

Company number: 2835637

Charity Number: 1048788

# Women's Health Matters

Report and financial statements

For the year ended 31 March 2025

## Women's Health Matters

Trustees' annual report for the year ended 31 March 2025

**Charity name** Women's Health Matters

**Company number** 2835637

**Charity number** 1048788

### **Registered office and operational address**

44a-48 The Refinery, Sugar Mill Business Park, Oakhurst Avenue, Leeds, LS11 7DF

### **Trustees**

Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Alison Cater	Chair of Trustees resigned 27/3/2025
Hannah Jones	Chair of Trustees appointed 27/3/2025, previously a trustee
Amita Fearon	Treasurer
Emma Dickens	Vice Chair of Trustees resigned 23/5/24, remains as a trustee
Shirley-Anne Paul	Vice Chair of Trustees appointed 23/5/24, resigned 24/1/2025
Sarah Salahuddin	Vice Chair of Trustees appointed 30/1/2025, previously a trustee
Federica Angeli	
Lucy Graham	appointed 18/6/2025
Georgia Griffiths	appointed 25/6/2025
Tessa Johnson Jones	
Carol Lever	appointed 5/2/2025
Nicola Rhodes	
Aimee Ward	
Sandra Watson	appointed 10/7/2025
Lydia Harford	appointed 01/08/2025

No trustees are related or live at the same address

### **Key management personnel**

Rachel Kelly	Chief Executive
Bridget Walker	Finance and Office Manager

### **Bankers**

Unity Trust Bank plc  
4 Brindley Place, Birmingham, B1 2HB

### **Solicitors**

Ison Harrison  
Duke House, 54 Wellington Street, Leeds, LS1 2EE

### **Independent examiner**

Jennifer Daniel FCCA DChA  
Slade & Cooper Limited  
Beehive Mill, Jersey Street, Manchester M4 6JG

# Women's Health Matters

## Trustees' annual report for the year ended 31 March 2025

The Trustees present their report and the unaudited financial statements for the year ended 31 March 2025.

Reference and administrative information set out on page 1 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

### **Objectives and activities**

#### **Women's Health Matters' Objects (as set out in the company's articles of association on the Charity Commission)**

The Charity's objects are restricted specifically to:

- (a) preserve and protect the good health, both physical and mental of Women in Leeds and the surrounding area;
- (b) the prevention or relief of poverty of Women and Girls and their families, residing or working within Leeds and the surrounding areas; and
- (c) the advancement of education to improve knowledge and understanding of the rights and freedoms for the benefit of disadvantaged Women, and Girls and their families, so they have a fair chance at a better life

In particular by:

- (a) the provision of advice, counselling, assistance, training, and other support services;
- (b) providing grants to individuals in need and/or charities, or other organisations working to prevent or relieve poverty

**Our Vision:** All women and girls are safe and healthy.

**Our Purpose:** Supporting disadvantaged and marginalised women and girls to have a fair chance at a better life.

**Our Mission:** Women's Health Matters exists to support women and girls to live safe and healthy lives. We achieve this by providing a holistic, trauma-informed service for women and girls who are socially, economically, or politically marginalised. This includes, but is not limited to, those affected by domestic abuse, those whose children live elsewhere, those accessing maternity services, women seeking asylum, women with disabilities, and women and their children experiencing trauma.

We take a woman-centred holistic approach, creating a safe, nurturing environment to help women and girls recover their confidence, explore their own needs, regain control of their lives, and build secure and healthy relationships.

### **Our Values:**

#### **By women, with women**

*A women-led organisation, working with, and responsive to, the needs of women, their families, and girls.*

#### **Warm**

*We are respectful, compassionate, and kind. We provide welcoming and safe spaces and remove barriers to engagement.*

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### Trustees' annual report for the year ended 31 March 2025

#### **Brave**

*We are bold, resilient, and courageous in our approach, and encourage bravery and strength in those we support.*

#### **Empowering**

*Women are the experts in their own lives. We work holistically to empower, inspire, and support them.*

The women we work with face significant health inequalities. From our 2024/25 survey of women and girls we intensively support, over half live in the top 3% most deprived wards in England and almost all live in the 20% most deprived wards. There are 482 Lower-layer Super Output Areas (LSOAs) in Leeds. Of which 114 (24%) are ranked amongst the most deprived nationally. We worked across the 12 areas in Leeds ranked in the most deprived 1% nationally, by the Index for Multiple Deprivation (2019).

The State of Women's Health in Leeds report noted 23% of women live in the most deprived areas of Leeds, with only 8% in the wealthiest. In addition that deprivation has a major impact on the health of the population with the mortality rate in women in the more deprived areas of Leeds 40% higher than that in the wealthiest areas.

Last year, West Yorkshire Police recorded just over 78,000 domestic incidents or occurrences. This represents a 5% increase compared to the previous year. The figures include a range of incidents, from domestic abuse to other related crimes. These figures are based on police data, and the actual number of domestic abuse incidents will be higher, as it is estimated that less than 24% of domestic abuse incidents are reported to the police.

A significant percentage of women who experience domestic violence also experience mental health problems. Studies indicate that women experiencing domestic abuse are at a significantly higher risk of developing mental illnesses, with research suggesting they are three times more likely to develop a serious mental illness. Approximately 49.5% of women who presented to their GP with domestic abuse had already been diagnosed with some form of mental illness according to the University of Birmingham. Furthermore, research suggests that women with mental health problems are also more likely to experience domestic abuse, with 60% of women with mental health problems having experienced domestic violence according to the Mental Health Foundation.

We specialise in group work, peer support, and providing one to one support. We work intensively with women and girls who are most at risk. Where capacity allows, we undertake outreach work that enables us to broaden our reach to a wide range of women who have often found it more difficult to work with statutory services. We also deliver training to professionals, building on our expertise and including input from experts by experience.

We recognise that there are disadvantaged groups in our society and affirm that the charity has a responsibility for combating the causes of these disadvantages. We strive to ensure that all women have full access to employment, voluntary work, services provided and Board of Trustees membership. It is fundamental that no one is treated less favourably by WHM on the grounds of race, colour, nationality, religion, disability, age, marital status, class, sexual orientation, or responsibility for dependants. Our aim is to make our services accessible. All are provided free of charge. We work in ways that

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### Trustees' annual report for the year ended 31 March 2025

help overcome barriers to participation, for example specific services working with women with learning disabilities, women seeking asylum with interpretation support and young women. We build in costs (where funding permits) for crèche, interpreters, and access costs travel into our services and use safe and accessible venues from which to run services and events.

Our funding limits the number of women we can help. For some services we hold waiting lists when necessary. We ensure that women have information about other services available in the city and are referred appropriately when additional support is required or is not within our remit.

We undertake equal opportunities monitoring to try to ensure women from multiple backgrounds are accessing and delivering our services. We have an Equity, Diversity, and Inclusion policy to ensure equitable, inclusive, and accessible services for all women who engage with our organisation. It is designed to ensure that no woman is treated unfairly or faces barriers to participation due to their personal characteristics or lived experiences. We have an Equal Opportunities Policy and monitoring for staff, trustees, and volunteers that supports recruitment, monitoring, induction, training and all the services we deliver.

We ensure that staff members are experienced, trained, supported, and supervised to carry out the work of the charity and we strive not to embark on areas of work that will cause detriment or harm. Volunteers and students support some services to achieve their aims and objectives. They receive induction and ongoing support as well as out of pocket expenses.

The trustees review the aims, objectives, and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

#### **Achievements and performance**

The charity's main activities and who it tries to help are described below. All its charitable activities focus on women and girls in disadvantaged areas of Leeds and surrounding areas, and with groups of women and girls who experience additional disadvantage. Activities are undertaken to further Women's Health Matters charitable purposes for the public benefit.

In 2024/2025, [Women's Health Matters](#) (WHM) worked directly with 1702 women and girls (2023/2024: 1554); 1376 women and girls accessed intensive group and 1 to 1 support (2023/2024: 1219) and a further 326 were reached through lighter touch support. We directly supported 311 children (2023/2024: 387) and had an impact on a

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### Trustees' annual report for the year ended 31 March 2025

further 1226. We ran 979 group sessions, 1744 one to one sessions and 164 creche sessions.

We delivered our work across 26 [services](#) during the year:

Art Therapy  
Being You Leeds  
Bluebirds 1:1 Support  
Bluebirds Group  
Breastfeeding Peer Support  
Breathe Free  
Creche  
Digital Support and Inclusion  
Emergency Fund, Household Support Fund, and Product Bank  
Family Canvas  
Feel Good  
Growing Together 1-1 Support  
Growing Together Group  
Inside Out  
Leeds Domestic Violence Service  
LDVS Sanctuary Support  
Maternity and Neonatal Voices Partnership  
Pregnancy Choices Advocacy Service  
Rainbow Hearts  
Referrals and Short-Term Work  
Rosebuds  
The Key Change  
Women's Lives Leeds – Empowering Systems Change  
Women's Health Matters Drop In  
Women's Health Matters external training and workshops for professionals  
Women's Health Matters Volunteering Programme and Student Placements

#### **Since the last annual report and our plans for the future contained within it:**

- **Prioritise our staff wellbeing with regular and meaningful support**

At WHM we understand that empathetic engagement with survivors of trauma can have a detrimental impact on team members emotional well-being and increase the risk of vicarious trauma. To reduce that risk we prioritise the physical and emotional safety of staff. We do this by ensuring that team members have an understanding of the signs of vicarious trauma. We have an 'open door' policy which includes 'emotional check ins', ensuring that team members do not carry the weight and responsibility of support by themselves. We allocated additional staff hours to a new role of Staff Guidance & Support Manager.

We hold and deliver:

Regular 1-1 internal supervision.

Weekly peer support and reflective practice which supports both individual and team well-being. Each session provides a safe, guided space to share experiences, build knowledge, share expertise, and allow for reflection. In addition this works to ensure that the team has a greater sense of being supported and aids in enhancing resilience to stress.

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Monthly staff well-being sessions which support team members to take care of themselves and build resilience.

6 weekly full team meetings.

6 weekly safeguarding reflective practice meetings.

Access to three designated Safeguarding Leads.

Access to external supervision or coaching.

Access to support from the Mindful Employer Plus Assistance Programme which offers 24-hour telephone support and counselling if needed.

In 2024, we carried out an anonymous Staff Morale survey and overall, we were pleased with the responses. The findings included:

100% feel confident in the leadership and direction of the organisation

100% feel valued and recognised for their contributions at work

100% would recommend WHM as a good place to work

Responses to 'What do you enjoy most about working here?' included:

- Supportive & friendly environment
- All members of the team are highly skilled and talented and model best practice for working with women and project work
- The passion and commitment of my colleagues
- People are kind to each other and the staff team are supportive of each other
- Sense of belonging within the team
- The difference that we make, the team of women that I work with
- I feel there are a lot of opportunities for self-growth & development
- Being able to utilise and build on a variety of skills across various projects
- The Team. The work we do. How we celebrate with the women.
- Seeing the difference we make to the lives of the women we work with
- I enjoy my role and the opportunities to try new things and develop
- Working with women to support women
- The women I work with - they are passionate and inspiring
- Working in a positive environment and making a difference for women in Leeds
- My line manager is very approachable and supportive, and I feel comfortable sharing challenges and issues, both personal and professional
- I feel supported in my role and know that I can get support from my line manager/other managers if I am struggling with anything
- If I have a good idea to share with management, they will take it on board and let me try it out, or encourage further idea development
- I feel safe and valued at my workplace
- I particularly like that we can seek out our own training opportunities and explore things that we find interesting
- I continue to be impressed with how much this organisation does to try to ensure the wellbeing of its staff
- I think we achieve a lot for the women we support and staff within our limited funding
- High level of support from management

Responses to 'What would you like to be improved?' included:

- I would like to move premises, I don't like the walk to the bus stop
- Better office space with outside space for staff and women
- Improved office environment

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### Trustees' annual report for the year ended 31 March 2025

Finding new premises remains within our plans.

- **Work within our new 3-year strategy**

We continued to work and deliver services within Women's Health Matters' Strategic Priorities for April 2024 – March 2027:

**Priority 1: Identify the needs of women and girls and develop effective services in response.**

*We provide a supportive, holistic, trauma-informed approach to women and girls with a range of complex, interconnected issues. It is imperative that we maintain this safe, non-judgemental, and effective approach, and increase our capacity in Leeds and surrounding areas, to provide the best quality services to women and girls who need them the most.*

**Priority 2: Ensure that we can continue to meet the needs of women and girls.**

*We will develop income from diverse sources, continually monitor and review our working practices, and expand our partnerships and influence, to ensure women and girls are supported fully, and that we can deliver value for money to our supporters.*

**Priority 3: Give voice to the experience of women and girls.**

*We support women and girls to build their confidence; to work towards a more positive future for them and their children; and to find and use their voice to influence and improve the systems in our society, which could help women and girls in the future.*

- **Roll out our new Internal Quality Assurance Process**

We launched a new Internal Quality Assurance Process in 2024 and this is now embedded. Each Project Lead and Project Worker is visited in their groups or 1-1 sessions by the Projects Manager. This takes place at least once per financial year with every staff member who delivers group or 1-1 work. The visits follow a set format with preplanning, delivery, database and post-delivery tasks audited, actions set as needed, and debrief and follow up sessions booked. The process is to ensure that Women's Health Matters provides a consistent high-level service to all women who access our projects and that as Project Leads and Project Workers, we are all working to the same high standard and embracing WHM's values. Records of the Quality Assurance visits are kept and shared with Line Manager and Chief Executive as appropriate. Staff have welcomed the new process and it is working well.

- **Grow our office, finance, and administrative support**

We recruited a Finance and Operations Administrator, who also carries out the role of Referrals Officer. This role is working well and has eased the pressure on the Finance and Office Manager and other members of staff.

- **Increase our communications and social media function**

WHM have continued to implement our social media strategy to ensure a social media presence across all platforms, raising awareness of the work we do and to encourage donations to support our services. Creating content can be time-consuming, even with support from volunteers. This can affect our presence on social media over short periods of time. We dedicated 7 hours per week of staff time to manage our social media. We have a presence on [Facebook](#), [Linked In](#), [Instagram](#), [BlueSky](#) as Women's Health Matters. We chose to reduce our presence on [X \(formerly Twitter\)](#) in December 2024 due to concerns about the platform's direction particularly regarding the promotion of harmful content, changes to content moderation policies, and the platform's overall atmosphere.



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Followers across platforms: 6891 (2023/2024: 5939)

Post Reach: 61934 (2023/2024: 65,200)

- **Develop our social enterprise arm and develop new external training courses for professionals**

As part of sharing our expertise and developing our Social Enterprise and alternative income generation, we continued to develop and deliver our training and workshops. Our training offer, which is co-produced and co-facilitated with experts by experience, now includes [Survivors' Voices: Domestic Abuse Awareness Training](#) and [Understanding the Impact of Child Removal on Women: A Compassionate Approach](#). We also deliver workplace workshops such as [Menopause Training Session](#). We have dedicated a staff post to this work, which includes expert and experienced cover for our groups in times of illness or leave, to ensure consistent support for women and girls, raising our profile and outreach work to engage with other organisations and partners. This work has been supported by a consultant provided by the Lloyds Bank Foundation.

- **Investigate new premises**

We visited several potential new premises over the year. One was of particular interest and we started to pursue this option. Unfortunately, due to uncertainty of recurrent funding and the lateness with which this was confirmed, we were unable to proceed. We continue our search and endeavour to look for a funder to help us with a relocation.

- **Continue to develop the skills of our Board of Trustees, ensure succession planning is in place for key roles, and recruit new trustees as appropriate, including former service users**

We have recruited four new trustees to the board. Our long-standing Chair of Trustees, Alison Cater, stepped down and through succession planning, Hannah Jones was appointed to this role. Our trustee board currently numbers twelve, and is representative of the women we support, with trustees from a range of personal and professional backgrounds and experiences, nationalities and ethnicities, sexual orientation and disabilities. We have developed policies for the recruitment of former service users and former employees as trustees. 60% of our staff and trustees have declared lived experiences of Domestic Abuse and Violence.

- **Continue to assess and develop the diversity of our funding base**

We have in the region of 30 different funding streams. These include funding from Leeds City Council, West Yorkshire Combined Authority, NHS West Yorkshire ICB, Ministry of Justice, local and national Trusts and Foundations, National Lottery Community Fund, Sport England and Postcode Community Trust. We continue to seek out funders for both core and specific project funding.

- **Prioritise funding bids to sustain and continue the growth of our work within Domestic Violence and Abuse support, those seeking asylum, and work with families**

We have a funding action plan that includes sourcing funding for both existing work and new programmes and we continue to prioritise these areas.

- **Grow the capacity, reach, and networks for our services for women whose children are at risk of or have been taken into care**

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### Trustees' annual report for the year ended 31 March 2025

Project funding for our services in this area, Rosebuds (support group) and Inside Out (parenting programme), have ended. We continue to apply for funding. In the meantime we have supported Inside Out for one further cohort and will support Rosebuds for the 2025/26 from core funding. The need for this work remains. Women with children removed from their care are frequently told by Social Workers and the Family Court that to stand any chance of children being returned, they must complete a parenting course. Inside Out was Leeds' only course available for women who've experienced repeat removals. This remains a priority.

- **Continually revisit our Safeguarding procedures and test their effectiveness**

In line with current guidance, we have separate Safeguarding policies for Adults and Children. These are reviewed at least annually. Safeguarding Process audits are carried out regularly. Staff and volunteers undertake regular Safeguarding training, internally and externally. There is a standing agenda item of Safeguarding for Trustees' meetings and a report is produced by the Safeguarding Lead. All trustees have a minimum of Safeguarding Level 1 and complete internal safeguarding training.

