

# Endo Articles

## 2023 Impact Report



Endo Articles  
[www.endoarticles.org](http://www.endoarticles.org)

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*This charity has been a safe space for me to be me, on days of pain, bloating, happiness and sadness. It is a community of likeminded people who love and support each other, no matter the surgery, blood battle or egg freezing.*

*Endo Articles Member, Jaimi*



# LETTER FROM OUR FOUNDER



As we reflect on our first year at Endo Articles, it's incredible to see how far we've come. This year has been truly extraordinary.

From the moment we launched, it's been a whirlwind of activity.

We set out with a clear mission:

to create a community for young people navigating endometriosis. This year has been about laying the foundations, building our community, and embarking on a journey that's both challenging and deeply fulfilling.

Our in-person programs kicked off, offering friendship, support, and self-care. It's been heartening to see how these programs have turned into spaces where everyone can just be themselves, share their stories, and find comfort in knowing they're not alone. We've also launched tailored support events, focusing on nurturing confidence, fostering self-esteem, and enhancing quality of life.

In our first year of operation we have reached over 7000 young Aussies living with the disease. Each story shared, each friendship formed, and every life touched is a testament to the strength and necessity of our mission.

Looking ahead, we're not slowing down. We're set to expand our reach, enhance our programs, and continue making a difference in the lives of young people with endometriosis. The path ahead is bright, and with the support of our amazing team, volunteers, and community members, the possibilities are endless. Together, we're not just making a difference; **we're creating a movement.**

*Milli Weaver*

FOUNDER + CHAIR

# Endo Articles



**Supporting,  
Connecting +  
Advocating**  
for young people  
living with  
endometriosis



# ABOUT US



# WHO WE ARE

Endo Articles is the only **volunteer-run, DGR1 charity** in Australia that **supports, connects** and **advocates** for young people aged 18-35 navigating endometriosis.

Whilst the journey through endo diagnosis and pain management isn't easy, we're committed to providing a **supportive community** and **valuable resources** to help young people feel seen, supported, and uplifted.

# HOW WE GOT HERE

**2021**

Endo Articles begins as an Instagram blog, sharing resources for young people



**2022**

First event is held in November, uniting seven endometriosis warriors from across Australia

**2023**

Receive DGR1 status, enhancing our fundraising & charity impact potential

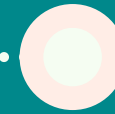


**2023**

Host first major endometriosis awareness event, uniting 150+ Aussies

**2024**

Launching Our Space, a transformative retreat for young people with endo



## OUR MISSION

To shatter the silence around chronic illness and push for better healthcare outcomes for everyone. Because **no one**, especially not those who should be enjoying the freedom that comes with young age, **should go through endometriosis alone.**



*Some Endo Articles Members at our Mix + Mingle hosted by Sage Cosmetics in 2023*



# OUR BOARD



**Milli Weaver**  
Founder + Chair

After facing her own endometriosis challenges alone for many years, Milli recognised first-hand the lack of support for young people living with this disease. She founded Endo Articles to bridge the gap.



**Aidan Baron**  
Director

Aidan is a passionate advocate for equitable and value based healthcare. He holds appointments as an Honorary Researcher at Kingston University London, and sits on the editorial board of the Journal of Paramedic Practice. He is an Alumnus of the year at Central Queensland University, recipient of the Philips Young Clinical Pioneer Scholarship, and is the Clinical Lead for Community Health Support NSW.



**Tahlia McKee**  
Director + Secretary

Tahlia has held multiple policy and board roles at international organisations, and recently ended her tenure as editorial assistant for the Journal of International Society for Third-Sector Research (Asia Pacific). In 2019 Tahlia was appointed Vice-President of the Indigenous Australian Students Association, where she proudly represents her Wiradjuri and Muddi-Muddi ancestors.

# OUR VOLUNTEERS



**Mikayla**  
Ambassador  
(CBR)



**Tess**  
Events Lead



**Carly**  
Digital Lead



**Georgia**  
Grants Lead



**Gemma**  
Education  
Lead



**Sami**  
Retreat Lead



**Sarah**  
Public  
Relations Lead



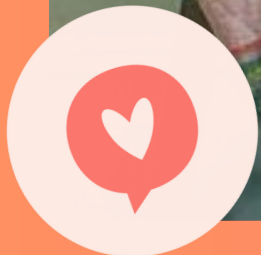
**Lauren**  
Admin Lead



**100% of our volunteers have lived experience with endometriosis.**



# OUR PROGRAMS





## Our Space

A 4-day all inclusive retreat, offering: self-care workshops, empowerment activities, and community building for young people with endometriosis.

