

On Target

Summer 2020

This is a very special version of On Target, written in extraordinary times. We're sending a shorter version because we have to reduce our costs, but we're passionate about connecting with you, our incredible supporters...



Lockdown may be easing but the challenges faced by women with ovarian cancer are not. We refuse to let this crisis set them back and with your help we have

a plan to ensure their needs are higher on the agenda than ever before.

Coronavirus has turned all our lives upside down, not least women with ovarian cancer. GP referrals have nosedived and those experiencing symptoms have struggled to access diagnostic tests. Women have seen delays to their treatment, and nurses who provide a lifeline of support have been redeployed to help fight coronavirus. It's been an intensely anxious time.

"It makes cancer so much harder. It's already stressful but with coronavirus even a routine appointment at the hospital is extra stressful as you are constantly worried about picking up the disease and what it would do to you on top of having cancer."

– words from a woman with ovarian cancer



In this On Target, read how we've supported hundreds of women through our Support Line and new online support events. We've made women's voices heard at top level meetings with decision makers like the NHS and UK governments. Now we look to a future where, together, we'll be fighting for earlier diagnosis, world-class research, treatment and support for everyone with a diagnosis of ovarian cancer.

We have a plan. We know what to do next. But we can't do it alone.

This crisis has hit us hard at a time when we need to be doing even more. Please consider donating today, if you can, using the form overleaf. Your support will help to carry out some of the great projects you'll read about. Together we will come out of this stronger than ever, and ensure no woman with ovarian cancer faces this alone.

With best wishes,

Annwen Jones OBE, Chief Executive



Soaring demand on the Support Line

Our Support Line has been ringing off the hook through the past few months, especially when news of coronavirus hit, or when big changes were announced by UK governments. The day after shielding changes came in at the beginning of June, calls went up 22 per cent. Our specialist nurses answered every single call, giving reassurance and clarity when it was most needed.



Specialist nurse Rachel presents a series of videos exploring wellbeing during the pandemic. Catch up on our website at targetovariancancer.org.uk/wellbeing-pandemic

Contact our Support Line today targetovariancancer.org.uk/supportline 020 7923 5475

Taking our support events online

Women with ovarian cancer need new forms of online support they can access at home. Since March we've organised over 13 hours of specially tailored online support events, from a fatigue workshop, to coping with uncertainty, to yoga and relaxation sessions. Two of the UK's top ovarian cancer oncologists – Prof. Richard Edmondson from Manchester and Prof. Charlie Gourley from Edinburgh – joined us for online ask the expert sessions.

Watch all the videos in our In Touch online community for women with ovarian cancer: targetovariancancer.org.uk/in-touch

Mandy joined our session on coping with uncertainty, from her home.



She said: "With your online sessions, it's great to see other women, because I feel really isolated. Even locally, support groups for women with ovarian cancer are few and far between, so these sessions are a godsend. Even when things return to normal I'll still be unsure about going out, and I'll definitely still use these online sessions. They feel personal, and I feel so much more connected to other women."

Read the rest of her story at targetovariancancer.org.uk/mandy-story

On your side, always

We've been working flat out to make sure decision makers in places like the NHS and UK governments are taking the needs of women with ovarian cancer into account. Your support has been vital to our influencing across the UK, from engagement with NHS England to our work with the Scottish Cancer Coalition and the Wales Cancer Alliance. We are clear that there must be better support for those who are shielding, and diagnosis and treatment should be returned to pre-pandemic levels as swiftly and safely as possible. We remain committed to ensuring that the voices of women with ovarian cancer are heard and acted on by decision makers.

Looking to the future



Medical research must continue: our groundbreaking immunotherapy research has been published in top journal Nature Genetics. Dr Martin Miller at the University of Cambridge has found how chemotherapy 'sparks' our immune system into action when treating ovarian cancer. The results pave the way for new treatments combining immunotherapy and chemotherapy. Visit targetovariancancer.org.uk/Miller2020 for more.

Yes! I'd like to make a donation

Please return this form with your donation using the envelope. You can also donate by calling 020 7923 5474 or visiting targetovariancancer.org.uk/mygift

Your gift

£15 £30 £50 Other £

Please send me information about leaving a gift in my Will to Target Ovarian Cancer

I have already included a gift in my Will

Your payment (*delete where not applicable)

I enclose a cheque/PO/CAF voucher* made payable to Target Ovarian Cancer

Please debit my: Visa/MasterCard/American Express/CAF Card*

Card number

Start date

Expiry date

Signature of account holder(s)

Date

Your details (please amend if incorrect)

<Lasered Name>

<Address Line 1>

<Address Line 2>

<Address Line 3>

<Postcode>

<Target Ovarian Cancer ID number>

GIFT AID makes your donation worth more at no extra cost. For every £1 you give, we get an extra 25p from HMRC. In order to Gift Aid your donation you must tick the box below.

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Yes, I would like you to claim Gift Aid on all donations I have made to Target Ovarian Cancer in the last four years and all future donations until I notify you otherwise. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please tell us if you no longer qualify for Gift Aid.

Thank you

A huge thank you to everyone who has fundraised for Target Ovarian Cancer. You are helping to transform the futures of everyone affected by ovarian cancer.



Chris ran a virtual half marathon and completed the 2.6 Challenge in his back garden, raising over £1,000 in honour of his wife, Diane.

Ellie from Kent challenged herself to complete 200km in 28 days for her mum Ema and raised £1,500.



Hannah had a virtual birthday party and raised over £900 in memory of her mum Annie.



The Ovarian Cancer Walk|Run is back in 2021!

Visit targetovariancancer.org.uk/walk to sign up or get the latest updates

We would like to keep in touch

Thank you for your donation. If you do not require a written acknowledgement, please tick this box

We would like to keep you updated about our services and events, ovarian cancer news, and opportunities to support us.

Email address

Phone number

Please tick the boxes below to indicate how else you would prefer to hear from us. If you already receive communications from us and wish to continue getting them please tick Yes.

Email Yes No

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