



Let's Connect: **Target Ovarian Cancer communities**

A Co-ordinator's guide to running a Pop-up connection

Introduction

Thank you for downloading this guide and considering organising a Pop-up connection.

Our community told us that meeting others affected by ovarian cancer in person and sharing experiences with those that understand is invaluable.

We know that peer support is incredibly valuable, and we have a vision where everyone affected by ovarian cancer can connect with others in their local community. Each activity that you organise and that we promote moves us closer to that vision. Your support is vital.





Pop-up connections

What is a Pop-up connection?

An informal, community-based activity co-ordinated by someone affected by ovarian cancer, for others affected by ovarian cancer.

I'm interested in co-ordinating a Pop-up connection.

What could I organise?

That's up to you, but if you're looking for inspiration, here are some of our favourite ideas:

- Meet up for a cup of tea and a chat
- Try a creative activity together such as crafting, creative writing or even singing
- Get together and stay active by going for a walk, working on an allotment or trying a Target Ovarian Cancer virtual yoga class
- Pop out for lunch or even a picnic and catch up over some delicious food
- Watch a Target Ovarian Cancer digital support event together

Who would attend?

This is your choice too, you might want to restrict attendees to just those with a diagnosis, or family members and friends of someone with a diagnosis. You might be happy for it to be both. We will ask you about who you want your event to be for, when you fill in our activity registration form.



► Pop-up connections

How can I get started?

If you have an idea and would like to run a pop-up connection in your community, we're here to support you every step of the way:

1 You fill in our activity registration form

This lets us know what you would like to do, where and when. One of our team will review your plan to ensure it meets our health and safety policies and will be in touch to offer further support: <https://forms.office.com/e/i6zFKMQDKf>

2 We promote your Pop-up connection

We will create a post in our online communities (In Touch and the Ovarian Cancer Community) promoting your activity. We will also share the details with members of our community who live nearby by email.

3 We create a WhatsApp group to connect you with others who wish to attend

We will share a link so that you and those who are interested in attending can join a WhatsApp group specifically for the activity, so you can get to know each other in advance and make final arrangements to meet.

4 We'll get in touch after your activity

To find out how it went, check if you or any attendees need any extra support and to check if we can share details about your event with our community.





Before your event

To ensure a smooth activity we suggest that you do the following before the day of your event



Think about how to keep yourself and the participants safe

Safety

We will only be able to promote activities that are in line with our organisational health and safety policy. We would always recommend meeting in a public space and avoiding one to one meet-ups.

Privacy

Any personal data shared with you as part of the process of organising a Pop-up connection should not be shared with anyone else. Examples include email addresses, telephone numbers, postal addresses.

A copy of our health and safety and privacy policies can be requested by emailing: info@targetovariancancer.org.uk



Use the WhatsApp group

As the co-ordinator of the activity, we will make you admin of the group (Target Ovarian Cancer staff are also admins). We'd encourage you to introduce yourself and to use the group to start a conversation with those who plan to attend: it's a great opportunity to break the ice and to get to know each other. It's also great for communicating any last-minute changes of plan. We'd encourage you to keep an eye on the group on a daily basis and to report any concerns about the group to the community admins.

Just in case you're not sure about how to use WhatsApp for this, here's a guide for you: [Lets Connect: Pop up connections WhatsApp guide](#)



During your event

What to talk about

It might feel daunting when you first meet, but those nerves will fade once you get chatting. We know that our community often find sharing their experiences with one another helpful, so perhaps you'll chat about your own or your loved one's diagnosis, treatment and how you've felt throughout. Or maybe you'd rather take the focus off ovarian cancer and just get to know one another – that's okay too. It's your get together, so you can make it your own.

Confidentiality

During the get together, some people may choose to share details of personal experiences. Please remember this may be sensitive and private and should not be shared outside of the group.

Remember that everyone is at different stages and coping differently, so please keep this in mind. Be kind and respectful when others share their thoughts, experiences and concerns.

Everyone has different circumstances and situations, so things such as access to certain treatment options may differ. Any information shared and tips given are not a substitute for medical advice. Please always ask a medical professional before making any health decisions.

▶ During your event

▶ Health concerns and signposting to Target Ovarian Cancer services

If something health-related or emotionally difficult comes up during the activity, our supportive services are here for you and the other attendees.

You can find out more about our supportive services on our website: targetovariancancer.org.uk/support-for-you

▶ Safeguarding

If you hear or see something that makes you feel concerned that a person attending a Pop-up connection is at risk of abuse or neglect please report this concern to our designated safeguarding lead. A copy of our safeguarding policy can also be requested.

Report a concern or request our policy by emailing:
Info@targetovariancancer.org.uk

▶ Fundraising or promotion of other organisations

Please do not use the activity to fundraise for other organisations or to promote the services of other ovarian cancer organisations.

If there's anything you're not sure about, remember Target Ovarian Cancer is here to support you. Get in touch via email on:
info@targetovariancancer.org.uk.



► What happens after your get together?

Let us know how you got on!

We'd love to hear all about your get together. Is it what you expected? Will you get together again? Maybe to try something different next time, or open it up to more people? Your feedback will be of interest to everyone, and it may inspire others to organise activities within their local area. A member of our team will get in touch to chat this through.

Receiving feedback on the activity and knowing how many people attended is also very important to us an organisation. It helps us to demonstrate the impact that your efforts and the funding we have received from the National Lottery Community Fund is having.

Not your cup of tea?

If you've decided that Pop-up connection aren't for you, that's okay too. There's no pressure to plan or attend another one. Remember, you can always access support digitally with Target Ovarian Cancer, from the comfort of your own home.



Find out more about our supportive services, including digital events, our online community, health information and nurse-led support line at targetovariancancer.org.uk/support-for-you





More information



The WhatsApp group

We will chat with you as the connection co-ordinator about what you wish to happen with the group. Our intention is to keep the groups open until there has been no activity within them in the last month and at this point, we will close them down. It may be that you or one of the other attendees wants to use the group to start planning another Pop-up connection in your area, it could be that you decide to set up your own WhatsApp group instead.

All we ask is that someone in the group shares the plan for any future activities with us (so that we can help promote them) and then lets us know the numbers of people who attended to help us track our impact.



Further questions or want to chat?

We would love to hear from you. Please contact Pamela Walker, Project lead Peer support, on:

020 3985 8398

pwalker@targetovariancancer.org.uk

If you want to go ahead and run a Pop-up connection please complete our activity registration form:

<https://forms.office.com/e/i6zFKMQDKf>



▶ **We really hope that this guide has inspired you to run a Pop-up connection.** Thank you for taking the time to read our guide and we really hope to hear about your planned activity soon!

Contact us



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