



Endometriosis UK Strategy, 2021 – 2025

Our strategic focus is the individual with endometriosis, whether undiagnosed, recently diagnosed or living with the disease.

We recognise every journey is different and will continue to work in all areas where endometriosis is impacting on lives.

Who we are

We are the **UK's leading charity for all those affected by endometriosis**, determined to ensure that everyone gets prompt diagnosis and the best treatment and support.

We work to **break down barriers to access** - whether information, treatment or support - wherever endometriosis impacts on lives. We are a **powerful voice** for those with endometriosis, **driving up care standards** across the UK.

We **lead collaboratively across our community**, acting to inform, empower and advocate for all those affected by the disease. The endometriosis community is at the heart of all we do, and we strive to support and represent all experiences.

We fight to make **change** happen for everyone with **endometriosis**, to **end chronic menstrual related pain being brushed off as normal** and raise **awareness** of endometriosis with the wider public.

Why we are needed

Endometriosis impacts on the physical and mental health of 1 in 10 women and those assigned female at birth in the UK.

Endometriosis is a chronic condition affecting **10%** of women and those assigned female at birth in the UK from puberty to menopause, although the impact can be felt for life. That's over **1.5 million**, similar to the number who have diabetes or asthma.

Yet it's a disease that the **majority of people** have never heard of, **do not understand** and the **cause is not known**. Without awareness, **pain and symptoms can be dismissed**, brushed aside as 'normal' when they are anything but. It costs the UK economy around **£8.2 billion** every year in healthcare costs, loss of work and treatments and yet it isn't recognised by most employers.

Without investment in research, a reduction in diagnosis time - **currently averaging at an unacceptable 8 years** - and better access to pain management, those with endometriosis will continue to face huge barriers accessing the right treatment at the right time.

Endometriosis can have a **significant**, sometimes **devastating impact** on all aspect of **life**: education, career, relationships, sexual relationships, fertility and quality of life. The wider



impacts of endometriosis pain and symptoms can be seen and felt across both **physical and mental health**.

Our mission

We believe in a world where **endometriosis** is **recognised** and **understood**, and where the disease **does not limit** people's lives.

We believe that everyone with endometriosis in the UK **has the right** to appropriate, high quality treatment regardless of background, identity, location or circumstance.

We believe everyone currently living with endometriosis should have the **best care** as a result of new developments in treatment, and that proactive **research is vital** to finding the cause and, one day, a cure for the disease.

Our Goals

To achieve our mission, our 2021 – 2025 strategy will focus on our core goals:

Diagnosis time Reduce average diagnosis time to under 4 years by 2025, under 1 year by 2030

Access to treatment Everyone in the UK with endometriosis to have access to high quality treatment

Support Everyone with endometriosis will have the support they need to reach their potential in their education, career and life

Endometriosis UK will deliver the accessible support the endometriosis community needs, through our support network, activities and website

What we do

We CAMPAIGN

- saying "that's not good enough"
- driving change and improvement
- creating awareness, breaking down people's ignorance
- so you're heard and believed.

We EMPOWER

- because knowledge is power
- helping you advocate for yourself
- supporting, strengthening, amplifying voices and providing access

We CONNECT

- empowering, collaborating and promoting
- ensuring diverse experiences and perspectives are heard
- breaking down isolation
- providing practical help and emotional support



We INFLUENCE

- policy and decision makers, seeing to change the status quo
- employers, so understanding is there when it's needed
- the research agenda and funding

Please note this is an outline of our strategy and is supported by an operational plan.