**Cost:** \$1500 Per Person | **Provided:** Free by Endo Articles

## Our Space

**Our Space** is a transformative four-day retreat launching February 2024. Designed for those living with endometriosis, this retreat offers a sanctuary away from the stress of medical routines, placing an emphasis on **self-care, re-empowerment** and how to **sustainably manage endometriosis**.

The intimate nature of the retreat fosters vital community support, creating friendships with others who **just get it**.



### Our Sponsor:



### Our Donation Partners:

Cedar Springs Estate, Willow & Body, Airyday, Go-To, SUNNYLiFE Dermal Therapy, Juuce Haircare, The Base Collective, Shhh Silk, Lust Minerals.



## Care + Comfort

Care and Comfort Packs provide thoughtfully handpicked goodies to comfort young people undergoing endometriosis treatment or surgery.

**Cost:** Up to \$150 Per Pack | **Provided:** Free by Endo Articles



# 300+

Requests for Care + Comfort Packs

# 32

Care + Comfort Packs sent outside of NSW

# 200+

Care + Comfort Packs delivered in 2023

# 3

Doctors requested Packs for patients' recovery

## Testimonials

"I'm so grateful for my care pack, definitely makes the journey better and feel supported :)" - **Fatima**

"The pack lifted my spirits during a vulnerable time and brightened my day!" - **Georgia**

"Cannot get over how spoiled I feel from this package. And the PJs are so soft, way better than hospital ones <3" - **K.B**

"I had complications post-op and the pack was such a blessing. Gave me something good to focus on." - **Cat**

## Thanks To Our Donation Partners:

Airyday, Barni Skin, Bed Threads, Bhumi, Go-To, Hey Zomi, Modibodi, The Fix, I Love Linen, In the Roundhouse, Nat' V Basics, The Base Collective, The Fozzie, and Thread Together.



### Coffee Catch-Up

Regular catch-ups hosted in Sydney and Canberra, connecting young endo patients over free coffee, fostering mutual support and community support.

**Cost:** Up to \$8 Per Person | **Provided:** Free by Endo Articles



**16** catch-ups across Sydney & Canberra from Jan - Nov



**3** volunteers assisting to ensure the catch-ups ran smoothly



**43** Members attended a catch-up in 2023

### What's Next?

- Development of ambassador training program to roll out catch-ups in more States + Territories
- Partnering with local businesses to continue sustainably running catch-ups
- Expanding promotion methods to broaden member engagement and attendance

*"I loved being able to go to this event. I found it really empowering and validating. Thank you."*  
 Endo Articles Member, Sophie



### Thanks To:

TUCKER

CENTENNIAL HOMESTEAD

WALTER!



### Freezer Friends

A supportive program for young people + their loved ones exploring fertility preservation, featuring Q+A with medical professionals + other young people who have been through the process.

**Cost:** Up to \$30 Per Person | **Provided:** \$5 - \$20 Per Ticket

**Freezer Friends** was created following numerous inquiries from our Members about egg freezing and medically advised fertility preservation.

Recognising the clear resource deficit, we established this program to offer **vital guidance and support** for those navigating these challenging decisions.



**53** inquiries from Members for guidance around fertility preservation



**27** requests to bring the program to more States + Territories



**100%** of attendees felt more informed and empowered after the program

### Benefits of the Program

- Providing a safe space for young people and their loved ones to make informed decisions about whether fertility preservation treatment is right for them
- Helping young people to receive medical advice from specialist/s through Q+A at a hugely subsidised rate
- Allowing young people and their loved ones to meet others who are currently facing similar decisions



### Our Sponsor:



### Our Donation Partners:

IVF Australia, Genea Fertility, Kristy Can Bake, Wild Petals.



*In 2023, we were able to deliver  
**147** Free Meals delivered to Endo  
Articles Members and their  
families/caregivers !*

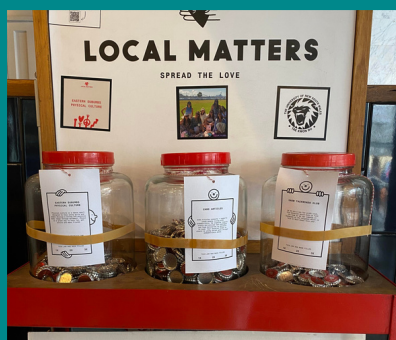


**Support,  
Connect +  
Advocate**

Throughout the year, Endo Articles also offers diverse events, workshops, and initiatives aimed at supporting, connecting, and/or advocating for young people with endometriosis. While primarily for Endo Articles Members, some offerings are open to the entire community.

**Cost:** Up to \$2500 per offering | **Provided:** between \$10 - 50 Per Ticket Per Event

Grill'd Local Matters Jar | Advocate



We were nominated for (and won!) the November 2023 Grill'd Bondi Junction Local Matters Donation

Mix + Mingle | Support + Connect



Making anti-inflammatory bath-soaks with Sage Cosmetics Studio

Spring Picnic | Support + Connect



Our first ever event in Nov 2022! A gorgeous indoor picnic.

