

# On Target

News from Target Ovarian Cancer

Winter 21/22



..... Moving Forwards  
..... Together

..... Grow our  
..... movement

..... I ran for  
..... 24 hours!



# Welcome



It has been a landmark year of progress where we have seen significant steps made, from our first ever digital conference, Moving Forwards Together, to the launch of the NHS's first symptoms campaign in England. We are looking forward to building on this incredible momentum with our biggest Ovarian Cancer Awareness Month ever.

We know there is still so much to do. We must act now to speed up diagnosis and make sure everyone with ovarian cancer has the best care possible. We hope you will join us this March to raise much-needed funds and awareness. The money you raise will train GPs to spot ovarian cancer, spread the word about the symptoms everyone should know, and support even more women with ovarian cancer.

In this On Target we're delighted to share the success of Moving Forwards Together, as well as news from our online Ovarian Cancer Community, and progress in the world of campaigning and fundraising.

Heartfelt thanks for all your excellent support.

With best wishes,

**Annwen Jones OBE**, Chief Executive

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**Cover photo:** Della and Anita enjoy a walk together

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## Do you have questions about ovarian cancer?

Contact our nurse-led support line, open  
9am to 5.30pm Monday to Friday  
Call 020 7923 5475  
[targetovariancancer.org.uk/SupportLine](https://targetovariancancer.org.uk/SupportLine)

## News

# Take action this Ovarian Cancer Awareness Month

If ovarian cancer is diagnosed at the earliest stage, 9 in 10 women will survive. But at the moment, two thirds of women are diagnosed late, when the cancer has already spread.

This March you can change that. Help to grow our movement and take action on transforming the future of ovarian cancer diagnosis, treatment and care. Donate, fundraise or sign our pledge.

Together we can do this. With your support, we're confident more of those affected by ovarian cancer will get the right treatment and support, at the right time, so that they survive and live well.

**Take action now – visit [targetovariancancer.org.uk/March](https://targetovariancancer.org.uk/March) or send us the slip attached to your letter.**

Scan here



## What can I do?

**Donate, raise money or sign our pledge. We've got everything you need to make Ovarian Cancer Awareness Month a success.**

- 1** Come together and fundraise in your community this March. Bake for change, do your own community fundraiser, or get active and take on the 11,000 steps challenge or Run for Mum.
- 2** Take action by donating £17 which allows our support line to help one more person who needs advice and information they can trust.
- 3** Help to grow our movement by **signing our ovarian cancer pledge** and sharing with your family and friends. With your help, we can build a strong, people-powered movement in every part of the UK. Flip to page 8 to find out how.



## New ovarian cancer data

**We published a new report on variations in ovarian cancer diagnosis and treatment, using the latest NHS data.**

We found that if you've been diagnosed with ovarian cancer, you may wait longer than other cancers to start treatment. It takes on average 69 days from being referred by a GP with a suspicion of ovarian cancer, to start treatment. The only cancer that takes longer is kidney cancer.

Lengthy waits can mean you're more unwell at the start of treatment. Now we need more data to fully understand why these waiting times are so long. We're working hard with decision makers to make this a reality so that everyone gets the best care possible.

**Want to take action and make sure decision makers listen?** Go to p8 to find out more about our campaigning.

## Congratulations Annwen

We're delighted that our Chief Executive Annwen Jones OBE has been appointed Chair of the World Ovarian Cancer Coalition. Since co-founding it in 2016, she has helped drive work to improve survival around the world, including the landmark Every Woman Study.



**WORLD  
OVARIAN  
CANCER  
COALITION**

## On a world stage

**Our work with the World Ovarian Cancer Coalition continues, and we were proud to be part of their Global Partner Meeting.**

With 11 sessions over two days, 29 speakers, and attendees from 31 countries, it was a virtual meeting to remember. We were also delighted to be presented with a very special impact award, celebrating our work to support everyone affected by ovarian cancer during the Covid-19 pandemic.

The meeting proved that we're truly more powerful together. Search World Ovarian Cancer Coalition on YouTube to watch sessions from the meeting.

**Save the date** Join the coalition to call for global change on World Ovarian Cancer Day, 8 May 2022



## A united front

**When beloved friend, wife, and mum Annabel Lintott died from ovarian cancer, her family and friends united to take on a mammoth challenge in her memory.**

With a shared goal to raise awareness of early diagnosis, and with an incredible fundraising target, the group cycled 116.5 miles to celebrate Annabel. They began in Milford-on-Sea, where Annabel was born, and travelled to Wimbledon, where she lived for many years.

Friend Ian says, "We were left feeling helpless. We asked ourselves, what can we practically do? Our love for Annabel has united us, and we want to make sure that women and GPs don't dismiss what could be signs of ovarian cancer, so they get diagnosed as early as possible."

