



"Thank you to our Board, ESIG, funders, sponsors, partners, supporters and especially our members. We honestly wouldn't have made it through this incredibly challenging year without you."

Deborah Bush CEO

JANUARY

We re-opened in the new year very excited about what 2011 would bring | Deborah and Elaena were invited to do a presentation to the women at Christchurch Women's Prison which covered information about endometriosis, practical help with managing distressing symptoms and sharing of stories | We were saddened to farewell Sally Burgess who was our National Administrator for more than three years.



FEBRUARY

Our new National Administrator Dale Gibb began. | The **me** programme began in Canterbury. | Deborah was guest speaker to a meeting for girls and women at Sydney Women's Hospital discussing 'the role of the community in managing chronic endometriosis and pelvic pain'. The poem she wrote '**who will help me with my endo**' had its debut performance. We learned that **other causes of pain should be explored** when treating endometriosis. | First trip to MidCentral DHB to deliver the **Patient Partnering Programme** | Christchurch earthquake ... terrifying, tragic, huge clean up, fund raising events were cancelled and lots broken!

MARCH



International Endometriosis Awareness Month. | The BIG HUG appeal ... thank you so much to everyone for your support. | The 'new look' **website** was launched with brand new information on **fertility, support groups and management of endometriosis**. | **endometriosis awareness video** launched by **endometriosis.org**, so well done and worth checking out. We were so proud when Deborah was awarded the **International Outstanding Service Award** to celebrate and acknowledge the 100th anniversary of International Woman's Day.

APRIL

Deborah went 'across the ditch' to Australia for the winter months to research the pelvic pain experience of Australian girls and women, the impact pelvic pain has on society and the treatment and management available in Australia. The report was eventually released in October and titled '**The \$6 Billion Dollar Woman and the \$600 Million Dollar Girl**'. | Dale gave the ENZ database a much needed update. | Elaena and Dale 'held the fort' at the office while Deborah was away.



MAY

The **me** programme delivered in Wanganui and Palmerston North secondary schools - total highlight! | Women's Lifestyle Expo in Palmerston North. We met so many lovely people and it was a fantastic weekend, even if our stall was beside a funeral home. | Endometriosis and Pelvic Pain "I've had a gutsful" presented at the Auckland Gluten Free Food and Allergy Show. If the gut is sensitised, there are foods (**FODMAPs**) which can make bowel related symptoms worse.



JUNE

What, where, why and how of endometriosis was delivered to pharmacists in their internship year supporting ENZ work with the Pharmacy Today Healthcare Handbook. | **me** goes to Marlborough, Nelson and Tasman Bay secondary schools. A young woman from Nelson Girls shared her experiences with endometriosis ... cool to hear about **real stories**. | Lots of girls questions answered at the Nelson Support Group meeting like 'how do you know for sure', 'can it cause death' and 'would it be better to go to a female doctor' and 'would they suggest surgery straight away'. | More bad earthquakes | Deborah presented at the Australian Pain Society Meeting in Darwin. Top tip - pain specialists help treat chronic pelvic pain because **pain can be complex**.

JULY

Big snow across New Zealand, we're really really good at working remotely now | Fabulous new look for the 'teen' resources with a **new diary**. We are loving our new colours green and pink. | Elaena presented at the Wellington Gluten Free Food and Allergy Show (her first time yay!) | Deborah working hard on the Pelvic Pain Report, starting to develop a slight Australian accent which we could hear in our weekly skype meetings | Felt so loved with all the 'hug messages' from the **Natalie Chan** campaign.



AUGUST



Jenny Goodwin

Astral Bridal held a beautiful event in Hamilton supporting our work (ENZ ♥ **Astra Bridal**) | Deborah returns from Australia - YAY! | Dunedin Support Group held their first meeting and had a fascinating talk from a naturopath | me went to Dunedin secondary schools with huge thanks to **Zonta** | August Appeal "**There is absolutely no reason why young girls or women should suffer in silence today.**" Jennie Goodwin (first women presenter of TV News in New Zealand | Third visit to the MidCentral DHB for the **Patient Partnering Programme**.

SEPTEMBER

WCE 2011 (World Conference on Endometriosis) "Towards Excellence" was held in Montpellier, France. Deborah was invited to deliver two presentations, the first showcased the me programme as a **model for early intervention** because we're all 'over' the diagnostic delay! 'The role of support groups and endometriosis organisations' was the 2nd presentation which is contributing to an international consensus manuscript on best practice for managing endometriosis. One key message from the conference was "no surgery is better than bad surgery". | Met girls, women and their families at the Women's Lifestyle Expos in Dunedin and Christchurch - **resources** provided to all.

OCTOBER



The Pelvic Pain eBook by Dr Susan Evans with contribution from Deborah Bush was launched. So much fantastic information about a huge variety of topics like bowel problems, bladder problems, pain with sex and lots more | "**What foods should I be eating to help my bowel symptoms**" presented by Deborah at the Gluten Free Food and Allergy Show in Christchurch | We all got around our board table and asked questions like 'what does 2012 look like for us'. Fab day! No matter where you live, we want you to be able to access us and the best possible treatment when you need it. | Deborah presented to West Coast DHB and **local women in Greymouth**.

NOVEMBER



Huge month..... **ENZ Board** meeting in Christchurch (BIG HUG to all of you) | **National Support Network conference:**

Auckland to Invercargill represented (inspiring day, we're fortunate to **have you all** as part of our team) | Zonta International Conference (NZ). BIG HUG to **Zonta Clubs** for raising funds to support us and our work in your regions | Deborah was presented with the **Zonta International Woman of the Biennium** | **Astral Bridal event in Auckland** lovely afternoon, beautiful dresses, fantastic ideas. wow MC ☺ | **me** to Auckland schools | **Mr John Doig** awarded **RANZCOG** Distinguished Service Award in Melbourne - so deserved and we're so proud.

DECEMBER

What a year! | Deborah spends time in Hamilton and Auckland. Thanks to **Xponential** for working with us this year | forming new business partners - exciting developments for 2012 to be announced early next year. | finding funds to support all our services and programmes has been particularly tricky this year. | Thank you so much to you our members, our **Board, ESIG, funders, sponsors, partners, ambassadors**, and those who have **donated to and supported our cause**. We honestly wouldn't have made it through this incredibly bizarre and disruptive year without you. | ENZ shuts shop and will reopen on January 9, 2012.



Merry Christmas and Happy New Year to you all. May the season bring you fun and special time with those you love. Every good wish and a big hug from all of us.

*Deborah, Dale & Elaena
xoxo*