- **Ensure strong working relations with our existing delivery partners and seek new partners to reach more women and girls**

We take part in regular review and partnership meetings with our delivery partners in LDVS, LDVS Sanctuary Support, Being You Leeds, Breastfeeding Peer Support, and Women and Girls' Alliance, Leeds in addition to regular funding and service reviews with funders. We continue to grow our partnership working with other charities such as Smart Works, Impact North, Yorkshire Sculpture Park, Jangala, and organisations such as High Speed Training to enhance our services for women and girls.

- **Update and complete our annual snapshot survey**

We updated and completed our annual snapshot Survey in November 2024 – February 2025. The results can be found in the Beneficiaries of our Services section.

- **Continue to build the body of evidence on the impact of our work, through externally evaluated projects and the internal use of impact tools**

Our Breathe Free project is being externally evaluated by Nottingham Trent University and Art of Her is being externally evaluated as part of The Pilgrim Trust's Young Women in Mind programme. We are working with the University of Leeds with research to enable safe spaces for all women.

- **Continue to develop opportunities for women currently involved in our services to support our work through helping at events and activities and through formal volunteering**

Over the past year, two former service users have codeveloped and cofacilitated our training for professionals. Six former service users secured positions as Group co-facilitators, delivering the project alongside experienced members of the staff team. We recruited and welcomed two new team members who prior to both workers employment, they were (at different times) service users of the Breathe Free Domestic Violence programme at Women's Health Matters, and both subsequently. All bring valuable lived experience of domestic abuse and/or Child Removal, which they draw upon to provide meaningful support and guidance to all involved.

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Service users volunteered at our celebration event and former service users volunteer in our Leeds Domestic Violence Service, Being You Leeds, Rosebuds, Feel Good and Rainbow Hearts projects.

- **Continue to develop our volunteering offer, student placements, and contributions from external workers**

This year we engaged with 41 volunteers across our services, hosted 6 student placements, and worked with 22 external workers, to provide support in our groups.

- **Hold a celebration event for WHM women in 2024**

We delivered our [annual celebration event](#) in October 2024 with 83 service users, plus volunteers, students, staff, and trustees, and a creche for 19 pre-school children. A poignant booklet titled 'Change' was unveiled. It featured deeply personal written pieces and drawings created by women supported by Women's Health Matters. The theme of change was explored from various perspectives, with contributors reflecting on transformations in their lives, the seasons, and the future they aspire to. During the day, women and staff took part in craft activities such as making wellbeing jars, tote bags, cards, and pompoms, singing, and some chose to share and read their words on 'Change'. All enjoyed a shared lunch together.

#### **Beneficiaries of our services**

As of 31 March 2025, 11.5% of women supported by WHM were aged under 26, 62% of women supported by WHM were aged 26-45, and 21% were aged over 45 (5.5% unanswered). 27% of children supported were aged under 5, 13% aged 6-10, 45% aged 11-15 and 14% aged 16-18.

44.5% of women identify as having no religion, 14% as Muslim, 20% as Christian, 3.5% as another religion including Buddhist, Hindu, and Sikh. 18% chose not to disclose this information.

37% of women report having a disability including physical or learning disability, mental health, or long-term health condition. Of those with a disability, 14% report multiple disabilities. 22% of children have a disability and 5% of those have multiple disabilities.

51% of women are not White British. 14% chose not to disclose this information. 33 different languages are spoken, and 37 different nationalities are represented in the women we support including Afghan, Albanian, Eritrean, Iranian, Iraqi, Nigerian, Pakistani, Palestinian, Polish, Sudanese, Syrian, and Ukrainian.

With regards to residency status, 27% of women state they are not British nationals, of these 48% are seeking asylum, 25% are refugees, 4% have limited or indefinite leave to remain and 1% have settled status. 10% chose not to answer. The remaining 12% include those on a spousal visa and those with unknown status or under humanitarian protection.

#### **Our 2025 survey of beneficiaries ran between November 2024 and February 2025:**

##### **School/Work/Benefits**

- 71% currently receiving benefits (2024: 72%)

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- 20% of these have had their benefits stopped, sanctioned or delayed (2024:6%)
- 74% currently unemployed (2024: 57%)
  - 89% of these women have been unemployed for more than 6 months
- 16% left school without qualifications (2023 data: 12%)

#### **Statutory Services**

- 43% have had Children's Social Work Service Involvement
  - either as a child themselves (2024: not recorded)
  - or as an adult with their own children (2024:24%)
- 16% have currently or previously had adult social care involvement (2024: 22%)
- 10% were in care as a child (2024:4%)

#### **Finances**

- 78% have or have had money worries and have been unable to afford basic things (2024:60%)
- 56% have used a foodbank (2024:62%)
- 35% are currently or have been homeless (2024:12%)
  - 6% currently
  - 39% in the past
- 51% are or have previously been vulnerably housed (2024:30%)
  - 12% currently
  - 39% in the past
- 31% are in or have been in emergency accommodation (2024:13%)
  - 5% currently
  - 26% in the past

#### **Police Contact**

- 65% have had contact with the police as a victim of crime (2024:59%)
- 18% have had contact with the police as an alleged offender (2024:6%)
- 20% have been arrested (2024:10%)
- 7% have been charged with a criminal offence (2024:5%)
- 5% have been convicted of a criminal offence (2024:4%)
- 2% have been to prison (2024:0%)

#### **Health, Disability and Emotions**

- 90% identify as currently having or have had mental health problems (2024: 83%)
  - 72% currently (2024:69%)
  - 18% in the past (2024: 14%)

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- 63% identify as currently having or have had a long-term health condition (2024: 37%)
  - 40% currently (2024: 36%)
  - 23% in the past (2024: 1%)
- 50% identify as currently having or have had a physical health condition or disability (2024: 28%)
  - 30% currently (2024: 23%)
  - 20% in the past (2024: 5%)
- 35% identify as currently having or have had a learning difficulty/disability (2024: 20%)
  - 30% currently (2024: 16%)
  - 5% in the past (2024: 4%)
- 85% have a lack of self-confidence (2024: 86%)
  - 71% currently (2024: 62%)
  - 14% in the past (2024: 24%)
- 90% are, or have felt, lonely (2024: 83%)
  - 72% currently (2024: 60%)
  - 18% in the past (2024: 23%)
- 55% are currently, or have a history of self-harming (2024: 54%)
  - 23% currently (2024: 4%)
  - 32% in the past (2024: 50%)
- 66% are currently, or have historically experienced suicidal thoughts (2024: 57%)
  - 35% currently (2024: 6%)
  - 31% in the past (2024: 51%)
- 26% currently have, or have had, problems with alcohol use (2024: 23%)
  - 7% currently (2024: 3%)
  - 19% in the past (2024: 20%)
- 24% currently have, or have had, problems with substance misuse (2024: 16%)
  - 8% currently (2024: 3%)
  - 16% in the past (2024: 13%)
- 6% currently have, or have had, problems with gambling (2024: 2%)
  - 1% currently (2024: 1%)
  - 5% in the past (2024: 1%)
- 66% currently have, or have had, problems with food. (2024: Not Asked)
  - 39% currently
  - 26% in the past

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- 67% currently take, or have historically taken, antidepressants or other medication for mental health problems (2024: 70%)
  - 51% currently (2024: 43%)
  - 16% in the past (2024: 27%)

#### **Personal Experiences**

- 18% have had a termination (2024: 21%)
- 38% have had a pregnancy loss/miscarriage (2024: 33%)
- 7% have experienced the death of a child (2024: 5%)
- 76% have experienced a close bereavement (2024: 53%)
- 95% have experienced unhealthy or abusive relationships (2024: 90%)
  - 70% experienced physical abuse
  - 95% experienced emotional abuse
  - 61% experienced sexual abuse
- 71% have been the victim of violence (2024: 78%)
- 52% have witnessed domestic abuse as a child or teenager (2024: 55%)
- 5% have experienced Female Genital Mutilation (FGM) (2024: 3%)
- 6% have been trafficked (2024: 5%)
- 23% have been sexually exploited (2024: 19%)
- 31% have been sexually assaulted or raped as a child (2024: 31%)
- 48% have been sexually assaulted or raped as an adult (2024: 38%)
- 6% have experienced forced marriage (2024: 3%)
- 34% have taken on a carer's role for a friend or someone in their family (2024: 20%)

#### **Feelings**

- 100% strongly agree or agree that they feel able to get the support that they need from WHM (2024: 98%)
- 76% strongly agree or agree that they feel able to now get the support needed from other services (2024: 84%)
- 62% agree or strongly agree that statutory services now listen to them (2024: 64%)
- 88% strongly agree or agree that they worry about what people will think if they know about the challenges they have faced (2024: 77%)
- 96% agree or strongly agree that they received help from WHM that they couldn't have got anywhere else (2024: 95%)

#### **Support Received**

Positive outcomes are very evident in this year's findings. In some cases, percentages have decreased slightly. This appears to be linked to the increased complexity and severity of the needs of the women we support. The data highlights the importance of

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the support we provide, while also showing that we are working with women who have increasingly complex needs.

- 92% agree or strongly agree that they have increased their self-confidence (2024: 97%)
- 88% agree or strongly agree that they feel better about themselves (2024:96%)
- 84% agree or strongly agree that they feel better able to stand up for themselves (2024: 94%)
- 93% agree or strongly agree that they feel better able to make their own choices following support (2024:95%)
- 93% agree or strongly agree that support received has improved their mental wellbeing (2024:98%)
- 83% agree or strongly agree that support received has improved their physical wellbeing (2024:92%)
- 91% agree or strongly agree that they feel safer following support (2024:93%)
- 81% agree or strongly agree that they feel less anxious following support (2024:93%)
- 87% agree or strongly agree that they have widened their support network following support (2024: 94%)
- 83% agree or strongly agree that they feel less lonely following support (2024:94%)
- 87% agree or strongly agree that they have made friends who understand them following support (2024:93%)
- 87% agree or strongly agree that they feel more positive about the future (2024:94%)
- 78% feel more ready to get a job, access training, or volunteer following support (2024:81%)
- 96% agree or strongly agree that they understand what abuse is following support (2024:95%)
- 96% agree or strongly agree that they are better able to respond to abusive relationships following support (2024:98%)
- 94% agree or strongly agree that they can leave or feel able to leave an abusive relationship if they wanted following support (2024: 99%)

#### **Financial Support**

- 80% have received food/clothing/items/financial support from WHM (2024:55%)
- 17% have received digital devices (not including the loan of a laptop)
  - 100% of these said it helped with the cost of living
- 95% of these said it helped with the cost of living

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- 62% have received support with travel costs to attend sessions (2024:70%)
  - 84% agree or strongly agree that they would not have been able to attend sessions without travel costs (2024: 59%)

#### **Children**

- 58% of women supported have children under 18 living with them or elsewhere (2024:66%)

Of those who have children:

- 79% are single mums (2024: 65%)
- 20% have a child in someone else's care (2024: 27%)
- 22% currently have Children's Social Work Service involvement (2024:24%)
- 34% have had social care involvement in past (2024: 19%)
- 30% have a child(ren) with a learning disability/difficulty (2024:23%)
- 33% have a child(ren) with behavioural problems (2024: 18%)
- 2% have a child(ren) with a physical disability (2024:13%)
- 32% have a child(ren) with mental health problems (2024: 19%)

#### **Supporting Children**

- 96% of those with children agree or strongly agree that they have increased their confidence about parenting following support (2024:96%)
- 96% of those with children agree or strongly agree that they have improved their parenting skills following support (2024: 96%)
- 97% of those with children agree or strongly agree that their children feel safer after support (2024:96%)
- 97% of those with children agree or strongly agree that their children have improved mental wellbeing following support (2024:100%)
- 85% of those with children agree or strongly agree that their children have made friends following support (2024:91%)
- 97% of those with children agree or strongly agree that their children have increased their confidence following support (2024:100%)
- 95% of those with children agree or strongly agree that their children have learnt new things following support (2024:96%)

#### **Creche Support**

- 28% of women with children accessed creche support
- 64% would not have been able to access support without creche provision
- 100% felt safe and comfortable leaving their children in WHM's creche

#### **Feedback from women:**

"WHM has helped set me on a path to find the lost me, to be me and to embrace me"



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"WHM helped me understand what I went through and that it's okay to feel what I feel. It helped me realise that I am not alone and that I can still be happy"

"My confidence and understanding of myself and my situation has increased tenfold"

"I feel empowered knowing about the signs and characteristics of abuse, and how to get help, set boundaries and look after myself. I feel validated in meeting other survivors and sharing similar struggles"

**Further information about each of our services and examples of key activities are included below with case studies:**

#### **Domestic violence and abuse work**

##### **Bluebirds**

**Overview:** Funded by the Ministry of Justice via West Yorkshire Combined Authority, Bluebirds is a project for women and girls aged 11+ who have experienced domestic abuse and/or sexual violence and, as a result, are experiencing mental ill-health. Bluebirds offers an online group and one-to-one support for women to aid in trauma recovery.

**Referrals received: 177**

**Women/girls supported: 110**

**Group sessions: 40**

**1 to 1 sessions: 195**

**Light touch support: 229**

**Highlights:** We successfully managed the transition of the Bluebirds project from face-to-face sessions at Women's Health Matters to an online format. This shift allowed us to enrol more women on the cohort, making the support more accessible to more participants. Additionally, we incorporated a breathing and yoga coach into the sessions, providing women with valuable tools to support their recovery from trauma and enhance their overall well-being.

**Challenges:** While the online group has succeeded, one challenge this year has been ensuring that all women have reliable access to technology and a private space to join online sessions. Although online delivery has expanded access, some women still face barriers such as unstable internet connections and limited digital skills.

**Looking to the future:** We aim to improve women's emotional resilience, confidence, and self-esteem by enhancing both our group and one-to-one support offers. Looking ahead, we are focusing on strengthening and expanding our online Bluebirds offer to make it even more accessible, engaging, and inclusive. We will continue to embed breathing, mindfulness, and movement practices into the program, providing a more holistic approach to trauma recovery and equipping women and girls with lasting tools for their well-being.

**Case Study: B** was referred to Bluebirds one-to-one by Children's Social Services due to experiencing sexual abuse and being in an abusive relationship marked by controlling and coercive behaviour from the father of her children. At the time, she had two children and was pregnant. When support began, B was dealing with severe anxiety, flashbacks, and a lack of support networks. To help ease her into the process, the first three sessions were held over Zoom to reduce her anxiety around meeting new people and unfamiliar environments. Initially hesitant and guarded, B began to open up by the third session. WHM arranged taxi transport to and from the office to support her transition to

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in-person meetings and to make her feel safe and comfortable. In the fourth session, B shared her struggles with housing, including concerns about safety due to living near her children's father and unresolved repairs affecting her mental well-being. WHM supported her by liaising with the council for repairs and referring her to Engage Leeds for additional housing support.

As her one-to-one sessions progressed, B was referred to the Leeds Mental Health Wellbeing Service for counselling and later joined the Bluebirds Online 4-week trauma recovery group, where she fully engaged and shared her story. Sadly, during this period, B experienced a miscarriage and was supported emotionally by her worker and referred to bereavement services. Challenges also emerged at home, with her eldest daughter expressing blame and resentment over the loss, leading to strained relations. To help them navigate this, both were referred to the WHM Family Canvas Project for art therapy. B's journey illustrates the power of responsive, compassionate support, starting with remote sessions to build trust and evolving into a multi-faceted approach addressing housing, mental health, and family dynamics.

#### **Breathe Free**

**Overview:** Breathe Free is a 20-week course funded by The National Lottery Community Fund for women aged 16 and above who have experienced domestic violence and abuse (DVA) and complex trauma. The course is co-delivered with a recent Breathe Free course graduate, a woman with lived experience of DVA. The programme offers one-to-one support as needed and works with partner agencies for referrals and signposting. Once women have completed the course there is an opportunity for them to become Breathe Free volunteers. In addition, some women who are attending Breathe Free can also access 12-16 sessions of person-centred counselling from counselling students on placement with Impact North.

**Referrals received: 200**

**Women supported: 117**

**Women supported by Impact North: 12**

**Group sessions: 110**

**1 to 1 sessions: 130**

**Light touch support: 252**

**Highlights:** A highlight for Breathe Free has been the recruitment of previous course graduates to Co-Facilitator roles, supporting the Project Lead and Project Workers in delivering the groups. This initiative provides paid work opportunities, enhancing women's skills and confidence to re-enter employment. Co-facilitators also play a key role in supporting group members, acting as role models, and bridging the gap between the lead facilitator and participants. At the end of each cohort, Co-Facilitators completed evaluations, and all reported increased confidence in their skills and abilities, along with better work opportunities, including promotions in existing workplaces and recruitment to new jobs, including work at WHM.

**Challenges:** One challenge we found was around the order of group sessions, as we noticed a high drop-off of women attending group sessions around phase 2 of the programme. We recognise that this point in the course is where the sessions are quite heavy and emotional, and breaking these sessions up with some of the lighter sessions with a self-care focus might improve our retention of women and support more women to go on and complete the full programme. We are also building more opportunities for reflection into the sessions to support women's learning and retention of information, as we are aware of the impact trauma has on memory.

**Looking to the future:**

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We are starting this year with a new staff member leading Breathe Free, alongside a new cohort of Co-Facilitators. This gives us a valuable opportunity to build on last year's learning and introduce some small changes to ensure the group continues to run successfully. We are exploring ways to strengthen our partnerships with organisations such as High Speed Training, Yorkshire Sculpture Park, and Smart Works in order to provide the best possible support for the women, helping them in their recovery and setting them up for long-term success through training and employment opportunities.