The group's Coast to Toast cycle raised almost £30,000.

## Write your will for free

Help us be there for future generations of women with ovarian cancer. With us you can write your will for free, and it's simpler than you might think.

To find out more, complete the form in your letter. We'll be in touch.



## In the community...

The Ovarian Cancer Community is our safe and supportive online community for everyone affected by ovarian cancer. Here's what's been going on...

Gill posted on her birthday to share a hopeful message to those of you who are newly diagnosed, saying she is feeling positive and looking forward to more birthdays: "I hope this is helpful to those of you starting out on your journey – we can do this, we just need to keep fighting on."

Roz asked the community what to expect when starting a maintenance drug, and 11 of you shared your own experiences.

Hundreds of you tuned into digital events like:

- Getting back into exercise try-along with a cancer rehabilitation physiotherapist
- Ovarian cancer and your finances with a benefits adviser
- Live Q&A on clinical trials with Professor Gordon Jayson from The Christie Hospital in Manchester

**Join today at**  
[targetovariancancer.org.uk/Community](https://targetovariancancer.org.uk/Community)



Target on...

# Moving Forwards Together

## A day to be together and push for progress

In November we hosted our first ever digital conference, **Moving Forwards Together**.

It was an incredible day where people like you from every corner of the ovarian cancer community came together to celebrate just how far we've come, and our determination to move towards a future where everyone survives ovarian cancer.

We heard from world-leading experts who shared everything from progress on earlier diagnosis to excellence in ovarian cancer care. There was also an opportunity to get all-important relaxation and join mindfulness sessions.

Professor Charlie Gourley, oncologist and ovarian cancer researcher, talked to us about what's on the horizon for ovarian cancer diagnosis and treatment, including new treatments for different types of ovarian cancer, personalised treatments, genomic testing, and immunotherapy.

Professor Usha Menon from University College London brought us an update on ovarian cancer screening and the search for better tests to detect the disease.

We also sat down with Dr Nigel Sparrow OBE, Chair of our GP Advisory Board, and

Dr Vicki Barber GP, to speak about progress on earlier diagnosis. The session included tips on how to be a champion for your own health, and ways to structure your thoughts ahead of a GP appointment.

Professor Sudha Sundar, President of the British Gynaecological Cancer Society, and Dr Andy Nordin, gynaecological oncologist, spoke about what's next for ovarian cancer care. They highlighted the important role Target Ovarian Cancer supporters like you play in improving outcomes in ovarian cancer by creating a united voice and pushing for progress.

Moving Forwards Together gave us the opportunity to connect like never before. It was truly a day of togetherness, and we hope you ended the day feeling as inspired and hopeful as we did.

Catch up on sessions at [targetovariancancer.org.uk/MovingForwardsTogether](https://targetovariancancer.org.uk/MovingForwardsTogether)

"For me, the one word that sums up the day is 'togetherness'. It was amazing to see so many others like me at the conference."

Sarah, diagnosed in 2020, shared her story at the conference



## Our blueprint for change

In a powerful opening address, Sue Stockham from Kent and our Chief Executive Annwen Jones OBE spoke about how important it is for the whole community to come together to act for change.

As Annwen says, "When we started the charity 13 years ago, we were told that ovarian cancer was 'too difficult', and now we have proved them wrong. Nothing is impossible or too difficult when you have the right plan and, most importantly, the powerful voices of those with lived experience sharing their stories and pushing for change. There is more opportunity now than I have ever seen to accelerate the pace of change and, ultimately, save lives. We have a blueprint for change, and we want you to join us as we move forwards together."

Want to take action now? Visit [targetovariancancer.org.uk/March](https://targetovariancancer.org.uk/March) to join us for Ovarian Cancer Awareness Month



## A personal perspective...

On the day we heard from some of our fantastic supporters and the inspiring ways they are making change. Bexy from Stockport ran for 24 hours straight to raise money in honour of her friend **Johannah**, who is living with ovarian cancer.

"My main motivation was to show Johannah how loved she is, so she could enjoy an event in her honour. It was amazing to highlight the risks ovarian cancer poses, and spread the word about the symptoms. Most people in my life didn't know anything about it and they are all very informed now!

"Moving Forwards Together was so important. We all shared good news stories, motivated each other and got inspiration for future challenges and fundraising. It was brilliant to hear from experts about the research and progress in ovarian cancer. It gives us hope for the future!"

Do you want to push for change by running, cycling or taking part in an event for us? To find out more, Visit [targetovariancancer.org.uk/March](https://targetovariancancer.org.uk/March)

**MOVING  
FORWARDS  
TOGETHER**



# Grow our movement

We need action to make our people-powered movement even stronger.