Below The Belt Screening | Support + Advocate



An insightful panel post-screening of Below the Belt  
L-R: Milli Weaver, Zoe Wallace, Emilia Victoria, Casey Burgess, Stefanie Valakas

Summer Picnic | Support + Connect



Our first event for 2023, enjoying the Summer sun in Rushcutters Bay Sydney, and goodies donated by our wonderful partners

Candle Collab | Advocate



Candle collaboration with Gem + Stone, with 10% of candle sales donated to Endo Articles

Crafting Connections | Support + Connect



Sewing personalised heat-packs thanks to the team at The Happy Uterus

Wreath Making | Support + Advocate



A wreath Making Masterclass with Members and their family/friends

## THANKS TO OUR DONATION PARTNERS:

Ailia Bottle, Airyday, Bhumi, Boody, Four Pillars Gin, Gem + Stone Candles, Gingerlilly Sleepwear, Go-To, Hudsons Bakery, In the Roundhouse, Kenwood, Kristy Can Bake, Meobodi, Modibodi, Nat' V Basics, Pernod Ricard, Roogenics, Sage Cosmetics, The Base Collective, The Foozie, The Fix, The Happy Candle Co, The Happy Uterus, The Spoonie Society, The Style Maison, Timbermill, Tonic Public Relations, Vush Wellness, Wholegreens Bakery.



# OUR PROJECTS



# IMPROVING ENDOMETRIOSIS CARE

Our Projects are all about making Australian endometriosis care better. Each one represents a small, important piece of the work that goes on behind the scenes, helping Endo Articles effectively advocate for young people with endo.



**60%+** of our projects are inspired by discussions with our community members.



Our Founder, Milli, with Dr Marjorie O'Neill, the NSW Member of State Parliament for Coogee

## ADVOCACY PROJECTS

bring difficulties and concerns experienced by Endo Articles Members to the forefront.

- 📍 **Extend** is an ongoing campaign by Endo Articles to have the current NSW Fertility Rebate extended to include fertility preservation treatment undertaken for medical reasons.
- 📍 **REACH** is a newly established project by Endo Articles advocating for increased access to affordable and effective endometriosis care in rural and regional Australia. This project also seeks to bring our Programs + Events to these often underserved areas.

## EDUCATION PROJECTS

offer comprehensive insights into endometriosis, covering its definition, symptoms, treatment options, & updates on research and legislative reforms.

- 📍 **Endo Articles** by Endo Articles are researched, easily digestible articles about endometriosis, published on our social media accounts.
- 📍 **Let's Talk: Fertility** is an ongoing collaborative writing project by Endo Articles, exploring patient experiences and expectations around fertility preservation.

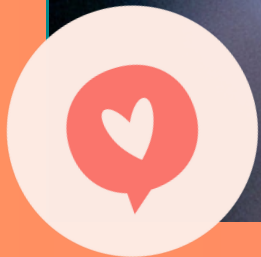


Milli with Allegra Spender, the NSW Member of Federal Parliament for Wentworth



A photograph of a diverse audience of people sitting in rows, looking towards the right side of the frame. The lighting is dim, suggesting a theater or lecture hall setting. The audience members are of various ages and ethnicities, all appearing attentive.

# OUR FINANCIALS



# 2023 Financial Summary

Endo Articles was established as a charity in July 2023. Resultantly, we do not have a financial breakdown for the 2022/23 financial year. However, we recognize the importance of financial transparency. To that end, we would like to provide an overview of our financial activities this year.

As a new charity, we faced the challenge of raising necessary funds to support our members and deliver our programs, particularly given our limited recognition in the community. Despite these challenges, our dedicated community and supportive corporate partners have played a crucial role in helping us secure essential funding. Through their generous contributions, we have been able to meet our financial needs and continue our mission.