**Case Study: D** joined Breathe Free in November 2024 following physical, emotional, and sexual abuse from her ex-partner. Although D's referrer identified the relationship as abusive, D did not initially recognise it herself. Through the sessions, D began to understand that her current relationship was also abusive and expressed a desire to leave. Breathe Free staff supported D in planning a safe exit, including spending a full day with her and her son to make essential calls regarding housing, benefits, and legal advice. Two days later, D contacted staff in crisis, needing to leave immediately. Staff worked remotely to implement urgent safety measures, coordinating with D's children's school, the police, and specialist services like Leeds Domestic Violence Service (LDVS). Staff assisted D in creating a plan to remove her partner and his dogs from the home, allowing her to move forward with the separation. D was also referred for an emergency injunction and sanctuary measures to ensure her safety while remaining in her home with her children. D continues to attend group regularly and has successfully remained separated from her partner.

#### **Leeds Domestic Violence Service (LDVS)**

**Overview:** Domestic Abuse Education and Support Groups, funded by Leeds City Council Public Health and DLUHC New Burdens funding.

As part of the LDVS consortium WHM run and deliver the Domestic Abuse Education and Support Groups. There are five groups per week, delivered in different locations at different times across the city. Creche is available in four of the five groups. Every week we talk through issues that affect the safety and wellbeing of women experiencing domestic abuse and violence. We know that women are the experts in their own situations and that with the right support women themselves will find the best way to move forward. We offer advice and referrals for other support where it is needed.

**Women/girls supported: 152**

**Group sessions: 225**

**1 to 1 sessions: 260**

**Light touch support: 308**

**Highlights:** The highlight of the year is being part of a woman's journey to recovery, watching women grow in confidence and self-esteem through attendance at the group. Supporting the reduction of isolation, and challenging shame and woman blaming.

**Challenges:** One of the year's challenges was the financial insecurity caused by funding uncertainty. This meant we were unsure if we could continue delivering all 5 groups, providing creche and fund facilitators. This led to stress, worry and job insecurity for team members.

**Looking to the future:** We have a highly skilled team who each bring a unique and invaluable quality to the groups. The upcoming challenge for next year is again funding uncertainty and potentially having to cut the number of weekly groups.

**Case Study:** When **L** enrolled in the group, she was living in an abusive relationship with her two children. L disclosed that the abuse was perpetrated by her husband and another family member, both of whom would encourage visitors and their friends to 'join in'. L described feeling completely overwhelmed and felt that there was no escape. L said

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that her life was completely controlled, and was subjected to many forms of abuse, including physical, financial and emotional abuse on a daily basis. L said that she would go upstairs and come down to find her children missing, as her husband would arrange for his family members to take them out without her knowledge or permission. L didn't know who she could trust and felt isolated, desperate and alone.

Following her first session, L was referred to one-to-one support. L was offered a place in Refuge, but it was out of area, and she was scared to lose her job as she felt it was a lifeline that could potentially provide her with the means to escape. Additionally, her husband had taken out several loans in her name. Therefore, she needed an income to pay the debt. L was referred to additional support around housing. Over a period of time, L was supported to leave the relationship and move into her own property, where she and her children are currently thriving.

#### **Leeds Domestic Violence Service – Sanctuary Support Scheme**

**Overview:** The Leeds Domestic Violence Service (LDVS) Sanctuary Support Scheme started in January 2022. A partnership of 9 organisations led by LDVS, the Sanctuary Support Scheme aims to provide long-term, one-to-one support for women experiencing Domestic Violence and Abuse. The project provides support with safety planning, accessing sanctuary measures and ongoing emotional support, to ensure tailored one-to-one support for marginalised groups who have experienced domestic abuse. These groups include LGBTQIA+ people, people seeking asylum, culturally diverse and migrant communities, those with disabilities, those experiencing forced marriage and "honour-based" violence, older people and those who are pregnant.

#### **Disability specialism**

This role specifically specialises in working with clients with both physical and mental disabilities.

#### **Pregnancy and Maternity Specialism**

This role works with women who are pregnant and includes those who have young children.

**Women supported: 32**

**1 to 1 sessions: 450**

**Light touch support: 815**

**Highlights:** Over the past year, stronger partnerships have been established with a range of organisations, significantly raising awareness of the Sanctuary Support Scheme across the sector. The scheme's impact has been particularly evident in how it has helped create safer environments for women, amplifying their voices and ensuring they feel heard, supported and empowered in their journeys toward safety and recovery.

**Challenges:** Accessing external services has continued to present significant challenges over the past year. Common issues include unclear referral processes, inconsistent communication, and limited availability of support. In some cases, delays and lack of transparency around eligibility or capacity has meant that individuals no longer require the support by the time it becomes available, with alternative arrangements having to be made elsewhere. These barriers impacted the service's ability to secure timely and appropriate interventions for those in need. was often spent navigating complex referral systems, which in turn limited capacity to focus on direct support. Delays in access to specialist services also risked missed opportunities for early intervention and may have led to increased distress for women waiting for help.

**Looking to the future:** The Sanctuary Support Scheme has been extended until March 2026. The project will continue to provide 1:1 support to women experiencing high risk domestic abuse, with the two Sanctuary Support workers based at Women's Health Matters particularly focusing on women who are pregnant, and women with disabilities.

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**Case Study: N** was referred to the Sanctuary Support Scheme by her Leeds Housing Options worker, after experiencing significant trauma because of Domestic Violence and Abuse. She had an active MARAC flag and was being subjected to ongoing stalking and harassment by her ex-partner. At the outset of support, N was extremely distressed and fearful. Support included competing referrals for housing assistance and referrals for therapy. Over time, N began to engage consistently with support and made noticeable progress, gradually developing into a more confident and proactive individual. She actively participated in safety planning, reported concerns when needed, demonstrating a strong commitment to protecting both herself and her children. N was awarded a Band A+ housing priority due to a collaborative work with her housing worker – a key milestone in her journey towards long-term stability, and engage regularly in therapy sessions with WTCS, describing the experience as transformative, allowing her to express long-held emotions in a safe and supportive environment. In addition to her own recovery, N prioritised her children's well-being by arranging for her daughter to attend the Art of Her project at WHM, a creative therapeutic service for young women. Her journey reflects resilience, personal growth, and a determined commitment to building a safer and more hopeful future.

#### **The Key Change**

**Overview:** The Key Change project is funded by The Masonic Charitable Foundation, which supports girls aged 11-18 in a school setting who are experiencing, witnessing, or at high risk of abusive relationships. This includes both intimate partner abuse and domestic abuse within the family home. The course focuses on achieving three outcomes to help girls better identify and respond to abuse, improve their mental well-being, and build wider support networks. In addition to core topics, we have also covered areas identified by the girls themselves, such as managing emotions and self-harm.

**Referrals received: 66**

**Girls supported: 48**

**Group sessions: 36**

**1 to 1 sessions: 7**

**Light touch support: 26**

**Highlights:** This year, we delivered seven 6–8 week courses, covering our core sessions on healthy and unhealthy relationships and wellbeing, while also adapting to the specific needs of each group through a flexible, co-produced approach. This included sessions on online safety, managing emotions, anger management, and confidence building. In response to one group raising concerns about self-harm and limited support, we developed a tailored session linking young people with specialist services. We also supported a Specialist Inclusive Learning Centre (SILC) school, working with students with a range of learning needs, including moderate and severe learning difficulties, complex needs, and Autism.

**Challenges:** This year, we faced significant challenges working with one school, an independent alternative provision supporting young people with Social, Emotional, and Mental Health (SEMH) needs. Poor communication and early session times, which didn't align with student attendance, made delivery difficult. Although we began with a good group, numbers dropped due to students moving schools or having personal issues. The girls faced complex challenges, including mental health struggles, family issues, and high safeguarding concerns, requiring a flexible approach. Due to the small number of female students and individualised timetables, we delivered only three sessions. After reflecting with the school, we agreed that a structured course wasn't the best fit and instead planned two half-day workshops for April 2025 to better meet the students' needs.

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**Looking to the future:** Moving forward, we will continue delivering our groups to schools across Leeds while expanding our reach by engaging with more schools and community partners. We will regularly assess and adapt our content based on feedback to keep sessions relevant and effective, with a strong focus on strengthening partnerships to build sustainable relationships. We are confident that these efforts will ensure the ongoing success of the project and enable more girls and young women across Leeds to benefit from our support.

**Case Study: T** is a 14-year-old struggling with substance misuse and mental health challenges. She joined the Key Change Project and initially appeared disengaged and resistant, often disrupting sessions and affecting the group dynamic. After she had missed the second session, the facilitators reflected on strategies to better support her. When T returned for the third session, a subtle shift in her engagement became noticeable; she began participating in discussions, listening actively, and reducing her disruptive behaviour. By the fifth session, T's transformation was clear. She openly shared personal experiences, built trust with the group, and contributed positively to discussions. A particularly notable change occurred during session five's checkout, where she moved away from her usual comment about "getting drunk" and instead mentioned playing her guitar as a positive activity. T's journey demonstrates the importance of patience, consistency, and a safe environment. It shows how targeted intervention programs can significantly support young people in building healthier relationships and improving their mental well-being.

#### **The Key Change in SILCs (Specialist Inclusive Learning Centres)**

**Overview:** Funded by Baily Thomas, the Key Change in SILCs supports girls aged 11–18 in school settings who are experiencing, witnessing, or at high risk of abusive relationships. This includes both intimate partner abuse and domestic abuse within the family home. The project focuses on achieving three core outcomes: helping girls better identify and respond to abuse, improving their mental well-being, and building wider support networks. We worked with Specialist Inclusive Learning Centres (SILC) to tailor the mainstream Key Change course for girls with learning disabilities, consulting with teachers and adapting materials to meet each girl's learning age and needs.

**Referrals received: 45**

**Girls supported: 24**

**Group sessions: 15**

**Highlights:** Designing the course to be adaptable has been highly beneficial, allowing us to customise the content for various groups and individual service users. This adaptability has been especially valuable in meeting the unique educational requirements of the specialist inclusive learning centres. Schools have given us positive feedback on our adaptable approach to tailoring the course to suit different learning needs.

**Challenges:** One challenge we encountered at a particular school involved attendance issues among some of the girls who were registered for the programme. Despite their initial interest and enrolment, many of them could not attend the whole course due to the group conflicting with their work experience placements. This limited their ability to fully engage with and benefit from the program's content. We are now exploring ways to improve coordination with schools in advance to better align the program with scheduling other academic commitments, such as work experience.

**Looking to the future:** Baily Thomas's funding is due to end in June 2025. However, we remain committed to supporting as many Specialist Inclusive Learning Centres as possible through our other Key Change funding stream. We recognise the importance of

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continuing this work and are actively exploring additional funding opportunities that could provide targeted support specifically for Specialist Inclusive Learning Centres.

**Case Study:** U was referred to the Key Change group by their school to help develop a better understanding of healthy relationships and to receive additional support with personal and social development. At the start, U was quiet and withdrawn, finding it challenging to engage confidently in group discussions or express thoughts and feelings. Throughout the group, U responded positively to the supportive and inclusive environment. The creative and interactive sessions helped U to explore key themes around relationships, self-awareness, and communication in a safe space. Over time, U's confidence grew noticeably, and she became more vocal and engaged, even contributing actively to group discussions. School staff observed a clear improvement in U's ability to form positive peer connections and express herself more openly.

### **Pregnancy, parenting, and support for women whose children are being cared for by someone else**

#### **Breastfeeding Peer Support**

**Overview:** Funded by Leeds City Council Public Health and in partnership with Health for All, Bosom Buddies provides one-to-one breastfeeding advice and support to new mums from specialist, trained advisers. The service trains experienced mums to be peer supporters to provide support and guidance across 11 weekly groups, and in hospitals. The service also provides free loan of breast pumps to mums in need.

**Women supported (WHM element): 57**

**Children supported: 59**

**Group sessions: 72**

**1 to 1 sessions: 144**

**Light touch support: 150**

**Highlights:** The project delivers one-to-one support across 11 weekly groups and supports new mums on hospital wards. This year has seen an increase in the number of trained peer supporters offering one-to-one support on wards to new mums, establishing it as a very much needed service by mums and staff alike. This has resulted in new mums getting support and advice around breastfeeding before they leave the hospital, increasing their chances of breastfeeding after they have left the ward. The service was highly commended in this year's Leeds City Council's Compassionate Leeds Award for outstanding community health and wellbeing service.

**Challenges:** There is much demand for breast pump loans for mums who are struggling with feeding – this might be due to health issues for mum or baby, the baby may be in the ICU, or mum and baby may be separated for other reasons, meaning mum needs to express milk to continue breastfeeding. For babies who are unwell, still receiving breast milk is important and can play a part in their recovery. However, the service cannot keep up with demand and is unable to meet the needs of all the mums and babies who need access to breast pumps.

**Looking to the future:** In partnership with Rainbow Hearts at Women's Health Matters, we are hoping to deliver breastfeeding peer support to women from a wider demographic, namely, women seeking asylum or refuge in Leeds. Although the groups are always busy, we noted that there are a few women seeking support whose first language isn't English. We want to ensure that all women, regardless of their background or language, can access the same level of support around breastfeeding. We hope that by training women from this community, some women who are currently not receiving support will be able to access support around breastfeeding.

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**Case Study: C**, a 17-year-old mum, had very low confidence due to bad experiences of being bullied throughout high school, and struggled in groups. Her baby's father was not involved due to his abusive behaviour towards C when she told him about the pregnancy. C wanted to breastfeed her baby but was very nervous about attending group. She first attended with her mum but was still very anxious. She was also concerned about being the only young mum in the group and how the other mums would respond to her. C was provided a lot of one-to-one support in the group sessions, around her breastfeeding, as well as issues relating to her confidence and mental health. Following this support, C continued to attend group by herself, and workers have seen her confidence grow.

#### **Creche**

**Overview:** Creches are provided for the Breathe Free groups that Women's Health Matters runs; for four of the Leeds Domestic Violence groups that are run by Women's Health Matters; for Drop-in; for family work in the school holidays; and for special events that are run by Women's Health Matters, such as the Celebration Events.

**Children accessing creche: 152**

**Creche sessions: 164**

#### **Growing Together Group ended 31/7/2024**

**Overview:** Growing Together Group was funded by Awards for All. It is a group run from a nursery room in a children's centre where women and their preschool-aged children can mix with other families and benefit from peer support and expert support from a qualified early years worker. Sessions are planned but loosely so that the women can introduce and identify the areas that they need support with. There is a focus on health, behaviour and a gentle and safe introduction to early years settings.

**Women supported: 10**

**Children supported: 12**

**Other children impacted: 22**

**Group sessions: 13**

**1 to 1 sessions: 11**

**Light touch support: 28**

**Highlights:** The relationships formed among the women participating in this group have been strong, with women offering peer support to each other and to their children. Most families have engaged in one-to-one support, allowing for the promotion of various government health initiatives, such as vaccinations. We have signposted women to other groups and services and made appropriate referrals for women and their children, where needed, to other professionals, including schools and mental health services.

**Challenges:** The groups were quite quiet to begin with, however, with promotion internally at WHM and within the children's centre, we got more women coming with their children. As we got a higher number of women attending, we had to change how the group was structured to accommodate the varied ages of the children attending. We implemented a circle time with songs and props, which proved to be very successful and helped women join in and learn songs that they can use for playing with their children at home.

**Looking to the future:** The Growing Together work ended during the financial year and we then lost our experienced Early Years practitioner as she moved onto other work. We are always looking out for other funding that could offer support to women and their children as we recognise the benefits this makes to the women we support.



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**Case study:** In a group discussion about vaccinations, **J** raised concerns about vaccines, in particular the MMR vaccine, and the link to autism. The Project Worker created space for a safe and informative conversation where the women could ask questions about vaccinations without fear of judgement. **J** was worried about the impact of vaccinations on her child and had read things which had worried her. The Project Worker held space for the discussion and offered reputable sources and research to show the safety and efficacy of vaccinations. The women also then discussed herd immunity and the importance of this within communities. **J** felt the conversation was useful and gave her the information she needed to make an informed decision for her child.

#### **Growing Together 1-1 Family Project**

**Overview:** Growing Together works with women and their children to rebuild relationships after trauma. We work with women to build confidence in their parenting, support with onward referrals and signposting, and improve communication, enabling them to best support their children in the future. Growing Together was funded by Leeds Community Foundation as part of their Trauma Informed Work in Communities, and as part of this, the Project Lead was part of a larger community of professionals and organisations working to make Leeds a more trauma-informed community.

**Women supported: 34**

**Children supported: 38**

**Other children impacted: 79**

**Family sessions: 30**

**Light touch support: 132**

**Highlights:** Throughout the project, we have learned the importance of building trust with women and their children and how taking the time to do this supports women to feel safer and engage better with our work together. Having a holistic approach, including children attending our on-site creche, participating in other WHM groups, and receiving targeted one-to-one support, has been key in being able to create safety and trust in our relationship with women and their children. Working in this trauma-informed way has been rewarding and enabled us to meet the women and their families where they are, resulting in better outcomes.

**Challenges:** A challenge we faced was when our project lead left the organisation with three months left of the project due to worries about continuation of funding. We could not recruit a short-term worker, so we looked at our existing projects and recognised a need for trauma-informed support for families within our Rainbow Hearts group, which supports women and their children in the asylum process. We were aware of the high levels of trauma these families have experienced, and we were able to support these families with targeted resources and activities to help bring families together, support mums and their children with language learning and provide space for families to have fun together.

**Looking to the future:** Unfortunately, the funding for this project ended in 2024. We have taken the lessons from the trauma-informed work and implemented them into all aspects of work at WHM, sharing good practice and reflecting on our work as a team in peer support meetings. We continue to look for alternative funding sources for this work.

