

hey girls... we're good for communities...



who we are...

Endometriosis South Coast is an inclusive charity set up to support people who haven't started their diagnosis journey, are going through the diagnosis stages, or have been diagnosed with Endometriosis and/or Adenomyosis. We are also here for friends, family, and cheerleaders of the people that have to jump through hoops to get started on the diagnosis pathway. We aim to create a safe space for all people with the condition regardless of race, gender, or religion. This disease does not discriminate and neither do the people who run this charity. We intend to spread awareness through a variety of campaigns, utilising our following on social media, and in-person community groups and events. We also actively fundraise to enable us to help as many people as possible with support and resources.

how we partnered with hey girls...

We partnered with Hey Girls because of their proven track record in effectively addressing period poverty and their commitment to education around menstrual health. Our shared values and goals made the partnership a natural fit. We sought a reliable and empathetic supplier who could meet the needs of our community without judgment, and Hey Girls perfectly matched these criteria.

endometriosis south coast



matched donation



community partner



the need...

Our partnership addresses the critical need for accessible menstrual health products across the South Coast. Prior to partnering with Hey Girls, many individuals in the communities struggled to access the necessary products for proper menstrual care, leading to discomfort, health issues and social stigmatization.

the impact...

Since partnering with Hey Girls, we have seen a significant positive impact in our community. Individuals who previously lacked access to menstrual products now have a reliable supply, leading to improved health and wellbeing.

The educational initiatives have also increased awareness and understanding of menstrual health issues among fathers and young people.

the products...



We have received a variety of menstrual health products, including pads, tampons, and reusable menstrual products. These products, provided through purchases and matched donations, have been highly effective in meeting the diverse needs of our community. The quality and reliability of Hey Girls' products ensure that individuals can manage their menstrual health with dignity and comfort.

from the community...

"Working with Hey Girls has been a seamless and rewarding experience. Their team is compassionate, responsive, and dedicated to making a difference. The feedback from those receiving the products has been overwhelmingly positive, with many expressing relief and gratitude for the support provided."

"partnering with hey girls has transformed our ability to support menstrual health in our community, providing dignity and relief to those in need."

say hey...

Want to get the period dignity conversation flowing in your community? Say hey now:
donations@heygirls.co.uk