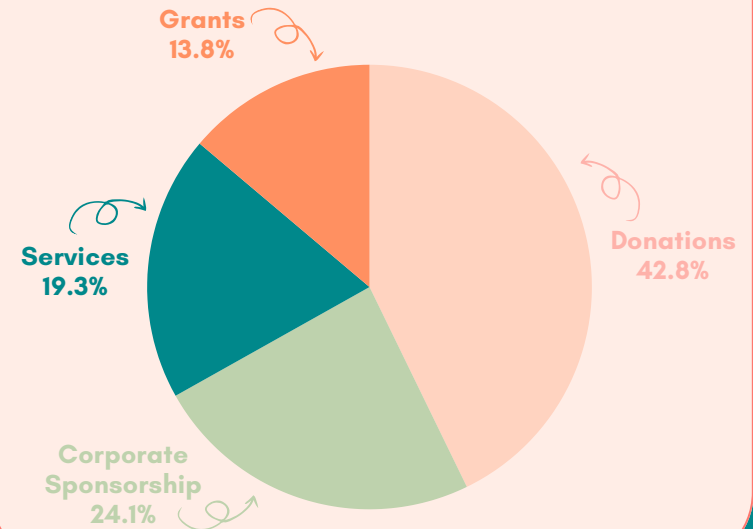
**\$18083.01**

FUNDS RAISED

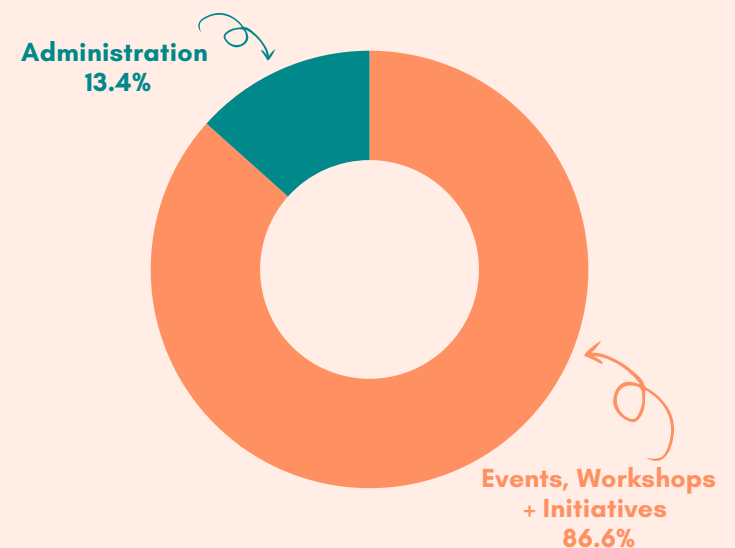
**\$8221.68**

FUNDS SPENT

## Where does our money come from?



## Where does our money go?



# AWARENESS STARTS HERE BELOW THE BELT PRESENTED BY ENDO ARTICLES

CINEMAS 2,3&4  
BALCONY BAR  
TOILETS  
LIFT



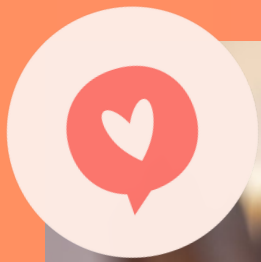
## CORPORATE SPONSORS

Genea Fertility  
City Fertility

## COMMUNITY SPONSORS

IvyDayz  
The Style Maison

We are SO PROUD to have hosted Sydney's first screening of *Below the Belt*: a documentary exploring the realities of living with endometriosis.



# THANK YOU

You can reach us [hello@endoarticles.com](mailto:hello@endoarticles.com)

## TOP FACTS.

ENDOMETRIOSIS IS A DISEASE WHERE TISSUE SIMILAR TO UTERINE LINING GROWS IN OTHER PARTS OF THE BODY CAUSING PAIN, INFERTILITY & MENSTRUAL DYSFUNCTION

20% OF PEOPLE WITH ENDOMETRIOSIS HAVE EVER EXPERIENCED INFERTILITY

10YRS IS THE AVERAGE TIME FOR AN ENDOMETRIOSIS PATIENT TO BE DIAGNOSED.

7X INCREASED LIKELIHOOD OF ENDOMETRIOSIS IF YOU HAVE A HISTORY OF ENDOMETRIAL BIOPSY

50% OF PEOPLE WITH ENDO MAY EXPERIENCE INFERTILITY.

ENDOMETRIOSIS COSTS THE AUSTRALIAN ECONOMY \$9.7 BILLION EACH YEAR IN LOST WAGES, LOST PRODUCTIVITY, AND MEDICAL COSTS

THE JOURNEY TO IMPROVE ENDOMETRIOSIS CARE BEGINS WITH AWARENESS. TOGETHER, WE CAN CHANGE THE BROKEN STATUS QUO.

#BELOWTHEBELT  
#ENDOARTICLES

## TO FA

FROM E. CLINTON  
DANSON  
ROWK  
WILLIAMS

20%  
7X

10YRS  
50%

\$9.7 BILLION  
\$9.7 BILLION

THE JOURNEY  
THE JOURNEY

WE CAN CHANGE

the best health

## BELOW THE BELT

and the director of Endo World!  
Shannon Cohn

20%  
7X

10YRS  
50%

\$9.7 BILLION  
\$9.7 BILLION

THE JOURNEY  
THE JOURNEY

WE CAN CHANGE

## TO FA

FROM E. CLINTON  
DANSON  
ROWK  
WILLIAMS

20%  
7X

10YRS  
50%

\$9.7 BILLION  
\$9.7 BILLION

THE JOURNEY  
THE JOURNEY

WE CAN CHANGE