**Case Study:** **I** and her two children worked with the Growing Together project for nine months. Workers from the Breathe Free project referred the family due to concerns about the children's challenging behaviour at home, particularly around bedtime. **I** felt that this behaviour was impacting her parenting and overall well-being, while also recognising that it stemmed from the children having directly witnessed the abuse she had experienced. **I** and her children were highly engaged with the support offered,

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demonstrating openness and honesty throughout the process. The project worker provided practical strategies to support the family and facilitated onward referrals, including internal referral to the Family Canvas project and external referral to KidzClub. The project worker also provided relevant resources to I and her children and demonstrated how to use them together. The family participated in trips organised by Women's Health Matters alongside Healthy Holidays, helping them to build friendships and connections with other families. I continued to receive support from other Women's Health Matters projects beyond the family's engagement with Growing Together.

#### **Inside Out**

**Overview:** Funded by the Albert Gubay Charitable Foundation, Inside Out is a 13-week parenting course for women who live apart from their children or are involved with Children's Social Work Services. The course aims to help women understand what their children need from them and what barriers might exist for them to meet these needs.

**Referrals received: 67**

**Women supported: 50**

**Children impacted: 121**

**Group sessions: 39**

**1 to 1 sessions: 114**

**Light touch support: 132**

**Highlights:** We have seen a change and/or improvement in the outcomes for women in respect to their children: Two women started to have unsupervised contact; one woman now has overnight contact with her child; one woman no longer has Social Care involvement; two women are having new assessments to have their children returned to their care; three women have seen an increase in the amount of contact they are allowed to have with their children; and two women have requested new assessments. The women reported that these changes happened due to their learning on the course, and their greater understanding of their children's needs and what they can do to meet them.

**Challenges:** The challenge remains the chaotic nature of the women's lives who attend the course and its impact on their ability to engage and complete the course. Due to the difficulties the women face and the effect it has on their mental health, we have seen a higher-than-usual dropout rate in the course. As the women's access to mental health services has become more difficult, we have seen a deterioration in the mental health of the women, women who have experienced profound trauma, and in turn this makes it hard for them to manage weekly sessions. The stresses the women face – debt, food and energy poverty, inappropriate housing – can make it hard for them to commit to attending a weekly course when they have so many other things going on in their lives.

**Looking to the future:** This funding has ended, and we haven't yet been able to secure new funding. Women's Health Matters are funding a further cohort from core funding. This is with the aim of continuing to apply for further funding for the project. There is nothing else like this course in the region, let alone in Leeds, offering support to women in this very specific situation. Women will be told by Children's Social Work Services and the courts that they need to undertake a parenting course. However, this isn't available outside of Inside Out. This means that women will not be able to do what they have been told to do by the courts. We will continue to apply for funding to continue this valuable work.

**Case Study: K** is a 28-year-old mother of three children who has experienced significant trauma throughout her life. K grew up in the care system, having been removed from her mother's care due to neglect. She was groomed and experienced domestic violence

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from a young age. K had her first baby at 18 years old and had her first two children removed from her care and placed for adoption. Her youngest child was placed in long-term foster care following a court ruling. Despite these challenges, K began attending Inside Out, where, for the first time, she acknowledged and began to process her own childhood trauma. This marked a turning point, as she reached out to Children's Social Work Services (CSWS) for support and to advocate for herself around what happened to her as a child. K worked to rebuild her relationship with CSWS, independently arranging meetings to request increased contact with her youngest child and pushed for a reassessment. Though K was denied legal aid, she showed remarkable strength by choosing to represent herself in court, something she never believed she could do. Her daughter's social worker recognised the significant changes K has made and supported a further assessment, with the longer-term goal of potential reunification.

#### **Maternity & Neonatal Voices Partnership (MNVP)**

**Overview:** A key highlight was working with the health equity specialist midwifery team at LTH to develop a staff training day on health equity and service user voice. The MNVP conducted several focus groups with different communities, including Mothers with care experience, women seeking asylum, and women with experience of perinatal mental health issues. This feedback then went into creating sessions for staff to demonstrate what trauma-informed care looks like for these groups. The Trust and MNVP ran the day, which was attended by eighty staff members, including frontline midwives and senior leadership. Another of these events is planned for 2025/26 to focus on different groups.

**Women supported: 194**

**Children supported: 44**

**Group sessions: 18**

**1 to 1 sessions: 42**

**Light touch support: 120**

**Highlights:** A key highlight was working with the health equity specialist midwifery team at LTH to develop a staff training day on health equity and service user voice. The MNVP conducted several focus groups with different communities, including Mothers with care experience, women seeking asylum, and women with experience of perinatal mental health issues. This feedback then went into creating sessions for staff to demonstrate what trauma-informed care looks like for these groups. The Trust and MNVP ran the day, which was attended by eighty staff members, including frontline midwives and senior leadership. Another of these events is planned for 2025/26 to focus on different groups.

**Challenges:** An ongoing challenge is ensuring that the feedback collected is representative of women and birthing people across the city. Different methods of engagement have been employed, including social media callouts, surveys, open-access focus groups, and visits to community groups, but identifying ways to speak to those most marginalised is an ongoing focus.

**Looking to the future:** A key focus for 2025/26 is to expand the MNVP's focus to neonatal services. While neonatal feedback has been heard organically by the MNVP to date, new funding specifically for neonatal means that the experiences of parents who have gone through stillbirths, the death of their babies, late term miscarriage, and had their baby in neonatal for any length of time, will be a particular area of focus in a trauma-informed way.

**Case study:** O came to an open-access MNVP focus group looking at antenatal care. She was initially reluctant to talk about her experience, but as she heard other women

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speaking, she opened up to the point of speaking not just about her youngest baby but the experience of a stillbirth she had had in her previous pregnancy. As a result of coming to the focus group and having a positive experience, she has since signed up as a regular Parent Representative and attended online meetings and a 15-steps walk around of the hospital, reviewing maternity services for their accessibility, cleanliness, and safety. She will be continuing to inform MNVP work, particularly on engaging bereaved parents.

#### **Pregnancy Choices Advocacy Service (PCAS)**

**Overview:** This work is now funded by Women's Health Matters after the previous funding from the NHS came to an end. PCAS provides impartial one-to-one telephone support for women and pregnant people around their pregnancy choices – providing information on midwifery and termination options, offering support whether the decision is to continue with a pregnancy or access a termination. We provide advice and support around both emotional and practical issues. WHM decided to continue this project as there is no other service offering this kind of support, and we recognise the importance for women to be able to make safe, informed decisions around fertility and pregnancies.

**Women supported: 25**

**Children impacted: 14**

**1 to 1 sessions: 33**

**Light touch support: 19**

#### **Highlights:**

Despite no current funding, WHM continues to champion and support women's rights to make informed choices around their pregnancies. Risk of abuse can either start or escalate during pregnancy, making it a dangerous time for many women. It can also be the time when women seek support or help. We have offered one-to-one support to women who wouldn't have had anyone or anywhere to get support from. Although the service offers support around pregnancy choices, we also support with issues such as mental health, domestic violence and abuse, housing and other problems that women face that can make pregnancy a more difficult or dangerous time in their lives.

#### **Challenges:**

This project initially started with NHS funding, and we were able to offer one-to-one support in person and by phone. This included attending appointments for women who didn't have anyone to attend with them. We were able to fund travel to termination appointments, which are often outside of Leeds. Although we now provide telephone support, we cannot meet women or attend appointments with them, something we know is still lacking in Leeds. We will continue to offer telephone support as long as we are able to support this provision financially.

#### **Looking to the future:**

We continue to look for funding so that we can offer the full range of support women need at these difficult times. Until then, we will provide telephone support to women.

**Case Study: P** contacted the service for support in accessing a termination appointment in Doncaster. P was a woman seeking asylum, with no recourse to public funds and no permanent place to live. She was unable to travel to her appointment due to a lack of funds. Although someone had offered to cover the cost of travel, she had no bank card and therefore could not purchase a train ticket. Train tickets and hotel accommodation near the clinic were arranged on her behalf, and she was met in person to be given the tickets, a map, and relevant information. Continued contact was maintained with both P and the hotel. When she didn't arrive at the hotel, they contacted WHM and support was provided to ensure she reached the clinic and the hotel safely, enabling her to access the

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termination. Referrals were also made for group support and legal advice regarding her immigration status, which helped her begin the process of securing suitable housing.

#### **Rosebuds**

**Overview:** Funded by Jimbo's Fund until 31/8/2023 and The Charles Plater Trust from 1/9/2023. for women living apart from their children. Over 6 months, women develop coping strategies to manage difficult situations and emotions, alongside increasing their understanding of abusive relationships and the long-term impact on them.

Rosebuds is a course for women living apart from their children, who have been affected by domestic violence and abuse. A mix of peer support, structured learning sessions and visits from other support services to offer support, learning and healing, it is funded by the Charles Plater Trust. The course aims to offer support around mental health and well-being and preparing for the future, supporting them to be able to find ways of managing the difficulties they face – both practical and emotional. The aim is for women to build their resilience and start thinking about their futures – what they will look like and how they will get there.

**Referrals received: 55**

**Women supported: 32**

**Children impacted: 70**

**Group sessions: 39**

**1 to 1 sessions: 72**

**Light touch support: 99**

**Highlights:** The women of Rosebuds played a key role in shaping a new training programme for professionals working with mothers living apart from their children. By sharing their lived experiences, they helped inform the content and ensure it truly reflected the challenges women face. Notably, one participant has gone on to co-deliver this training alongside the facilitator, using her voice and insight to influence practice and inspire change.

**Challenges:** Due to the complexity of the women's circumstances, it often takes time for them to build the confidence to attend the course for the first time. When a place becomes available, we begin contacting women from the waiting list. However, even after initial contact, it may take several weeks before a woman feels ready to join. We offer a two-week window of encouragement and support, and if she doesn't attend by the third week, her place is reallocated and she is removed from the list. In some cases, women still don't attend within this timeframe, and the process must begin again with the next person on the list. While this can result in places remaining unfilled for some time, the flexibility and understanding built into this approach are essential for creating a safe and supportive space for engagement.

**Looking to the future:** This funding ends in August 2025. We are actively seeking further funding to continue delivering this vital work. In the meantime, we remain committed to running sessions that support women in managing their mental health and well-being, while also encouraging them to plan for their futures.

**Case Study: S** is 22 and had her son removed from her care due to an unexplained injury. Both she and her ex-partner were in the pool of perpetrators, and she was arrested. She engaged well and has shared that she has made many changes to her life. She is no longer in contact with her ex-partner and has moved into her own property. S shared that through the course, she has a better understanding of the concerns held by Children's Social Services and feels better able to be open with them about how she is feeling. She has changed how she communicates with them, building up trust on both sides. As a result of this improved confidence, relationship, engagement and

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communication with Children's Social Work Services, the decision has been made to return her son to her care. They are now starting the process of reunification.

#### **Specialist support for women seeking asylum and refugees**

##### **Rainbow Hearts (Leeds City Council Public Health funding)**

**Overview:** Rainbow Hearts is a well-being and social group for women seeking asylum or recently granted refugee status. It is funded by Leeds City Council, with additional support from The Evan Cornish Foundation. The group offers a range of informative and social sessions focused on health and well-being, self-care, and the therapeutic arts. Women also have the opportunity to learn English through informal classes with our qualified ESOL teacher. Our aim is to help women build support networks, engage in activities that improve their well-being, and become more familiar with their new city.

**Women supported: 105**

**Children supported: 27**

**Children impacted: 109**

**Group sessions: 64**

**1 to 1 sessions: 37**

**Light touch support: 59**

**Highlights:** This year, we've delivered a variety of health information sessions and therapeutic well-being activities, supporting women in caring for their physical and mental health. A key highlight has been our partnership with MESMAC, a Yorkshire-based sexual health charity, who now attends the group monthly to lead sessions on sexual and women's health. In addition, our informal ESOL (English for Speakers of Other Languages) classes have been impactful. We've received positive feedback, with one participant saying, "This 1-1 English lesson helped me to improve my English more than other classes I've attended in the past few weeks."

**Challenges:** The project has faced several external challenges that have impacted the women we support. At the beginning of the year, the passing of the Rwanda Act caused significant stress and fear, followed by race riots in the Harehills area of Leeds during the summer, where many of the women live. Additionally, changes in government and asylum policies have created further uncertainty. While Rainbow Hearts has remained a safe space for the women to escape these stressors, the women have had heightened support needs, which have at times been difficult to manage within the group setting.

**Looking to the future:** Recently, our current group venue has become insufficient to meet the needs of the women we support. The community centre, which features a single central space, has expanded its offerings through projects like SIM card gifting and bilingual advocacy support. As a result, there has been an increase in foot traffic, with people entering the space during our sessions. This has compromised our ability to maintain a safe, women-only environment. Additionally, it has become challenging to facilitate certain sessions, particularly those addressing sensitive topics like women's health and sexual health. We are actively seeking a new venue to better serve the women and ensure a safe and private setting.

**Case Study: Q,** a 48-year-old woman from Libya, arrived in the UK with her husband and five children, facing a challenging asylum process. She experienced stress and anxiety due to her uncertain status, along with various health issues. As a former doctor in Libya, Q also struggled with the loss of her professional role, which had a significant impact on her mental health and well-being. Seeking connections and information about asylum support services in Leeds, Q joined Rainbow Hearts.

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Since joining Rainbow Hearts, Q has found a supportive community that has greatly improved her mental health. She attends the group regularly and has shared how it boosts her mood, saying, "I'm in a low mood, but when finishing the group and leaving, I always have a good mood." Participating in creative and mindful activities such as weaving and decorating a 'wellbeing box' allowed Q to disconnect from external stressors and focus on self-care and relaxation. Through the group, Q has made meaningful friendships and been connected to additional services in the city, expanding her support network. Q has also appreciated being able to communicate in Arabic with our Project Worker, helping to remove barriers and ensure she receives the emotional support she needs.

#### **Rainbow Hearts (Migration Team funding)**

**Overview:** This funding from Leeds City Council's Migration Team furthers the support we offer to women seeking asylum and newly granted refugees. Adding to the Rainbow Hearts offer, the project consists of a second weekly peer support group where women can socialise and participate in activities to improve their well-being. Women can practice their English, learn about other support services in Leeds and participate in physical activity by joining our monthly walking group. There is also the opportunity for one-to-one support, especially for women in the 28 day move-on period. We support the women to feel settled in Leeds, by building their support networks and helping them feel more familiar with their city.

**Women supported: 79**

**Children supported: 14**

**Children impacted: 76**

**Group sessions: 38**

**1 to 1 sessions: 28**

**Light touch support: 41**

**Highlights:** The project has supported many women who have been in the UK and/or Leeds for a short period. These women have benefited from connecting with others who share similar experiences, cultures, and languages. They have appreciated the combination of well-being activities and informative sessions. Some key highlights include an Indian dance workshop that provided an opportunity to connect with and learn about South Asian culture, a cooking demonstration with Get Cooking that incorporated ESOL (English for Speakers of Other Languages), and informative sessions on fire safety with the West Yorkshire Fire Service.

**Challenges:** This year, external factors, including political changes and ongoing shifts in asylum policies, have had a significant impact on the project. The increasing complexity and uncertainty of the legal and welfare systems have placed additional stresses on the women we support, particularly as they navigate the asylum process and transition after receiving a positive decision. This has resulted in a heightened demand for mental health and wellbeing support. One of the major challenges faced by the women has been securing stable housing during the 28-day move-on period after their asylum claim is approved. Many have struggled to find accommodation within this timeframe, leading to increased numbers of women facing housing crises. In response, we have provided one-on-one support, referrals, signposting, and, where possible, financial assistance to help them through this difficult period.

**Looking to the future:** The funding for this project ends in June 2025. Given its success and impact, we are actively seeking additional funding to ensure that this vital support can continue. The project has played a crucial role in supporting women's well-

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being, skills development, and integration, and we are committed to continuing this important work.

**Case Study: R**, a 39-year-old woman from Uganda, joined the Rainbow Hearts group in June 2024 to build a supportive community in Leeds after being separated from her children, which had significantly impacted her mental health. Her regular participation in the group provided a safe space that helped reduce stress and anxiety while enabling her to build meaningful friendships.

In November 2024, R received her refugee status but felt overwhelmed by the next steps, especially regarding her housing situation. With Rainbow Hearts' support, she received housing guidance and was connected to services such as Leeds Housing Options and RETAS for additional assistance. She also benefited from valuable peer support from other group members who had navigated similar challenges. R expressed her gratitude, stating, "If I was going through this process without the support of Rainbow Hearts, I don't know how I would cope." She is now exploring family reunification options to bring her children to the UK, feeling more hopeful about the future thanks to the ongoing support from the group.

### Support for women with learning disabilities

#### Feel Good

**Overview:** Feel Good is a health and wellbeing course for women with learning disabilities, funded by Leeds City Council. The course covers topics such as healthy friendships and relationships, taking care of our bodies, being confident, and staying safe. We also invite speakers into the group to talk to the women about specific issues such as online scams, safety, and domestic abuse. The group is a safe space where women can learn about themselves and their bodies and ask questions without judgment.

**Women supported: 20**

**Children impacted: 6**

**Group sessions: 35**

**1 to 1 sessions: 16**

**Light touch support: 149**

**Highlights:** In addition to our regular sessions, this year the women have contributed to the development of easy-read documents for Leeds Community Healthcare (LCH). LCH attended several sessions to present documents on topics such as dental health, attending dentist appointments, and pulmonary health. The women provided valuable feedback, suggesting improvements to ensure the information was clear and easy to understand before being finalised and released. These documents are now being used by the NHS in Leeds to support people with learning disabilities.

