



WELLBEING
OF WOMEN
1964 - 2024



Remembering Wellbeing of Women in your Will

Invest in the future of women's health, today

As an obstetrician and gynaecologist, women's health is my life's work. During my time as President of the Royal College of Obstetricians and Gynaecologists we spearheaded the Better for Women campaign to develop a national women's health strategy. In fact, throughout my career I have fought to improve women's healthcare and to empower women to make the best possible choices when it comes to their health.

This is at the very heart of what Wellbeing of Women has been doing for the last 60 years.



Wellbeing of Women's work is so vital because research into women's reproductive and gynaecological health is still chronically underfunded and overlooked. I received a Wellbeing of Women grant early on in my career and I know from personal experience the value that research contributes to clinical practice and sustainable improvements in women's health.

Thank you for taking the time to read this booklet. I hope you will consider leaving a gift in your will to Wellbeing of Women. To do so is a wonderfully worthwhile means of supporting women's health for future generations.

Meaningful change is never quick and we know that it could be a long journey to many effective treatments and cures. By leaving a gift in your will to Wellbeing of Women you will be joining us on that journey and ensuring progress happens as rapidly as humanly possible.

A handwritten signature in black ink that reads "Lesley Regan". The signature is written in a cursive, flowing style.

Professor Dame Lesley Regan, DBE
Chair, Wellbeing of women

Safeguarding the future health of women, girls & babies

Wellbeing of Women's mission is to save and change the lives of women, girls and babies. We strive for a future where every single woman has access to high-quality and accurate healthcare and information, and where no woman is limited by her gynaecological and reproductive health.

Women make up 52% of the population and their health and physical and mental wellbeing is key to the health of society as a whole. However, women's health remains chronically underfunded and neglected with issues like heavy menstrual bleeding, endometriosis, infertility, miscarriage and menopause having a devastating physical and emotional impact on millions of people.

Despite progress:

- Incidences of endometrial cancer have increased by 65% in the last 4 decades
- 15 babies die just before, during or after birth every day in the UK
- 1 in 10 women suffer from endometriosis
- 1/3 of women have experienced severe reproductive health symptoms in the last 12 months

By investing in cutting-edge research today, we can find tomorrow's cures, treatments and preventions across the breadth of reproductive and gynaecological health. Wellbeing of Women is committed to advancing ground-breaking research, providing expert information, and campaigning for better treatment, care and support. Our work will ensure future generations are not limited by their gynaecological or reproductive health.

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| £67m towards vital research | 588 projects in women's health research | 2,000 employers signed Menopause Workplace Pledge | 59 years of saving and changing lives |
|---|--|--|--|

60,000

babies are born prematurely every year in the UK

1/2

of women with endometriosis have felt suicidal

1 in 4

pregnancies end in miscarriage

21,000

women are diagnosed with a gynaecological cancer every year in the UK

2.1%

is the percentage of all UK public funding that goes into pregnancy and women's reproductive health – which is why your support could make all the difference!

25%

of women experience debilitating heavy menstrual bleeding during their reproductive years

When we get it right for women, everyone benefits.

Professor Dame Lesley Regan, Chair of Wellbeing of Women and Women's Health Ambassador for England

Over the past 60 years, Wellbeing of Women's research has contributed to many of the tests and treatments that now form part of everyday clinical practice, saving the lives of countless women and babies.

- 1964 ● Professor Will Nixon established what will later become Wellbeing of Women
- 1972 ● established the importance of taking folic acid during pregnancy
- 1978 ● established the use of laser treatment to remove abnormal cells in the cervix instead of cutting out the tissue
- 1991 ● began research that leads to the discovery of the link between HPV and cervical cancer
- 2009 ● created the Baby Bio Bank, 7000 tissue samples from 'trios' consisting of a mother, father and baby, used for birth complications research.
- 2015 ● established 6TH international hub, the Harris-Wellbeing Preterm Birth Centre to aid research into premature birth.
- 2019 ● discovered a potential non-surgical, non-hormonal treatment for endometriosis
- 2022 ● using a new laser technology to diagnose cervical & vulval cancer/precancer in real time

Leave a lasting legacy

Wellbeing of Women relies on donations to fund much needed research, education and advocacy into women's health. Leaving a legacy to Wellbeing of Women is a simple but enduring way to continue your support and ensure a more certain future for the health of women, girls and babies.

We exist to help address the gender bias evident in the UK healthcare system. This may take years.

A legacy is a wonderful way of telling the world what you were passionate about, whilst giving hope to families everywhere.

Research in action

Endometriosis has affected every aspect of Emma's life since her first extremely painful period aged 19. It took eight years for Emma to receive a diagnosis and in that time she had to beg GPs to give her more than painkillers.

“

I knew something wasn't right, but my pain was dismissed as 'just a bad period'.

Vomiting from pain, or even blacking out, had become a normal part of her period. She would take to her bed for three to five days, unable to move. The pain and the urgency of needing the toilet prevented her from leaving the house.

Since 2008, Wellbeing of Women has been funding research at the University of Edinburgh into a treatment for endometriosis – the first non-hormonal, non-surgical treatment for the condition.



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We know women with endometriosis desperately want more treatment options and better ways to manage the often-debilitating pain that it causes. Our research so far shows promising results that dichloroacetate can make a huge difference.

Dr Lucy Whitaker, Clinical Lecturer

Researchers found that when endometriosis cells were treated with dichloroacetate, a drug previously used to treat rare metabolic disorders in children, the size of the endometriosis lesions were reduced, reducing painful symptoms.

