# East Yorkshire charity Endo Buddies supports women with endometriosis



An East Yorkshire charity founded by Katy Phillips is gaining recognition for its vital support of women suffering from endometriosis, having been nominated for the National Diversity Award in the category of Community Organisation Award for Disability. Phillips, 44, who resides near Hedon, has emerged as a notable advocate for those affected by the condition, motivated by her own experiences of enduring debilitating pain for over two decades.

Phillips' journey took a significant turn after a lengthy struggle with misdiagnosis, during which she was told that her symptoms could be attributed to irritable bowel syndrome (IBS). Eventually, she was diagnosed with deep-infiltrating endometriosis and a twisted bowel. In response to her challenges and the lack of information available to others facing similar circumstances, she established Endo Buddies in 2019. "I started Endo Buddies in 2019 after my own personal journey with endometriosis. It took me 21 years to get a diagnosis," she stated in an interview with the Hull Daily Mail.

The charity has made considerable strides since its inception, impacting over a thousand women by providing care packages that cater to the specific needs of those recovering from surgery related to endometriosis. From Castle Hill Hospital and Hull Royal Infirmary to a national outreach, the care packages have gained popularity for their thoughtful contents, which include ear plugs, sleep masks, throat lozenges, positive reassurance notes, information leaflets, and peppermint tea to aid with bloating. "People absolutely love them," Phillips noted, highlighting the packages' emotional significance.

Katy Phillips further emphasised the harsh reality faced by many living with endometriosis, pointing to alarming statistics gathered from a survey conducted by Endo Buddies. The survey indicated that 97.5% of respondents felt their mental health had deteriorated due to the condition, and over half reported having contemplated suicide as a result of their struggles. "It's insane, absolutely insane. It's really sad to hear those sorts of statistics and that people feel that low and feel so unsupported," she remarked.

In addition to the care package initiative, Endo Buddies has formed a partnership with the mental health charity Shout, offering confidential support to those in need. Individuals seeking assistance can reach out by texting "ENDO" to 85258 for free, 24/7, mental health support.

Having officially registered as a charity in November 2023, Endo Buddies continues to evolve and grow, reflecting Phillips’ dedication to transforming her adversity into a source of hope and community for others. The work of Endo Buddies is now recognised on a national platform, as they encourage supporters to vote for the charity through the National Diversity Awards website.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.matthewgoodfoundation.org/project/endobuddies/> - This URL supports the claim that Endo Buddies is a charity dedicated to supporting individuals with endometriosis through various initiatives, including care packages and mental health support. It highlights the founder's personal journey and the charity's efforts to enhance support for endometriosis patients.
* <https://www.instagram.com/endobuddies/p/DA-mW8RsIrP/> - This URL corroborates the engagement of Endo Buddies with community activities, such as raising awareness about endometriosis during awareness months.
* <https://www.hulldailymail.co.uk/news/hull-east-yorkshire-news/hull-charity-founder-katy-phillips-endometriosis-7403698> - This URL would support the details of Katy Phillips' personal journey and her establishment of Endo Buddies, though it is not directly accessible in the search results.
* <https://register-of-charities.charitycommission.gov.uk/en/charity-search/-/charity-details/5239980/full-print> - This URL confirms that a charity related to endometriosis support exists, though it does not specifically mention Endo Buddies. It provides information on another endometriosis support charity in the Hull area.
* <https://www.instagram.com/endobuddies/> - This URL would provide further insights into Endo Buddies' activities and partnerships, though specific details are not available in the search results.