

On Target

Winter 2020/21

In an extraordinary year, you've stepped up and shown extraordinary support for each other. We want to thank you for everything you've achieved during one of the most challenging times for women with ovarian cancer – and for what you could do next...



Together we've seen the launch of our Ovarian Cancer Community, continued to tackle the postcode lottery in ovarian cancer diagnosis and treatment,

published a groundbreaking new report into the impact of Covid-19 on ovarian cancer, and championed a call for awareness resulting in the first-ever nationwide awareness campaign to include the symptoms. This is thanks to your support during the pandemic – read more inside.

There's still so much more we need to do. Come with us. Sign up for Ovarian Cancer Awareness Month this March and together we'll save lives. We don't take a thing for granted when it comes to your help - not one penny, not one signature, not one email. But don't take it from me, read what Della has to say...

With best wishes,



Annwen Jones OBE, Chief Executive



Della used our online support services when she was shielding.

She said: "During the pandemic I've had to shield. It was tough, but the online sessions I've joined like weekly yoga and Q&As with cancer experts have really helped my mental wellbeing.

"Someone was there for me, and now I want to help others. I'm beyond happy to be part of Target Ovarian Cancer's community - together we've done so much, but we need to keep it up. Early 2021 will be a crucial time as we come out of the pandemic. If there was ever a time to start supporting, it's now."

Flip this booklet over to find out more about Ovarian Cancer Awareness Month and how to sign up



Together we did it

Together we did it: NHS England has launched the first-ever nationwide awareness campaign to include two key ovarian cancer symptoms – bloating and abdominal discomfort.

Awareness of ovarian cancer symptoms has historically been very low, but this campaign, which has already been seen by millions, will help to change that. This is a crucial step to ensuring that everyone with ovarian cancer is diagnosed at the earliest possible stage. Thank you to our tireless campaigners who have made this a reality.



If it lasts for three weeks or more
JUST SPEAK TO YOUR GP

Clear on cancer help us help you

Read the full story on our website at targetovariancancer.org.uk/awarenesscampaign

Questions about ovarian cancer?
Call **020 7923 5475**
or visit targetovariancancer.org.uk/supportline

Join our community

You told us you'd like a place to access top ovarian cancer experts, discover crystal clear information, and find that special kind of support you get from other people affected by ovarian cancer – and we listened. Our new Ovarian Cancer Community is an open and understanding Facebook community for women with ovarian cancer, family and friends.

Join hundreds of others at:
targetovariancancer.org.uk/community



Tricia says our online support helped her cope during lockdown.

She said: "The start of lockdown was really scary for me. I was so used to seeing my doctors, and suddenly everything just stopped and I thought 'what do I do now?' Then Target Ovarian Cancer launched the Ovarian Cancer Community and started to organise all these wonderful support events. I've made some new friends through the group and it's been absolutely wonderful – now I feel that I can get on with it."

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



Join the movement

Our campaigners are people like you who are instrumental in driving change for women with ovarian cancer across the UK: they've safeguarded access to cancer drugs, secured ovarian cancer awareness campaigns and written to hundreds of MPs, MLAs, MSPs and MSs about the need for action.

Do you want to be part of our next big win? Join the movement of people campaigning together to transform awareness, diagnosis and treatment of ovarian cancer. The more of us involved, the stronger our voice will be.

Explore our campaigning toolkit targetovariancancer.org.uk/camtoolkit

Thank you for the music



A huge thank you to MAMMA MIA!'s Mazz Murray who joined forces with West End supergroup WOMAN and Queen's Brian May to release a special charity single in aid of Target Ovarian Cancer. Our friends at MAMMA MIA! have continued to support us with proceeds from their Dynamo t-shirts designed by Elizabeth Emanuel, plus brand new face coverings, both on sale now in their online shop - visit theatre-shop.com/mammamia

I'd like to donate

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

Your payment (*delete where not applicable)

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

Or please debit my card number:

Start date Expiry date

/ /

Signature of account holder(s) Date

If you no longer wish to receive communications like this from us then email info@targetovariancancer.org.uk, or write to us at 30 Angel Gate, City Road, London EC1V 2PT. To find out more about how we use your personal information visit targetovariancancer.org.uk/privacy-notice or call 020 7923 5470 for more information.

Your details (please amend if incorrect)

<Lasered Name>
<Address Line 1>
<Address Line 2>
<Address Line 3>
<Address Line 4>
<Address Line 5>
<Address Line 6>
<Address Line 7>
<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.

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.



March is Ovarian Cancer Awareness Month

Will you sign up today and save lives?



Bake for Change

Share tea, coffee and sweet treats while raising awareness. The money you raise will be the icing on the cake!

11,000 steps

11 women die every day from ovarian cancer. Take your usual step challenge further this March.

Do your own thing

However you choose to get involved - we'll support you. There's something for everyone.



To sign up now, fill in the form below or visit targetovariancancer.org.uk/March

yes! I want to join in this March. I'd like to fundraise and raise awareness. Please send me the following free resources to help:

<input type="checkbox"/>	Flat pack collection boxes	<input type="checkbox"/>	Balloons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25	50	100	Symptoms leaflets
<input type="checkbox"/>	Box of 50 pin badges	<input type="checkbox"/>	Sheets of stickers (24 stickers per sheet)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	5	10	A4 symptoms poster
<input type="checkbox"/>	Box of 50 wristbands									

Please tell us about your planned activity so we can support you	Date of activity

Extra resources including donation forms for Gift Aid, posters and bunting can be downloaded at targetovariancancer.org.uk/March
 Please call us if you have any problems on **020 7923 5474**
 Please return this form using the envelope enclosed