## Making noise

This year we have achieved real change in the policies of UK governments through our influential campaigns, backed by an incredible number of you.

## What has changed?

Our voice is louder than ever, and we have made exceptional steps in spreading the word on ovarian cancer. This year we were thrilled to see the launch of the first-ever NHS England nationwide awareness campaign which includes ovarian cancer symptoms.

We have also seen investment in ovarian cancer, with the NHS announcing funding for a full ovarian cancer audit in England. This will give us crucial facts and figures to support us in continuing to campaign for change.

Our work has also brought progress in the world of new treatments.

We've used our collective voice to change so much. Will you help to do more? Scan the code on p9 to sign our pledge today, and share with your family and friends to grow our movement in the future.

## Your actions in numbers

- Over 4,500 actions taken by campaigners
- 1,800 emails to MPs, MSPs, MLAs and MSs
- 13 direct meetings with ministers and decision makers
- Over 2,600 emails sent to candidates standing in the elections of Scottish and Welsh parliaments

When it's a conversation starter that saves lives.



## Campaigning your way – Craftivism

Julia wanted to combine her passion for sewing with her desire to raise awareness of ovarian cancer, and so *ICarrytheWordforWomen* was born. She decided to create bags displaying powerful embroidered messages about the importance of knowing the symptoms and the need for early diagnosis. They've even caught the eye of her local MP!

"My hope is that the bags will help start conversations about ovarian cancer that could save lives. It's absolutely vital that more women know the symptoms of ovarian cancer so they can be diagnosed early."

## Share to save lives

We're building a people-powered movement. Will you take action to make it even stronger?



Scan to sign and share our pledge.

## Being heard

Thanks to you, the people in power know more about ovarian cancer than ever before.

"If I were to sum up Target Ovarian Cancer's impact, I'd say that it really has changed and saved the lives of women with ovarian cancer. All power to you, and long may it continue."

MP Sharon Hodgson



## Become a campaigner

To get involved with campaigning, check out our campaigning toolkit. It has everything you need to influence the people who have the power to change things. Visit [targetovariancancer.org.uk/Toolkit](https://targetovariancancer.org.uk/Toolkit)





Target on...

# Get involved in our research

## Help shape our medical research

As we continue to fund life-saving research, we want your voice to be at the forefront.

Our network of research champions means everyone affected by ovarian cancer can influence medical research across the UK. You could also help to promote and share breakthroughs and successes.

## Innovation

We fund ovarian cancer-specific research across the whole of the UK that will benefit the largest proportion of those with ovarian cancer in the shortest timeframe.

Our network makes sure the your experiences are part of discussions around which ovarian cancer research gets funded. Join the network and you could help highlight the areas of research that are vital to improving outcomes for everyone affected by ovarian cancer.

## Playing an active role

Our research champions are people affected by ovarian cancer. Whether you've had a diagnosis or are a family member or a friend of someone who has, you can join and influence research in many ways:

- reviewing research grant applications
- meeting our researchers
- reviewing our research strategy
- helping design research studies
- promoting the vital role of research
- engaging in the work of other organisations like the National Cancer Research Institute

Join today – visit [targetovariancancer.org.uk/Champions](https://targetovariancancer.org.uk/Champions) to find out more.

*"I'm proud to put the wishes of our community at the forefront of research."*

Jo, diagnosed in 2016

# Thank you!

A huge thank you our amazing fundraisers. You are helping to transform the futures of everyone affected by ovarian cancer.



Plymouth's own **Unity Through Sport** is raising money with a netball tournament, a charity ball and so much more.

**The Maldon District Vintage Tractor and Engine Club** raised £1,000 with a tractor run.

**Leanne Crosthwaite** from Northampton raised £166.20 at a coffee and cake morning following her own diagnosis.

**The Teal Trappers** are members of the WI from Carmarthenshire inspired to raise awareness and funds with a stall at a local market. They've raised over £900 so far.

**Liz Hughes**, who has had a diagnosis of ovarian cancer, walked 136 miles through the Wye Valley and raised nearly £2,500.

**Hayley Elson** ran the Royal Parks Half Marathon in honour of her mum Alaina, raising £843.

**Zak Durrani** ran the Great North Run in memory of his mum Donna, raising £1,256.



## Join us and fundraise

Visit [targetovariancancer.org.uk/fundraising](https://targetovariancancer.org.uk/fundraising) or call 020 7923 5474



# Your steps could save lives

**11 women die every day from ovarian cancer.**

**Take the traditional 10,000 step challenge further this Ovarian Cancer Awareness Month and get sponsored to walk 11,000 steps a day.**

All you need is a smartphone or watch, fitness tracker or pedometer and you're ready to go!

Visit [targetovariancancer.org.uk/March](https://targetovariancancer.org.uk/March).



*Scan here to sign up!*