Now, the team at the University of Edinburgh, with further funding from Wellbeing of Women, are building on this knowledge with their clinical trial to determine the optimum dose of dichloroacetate that will provide the most benefit.

Dr Lucy Whitaker, Wellbeing of Women researcher and Clinical Lecturer in Obstetrics and Gynaecology at The MRC Centre for Reproductive Health, University of Edinburgh, is leading the research.



Remembering Wellbeing of Women in your will

When the time is right for you and after taking care of your loved ones, we ask that you consider leaving a gift to Wellbeing of Women in your will. You can include a legacy when you write your will or add it as a codicil to your existing will.

Although this is an easy process we strongly advise you to seek professional legal advice to ensure your wishes are recorded in a legally binding way. It is easy to alter your will should your circumstances change. There are several ways you can remember Wellbeing of Women in your will and your solicitor will be able to guide you to the right way for you.

You can leave a specific amount; assets such as property or shares; or a residuary legacy which is what remains of your estate after personal commitments are honoured, or a percentage thereof. For a confidential discussion about your options and how your legacy will be used to drive forward women's health **please call our Head of Philanthropy, Caroline Christensen on 020 3697 6348.**

If you do kindly choose to leave a legacy to Wellbeing of Women, we suggest you use the following wording when making or amending your will:

"I give to Wellbeing of Women, of 10-18 Union Street, London SE1 1SZ, registered charity number 239381 (England & Wales) SC042856 (Scotland), [_____% of my estate] or [the sum of £_____], to be used for general charitable purposes absolutely and I declare that the receipt of the Treasurer or duly authorised officer shall be a full and sufficient discharge."

Should you or your solicitor require any further information regarding wording, then **please contact Caroline Christensen on 020 3697 6348 or cchristensen@wellbeingofwomen.org.uk.**

Any gift you can leave, however big or small, will make a tangible difference to the health of future generations of women.



Dr David Jeevan, University of Birmingham, is developing an early screening test for ovarian cancer.

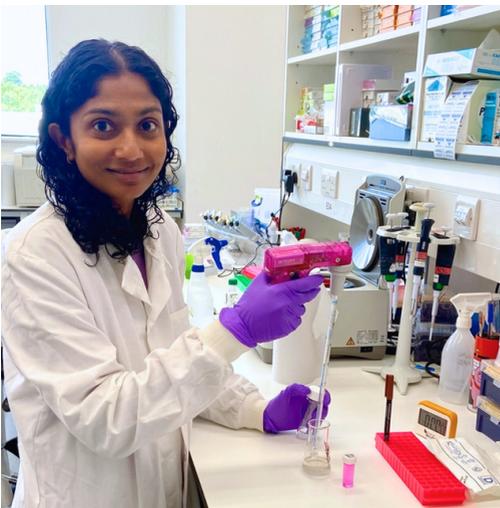
Key Information

The most important information to include is our name, address and registered charity number. That way, you can be sure your gift gets to the right place.

The following key information is required by your solicitor for the preparation of your will:

Wellbeing of Women
10-18 Union Street
SE1 1SZ

Registered Charity No.: England & Wales (239281), Scotland (SC042856)



Dr Roseanne Rosario, University of Edinburgh, is unlocking potential new treatments for premature ovarian insufficiency.

Championing Women's Health Together

After you have completed the formalities to include Wellbeing of Women as a beneficiary in your will, please let us know. You can contact our Head of Philanthropy, Caroline Christensen on 020 3697 6348 or cchristensen@wellbeingofwomen.org.uk. You need only tell us as much information as you wish and it does not change your right to amend or update your wishes if circumstances change.

Knowing of your legacy allows us to plan our future distribution of research funds with more confidence. It also ensures we can thank you for your donation in person, on behalf of current and future generations of women.

You will have the satisfaction of knowing you will help Wellbeing of Women continue in our mission to safeguard the future of women, girls and babies.

Treatments we take for granted today – from the HPV vaccine to taking folic acid during pregnancy – exist thanks to Wellbeing of Women's research over the last 60 years, and you can be confident that your gift in your will will help us find the breakthroughs of tomorrow.

Your commitment now will be a lasting legacy for the future.

In Sir Marcus Setchell's long career as an obstetrician and gynaecologist he recognised the importance of research into women's health. He says that far more is known now than 60 years ago and in the decades he was working he saw many changes and improvements to treatments and procedures, thanks to the research work carried out by recipients of Wellbeing of Women research grants.



“ There will be few women alive today who have not in one way or another benefited from the work of Wellbeing of Women.

This is why I have pledged to leave a gift in my will to Wellbeing of Women. I trust this charity to fund research that has been scrutinised by highly experienced experts.

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Sir Marcus Setchell, Honorary President and former Royal Gynaecologist

The Good Will Partnership

Wellbeing of Women is an official charity partner of The Goodwill Partnership, the largest distributor of home-visit, solicitor-provided wills in England and Wales.

Appointments can be made to have your will drawn up from the comfort of your own home or over the phone. All wills are checked by a panel of solicitors who can also provide legal advice and storage of your signed will.

Wellbeing of Women supporters can access The Goodwill Partnership's service at a low, fixed rate, with no obligation to leave a gift to charity in your will.

Find out more about the Goodwill Partnership or book an appointment at www.thegoodwillpartnership.co.uk/Wellbeing-of-Women/





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