**Challenges:** Feel Good was originally delivered in partnership with People in Action, a Leeds-based charity supporting learning-disabled and autistic people, who managed referrals and promotion. Due to funding changes, the partnership ended in March 2024, leading to a venue relocation and WHM taking over referrals and promotion. This initially caused a slight decrease in attendance, but outreach to social workers, care services, and third-sector organisations gradually boosted referrals. We also partnered with Connect in the North, a charity led by people with learning disabilities, who have supported us by promoting the course through their information and signposting service, 'Through the Maze'.

**Looking to the future:** This year, we aim to strengthen connections with organisations supporting people with learning disabilities and explore new partnership opportunities.



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We will continue to expand our outreach efforts to raise awareness of our work in this area and further promote the Feel Good course.

**Case Study: H**, a 62-year-old woman, was referred to Feel Good in April 2024 by the Service Manager at her Supported Living facility due to her vulnerability to abuse and exploitation, having experienced sexual assault in the past. The referral aimed to help H set boundaries, understand consent, and develop strategies to keep herself safe.

H joined the group in May 2024 and initially struggled with confidence, often deferring to others during discussions and hesitating to share her thoughts. With tailored support, including extra time to process and encouragement to participate, her confidence grew. Over time, H became more engaged, actively participating in discussions about consent, private body parts, and assertiveness. During a session on consent, role-playing "saying no" allowed her to practice in a safe environment. By the end of the course, H had gained valuable knowledge on how to stay safe in public and assert herself in unsafe situations.

### **Support for women with complex needs, mental health, and wellbeing needs**

#### **Being You Leeds**

**Overview:** Being You Leeds (BYL) is a wellbeing service funded by Leeds City Council Public Health which provides people aged 16+ with groups & activities for protective wellbeing. It also provides mental health training and anti-stigma awareness sessions for third sector volunteers and practitioners across Leeds. We work together with partners Touchstone, Hamara, Holbeck Together, LS14 Trust, Barca and Health for All.

Women's Health Matters delivers BYL wellbeing groups in Leeds communities for women including Sister Songbirds singing group, Creative Journaling, Make & Do crafts group, and city-wide Women's Walking Group.

**Women supported: 55**

**Children supported: 16**

**Group sessions: 136**

**1 to 1 sessions: 18**

**Light touch support: 97**

**Highlights:** Our Being You Leeds groups have engaged many new women in our services in new experiences and positive social interactions. We have worked together with 4 Touchstone volunteers who are trained in Mental Health awareness and anti-stigma to co-produce our groups and sessions. These volunteers share their skills and encourage group members to also share and develop their ideas for new sessions which make the service more inclusive and dynamic. Some examples are new walk routes for the walking group to Churwell Woods and Rodley Nature Reserve, and a song - Life is a Journey which the Sister Songbirds co-created and performed at the Women's Health Matters annual celebration. Two women's community wellbeing groups which Women's Health Matters supported have now become self-sufficient in this year.

**Challenges:** Many women who engage in the service experience financial struggles including women who are seeking asylum. Many of these women find it difficult to access the sessions by bus without financial support. It has been possible to offer bus fare support to many women this year, however with growing group sizes and increased need for participation and access, it is identified that this is not sustainable within project budget limits. We seek additional funding support to sustain and increase access for women who benefit from these groups.

**Looking to the future:**

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Being You Leeds is currently funded until March 2028 and we plan to continue to deliver vibrant and engaging groups within Leeds communities. This year our workers will support our volunteers to deliver some of the Women's Walk sessions and support the group to become semi-sufficient. We plan to visit the Yorkshire Dales with our women. We will also deliver activities for local mental health awareness events including Mental Health Awareness Week with South Leeds Community Hubs & Libraries and Lets Move South Leeds event with Active Leeds.

**Case Study:** **A** arrived in Leeds from Zimbabwe in 2018 seeking asylum and, as of the time of writing, had not yet received her status to become a UK resident. She began attending the Women's Make and Do group and the Women's walking sessions in Autumn 2023 and joined Sister Songbirds in April 2024. **A** expressed that before joining these groups, she would stay at home and would feel afraid and unsure about going out. She didn't know any other people in her community and she felt low, lonely and isolated. After joining the Being You Leeds groups, **A** began to connect with other women from different cultures and backgrounds, quickly forming new friendships and gradually growing in confidence, feeling more able to try new experiences. She described the Women's Walking group as helping her feel more connected to Leeds and the UK as she has been able to explore more outdoor spaces in a safe and sociable group. **A** also reported feeling physically fitter because of walking longer distances. She found the arts, crafts and singing activities to be both therapeutic and relaxing, supporting her emotional wellbeing while allowing her to develop creative skills and express herself more freely.

#### Art Therapy

**Overview:** The project provides up to twelve one-to-one Art Therapy sessions for any woman in WHM's service, facilitated by a student art therapist on placement. It offers women a safe and confidential space to explore and process their emotions, experiences, and internal world through conversation and the creation of artwork.

**Women referred: 18**

**Women supported: 11**

**Children supported: 1**

**1 to 1 sessions: 103**

**Light touch support: 112**

**Highlights:** Over the past year, women have used art therapy as a powerful tool for expressing difficult emotions and healing from trauma, making significant strides toward recovery and improved well-being. Key developments include expanding the program from 6 to 12 sessions for enhanced support, creating an informative leaflet about art therapy for distribution to project workers and women in service, and introducing a structured assessment period to help women determine how or if art therapy can best support their individual needs.

**Challenges:** As we have no external funding for this work, it's not always possible to provide funding for women's transport to attend art therapy, which has created a barrier to access in some cases. Client cancellations have also posed a challenge, as large breaks in short-term therapy can negatively affect the impact.

**Looking to the future:** Building on this year's progress, we look ahead with renewed optimism. Key developments, such as extending the art therapy period and introducing clearer structures around cancellations, will be carried forward and further refined for future placement students. These enhancements are expected to deepen the therapeutic impact and provide a more consistent, supportive framework for both clients and students.

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**Case Study: X**, a woman with complex PTSD, attended Art Therapy for 8 weeks. At the beginning of therapy, X had stepped away from work following a breakdown and the passing of two loved ones. She expressed the desire to reclaim and rebuild herself after an extensive history of abusive relationships. The space was used predominantly to understand and process traumatic memories and emotions related to past traumas and explore routes to express anger in a way that felt safe.

Painting initially felt intimidating for X due to its fluidity and lack of control, yet because of these properties, it became favoured by her to visually explore her emotions. Each week, X selected a different emotion to explore through large-scale, free painting.

Through this creative approach to emotional processing and discussion with the art therapist, valuable insights and realisations were reached that brought clarity to her internal sense of disorganisation, dysregulation and overwhelm. These feelings were concluded to be caused by years of suppression driven by fear, and Art Therapy ultimately provided a route to releasing, exploring and making sense of these feelings. At the end of Art Therapy, X was able to make significant steps towards her recovery that initially felt impossible, like returning to part-time work, continuing to use art as an emotional outlet and reclaiming her living space, which initially felt tainted by distressing memories as her own.

#### **Family Canvas**

**Overview:** Family Canvas is a project aimed at providing dyadic therapeutic interventions to mothers and their children by a licensed Art Psychotherapist. The project was funded by the D'Oyly Carte Charitable Trust; and has been ongoing for the past 2 years. Through Art Therapy the project aims to increase communication and emotional understanding between families, offering them a safe space to express themselves and share.

**Women referred: 33**

**Women supported: 19**

**Children supported: 31**

**Additional children impacted: 50**

**Family sessions: 72**

**Light touch support: 30**

**Highlights:** Throughout the year, the Family Canvas project has supported more families than anticipated, with fantastic feedback from mums who participated. We had more external referrals than in previous years and were able to offer ongoing or additional support to some mothers within the organisation following the culmination of their therapy sessions.

**Challenges:** Whilst Family Canvas has made huge strides in removing barriers to engagement, such as providing a free therapy service to make it accessible for families with lower incomes, challenges still exist regarding families' ability to access the service. Larger families typically have more services involved, such as schools, places of work, nurseries, and social care.

**Looking to the future:** Family Canvas has been refunded by The D'Oyly Carte foundation for another year, we aim to reach more mothers and their children. Family Canvas will continue to offer a safe and confidential space to support families to reconnect, heal and express themselves with the support of a qualified Art Psychotherapist. Art Therapy offers a creativity and a freedom for self-expression and communication which can help families to engage in healing in a way that is both enjoyable as well as helpful.

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**Case Study: G** came in with her three children to access therapeutic support after Domestic Abuse had affected their family. The family had kept their focus on survival for a long time and thought they would benefit from a safe, confidential space to express themselves. Using Art Therapy to explore, communicate and for self-expression, the family engaged more and more each week. Only two of the children initially attended, but at the halfway point, G's eldest child changed their mind and decided to join after hearing from their younger siblings what sessions were like. The Art Therapist worked collaboratively to help them reconnect as a family and to establish themselves in their new family identity after all the change they had endured. The family began to prioritise fun activities they could enjoy together outside of sessions, using their heightened understanding of each other to further bond. In her project evaluation, G wrote: "We have become closer and spend more time together now. Thank you"

### Support across Women's Health Matters and beyond

#### Digital Support and Inclusion Project and Databank

##### Overview:

The Digital Support and Inclusion Project, funded by the Leeds Community Foundation, is open to women accessing any other WHM service and offers a Digital drop-in service, and one-to-one support. The project focuses on building confidence with technology, improving online safety and enhancing self-care through digital tools.

Weekly drop-in sessions cover a range of digital topics, including self-care apps, online security, and staying safe on social media, while one-to-one support offers up to six sessions tailored to specific needs. In addition, online training has been provided free of charge by High Speed Training across a variety of subjects.

We also provide loans of tablets, laptops, and mobile phones and provide digital data.

**Women supported: 80**

**Group sessions: 28**

**1 to 1 sessions: 16**

**Women supported through the databank: 36**

##### Highlights:

The women participating in the Drop-In sessions have been enthusiastic and well-engaged. Each week, they have shown interest and curiosity and have shown an improvement in their digital knowledge. Additionally, they have supported one another throughout the sessions and have created a space to support and learn from each other. The women often feedback that they look forward to these sessions and feel they provide the women with vital skills. We have also had a crossover between participants of the drop-in sessions and 1-1 programme, whereby women who chose to do 1-1 as to avoid groups of people have found their confidence to attend drop-in.

##### Challenges:

Initially, the drop-in sessions were quiet, with only a few women in attendance; however, through advertising a digital drop-in schedule, taking the sessions into other WHM groups and through 1-1 support, attendance has increased, as has engagement with the sessions. By delivering sessions in other WHM groups, women have been able to recognise areas they may need support in and have then been referred for one-off or up to 6 weeks of 1-1 digital support.

##### Looking to the future:

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In the upcoming year, we will seek to secure additional funding for the Digital Support and Inclusion Project, enabling us to continue offering digital support to disadvantaged women.

#### **Case Study**

When Y began digital support 1-1, she was nervous and critical of her inability to use a laptop and, on occasion, her smartphone. Y is partially deaf and uses a hearing aid, she has also experienced historic abuse and, as a result, struggled with anxiety going to new places and being in groups of people. Despite this, Y attended 1-1 sessions for 6 weeks, she was extremely engaged and excited to learn. Y needed support with a variety of digital skills, most importantly, emailing with her children's school, with other professionals and using online banking (particularly smart wallets). During her sessions, Y learnt how to connect her new hearing aids to her phone, navigate Gmail and compose formal emails, recognise universal digital symbols and set up her smart wallet and her son's online banking.

In one session, the Project Worker encountered challenges with a smart wallet app and planned to address it the following week. However, Y successfully developed the ability to set up her smart wallet app independently at home. Over the six weeks, Y also built her confidence to attend digital support drop-in sessions, overcoming her initial nerves about participating.

#### **WHM Drop In – Cuppa & Conversation**

The Jimbo's Fund funded the weekly Cuppa & Conversation sessions, and they are open to all women who have attended our services and wish to continue receiving informal support. We also offer light-touch, one-to-one support for women who require additional assistance. Cuppa & Conversation offers a range of activities to promote positive well-being, including decorating wellbeing boxes, plant pot painting, bead making, colouring, and seasonal crafts. The group also welcomed a yoga and breathing coach to lead a relaxation session. Alongside activities, women are provided with information about local events, services, and practical support to help reduce isolation and address issues such as financial difficulties.

Alongside our Cuppa & Conversation group, we facilitate a monthly Legal Drop-in, in partnership with Ramsden's Solicitors. Women from all WHM projects can access legal advice on issues such as obtaining injunctions, care proceedings, and family and divorce law.

**Women supported at Cuppa & Conversation: 59**

**Children accessing creche: 23**

**Women supported at Legal Drop-In: 30**

**Women supported by Impact North: 12**

#### **Highlights:**

The highlight of the Cuppa & Conversation group was the strong sense of community, emotional support, and practical assistance it provided to women who had previously engaged with Women's Health Matters. Over the course of a year, the group ran 39 co-produced weekly sessions featuring both creative and mindful activities such as wellbeing box decorating, yoga, and holiday crafts, tailored based on participants' feedback. These sessions offered more than just activities—they helped reduce isolation by connecting women with local services and offering access to essentials like food, toiletries, and legal advice. The group became a safe, welcoming space where women could build confidence, form friendships, and improve their mental and emotional well-being.

#### **Challenges:**

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

We initially struggled with low attendance and engagement in the Cuppa & Conversation group, however, once additional marketing took place there was a rise in both attendance and participant diversity. Women from our Rainbow Hearts group who are in the asylum process particularly enjoyed the sessions and encouraged friends to join, further expanding engagement.

#### **Looking to the future:**

The hope for Cuppa & Conversation is to continue growing as a safe, welcoming space where women can connect and share. The aim is to introduce more guest facilitators to offer specialist sessions, such as well-being workshops, while also enhancing the variety of creative and mindfulness activities available. By responding to the women's feedback, the group hopes to strengthen its role in reducing isolation, boosting confidence, and promoting overall well-being for all who attend.

#### **Case Study: including brief background/differences made / successes**

F has been a regular attendee at our Cuppa & Conversation group, having previously participated in our Breathe Free group, a support program for women who have experienced domestic violence, abuse (DVA), and complex trauma. Since joining Cuppa & Conversation, F has attended sessions with her children, finding the group to be an essential source of support for her mental health and well-being. While she has access to other playgroups and children's activities, Cuppa & Conversation is the only space she attends specifically for herself.

F has actively engaged in the sessions, finding comfort in the activities and the supportive environment. Recently, she shared that she is pregnant and has been told her baby will have a long-term disability, a challenging situation for her to process. She expressed fear of judgment, confiding that she has not shared this news with many people. Through Cuppa & Conversation, F has accessed one-to-one emotional support and has also benefited from our Product Bank, receiving essential items for her and her family.

#### **WHM Emergency Fund, Household Support Fund, and Product Bank**

**Overview:** The Product Bank is available to all women who access any of our services and provides a selection of beauty products, toiletries, clothing, shoes, occasional gifts, homeware, and toys. It is primarily funded through generous donations from our women, members of the public, and supporting organisations such as The Beauty Bank. Women access the Product Bank while attending sessions at our premises, and for those engaging with services elsewhere, selected items are bought along by members of staff to ensure access remains as broad as possible.

WHM also have an Emergency Fund to support women in crisis. Emergency funding has been used to support women with, for example, purchasing food, paying bills, transport to and from appointments, moving from a violent home. The funding comes from WHM core funding.

In addition, we secured funding from Leeds City Council's Household Support Fund to provide food vouchers, energy costs, and a product bank of non-perishable food, clothing, footwear, toiletries, sanitary products, and nappies. This Fund provides direct support to women accessing our groups and services by helping with the cost of food, energy, and other essential items. Through targeted distribution, we ensure that women facing financial hardship receive practical support to help ease immediate pressures, aiming to improve financial stability and well-being.

**80% of women supported by WHM have accessed the product bank, Household Support Fund, or accessed emergency financial support from WHM.**

#### **Highlights:**

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

The Product Bank and Funds have offered meaningful support to many women in small but important ways. For example, one woman who was unable to afford a gift for her daughter's first birthday was able to choose toys from the Product Bank, which made a big difference to her. While no formal feedback is collected, women frequently express appreciation informally. Staff have observed that the ease of accessing food and essential items within our setting has helped remove some of the stigma attached to asking for financial help and support. This has made it easier for many women to seek support when needed, and for staff to be able to respond quickly and compassionately.

#### **Challenges:**

There have been occasional challenges in maintaining suitable stock, with some donations not always appropriate for the Product Bank. Additionally, for women accessing services delivered from external venues, staff need to transport items with them, limiting what can be offered on site and creates a small logistical hurdle.

#### **Looking to the future:**

The Product Bank and support funding remains a valued means of support within the wider framework of our services, and we continue to look for partners and suppliers.

### **WHM Student Placements**

**Overview:** Over the past year, we have offered six student placements across a range of disciplines including social psychology, international relations and politics, social care and art therapy. These placements have varied in length and focus. Some students undertook short placements shadowing service delivery, while others contributed through research or specialist roles, such as our long-term art therapy placement. Most students are referred directly through university connections and specialist placement programmes (such as the Leeds Beckett Summer Graduate Programme). Through these placements, we aim to offer hands-on experience, insight into the services we offer, experience of trauma-informed support, and experience of group facilitation. For longer placements, we also support students in gaining the practical experience required to complete their qualifications.

**Highlights:** Two standout placements this year demonstrated the unique value student contributions can bring. One long-term art therapy student has been able to offer tailored programme of therapeutic support to several women. Another student focused their placement on research into increasing fundraising and social media engagement, leading to improved social media interaction and the development of a future fundraising strategy. All students shared positive feedback about their placements, and one has since moved into a paid role within the organisation.

