



fundraising for
daisy network

welcome

Hello! We are delighted that you would like to support the Daisy Network. Together we can help support women all around the world diagnosed with Premature Ovarian Insufficiency.

Premature Ovarian Insufficiency (POI) affects approximately four in 100 women and those assigned female at birth.

Our ambition is to reach out and give support to everyone affected by POI – but we can't do this alone. You may have chosen to support us because of your own diagnosis, or because a loved one, friend or colleague has been affected by POI, whatever the reason, we are so grateful for your support.

From running a marathon, having a coffee morning to hosting a big charity fun day, everything you do to raise money will play a vital role in helping us achieve our ambition in supporting all affected by POI. In here you will find top tips, ideas and information to help you with your fundraising.

You can also visit daisynetwork.org.uk to order some of our merchandise or get in touch via to claim your free Daisy Network marathon vest.

If you need any further information, fundraising advice or some additional fundraising materials, we are here to help so please feel free to get in touch at info@daisynetwork.org

Whether you chose to do a fundraising activity or to give a direct donation, every pound you raise can help us change the lives of people affected by POI.

Good luck and thank you.

Best Wishes from all at the

daisy network



Daisy Network

Registered Charity Number: 1077930



WHAT IS PREMATURE OVARIAN INSUFFICIENCY?

Premature menopause, premature ovarian failure and/or premature ovarian insufficiency (POI) are terms that are generally used to describe the same condition, whatever the cause. The words are often used interchangeably, which can be confusing at first. There is no internationally agreed wording, however the newer term for the condition is premature ovarian insufficiency, which may describe it more accurately as the ovaries may not have irreversibly 'failed' and premature ovarian insufficiency has important differences from the 'normal' menopause which occurs at an average age of 51.

SYMPTOMS:

- Irregular periods or periods stopping – this is the most common reason for recognising that something is not right
- Infertility
- Hot flushes and night sweats
- Insomnia/disrupted sleep
- Palpitations
- Weight gain (especially around waist and abdomen)
- Skin and hair changes (dryness, thinning)
- Headaches
- Breast tenderness
- Mood swings and irritability
- Anxiety/panic attacks
- Loss of self-esteem
- Lowered libido
- Difficulty concentrating and memory lapses
- Fatigue/low energy levels
- Joint/muscle pain
- Vaginal dryness and urinary infections
- Depression

The difficulty is that many of these are common complaints and can be attributed to life events, stress or other factors. This can lead to frustrating delays in diagnosis and also mean that not every symptom experienced is a direct result of POI. However, many women do look back after being diagnosed and realise that certain complaints probably were due to an early menopause.

Age is the key factor, as early or premature menopause or POI is typically used to mean menopause that comes well before the average age of normal menopause — when you're still in your teens, 20s, 30s, or early 40s. Early menopause is used to describe menopause before the age of 45 and POI when it occurs below the age of 40.

Simply put, it means that the ovaries aren't working properly. They stop producing eggs years, and in some cases even decades, before they should. In addition, the ovaries are unable to produce the hormones estrogen and progesterone, which have important roles in women's health and well-being.

POI is different to menopause that occurs at around the average age (52 years). Not only does it occur at a very young age, but the ovaries often don't completely fail. This means that ovarian function can fluctuate over time, occasionally resulting in a period, ovulation or even pregnancy, several years after diagnosis. Because of this intermittent temporary return of ovarian function, approximately 5-10% of women with POI may still conceive.

learn more about POI and treatments at daisynetwork.org/

I'M RAISING MONEY!

for the daisy network

event
info

when &
where

contact:

Daisy Network is dedicated to providing information and support to women diagnosed with Premature Ovarian Insufficiency, also known as Premature Menopause.

daisynetwork.org/

PLEASE PHOTOCOPY THIS RESOURCE

Have you been diagnosed with Premature Ovarian Insufficiency (POI)?

We are here for you.



daisynetwork.org.uk



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info@daisynetwork.org.uk

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Registered Charity Number: 1077930

Supporting women with premature ovarian
insufficiency since 1995



FUNDRAISING FOR THE DAISY NETWORK

Tal's story

On May 27th 2019, Tal and 3 other Daisy Network members teamed up to complete the Vitality 10K. Despite not being runners, they ran through London's best landmarks in Daisy Network T-shirts raising awareness and funds for the charity. Following this event, Tal felt that she was ready for another fundraising challenge, which along with her partner Dom, she decided to take on Mount Kilimanjaro, reaching its summit with the support of fellow trekkers and raising an INCREDIBLE £2000 for the Daisy Network. Tal, her friends and fellow Daisy Network members are an absolute inspiration to us all and she is currently looking to arrange another fundraiser by doing the Box Hill Hike, taking in the Surrey views over 8 miles. Thank you so much for your ongoing support Tal!



A message from the fundraisers

"After traveling through rainforest, moorland and lunar landscape over 5 days we prepared for the final summit. We started the climb at midnight with only head torches to guide us. As we progressed slowly the weather became colder with our drinking water gradually freezing. As we steadily climbed, our pace reduced due to the altitude but we persevered eventually reaching the summit as the sun rose over the roof of Africa where we placed a Daisy Network pebble at Uhuru Peak (5895m). We did it! We would not have accomplished this memorable journey without the incredible support of our fellow travellers, porters and guides. We would like to thank all those who donated, eventually raising over £2,000 in support of the Daisy Network. Tal & Dom x"



daisy network

Supporting women with premature ovarian insufficiency

SPONSORSHIP FORM

Please sponsor me for the Daisy Network

name

event

date



Daisy Network is the only UK charity for women and those assigned female at birth diagnosed with Premature Ovarian Insufficiency, a condition that affects 4 in 100 people under 40 years old.

name	address	amount	<i>giftaid it</i> ✓	paid
Jane Smith	123 Example Street, D4 1SY	£1.00	✓	✓



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thank you from the
daisy network