement due to domestic abuse, or require access to counselling.

The Key for girls and young women aged 13-25 doubled in size with renewed funding from the Big Lottery Fund, offering support via group work, individual support and early intervention work in schools and other youth settings.

With Leeds Women’s Aid and Behind Closed Doors, we launched the new five year Leeds Domestic Violence Service (LDVS). WHM delivers support groups for women in South, East and West Leeds.

Our Footsteps group, an innovative project for women that had previously had a child removed, or were at risk of this, had a permanent waiting list to access this support.

Rainbow Hearts supported women seeking asylum through running Leeds’ only regular gender-specific peer support group. The group was constantly over-subscribed.

We developed robust partnerships to enhance the reach of our work, co-delivering Women’s Lives Leeds, LDVS and the Best Start Peer Support Service.

We celebrated working with the women and girls of Leeds for 30 years with a special event at Leeds City Museum.

We continued to significantly diversify our funding and ended the year knowing that eight services had multi-year funding.

Our total income for the year was £373,453, total expenditure was £393,477. The deficit amount was the result of spending restricted funds which had been brought into the organisation in previous years. All our projects were within budget.

Thanks to Our Key Funders and Donors

Finally, thanks to our wonderful Trustees and Volunteers who donated 685 hours of their time to us this year!

Get in touch...

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