**Challenges:** While student placements have been overwhelmingly positive, they can place additional pressure on staff, particularly during short-notice programmes such as the LBU Summer Graduate Programme. These have been notably positive, they have increased workloads for placement supervisors due to tight turnaround times. There have been no major issues around student readiness, safeguarding or boundaries, and no placements required early withdrawal or additional support.

**Looking to the future:** We plan to continue offering student placements in the coming year, with the next LBU Summer Graduate Programme already confirmed. Work is already underway to improve both the induction process and exit process, ensuring that students have a strong start to their placements, and that we can capture meaningful feedback at the end. Going forward, we hope to focus more on students from backgrounds in social care and art therapy. We are also exploring the possibility of hosting a year-in-industry placement.

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

**Case Study:** Student **AA** joined the organisation as part of a three-week summer graduate placement. Throughout the placement, she focused on researching strategies to improve digital outreach and increase both individual and corporate donations. This involved exploring trends across digital platforms and identifying opportunities to strengthen our presence and impact. Alongside her research, she shadowed several of our group sessions to better understand our services and the women we support. With regular check-ins, student AA was supported to work independently while contributing meaningfully to the organisation's wider goals. Her recommendations directly informed improvements to our social media strategy, which helped grow our audience and began increasing donations. The placement demonstrated the value of short-term, focused student projects in driving organizational development while offering valuable experience in a real-world setting.

#### **WHM Volunteering Programme**

**Overview:** WHM hold the Volunteering Quality Kitemark. Our volunteers include those helping in groups and corporate volunteers offering strategy and operational support. Other WHM volunteers support in the groups that we run through helping to set up the room, welcoming women to the groups on arrival, making drinks during the sessions and supporting the Project Workers in tidying away at the end of the group. Volunteers are supported by the Project Lead for the group they assist in.

**Highlights:** We have had a number of applications for volunteer work over the last year from women who have completed a programme of support in one of our groups and are keen to 'give back' and volunteer their time to support other women in their journey.

**Challenges:** We have worked hard over the last year to implement a process that feels streamlined and supportive, allowing us to properly support the volunteers we have in place.

**Looking to the future:** We are hoping to recruit more volunteers to support in groups and have specific requests from Project Leads about available roles that they have for their groups including helping with looking after children in our Rainbow Hearts group which will enable women to better engage with the sessions.

**Case Study: BB** completed the LDVS group one year ago. At the end of her support programme, she expressed interest in volunteering to the Project Lead. She was advised of the necessary waiting period between finishing the group and beginning a volunteer role and was encouraged to reconnect after a year if she remained interested. BB then contacted WHM following the waiting period and confirmed she was still keen to be involved. After completing her induction and training at WHM, BB began supporting the Project Workers within LDVS. Over the past six months, she has grown in her role; demonstrating excellent communication skills and growing in confidence with her work with women. BB now volunteers in two LDVS groups, balancing this commitment alongside her full-time employment by arranging her hours to enable regular attendance. BB has shown dedication to volunteering, attending recommended training sessions and consistently offering her time and support wherever needed. Her contribution has been incredibly valuable, and she continues to be a positive presence within the team.

**Volunteers: 46 (including student placements)**

**In addition 22 workers from other organisations provided support in our groups.**



## Women's Health Matters

Trustees' annual report for the year ended 31 March 2025

### **Women & Girls Alliance, Leeds: Women Speak Group**

**Overview:** Women Speak is an advisory group made up of women who have used the services in the Women and Girls Alliance, including Women's Health Matters. The group is funded by the Alliance, and ensures Alliance projects are co-designed with, and representative of, the women they support.

**Women supported: 21**

**Group sessions: 7**

**Highlights:** A highlight of the year was the engagement of new women, representing different Alliance organisations. These women brought with them new perspectives, opinions and experiences. They were able to contribute meaningfully to projects. One example of this is when the group were asked for input on the design of a public artwork representing the women harmed by violence by men in Leeds. The women had a great conversation with the artist, discussing how women from different cultures would interpret the piece, whether it should be celebrating women's lives rather than focusing on their deaths, and how it could engage neurodiverse women too.

**Challenges:** An ongoing challenge with the group is consistent engagement. Women who sit on the group come from different communities, and different contexts. They lead busy lives and sometimes ongoing issues and challenges in their lives can affect their ability to attend every meeting. This does mean that most meetings have a different combination of attendees, and so meetings must stand alone, rather than projects easily flowing over from one meeting to another.

**Looking to the future:** The Women Speak group ended at the end of March 2025, due to a lack of funding for the next financial year. Group members were invited to attend a celebration event and were signposted to different support organisations and participation groups in the city to get involved with.

**Case Study:** W started attending Women Speak over the summer of 2024. She was very apprehensive about coming to meetings, due to her social anxiety, autism, and other mobility issues which made travel difficult. She had phone calls with the key worker prior to her first meeting to go through what she could expect in detail. She was able to attend meetings due to a taxi being provided, and although quiet to begin with, began to contribute verbally. Since then, she began to attend regularly, and her confidence increased throughout. While the group has ended, she is hoping to get involved with a similar group due to having enjoyed the experience so much.

### **Women & Girls Alliance, Leeds: Women's Centre Pilot**

**Overview:** The Women's Centre Pilot was funded by the UK Shared Prosperity Fund (UKSPF). The pilot was overseen by The Women Friendly Leeds (WFL) movement, part of the Women & Girls' Alliance, Leeds and WHM had a worker seconded to the post of Women Centre Pilot Coordinator. The pilot was as a result of a city-wide consultation carried out in 2024 with over 700 women and reflected the views that were shared. The pop-ups offered activities (physical well-being, arts and crafts), provided opportunities for women to connect and spend time together, and gave access to a range of services (e.g. sexual health, mental health, benefits advice, smoking cessation, etc.) Eleven women's centre pop-up sessions were planned to be hosted in nine different venues across the city in January and February 2025. There were differing views on social media, some members of the public were distressed that there were three 'single-sex' sessions and others were pleased that there were 'single-sex' sessions. There was limited capacity to respond to comments and the decision was made to pause the pop-ups.

**Women supported: 19**

**Group sessions: 4**

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

**Highlights:** 19 women attended the four pop-ups, describing the pop-ups as being friendly, supportive, engaging, creative and fun. *'It's exceeded my expectations as a welcoming space with opportunities to craft, rest, connect, learn, and engage with other women I probably wouldn't normally get to meet.'*

Women enjoyed being together, the highlights were *'Chatting with other women', 'Chatting about menopause',* feeling safe in the environment where *'Everyone is very friendly and smiley, so relaxed and enjoyable',* and having the *'Opportunity to relax'.* The workshops were valued as women commented, *'I've loved the arts and crafts!'*, *'It's been great making hand scrub & learning about self-care,* and there were *'Lots of good activities.'* Women enjoyed *'Making things to take home' and 'Being creative'.* Women commented on the physical workshops *'I learnt how to use my strength to break a wooden board in self-defence!!', 'I loved the yoga', 'I feel so relaxed from the yoga.'* When asked, *'Do you want a permanent Women's Centre in Leeds?'* All 19 said yes.

**Looking to the future:** The funding ended on 31.3.2025; a full report was submitted to UKSPF. Learning has been taken in regard to communication, and the report details things to consider if the project was to receive future funding.

**Case Study:** Women talked about their anxiety preventing them from accessing services or activities in the past, *'I find it hard to go out because I have anxiety, but I saw this on Facebook and thought I'd try it.'* One woman was supported to the Pop-Up by her Forward Leeds worker as she struggles to leave the house due to anxiety and depression. Once she was settled at the Pop-Up, she agreed with her worker that she could manage on her own. The lady engaged in creative sessions and tried yoga for the first time. Every Pop-Up had stalls where services could share their information leaflets. Women were pleased that there were *'Lots of very helpful leaflets',* and *'I got a lot of information about safety.'*

### WHM External training and workshops for professionals

**Overview:** WHM continues to develop and deliver training and workshops for professionals. The training is designed to share our knowledge built from years of specialist work in the field and is always co-developed and co-delivered with a women with lived experience. This year we offered:

[Survivors' Voices: Domestic Abuse Awareness Training](#)

[Understanding the Impact of Child Removal on Women: A Compassionate Approach](#)

We also delivered women's wellbeing workplace workshops such as [Menopause Training Session](#).

We utilised support from a Lloyds Foundation Enhance support consultant to start to develop an engagement and marketing strategy to target specific organisations.

**Attendees: 68**

**Training sessions: 9**

**Experts by Experience co-facilitators: 2**

**Challenges:** Even though our Domestic Violence & Abuse (DVA) awareness training includes the voice of an expert by experience, this is a saturated market, and there is a range of online DVA courses available for free or at a low cost.

**Looking to the future:** WHM will continue to have a presence at local events to raise the charity's profile, network, promote training and seek opportunities to generate income or explore partnership working.

**Feedback:**

From the co-facilitator *'I just want to say thank you for giving me the opportunity to do this I can't tell you how much it means to me. I am on such a high after having such a brilliant day'*

## Women's Health Matters

Trustees' annual report for the year ended 31 March 2025

From delegates:

"Well organised training, very interactive and informative."

"Immense to hear from a mum's perspective. Vicky was fantastic and brave in sharing."

"A massive impact!! It gave a real insight into how us as professionals can do better."

"The training was fantastic and incredibly engaging. I feel more confident and prepared."

"Great to hear real experiences and to see the story from a mum's perspective."

"This training will help me support women in the most effective and appropriate way, using an approach that works for the women and helps them feel supported."

"Amazing training. Plenty of breaks and awareness of self-care."

"Very good training. Well-structured day, good use of resources and varied delivery style."

**Further information about any of our projects can be sought by requesting the specific reports for each programme.**

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

#### Financial review

WHM continued to raise sufficient funds to continue its main areas of activity. The inflationary increases required to maintain salaries, overheads, and running costs continued not to be met in full by some funders. We continued our strategy to secure the long-term future of our work by diversifying and securing multi-year income.

Our total income for the year was £998,420 (£752,364 in 2023/24; £813,032 in 2022/23; £528,678 in 2021/22; £506,388 in 2020/21; £489,480 in 2019/20; £442,484 in 2018/19 and £373,453 in 2017/18).

Our total expenditure was £801,775 (£717,354 in 2023/24; £655,528 in 2022/23; £526,306 in 2021/22; £442,478 in 2020/21; £491,524 in 2019/20; £399,792 in 2018/19 and £393,477 in 2017/18).

#### Reserves policy

Our Reserves policy was reviewed and approved in January 2025 as below:

Women's Health Matters believes that for the Board of Trustees to act prudently they must maintain a reserve of funds principally to allow for any unexpected or unforeseen events that cannot be met from current funds.

Reserve funds will be built up from two sources:

- Any funds raised by the project through fundraising events or donations towards general running costs
- Any monies remaining from unrestricted funds when all commitments have been met

Reserves will be available for the following purposes:

- to cover a short-term unexpected cost
- to fund investment e.g. match funding, project seed-funding, additional staffing for required posts, additional income generating capacity and other professional expertise
- to maintain the organisation for a period of time and allow time to try to secure new funding in the event of a loss of, or a very significant proportion of, project funding
- allow for an orderly closure in the event of the organisation becoming insolvent

The Trustees have agreed to a target level of Reserves of:

- Between 3 and 6 months of running costs in total
- The reserves amount must be at least equal to the amount of required closing costs (designated reserves)

This policy and calculations are updated annually. Trustees monitor actual and forecast expenditure of reserves quarterly. Reserves are invested in a high interest account to maximise earnings. In making this policy the Trustees have taken into consideration the costings involved with a planned closure including staff redundancies.

At the end of the 2024/25 year, the level of reserves was £685,536 (2024: £488,891); £224,712 in restricted income funds (2024: £41,531); £132,764 in designated reserves (2024: £92,506); and £328,060 in free reserves (2024: £354,854). This equates to 4.91 months of running costs (2024: 5.93 months).

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

#### Plans for the future

The Trustees' plan for the charity's services activity in 2025/2026 remains focused on supporting vulnerable and disadvantaged women, their families, and girls in and around Leeds through our Domestic Violence work, support for young women and girls who have experienced or are at risk of violence and abuse, women whose children are at risk of or have been taken into care, women seeking asylum, women with learning disabilities, women experiencing maternity and parenting, and women with complex and wellbeing needs. Each service has an agreed set of targets with funders. Our themes of effective service delivery, increasing our reputation and reach, and ensuring a robust and sustainable organisation remain integral to our plans. We continue to look for and develop partnerships and collaborative working with other organisations.

We will:

- Work within our 3-year strategy
- Continue to prioritise our staff wellbeing with regular and meaningful support
- Ensure a high level of quality beneficiary support across our projects through access to staff training, regular supervision and feedback, and our Internal Quality Assurance Process
- Audit and overhaul our IT systems, database and associated policies to ensure these are fit for purpose
- Investigate new premises that are accessible, suitably located, affordable, and meet our needs
- Develop and deliver training courses and workshops for professionals
- Continue to assess and develop the diversity of our funding base and prioritise funding bids to sustain and continue the growth of our services for women whose children are at risk of or have been taken into care, those who have or are experiencing Domestic Violence and Abuse, and those seeking asylum
- Investigate an increase in our work with women and their children together
- Explore the extension of our work in schools into primary settings
- Explore a system and process to gather information around sustained improvements for women after support has ended
- Ensure our practices, policies, and procedures are in line with ongoing changes and enhancements to employment law, SORP, and the Supreme Court ruling on the Equality Act
- Regularly revisit our Safeguarding procedures and test their effectiveness
- Recruit new trustees as appropriate, including former service users
- Continue to develop opportunities for women currently involved in our services to support our work through helping at events and activities and through formal, regular volunteering after support has ended
- Continue to develop our external volunteering offer, student placements, and contributions from external workers
- Hold a celebration event for WHM women in 2025
- Update and complete our annual snapshot survey

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

#### **Structure, governance, and management**

##### **Structure and governance**

The organisation is a charitable company limited by guarantee, incorporated on 13 July 1993, and registered as a charity on 22 August 1995.

The company was established under a memorandum of association that established the objects and powers of the charitable company and is governed under its articles of association.

The Articles of Association were reviewed and updated in October 2023.

Only Directors (trustees) are Members of the charity and guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees as of 31 March 2025 was 9.

The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 12 to the accounts.

##### **Recruitment and appointment of Trustees**

Board of Trustees members are recruited through advertising and via networking, interviewed independently by the Chair and Chief Executive and attend a Board meeting to observe and participate. The Board of Trustees approves any appointment. New trustees complete all relevant paperwork before joining. There is specific guidance when recruiting former service users and former staff as trustees.

##### **Induction and training of Trustees**

New Board of Trustees members complete a skills audit and receive a comprehensive induction session with the Chief Executive, as well as receiving good practice guidelines such as the Good Trustee Guide (NCVO) and additional Trustee guidance from the Charity Commission. Trustees are offered training in areas where there are gaps in skills e.g. governance and financial management. Trustees are also offered the support of a Buddy trustee.

##### **Organisational direction**

The Board of Trustees is responsible for the direction of the organisation and ensuring that effective plans supporting the achievement of the strategic direction are in place and being met. They review policy and are responsible for ensuring effective governance including the financial management of the organisation. The Chair of Trustees line manages the Chief Executive who has day-to-day operational management responsibility. The Board meets at least six times a year and aims to hold an Away Day for strategic planning and an Away Day with staff once a year. There is also a Finance committee attended by the Treasurer, the Chief Executive, Finance Manager, and at least one other trustee.

##### **Operational management**

Rachel Kelly was appointed as Chief Executive in 2019. The Finance and Office Manager, Projects Manager, and the Operations Manager, along with Project Leads, support the Chief Executive in the day-to-day management of the organisation.

##### **Related parties and relationships with other organisations**

WHM retains good relationships with its funders and delivers multiple services in partnership with other agencies, under partnership agreements and service protocols.

There is a breadth of referrals into services from statutory and charitable sector agencies. We are a partner of the Women and Girls' Alliance Leeds, a partner in LDVS and LDVS Sanctuary Support, in Being You Leeds, and in the Breastfeeding Peer Support Service. In addition, we are active members of a range of Leeds strategic networks,

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

including Women Friendly Leeds, 3P Network, Leeds Domestic Abuse Voice and Accountability Forum, the Domestic Abuse & Violence Strategy Working Group, West Yorkshire Improving Women's Lives, EVAWG (Ending Violence Against Women and Girls), Third Sector Safeguarding Group, Forum Central Networks (Mental Health and Third Sector Health and Care Leaders), Leeds Migration Partnership, and Young Lives Leeds. We chair the Leeds Maternity and Neonatal Voices Partnership and we are a member of NCVO. Our Chief Executive is a member of ACEVO and the national GSK Impact Awards Network and was the Third Sector representative on the Maternity population board for the NHS in Leeds in 2024.

#### **Remuneration policy for key management personnel**

When appointing a Chief Executive of WHM, the Trustees benchmark the salary with other similar positions within Leeds and surrounding areas. All senior and junior staff are appointed in line with similar positions within Leeds. Key management personnel receive the same annual cost of living increment as applied across all the staff.

#### **Risk management**

WHM has a risk register and management plan, which is reviewed at every board meeting. Organisational risks are assessed. Risks are categorised such as People, Operational, Financial, Governance, etc. and a scale of probability and impact and steps taken to mitigate are agreed and monitored with a RAG rating.

