

ovacome..

ovarian cancer

THE LAUNCH OF OUR NEW UNDER 45s HUB

Information to support those
diagnosed under 45

FINDING CONNECTION: THE OVACOME FORUM

An online community for
anyone affected by ovarian
cancer

TOP TIPS FOR SCAR CARE

How gentle scar massage
can support recovery



Supportive, caring
community
Freephone support line:
0800 008 7054

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As our 30th anniversary approaches, we take time in this issue to reflect on our roots, mission and growth with the help of some of Ovacom's trustees (pages 4-5).

We also take pride in sharing our latest impact report which highlights what we were able to achieve, with your help, between October 2024 and September 2025. None of this would be possible without the tremendous support of our Ovacom community and funders. Ovacom receives no government funding. Every penny you raise or donate makes a difference and helps us to reach those that need us. There are lots of ways to get involved during Ovarian Cancer Awareness Month (page 3). Members can also get involved by attending our Annual General Meeting and having a say in the services we deliver. Membership is free. Full details on page 12.

It's been a busy start to 2026 for Ovacom. We're excited to have launched our updated symptom diary (page 8), and three new booklets – Granulosa cell ovarian cancer, Germ cell ovarian cancer and Fertility after ovarian cancer. These booklets feature in a brand-new space on our website which brings together a collection of information that addresses specific needs and concerns of those diagnosed under 45 (see pages 6 and 7). Thank you to the many people who shared their stories with us, gave us quotes and helped us with the promotion of this new information hub.

A true strength of our community is the connection and friendships it creates. Whether it be on our forum (page 14), through our Staying Connected programme (page 17) or at in-person events (page 16), we hope you experience that yourself this year. We can't wait for you to join us, and our community is ready to welcome you.

Victoria Clare,
Ovacom Chief Executive Officer

Victoria Clare

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Thanks to Beat: Cancer for funding our support line.

Registered charity number 1159682. To register as a member of Ovacom please visit our website www.ovacom.org.uk/become-a-member, call our office team on 0207 299 6654, or send your details to 52-54 Featherstone Street, London EC1Y 8RT. © 2023 Ovacom

Ovacom is a voluntary organisation and relies on donations. The information gathered in this magazine is from many sources and is provided for guidance only. Ovacom has made every effort to ensure that it is accurate, but can make no undertakings as to its accuracy or completeness.

All medical information should be used in conjunction with advice from medical professionals.

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Ovacom was founded in 1996 by the late Sarah Dickinson. Her husband, Adrian Dickinson, is a trustee of the charity. Other trustees of the charity are: Cathy Hughes (Chair), Paul McKew (Treasurer), Sean Kehoe (Medical Adviser), Marta Wojcik, Lesley Sage, Victoria von Wachter, Samixa Shah, Michelle Hill and Richard Riley. Ovacom's patron is Jenny Agutter.

Supportive, caring community

Freephone support line (weekdays 10am - 5pm):

0800 008 7054
or phone the support team on 07503 682 311



@Ovacomcharity



@Ovacom



@my-ovacom

Become a member
It's free and you'll receive regular email updates.

To find out more and to become a member email ovacom@ovacom.org.uk or call 020 7299 6654



STRONGER TOGETHER

this Ovarian Cancer Awareness Month

2025 was a fantastic year for Ovacom fundraising. Thanks to you, our wonderful community, we raised an incredible **£79,807** during **Gynaecological Cancer Awareness Month** and hit our **£40,000 Big Give Christmas Challenge goal**. These achievements ensure that Ovacom can continue providing expert information, emotional support, and spaces for connection throughout 2026. To everyone who donated, organised, or took part - *thank you*.

As **Ovarian Cancer Awareness Month (OCAM)** approaches this March, we're inviting you to make 2026 another year to remember. Ovacom receives no government funding. Every penny you raise or donate this March helps us continue to provide life-changing support for anyone affected by ovarian cancer.

Some of our members have discovered new hobbies—taking up **running, cycling, walking, swimming, or painting**—to raise funds for our community. Others have found joy in bringing people together for **bake sales, quiz nights, and coffee mornings**. However you express yourself and choose to take part, you'll be helping to create the kind of community where friendships flourish, confidence grows, and life beyond diagnosis is celebrated.

Every act of support to raise funds and awareness helps us reach more people who need us. **Visit ovacom.org.uk/fundraising** for ideas or **contact the team on 020 7299 6654 or at fundraising@ovacom.org.uk** for friendly advice and resources.



If you're not able to fundraise, you can still make a huge difference by donating via the big pink 'donate now' button on our website, or by entering our OCAM raffle. **Get your tickets at ovacom.org.uk/ocam-affle**

30 YEARS OF OVACOME

In September 2026, Ovacome will be 30 years old!

