

23 August 2011



Above: Jennie Goodwin  
First woman presenter of New Zealand TV News (1970s)  
and endometriosis sufferer.

**“There is absolutely no reason why young girls or women should suffer in silence today.”**

Dear <firstname>

“YOU HAVE ENDOMETRIOSIS” said the gynaecologist. The relief! After years of pain and being ‘the unlucky one’ who suffered every month, I now had a name for what was wrong with me. In all the years of going to the school sickroom with awful stomach cramps, clutching tight to hot water bottles and feeling utterly desperate I had never heard the word endometriosis. Doctors and gynaecologists had prescribed pills for the pain but none of this helped for long - if at all. Then it was back to planning my life around my periods. I remember the nightmare of University Entrance - I was in absolute agony and had to miss some exams and apply for an aegrotat pass.

I entered the wonderful world of radio and the early days of television. It was exciting and I loved the work. I did a number of commentaries on Royal visits and delighted in interviewing pop stars including Cilla Black, The Seekers, The Hollies, and Don Maclean (you may not remember these names, but someone in your family might - they were very popular in their time).

All through my broadcasting days, no-one knew how badly I was suffering with my period. There were many times on air when I felt really drained and in a lot of pain, but I had to sound relaxed, happy and professional. I proudly became New Zealand’s first woman to present the network news bulletin at 6pm on the just launched TV2. Behind the carefully groomed newsreader the public saw on their screens each night, was a woman who took hot water bottles to work to try and ease the terrible pain, (no wheat packs in those days!).

By 31, I was married. I was interviewed by many women’s magazines and a popular question was whether I wanted children. Of course I did, very much. We tried for six or seven years to conceive without success and I was very conscious of my biological clock ticking. It was devastating. It was on my quest to become pregnant that I finally heard the three words that began to explain things, “you have endometriosis!” From then on everything changed. After operations and treatment, at the age of 40, I gave birth to my daughter, Virginia. She is the joy of my life. We now know this disease runs in families and my precious Virginia has been diagnosed with endometriosis. For her, early intervention, education and appropriate specialist treatment is enabling her to live without the silent pain I lived with.

I am pleased that today there is no need for anyone to wait so long for an accurate diagnosis, find real practical help or suffer in silence. If the educational programmes, information and support provided by Endometriosis New Zealand had been available back then, my path may have been very different.

I am full of admiration for the wonderful work that Endometriosis New Zealand achieves, despite being a small team with limited resources. I encourage you to support them by donating, thereby helping your daughter, granddaughter, mother, sister, colleague and friend.

I know some of you will not be in a position to make a big donation. Please share this appeal letter with your husband or partner, colleagues, friends and family. Also fathers, grandfathers, uncles and brothers - after all, endometriosis effects the lives of men and women.

A \$50 DONATION means Endometriosis New Zealand can put resources in your local library or into one more hospital.

A \$100 DONATION would support five more girls and women seeking help and contribute towards the upkeep of our teen website used by girls the world over.

BY COMBINING DONATIONS of \$100 we can bring the WISE programme to another workplace and the me programme to another secondary school, as well as funding vital research so that girls get help more quickly.

***“If the educational programmes, information and support provided by Endometriosis New Zealand had been available back then, my path may have been very different”.***

You know the devastation that endometriosis can cause and I know you will help if you can.  
Thank you.



Jennie Goodwin

You can reach us on 0800 733 277 – [info@nzendo.org.nz](mailto:info@nzendo.org.nz) Please let us know if we have any of your contact details incorrect and also if you prefer not to receive future appeals.



**ENDOMETRIOSIS NEW ZEALAND REPRESENTS** *the tens of thousands of girls and women with endometriosis and conditions causing pelvic pain and work with those who treat these conditions. We are a registered charity (CC20902).*

***“Our top priority is to change the course of history of endometriosis.”***

*Endometriosis is a very common disease, often beginning in the teen years and affecting over 100,000 girls and women in New Zealand today.*

*Discomfort with periods is often normal, distress and pain disrupting everyday function and activities is never normal. Even getting diagnosed often takes longer than 8 years. That’s unacceptable.*

*Symptoms can cause a woman to lose 11 working hours per week. This can change.*

*We provide educational programmes in schools, workplaces and hospitals.*

*We provide advice on how to live well with these conditions.*

*We connect girls and women with each other.*

*We need your support to do all this. Please help by donating.*

*A BIG HUG™ to you all, Deborah*



**Yes, I/we will support the vital work that Endometriosis New Zealand does**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email address: \_\_\_\_\_ Phone: \_\_\_\_\_

**I/we would like to make a gift of (please circle or write clearly):**

\$30            \$50            \$100            \$500            \$1000    other.....

I/We enclose a cheque for \$\_\_\_\_\_ payable to Endometriosis New Zealand.

- I/We wish to make a bank transfer.  
Endometriosis New Zealand's bank account details are: ANZ 01-1845-0003670-00  
(please include your surname and 'Donation' as a reference, so we can send you out a receipt)
- Donations can also be made online by credit card at - [www.endo.co.nz](http://www.endo.co.nz)
- Please send the completed form in the enclosed addressed envelope to:  
Endometriosis New Zealand, PO Box 1673, Christchurch 8140

Endometriosis New Zealand is registered with the Charities Commission CC 20902 and donations are tax deductible. A receipt will be mailed to you.

For any questions, please contact us on 03 379 7959 or 0800 733 277

Many thanks.