## Women's Health Matters

### Trustees' annual report for the year ended 31 March 2025

#### **Statement of responsibilities of the Trustees**

The Trustees (who are also directors of Women's Health Matters for the purposes of company law) are responsible for preparing the trustees' annual report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006.

The Trustees' annual report has been approved by the Trustees on 25 September 2025 and signed on their behalf by:

Hannah Jones  
Chair of Trustees



Independent examiner's report  
to the members of  
Women's Health Matters

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2025 which are set out on pages 49 to 75.

**Responsibilities and basis of report**

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

**Independent examiner's statement**

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jennifer Daniel FCCA  
Slade & Cooper Limited  
Beehive Mill, Jersey Street  
Manchester, M4 6JG

Date 14/10/2025

Women's Health Matters  
Statement of Financial Activities  
(including Income and Expenditure account)  
for the year ended 31 March 2025

	Note	Unrestricted funds £	Restricted funds £	Total funds 2025 £	Total funds 2024 £
<b>Income from:</b>					
Donations and legacies	3	5,474	290,937	296,411	127,744
Charitable activities:	4	-	696,073	696,073	621,846
Other trading activities	5	3,902	-	3,902	2,311
Investments	6	2,034	-	2,034	463
<b>Total income</b>		<b>11,410</b>	<b>987,010</b>	<b>998,420</b>	<b>752,364</b>
<b>Expenditure on:</b>					
Raising funds	8	19,068	-	19,068	16,143
Charitable activities:	7	(21,042)	803,749	782,707	701,211
<b>Total expenditure</b>		<b>(1,974)</b>	<b>803,749</b>	<b>801,775</b>	<b>717,354</b>
<b>Net income/(expenditure) for the year</b>	10	<b>13,384</b>	<b>183,261</b>	<b>196,645</b>	<b>35,010</b>
Transfer between funds		80	(80)	-	-
<b>Net movement in funds for the year</b>		<b>13,464</b>	<b>183,181</b>	<b>196,645</b>	<b>35,010</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		447,360	41,531	488,891	453,881
<b>Total funds carried forward</b>		<b>460,824</b>	<b>224,712</b>	<b>685,536</b>	<b>488,891</b>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

Women's Health Matters  
Company number 2835637  
Balance sheet as at 31 March 2025

	Note	£	2025	£	£	2024	£
<b>Fixed assets</b>							
Tangible assets	15			2,007			3,560
<b>Total fixed assets</b>				<b>2,007</b>			<b>3,560</b>
<b>Current assets</b>							
Debtors	16	14,495			34,435		
Cash at bank and in hand	17	762,992			495,711		
<b>Total current assets</b>		<b>777,487</b>			<b>530,146</b>		
<b>Liabilities</b>							
Creditors: amounts falling due in less than one year	18	(93,958)			(44,815)		
<b>Net current assets</b>				<b>683,529</b>			<b>485,331</b>
<b>Total assets less current liabilities</b>				<b>685,536</b>			<b>488,891</b>
<b>Net assets</b>				<b>685,536</b>			<b>488,891</b>
<b>The funds of the charity:</b>							
Restricted income funds	20			224,712			41,531
Unrestricted income funds	21			460,824			447,360
<b>Total charity funds</b>				<b>685,536</b>			<b>488,891</b>

For the year in question, the company was entitled to exemption from an audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts are prepared in accordance with the special provisions of part 15 of the Companies Act 2006 relating to small companies and in accordance with FRS102 SORP, and constitute the annual accounts required by the Companies Act 2006 and are for circulation to members of the company.

The notes on pages 52 to 75 form part of these accounts.

Approved by the trustees on 25/09/2025 and signed on their behalf by:

Hannah Jones(Chair)

Amita Fearon (Treasurer)

Women's Health Matters  
Statement of Cash Flows  
for the year ending 31 March 2025

	Note	2025 £	2024 £
<b>Cash provided by/(used in) operating activities</b>	<b>23</b>	<b>266,607</b>	<b>(3,624)</b>
<i>Cash flows from investing activities:</i>			
Dividends, interest, and rents from investments		2,034	463
Proceeds from sale of tangible fixed assets		-	-
Purchase of tangible fixed assets		(1,360)	(1,110)
<b>Cash provided by/(used in) investing activities</b>		<b>674</b>	<b>(647)</b>
Increase/(decrease) in cash and cash equivalents in the year		267,281	(4,271)
Cash and cash equivalents at the beginning of the year		495,711	499,982
<b>Cash and cash equivalents at the end of the year</b>		<b>762,992</b>	<b>495,711</b>

# Women's Health Matters

## Notes to the accounts for the year ended 31 March 2025

### 1 Accounting policies

The principal accounting policies adopted, judgments and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

#### a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), second edition - October 2019 (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006 and UK Generally Accepted Accounting Practice.

Women's Health Matters meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

#### b Preparation of the accounts on a going concern basis

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

The trustees have made no key judgments which have a significant effect on the accounts.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities within the next reporting period.

#### c Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of a provision of a specified service is deferred until the criteria for income recognition are met.

Notes to the accounts for the year ended 31 March 2025 (continued)

**d Donated services and facilities**

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), general volunteer time is not recognised; refer to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

**e Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

**f Fund accounting**

Unrestricted funds are available to spend on activities that further any purposes of the charity.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose.

Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

**g Expenditure and irrecoverable VAT**

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following

- Costs of raising funds comprise the costs of external fundraisers.
- Expenditure on charitable activities includes the costs undertaken to further the purposes of the charity and their associated support costs.
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

## Women's Health Matters

### Notes to the accounts for the year ended 31 March 2025 (continued)

#### **h Allocation of support costs**

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. The bases on which support costs have been allocated are set out in note 9.

#### **i Operating leases**

Operating leases are leases in which the title to the assets, and the risks and rewards of ownership, remain with the lessor. Rental charges are charged on a straight line basis over the term of the lease.

#### **j Tangible fixed assets**

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

Furniture & equipment	4 years
-----------------------	---------

#### **k Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

#### **l Cash at bank and in hand**

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

#### **m Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### **n Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

## Women's Health Matters

### Notes to the accounts for the year ended 31 March 2025 (continued)

#### o Pensions

Employees of the charity are entitled to join a defined contribution 'money purchase' scheme. The charity's contribution is restricted to the contributions disclosed in note 10. There were no outstanding contributions at the year end.

The money purchase plan is with The People's Pension managed by B&CE Holdings Ltd plc and the plan invests the contributions made by the employee and employer in an investment fund to build up over the term of the plan a pension fund which is then converted into a pension upon the employee's normal retirement year age when eligible for a state pension. The total expense ratio of the plan is 1% and this is deducted from the investment fund annually. The trust has no liability beyond making its contributions and paying across the deductions for the employee's contributions.

#### 2 Legal status of the charity

The charity is a company limited by guarantee registered in England and Wales and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity. The registered office address is disclosed on page 1.

#### 3 Income from donations and legacies

Current reporting period	Unrestricted £	Restricted £	Total 2025 £
<b>Expendable endowment</b>			
The Edward Gostling Fund	-	195,000	195,000
Donations	2,574	-	2,574
Core funding			
Brook Trust	-	-	-
The Henry Smith Charity	-	65,037	65,037
Garfield Weston Foundation	-	30,000	30,000
Sir George Martin Trust	-	-	-
Other grants < £5k	2,900	900	3,800
<b>Total</b>	<b>5,474</b>	<b>290,937</b>	<b>296,411</b>



## Women's Health Matters

### Notes to the accounts for the year ended 31 March 2025 (continued)

<b><i>Previous reporting period</i></b>	<i>Unrestricted</i> £	<i>Restricted</i> £	<i>Total 2024</i> £
<i>Donations</i>	2,744	500	3,244
<i>Core funding</i>			
<i>The Henry Smith Charity</i>	-	40,000	40,000
<i>Postcode Neighbourhood Trust</i>	-	25,000	25,000
<i>The Edward Gostling Foundation</i>	-	25,000	25,000
<i>The Brook Trust</i>	-	5,000	5,000
<i>Sir George Martin Trust</i>	-	-	-
<i>Lloyds Bank Foundation</i>	25,000	-	25,000
<i>Other grants &lt; £5k</i>	-	4,500	4,500
<b><i>Total</i></b>	<b>27,744</b>	<b>100,000</b>	<b>127,744</b>

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### 4 Income from charitable activities

Current reporting period	Unrestricted £	Restricted £	Total 2025 £
<b>Women's Health Matters</b>			
Other	-	-	-
<b>Domestic Violence</b>			
Bluebirds - Ministry of Justice via West Yorkshire Combined Authority	-	48,709	48,709
Breathe Free 2 - National Lottery Community Fund	-	100,248	100,248
LDVS - Leeds City Council Public Health	-	19,863	19,863
LDVS Access - Leeds City Council Public Health		8,000	8,000
LDVS - DHLUC Funding	-	106,938	106,938
LDVS - Sanctuary Support - Pregnancy post	-	39,798	39,798
LDVS - Sanctuary Support - Disability post	-	40,864	40,864
<b>Women's Lives Leeds</b>			
Women Lives Leeds - Women Speak Group via LWA	-	13,192	13,192
<b>Other projects</b>			
Being You Leeds - Touchstone	-	41,891	41,891
Breast Feeding Peer Support - Health for All	-	8,961	8,961
Cupp and Conversation - Jimbo's	-	19,999	19,999
Digital Inclusion – 100% Digital Leeds	-	20,043	20,043
Family Canvas - The D'Oyly Carte Charitable Trust		6,000	6,000
Growing Together - Leeds Community Fund	-	1,611	1,611
Household Support Fund – Forum Central	-	10,000	10,000
Inside Out – The Albert Gubay Charitable Foundation	-	22,500	22,500
Maternity Neonatal Voices Partnership - NHS West Yorkshire ICB	-	18,608	18,608
Maternity Neonatal Voices Partnership – NHS West Yorkshire ICB - WY&H Local Maternity & Neonatal System	-	4,960	4,960
Maternity Neonatal Voices Partnership – Leeds Teaching Hospital	-	11,646	11,646
Rainbow Hearts & Feel Good – Leeds City Council Public Health	-	60,400	60,400
Rainbow Hearts – Leeds City Council Migration Team	-	17,359	17,359
Rainbow Hearts – Evan Cornish Foundation	-	7,500	7,500
Rosebuds – The Charles Plater Trust	-	20,000	20,000
The Key Change – Masonic Charitable Foundation	-	19,959	19,959
The Key Change – The Baily Thomas Charitable Fund	-	10,000	10,000
Women's Centre Pilot via LWA/ W& GAL - UKSPF	-	17,024	17,024
<b>Total</b>	-	696,073	696,073

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### Income from charitable activities continued

<b>Previous reporting period</b>	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>Total 2024 £</i>
<b>Women's Health Matters</b>			
Other	400	-	400
	<hr/>	<hr/>	<hr/>
	400	-	400
 <b>Domestic Violence</b>			
West Yorkshire Combined Authority - Local Victim Services	-	-	-
Bluebirds - Ministry of Justice via West Yorkshire Combined Authority	-	48,709	48,709
Breathe Free - National Lottery Community Fund	-	99,208	99,208
Drop in Group - National Lottery Community Fund	-	14,812	14,812
LDVS - Leeds City Council Public Health	-	19,863	19,863
LDVS Access - Leeds City Council Public Health	-	8,000	8,000
LDVS - DHLUC Funding	-	61,516	61,516
LDVS - Sanctuary Support - Pregnancy post	-	34,593	34,593
LDVS - Sanctuary Support - Disability post	-	37,778	37,778
 <b>Women's Lives Leeds</b>			
WLL ESC post via LWA	-	22,355	22,355
Voices - Comic Relief	-	-	-
 <b>Other projects</b>			
Breastfeeding Peer Support via Health for All	-	8,516	8,516
Being You Leeds - Touchstone	-	31,057	31,057
Maternity Voices Partnership - NHS West Yorkshire ICB and WY&H Local Maternity & Neonatal System	-	18,608	18,608
Maternity voices partnership - Leeds Teaching Hospital Trust	-	11,646	11,646
Rainbow Hearts & Feel Good - Leeds City Council Public Health	-	63,926	63,926
Rainbow Hearts - Leeds City Council Migration Team	-	17,359	17,359
Pilgrim Trust	-	(5,000)	(5,000)
Rosebuds - The Charles Plater Trust	-	25,000	25,000
The Key Change - Children In Need	-	32,529	32,529
Inside Out - Albert Gubay Trust	-	22,500	22,500
Family Canvas - D'Oyle Carte	-	6,000	6,000
Growing Together - Leeds Community Foundation	-	10,000	10,000
Digital Inclusion - Good Things Foundation	-	2,000	2,000
Digital Inclusion - High Speed Training	-	7,000	7,000
Household Support Fund - Forum Central	-	13,000	13,000
Your Space via Touchstone	2,032	8,439	10,471
	<hr/>	<hr/>	<hr/>
	2,032	619,414	621,446
 <b>Total</b>	<hr/>	<hr/>	<hr/>
	2,432	619,414	621,846
	<hr/>	<hr/>	<hr/>

## Women's Health Matters

### Notes to the accounts for the year ended 31 March 2025 (continued)

#### 5 Income from other trading activities

	2025 £	2024 £
Fees, Charges and other income	3,902	2,311
	<hr/> 3,902	<hr/> 2,311
	<hr/> <hr/>	<hr/> <hr/>

All income from other trading activities is unrestricted.

#### 6 Investment income Current reporting period

	Unrestricted £	Restricted £	2025 £
Income from bank deposits	2,034	-	2,034
	<hr/> 2,034	<hr/> -	<hr/> 2,034
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

#### *Previous reporting period*

	<i>Unrestricted £</i>	<i>Restricted £</i>	<i>2024 £</i>
<i>Income from bank deposits</i>	<i>463</i>	<i>-</i>	<i>463</i>
	<hr/> <i>463</i>	<hr/> <i>-</i>	<hr/> <i>463</i>
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### 7 Analysis of expenditure on charitable activities

	Staff costs	Admin costs	Premises	Depreciation	Other project costs	Governance costs (see note 9)	Total 2025
	£	£	£	£	£	£	£
Core	107,154	25,554	38,020	2,913	(99,453)	3,180	77,368
Women's Health Matters	-	-	-	-	-	-	-
Domestic Violence	241,513	129	-	-	121,564	-	363,206
The Key Change	25,633	-	-	-	2,127	-	27,760
Women's Lives Leeds	12,031	20	-	-	2,432	-	14,483
Other projects	212,633	75	-	-	87,182	-	299,890
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
<b>Total</b>	598,964	25,778	38,020	2,913	113,852	3,180	782,707
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
	-						
					Restricted expenditure		803,749
					Unrestricted expenditure		(21,042)
							<hr/>
							782,707
							<hr/> <hr/>

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### Analysis of expenditure on charitable activities continued

#### Previous reporting period

	Staff costs £	Admin costs £	Premises £	Depreciation £	Other project costs £	Governance costs (see note 9) £	Total 2024 £
Core	13,119	24,381	31,590	-	(83,303)	3,024	(11,189)
Women's Health Matters	(3,448)	(3,536)	-	2,925	(49,098)	-	(53,157)
Domestic Violence	256,593	-	-	-	110,531	-	367,124
The Key Change	27,764	-	-	-	5,161	-	32,925
Women's Lives Leeds	23,786	-	-	-	2,895	-	26,681
Other projects	235,087	70	-	-	103,670	-	338,827
<b>Total</b>	<b>552,901</b>	<b>20,915</b>	<b>31,590</b>	<b>2,925</b>	<b>89,856</b>	<b>3,024</b>	<b>701,211</b>
					Restricted expenditure		861,929
					Unrestricted expenditure		(160,718)
							<b>701,211</b>

# Women's Health Matters

## Notes to the accounts for the year ended 31 March 2025 (continued)

### 8 Cost of raising funds

	2025 £	2024 £
Staff costs	-	-
Fundraiser's fees	19,068	16,143
	<hr/> 19,068	<hr/> 16,143
	<hr/> <hr/>	<hr/> <hr/>
Restricted expenditure	-	424
Unrestricted expenditure	19,068	15,719
	<hr/> 19,068	<hr/> 16,143
	<hr/> <hr/>	<hr/> <hr/>

### 9 Analysis of governance and support costs

#### Current reporting period

	Basis of apportionment	Support £	Governance £	Total 2025 £
Auditor's fees	Governance	-	3,180	3,180
Board costs	Governance	-	-	-
		<hr/> -	<hr/> 3,180	<hr/> 3,180
		<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

#### Previous reporting period

	Basis of apportionment	Support £	Governance £	Total 2024 £
Independent examiner fees	Governance	-	3,024	3,024
Board costs	Governance	-	-	-
		<hr/> -	<hr/> 3,024	<hr/> 3,024
		<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

## Women's Health Matters

### Notes to the accounts for the year ended 31 March 2025 (continued)

#### 10 Net income/(expenditure) for the year

This is stated after charging/(crediting):	2025 £	2024 £
Depreciation	2,913	2,925
Independent examiner's fee - accountancy	2,160	2,304
Independent examiner's fee	840	720
	<hr/> <hr/>	<hr/> <hr/>

#### 11 Staff costs

Staff costs during the year were as follows:

	2025 £	2024 £
Wages and salaries	511,630	476,461
Social security costs	41,258	43,182
Pension costs	25,110	18,921
Consultancy & HR fees	10,576	3,484
Recruitment & staff expenses	13,250	13,554
Volunteers' expenses and training	-	247
Holiday pay accrual	(2,860)	(2,948)
	<hr/>	<hr/>
	598,964	552,901
	<hr/> <hr/>	<hr/> <hr/>

No employees has employee benefits in excess of £60,000 (2024: Nil).

The average number of staff employed during the period was 20.5 (2024: 20).

