

Find trusted information about ovarian cancer

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



Our information is Patient Information Forum (PIF) TICK accredited – 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, videos, free guides and information sheets cover lots of topics; from symptoms, testing, and treatments for ovarian cancer, to how to cope if cancer comes back – and give advice on everything from finances to wellbeing.

You'll find expert advice from healthcare professionals as well as personal experiences and insights from others affected by ovarian cancer.

▶ Find our online information at targetovariancancer.org.uk

▶ Download or order free copies of our guides at targetovariancancer.org.uk/guides or call **0808 802 6000**

Clinical trials

Learn more about clinical trials, why they're important and if you might be able to take part in any.

▶ Find out more: 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 and driving national awareness campaigns, to GP training and family support, 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 or campaigning for change; find out more at: targetovariancancer.org.uk

We look forward to hearing from you:

📞 Support line: 0808 802 6000

@ info@targetovariancancer.org.uk

🌐 targetovariancancer.org.uk

📘 TargetOvarianCancer

🐦 @TargetOvarian

📷 @TargetOvarian



Have you been diagnosed with ovarian cancer?

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

- ▶ Talk to our specialist nurses
- ▶ Connect with others who understand what you're going through
- ▶ Find trusted information



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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.

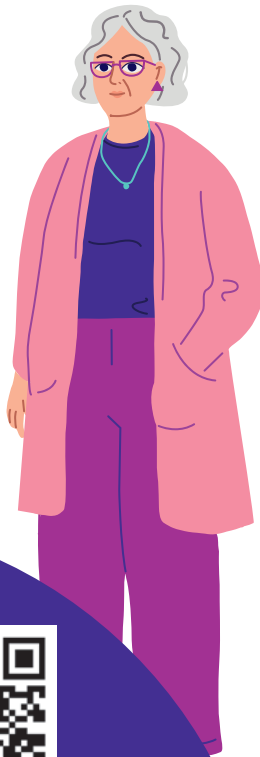
Our specialist nurses have supported thousands of people just like you. They understand what you're feeling, and they can help you right now. Whether you need practical information, advice or just a listening ear, we're here for you.

- ▶ 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



Lots of ways to connect



Come together to experience our support events

Our programme of digital events is shaped by you and what you've told us you need. You can connect with leading experts as well as others affected by ovarian cancer.

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

You can also find support with our My Next Steps course, specifically designed for those finishing ovarian cancer treatment to take their next steps to physical and emotional recovery.

How to join our events

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

Watch our events on demand

- ▶ You can also catch up on the latest advice from the experts by watching our information and wellbeing events back when it suits you. www.youtube.com/@TargetOvarianCancer

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

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

- ▶ Our **Ovarian Cancer Community** group is a kind, supportive group for everyone affected by ovarian cancer, including friends and family.
- ▶ 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

Let's Connect

Whether you're living with ovarian cancer or supporting someone who is, **Let's Connect** helps you find your people and feel less alone. It's an England-wide project that includes:

- ▶ **Peer Support Groups** – monthly sessions for those with a diagnosis of ovarian cancer to share experiences, listen, and build lasting connections in a safe, understanding space.
- ▶ **Pop-up Connections** – one-off gatherings for anyone affected by ovarian cancer, held in relaxed settings like cafés or community centres, often themed around a shared activity or topic.
- ▶ Find out more at targetovariancancer.org.uk/lets-connect