

## Find trusted information about ovarian cancer

With so much health advice available online, it's never been more important to trust what you read. That's why we're committed to providing high quality, evidence-based information.

Target Ovarian Cancer has worked with the Patient Information Forum (PIF) to become a **trusted information creator**. We have been awarded the PIF TICK – the only assessed quality mark for print and online health and care information.



### Where to find our information

Reliable, regularly updated and easy-to-follow, our information is available online and in print.

Our website pages, videos, free guides and information sheets cover a wide range of topics; from diagnosis and treatments, to when cancer comes back – and give advice on everything from finances to relationships.

▶ Find our online information at [targetovariancancer.org.uk](https://targetovariancancer.org.uk)

▶ Download or order free copies of our guides at [targetovariancancer.org.uk/guides](https://targetovariancancer.org.uk/guides) or call **0808 802 6000**

### Clinical trials

Learn more about what clinical trials are and why they're important. Find clinical trials that you might be able to take part in and understand what's involved.



▶ Find out more: [targetovariancancer.org.uk/clinicaltrials](https://targetovariancancer.org.uk/clinicaltrials) or call **0808 802 6000**

## About us

Target Ovarian Cancer is the UK's leading ovarian cancer charity. From funding life-saving research to driving national awareness campaigns, from GP training to support for everyone affected by ovarian cancer, we target what's important to stop ovarian cancer devastating lives.

If you'd like to join us and help others by sharing your story, raising awareness, campaigning for change or shaping future research, find out more at: [targetovariancancer.org.uk](https://targetovariancancer.org.uk)

We look forward to hearing from you:

- ☎ Support line: 0808 802 6000
- @ [info@targetovariancancer.org.uk](mailto:info@targetovariancancer.org.uk)
- 🌐 [targetovariancancer.org.uk](https://targetovariancancer.org.uk)
- f TargetOvarianCancer
- 🐦 @TargetOvarian
- 📷 @TargetOvarian



## Have you been diagnosed with ovarian cancer?

You're not alone, we're here with you.



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## Talk to our specialist nurses. We're here for you – always.

Need someone to talk to about ovarian cancer?  
Call our nurse-led support line and you'll speak to a specialist nurse.

Our specialist nurses have supported hundreds of people just like you. They understand what you're going through, and they can help you right now.

Whether you need practical information, advice or just a listening ear, we're here for you.

- ▶ Our support line is open Monday to Friday 9am-5pm, excluding bank holidays. Call us on **0808 802 6000**
- If you don't feel like talking, you can email: **support@targetovariancancer.org.uk**



These calls have helped me more than I can describe. I was able to talk through my concerns, ask questions and discuss my worries. It really helped knowing my options."

Support line user



Scan this code to access our support and information



## Come together to experience our support events

Our programme of digital events is shaped by you and the support that you've told us you need. They offer you the opportunity to meet leading experts as well as others affected by ovarian cancer.

From diet and nutrition tips to updates on new treatments and clinical trials, yoga and relaxation classes to having a virtual cup of tea and a chat, there's lots to explore.

You can also put your questions to healthcare experts, including oncologists, surgeons, geneticists, mental health practitioners and clinical nurse specialists.

### How to join our events

- ▶ Register today and we'll send you details on how to join us online: **targetovariancancer.org.uk/supportevents**

## Find support, strength and community from people who understand what you're going through

Our two private Facebook groups are welcoming and helpful places to connect and chat with other people – you can interact as much or as little as you want:

### Ovarian Cancer Community

Our Ovarian Cancer Community group is a kind, supportive group for everyone affected by ovarian cancer, including friends and family. You'll find support to help you every step of the way.

### In Touch

Our In Touch group is a safe and supportive space only for those with an ovarian cancer diagnosis. This is a private community where you can talk honestly and openly about how you are feeling – and find comfort and understanding from others living with and beyond ovarian cancer.

- ▶ Join us today: **targetovariancancer.org.uk/community**



These groups allow each and every one of us, and those close to us, to share a space where we can hear from the experts, share our experiences, our fears, hopes and tears and also have a wonderful chat and giggle."

Anne