The average full time equivalent number of staff employed during the period was 16.8 (2024: 16.2).

The key management personnel of the charity comprise the trustees and the Chief Executive Officer and the Finance and Office Manager. The total employee benefits of the key management personnel of the charity were £102,052 (2024: £95,886)).



## Women's Health Matters

### Notes to the accounts for the year ended 31 March 2025 (continued)

#### 12 Trustee remuneration and expenses, and related party transactions

No (2024: Zero) trustees, were paid in the year (2024: £Nil).

No (2024:Zero) member of the management committee received travel and subsistence expenses during the year (2024:£Nil).

Aggregate donations from related parties were £Nil (2024: £Nil).

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity, including guarantees, during the year (2024: Nil).

#### 13 Government grants

The government grants recognised in the accounts were as follows:

	2025 £	2024 £
Leeds City Council	88,263	91,789
NHS West Yorkshire ICB	20,608	20,608
Ministry of Justice via West Yorkshire Combined Authority	48,709	48,709
	<u>157,580</u>	<u>161,106</u>

There are no unfulfilled conditions and contingencies attaching to the grants.

#### 14 Corporation tax

The charity is exempt from tax on income and gains falling within Chapter 3 of Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the charity.

## Women's Health Matters

### Notes to the accounts for the year ended 31 March 2025 (continued)

#### 15 Fixed assets: tangible assets

<b>Cost</b>	Furniture & equipment £	Total £
At 1 April 2024	15,312	15,312
Additions	1,360	1,360
Disposals	-	-
	<hr/>	<hr/>
At 31 March 2025	16,672	16,672
	<hr/> <hr/>	<hr/> <hr/>
<b>Depreciation</b>		
At 1 April 2024	11,752	11,752
Charge for the year	2,913	2,913
Disposals	-	-
	<hr/>	<hr/>
At 31 March 2025	14,665	14,665
	<hr/> <hr/>	<hr/> <hr/>
<b>Net book value</b>		
At 31 March 2025	2,007	2,007
	<hr/> <hr/>	<hr/> <hr/>
<i>At 31 March 2024</i>	<i>3,560</i>	<i>3,560</i>
	<hr/> <hr/>	<hr/> <hr/>

#### 16 Debtors

	2025 £	2024 £
Grants receivable	-	24,805
Trade debtors	160	930
Other debtors	5,910	3,556
Prepayments and accrued income	8,425	5,144
	<hr/>	<hr/>
	14,495	34,435
	<hr/> <hr/>	<hr/> <hr/>

# Women's Health Matters

## Notes to the accounts for the year ended 31 March 2025 (continued)

### 17 Cash at bank and in hand

	2025 £	2024 £
Short term deposits	155,000	70,000
Cash at bank and on hand	607,992	425,711
	<hr/>	<hr/>
	762,992	495,711
	<hr/>	<hr/>

### 18 Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	5,498	3,804
Short term compensated absences (holiday pay)	2,861	3,011
Other creditors and accruals	11,605	9,928
Deferred income	62,138	18,646
Taxation and social security costs	11,856	9,426
	<hr/>	<hr/>
	93,958	44,815
	<hr/>	<hr/>

### 19 Deferred income

	2025 £	2024 £
Deferred grant brought forward	18,646	29,292
Grant received	62,138	7,000
Released to income from charitable activities	(18,646)	(17,646)
	<hr/>	<hr/>
Deferred grant carried forward	62,138	18,646
	<hr/>	<hr/>

Deferred income received in advance of the period to which it relates

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### 20 Analysis of movements in restricted funds

Current reporting period	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers £	Balance at 31 March 2025 £
<b>Core</b>					
The Henry Smith Charity	-	65,037	(65,037)	-	-
Garfield Weston Foundation	-	30,000	(30,000)	-	-
Brook Trust	5,000	-	(5,000)	-	-
Sir George Martin Trust	-	-	-	-	-
Other	24	900	-	-	924
<b>Women's Health Matters</b>					
Small grants	-	-	-	-	-
<b>Domestic Violence</b>					
Bluebirds – Ministry of Justice via West Yorkshire Combined Authority	-	48,709	(48,709)	-	-
Breathe Free 2 - National Lottery Community Fund	-	100,248	(97,408)	-	2,840
LDVS - Leeds City Council Public Health		19,863	(19,863)	-	-
LDVS Access - Leeds City Council Public Health	-	8,000	(8,000)	-	-
LDVS - DHLUC Funding	-	106,938	(106,938)		-
LDVS - Sanctuary Support - Pregnancy post	-	39,798	(39,798)	-	-
LDVS - Sanctuary Support - Disability post	-	40,864	(40,864)	-	-
<b>Women's Lives Leeds</b>					
Women Lives Leeds - Women Speak Group via LWA	1,291	13,192	(14,483)	-	-
<b>Other projects</b>					
Being You Leeds - Touchstone	-	41,891	(41,891)		-
Breast Feeding Peer Support - Health for All	-	8,961	(8,961)		-
Cupp and Conversation - Jimbo's	-	19,999	(19,999)		-
Digital Inclusion - High Speed Training	4,056	-	(4,056)		-
Digital Inclusion -100% Digital Leeds	-	20,043	(12,629)		7,414
Family Canvas - The D'Oyly Carte Charitable Trust	-	6,000	(6,000)		-
Growing Together - Leeds Community Fund	6,593	1,611	(8,204)		-
Household Support Fund		10,000	(10,000)		-
Inside Out – The Albert Gubay Charitable Foundation	(80)	22,500	(22,340)	(80)	-
Maternity Neonatal Voices Partnership – NHS West Yorkshire ICB	-	18,608	(18,608)	-	-
Maternity Neonatal Voices Partnership – NHS West Yorkshire ICB-					
WY&H Local Maternity & Neonatal System	-	4,960	(4,960)		-
Maternity Neonatal Voices Partnership – Leeds Teaching Hospital Trust	239	11,646	(11,885)		-

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### Analysis of movements in restricted funds continued

Rainbow Hearts & Feel Good –  
Leeds City Council Public Health

		60,400	(60,400)	-
Rainbow Hearts – Leeds City Council Migration Team	12,179	17,359	(22,128)	7,410
Rainbow Hearts – Evan Cornish Foundation		7,500	(7,500)	-
Rosebuds - Duncan Norman	500	-	(500)	-
Rosebuds – The Charles Plater Trust	11,729	20,000	(22,804)	8,925
The Key Change – Masonic Charitable Foundation	-	19,959	(19,959)	-
The Key Change – The Baily Thomas Charitable Fund	-	10,000	(7,801)	2,199
Women's Centre Pilot via LWA/ W& GAL - UKSPF	-	17,024	(17,024)	-
<b>Expendable Endowment</b>				
The Edward Gostling Fund	-	195,000	-	195,000

Total	41,531	987,010	(803,749)	(80)	224,712
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## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### Analysis of movements in restricted funds continued

<b>Previous reporting period</b>	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2024 £</i>
<b>Core</b>					
The Henry Smith Charity	-	40,000	(40,000)	-	-
Garfield Weston Foundation	30,000	-	(29,000)	(1,000)	-
Postcode Neighbourhood Trust	-	25,000	(25,000)	-	-
Trusthouse Charitable					
Foundation	6,844	-	(6,844)	-	-
The Brook Trust	-	5,000	-	-	5,000
The Leigh Trust	-	1,000	(1,000)	-	-
The Seedlings Foundation	-	1,500	(1,500)	-	-
The Edward Gostling Foundation	22,771	25,000	(25,000)	(22,771)	-
Souter Trust	-	2,000	(2,000)	-	-
Other	24	-	-	-	24
<b>Women's Health Matters</b>					
Small grants	-	-	-	-	-
<b>Domestic Violence</b>					
Bluebirds - Ministry of Justice					
via West Yorkshire Combined					
Authority	-	48,709	(48,709)	-	-
LDVS (includes Access and					
DLUHC)	37,210	89,379	(131,213)	4,624	-
LDVS - Sanctuary Support -					
Disability post	4,323	37,778	(42,101)	-	-
LDVS - Sanctuary Support -					
Pregnancy post	5,300	34,593	(39,893)	-	-
Breathe Free - National Lottery					
Community Fund	4,000	99,208	(105,208)	2,000	-
Drop In - National Lottery					
Community Fund	-	14,812	(14,812)	-	-
<b>Women's Lives Leeds</b>					
WLL ESC post via LWA	3,417	22,355	(24,481)	-	1,291
Voices - Comic Relief	1,700	-	(1,700)	-	-
<b>Other projects</b>					
Family Canvas - D'Oyle carte	-	6,000	(6,000)	-	-
Inside Out - Albert Gubay Trust	-	22,500	(22,580)	-	(80)
The Pilgrim Trust	-	(5,000)	-	5,000	-
Rosebuds - Jimbo's	7,663	-	(7,663)	-	-
Being You Leeds - Touchstone	-	31,057	(31,057)	-	-
Maternity Voices Partnership -					
NHS West Yorkshire ICB and					
WY&H Local Maternity &					
Neonatal System	2,000	18,608	(20,608)	-	-

**Analysis of movements in restricted funds for previous reporting period continues on following page**

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### **Analysis of movements in restricted funds for previous reporting period continued**

Leeds Teaching Hospital Trust	-	11,646	(11,407)		239
Rainbow Hearts & Feel Good -					
Leeds City Council Public Health	-	63,926	(63,926)	-	-
Rainbow Hearts - Leeds City					
Council Migration Team	-	17,359	(5,180)		12,179
Rosebuds - The Charles Plater					
Trust	-	25,000	(13,271)		11,729
Rosebuds - Duncan Norman	-	500	-	-	500
Your Space via Touchstone	(1,520)	8,439	(10,769)	3,850	-
The Key Change - Children In					
Need	912	32,529	(32,925)	(516)	-
Rainbow Hearts - Evan Cornish					
Foundation	10,000	-	(10,000)	-	-
Breastfeeding Peer Support via					
Health for All	-	8,516	(8,516)	-	-
Growing Together - Awards for A	9,998	-	(9,998)	-	-
Growing Together - Leeds					
Community Foundation	6,260	10,000	(9,667)	-	6,593
Digital Inclusion - High Speed					
Training	-	7,000	(2,944)	-	4,056
Pregnancy Choices Advocacy					
Service - NHS West Yorkshire	34,133	-	(34,133)	-	-
Digital Inclusion - Good Things					
Foundation	597	2,000	(2,597)	-	-
Energise & Empower -					
Yorkshire Sport Foundation	7,651	-	(7,651)	-	-
Household Support Fund -					
Forum Central	-	13,000	(13,000)	-	-
Other	1,491	-	-	(1,491)	-
<b>Total</b>	<b>194,774</b>	<b>719,414</b>	<b>(862,353)</b>	<b>(10,304)</b>	<b>41,531</b>

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

Name of restricted fund	Description, nature and purposes of the fund
<b>Core</b>	This funds the administration and management of the charity as a whole.
<b>Women's Health Matters</b>	
<b>Domestic Violence</b>	
Bluebirds	Bluebirds offers three groups (one online, one in-person, and one for girls) and one-to-one support to aid in trauma recovery.
LDVS	Domestic Abuse Education and Support Groups, funded by Leeds City Council Public Health and DLUHC New Burden Funding.
LDVS Sanctuary Support	The Sanctuary Support Scheme aims to provide ongoing support, safety planning of domestic abuse for recipients of sanctuary measures.
Breathe Free 2	Breathe Free is a 24-week course for women (those who identify as women, aged 16+) living in Leeds who have experienced domestic abuse and complex trauma.
<b>Women's Lives Leeds</b>	Women's Lives Leeds funding to reimburse expenditure of hosting a Project Worker and for engagement activities.
<b>Other projects</b>	
Rosebuds - Charles Plater and Duncan Norman	Group work supporting women whose children are being looked after by someone else.
Inside Out - Albert Gubay Charitable Foundation	A parenting course for women whose children are being looked after by somebody else, such as through adoption or a kinship order.
Rainbow Hearts -	Weekly emotional support group for women seeking asylum.
Feel Good -	Weekly healthy relationships group for women with learning disabilities.
Leeds City Council Public Health	
Rainbow Hearts - Leeds City Council Migration Team	Weekly emotional support group for women seeking asylum.
Maternity Voices Partnership - NHS West Yorkshire ICB and WY&H Local Maternity & Neonatal System	A forum bringing together health professionals and women who access maternity services.
Being You Leeds via Touchstone	Hosting of a Community Wellbeing Worker.
The Key Change -The Baily Thomas Charitable Fund, Masonic Charitable Foundation	Project to provide early intervention work around domestic violence and child sexual exploitation.
Breastfeeding Peer Support via Health for All	Breastfeeding peer support trains experienced mums to peer support through social media, face to face and on the telephone. Also provides advice and support from specialist, trained advisors.
Pregnancy Choices Advocacy Service - Women's Health Matters	The Pregnancy Choices Advocacy Service offers impartial information on midwifery and termination options and 1-1 support.



## Women's Health Matters

### Notes to the accounts for the year ended 31 March 2025 (continued)

Growing Together - Leeds Community Foundation	Growing Together is a project to provide in-depth whole family support for children and their mums, working with each individual family according to their needs.
Digital Inclusion - High Speed Training, 100% Digital Leeds	Support and families engaged in WHM programmes with an IT lending library, access to online learning modules and 1-1 support to enhance digital skills.
Household Support Fund - Forum Central	Funding enabling WHM to financially support women affected by cost of living crisis engage in our services with practical
Family Canvas - The D'Oyly Carte Charitable Trust	Family Canvas offers short-term trauma informed art therapy to women and their children.
Other projects	Donations to specified projects or groups.
Transfers	Transfers from unrestricted funds to cover overspends.
	Transfers out are in respect of support given to projects from unrestricted funds in previous periods.
<b>Expendable Endowment</b>	
The Edward Gostling Fund	

# Women's Health Matters

## Notes to the accounts for the year ended 31 March 2025 (continued)

### 21 Analysis of movement in unrestricted funds

<b>Current reporting period</b>	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers £	As at 31 March 2025 £
General fund	352,681	9,492	10,080	(62,766)	309,487
Training and Social Enterprise Development	2,173	1,918	(8,106)	22,588	18,573
<b>Designated funds</b>					
Redundancy and notice period liability	92,506	-	-	40,258	132,764
	<u>447,360</u>	<u>11,410</u>	<u>1,974</u>	<u>80</u>	<u>460,824</u>
<b>Previous reporting period</b>	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers £</i>	<i>Balance at 31 March 2024 £</i>
General fund	178,428	31,540	145,456	(2,743)	352,681
<b>Designated funds</b>					
Redundancy and notice period liability	79,459	-	-	13,047	92,506
Training	1,220	1,410	(457)	-	2,173
	<u>259,107</u>	<u>32,950</u>	<u>144,999</u>	<u>10,304</u>	<u>447,360</u>

#### Name of unrestricted fund

#### Description, nature and purposes of the fund

General fund  
Designated funds

The free reserves after allowing for all designated funds.  
Funds designated by the management committee for the  
support and development of existing work.

Training

This is a fund that ringfences net income from training in order  
that it can applied to this service.

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### 22 Analysis of net assets between funds

<b>Current reporting period</b>	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	2,007	-	-	2,007
Net current assets/(liabilities)	307,480	151,337	224,712	683,529
<b>Total</b>	<b>309,487</b>	<b>151,337</b>	<b>224,712</b>	<b>685,536</b>
<b>Previous reporting period</b>	General fund £	Designated funds £	Restricted funds £	Total £
Tangible fixed assets	3,560	-	-	3,560
Net current assets/(liabilities)	349,121	94,679	41,531	485,331
<b>Total</b>	<b>352,681</b>	<b>94,679</b>	<b>41,531</b>	<b>488,891</b>

### 23 Reconciliation of net movement in funds to net cash flow from operating activities

	2025 £	2024 £
<b>Net income/(expenditure) for the year</b>	196,645	35,010
<b>Adjustments for:</b>		
Depreciation charge	2,913	2,925
Dividends, interest and rents from investments	(2,034)	(463)
Decrease/(increase) in debtors	19,940	(16,739)
Increase/(decrease) in creditors	49,143	(24,357)
<b>Net cash provided by/(used in) operating activities</b>	<b>266,607</b>	<b>(3,624)</b>

## Women's Health Matters

Notes to the accounts for the year ended 31 March 2025 (continued)

### 24 Prior year Statement of Financial Activities (including Income and Expenditure account)

	Note	Unrestricted funds £	Restricted funds £	Total funds 2024 £	Total funds 2023 £
<b>Income from:</b>					
Donations and legacies		27,744	100,000	127,744	157,221
Charitable activities:					
		2,432	619,414	621,846	650,337
Other trading activities		2,311	-	2,311	5,097
Investments		463	-	463	377
<b>Total income</b>		<b>32,950</b>	<b>719,414</b>	<b>752,364</b>	<b>813,032</b>
<b>Expenditure on:</b>					
Raising funds		15,719	424	16,143	10,772
Charitable activities:					
		(160,718)	861,929	701,211	644,756
<b>Total expenditure</b>		<b>(144,999)</b>	<b>862,353</b>	<b>717,354</b>	<b>655,528</b>
<b>Net income/(expenditure) for the year</b>		<b>177,949</b>	<b>(142,939)</b>	<b>35,010</b>	<b>157,504</b>
Transfer between funds		10,304	(10,304)	-	-
<b>Net movement in funds for the year</b>		<b>188,253</b>	<b>(153,243)</b>	<b>35,010</b>	<b>157,504</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		259,107	194,774	453,881	296,377
<b>Total funds carried forward</b>		<b>447,360</b>	<b>41,531</b>	<b>488,891</b>	<b>453,881</b>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.