The charity was founded in 1996, by Sarah Dickinson. Sarah was diagnosed with ovarian cancer as a young mum and found there was no support or information available at that time. Sarah sat down with friends and family (at her kitchen table) and decided to change things; to provide information and support for anyone affected by the disease. She managed to publish an article in *Good Housekeeping* magazine and received an overwhelming response from people who felt the same as her and wanted to

help. Ovacome was born. To this day we remain true to Sarah's original mission. Very sadly, Sarah died before she could see Ovacome grow and start to deliver on her vision, but many of her family and friends remain closely involved in the charity.

As Ovacome is a membership charity, it has always been led by people affected by ovarian cancer. Members can request services and can input into all of our important decisions. This means that we have grown in the way that is most helpful to you all. Nowadays, our award-winning team provide information and support to tens of thousands of people every year (see page 10-11).

FROM OUR TRUSTEES

In this edition, some of Ovacome's trustees share how they first became involved with the charity, and what they make of Ovacome's growth and achievements in that time...



Sean Kehoe

"Having been a trustee for many years, I was approached in the early phase of Ovacome to become involved. The focus of the charity - specifically on the patients and their loved ones - was a major reason to join and help where possible. I eventually became lead of the Expert Advisory Panel and a trustee, which I have enjoyed.

Ovacome is very unique within the role it has when considering other charities in this field. It has grown and blossomed over the years. I anticipate this will continue, and it will remain as a major support as the 'go to' charity for those with ovarian cancer and their loved ones; alongside its continued advocacy role in endeavouring to improve the outcomes for those with ovarian cancer."

"Many times during my first three years of living with ovarian cancer, I had appreciated our supportive GP surgery, family, friends and work colleagues, often wondering how I would have coped without them all. At the London Marathon in April 2014, I spotted a runner in an Ovacome T-shirt and on checking their website, I realised how valuable the services were. I attended my first Members' Day in May 2014 and, drawing on my working skills and experience, volunteered as a trustee nearly two years later.

Ovacome's commitment to accurate and up-to-date information, their commitment to working tirelessly for equality of access, treatments and members accessing research trial opportunities, as well as delivering both practical and emotional support, matches the values which informed my personal and work relationships, [and has] a natural synergy with my energies and passions.

Every year of Ovacome's delivery to support those affected by ovarian cancer is fulfilling the energies and passion of a young mother using her frustration at the lack of sound, factual information on the disease, and

distress at knowing she would not see her small daughter grow up, as the impetus to harness her family and friends to make sure no other person affected by ovarian cancer need experience such challenges alone. The growth, development and challenges Ovacome has undertaken since my early interactions with them, are both heartwarming and hugely impressive; I am sure Sarah would be immensely proud of what she created.

I feel deep appreciation of the commitment given by so very many people over the thirty years, some still here with us but sadly, many not. Each 'generation' stands on the shoulders of those who have given their commitment before us here today - their energies are not forgotten and always acknowledged."

Lesley Sage



Victoria Von Wachter

"I was drawn to becoming a trustee of Ovacome. Although initially I had not thought I could be of much use, I was reassured that my legal skills could help. My mother died of ovarian cancer and so I have a close personal connection. I have now been a trustee of Ovacome for almost 10 years. To see Ovacome still going strong after 30 years tells me how much its services are wanted and needed."

Ovacome launches a new information hub for those diagnosed under 45

Being diagnosed with ovarian cancer under 45 can bring specific needs and concerns.

This might include the effects of your illness on your family, future fertility and relationships; worries about your return to work or education, and the impacts of early menopause from surgery. Younger people can also be more likely to be diagnosed with less common forms of ovarian cancer, which brings its own pressures.

This inspired Ovacome to bring together a special collection of our PIF TICK accredited information booklets into a dedicated space on our website for Under 45s. The 20 booklets focus on the types of ovarian cancer that can affect younger people, and the specific needs of under 45s. The hub includes our three new booklets – Granulosa cell ovarian cancer, Germ cell ovarian cancer, and a booklet on fertility after ovarian cancer.

The new hub

Visit the new hub at ovacome.org.uk/under-45s-hub

We hope you find it useful, and the booklets support your needs and help you to carry on with important aspects of your lives. You can share them with your health care team, and your family and friends, perhaps even at work to help those around you to understand your experience of ovarian cancer.

The hub also includes stories from people who share their experience of being diagnosed at a younger age.

Charlotte

“My diagnosis came as a complete shock. Ovarian cancer wasn’t something I ever expected at my age, and it was discovered while I was having tests regarding my fertility.

My first reaction was fear and deep worry that I would need to have my ovaries and womb removed and I wouldn’t be able to have children. Alongside that, I felt very uncertain about what the future would look like and how my life would be affected.

I struggled to find information about ovarian cancer that spoke to concerns younger people have, like fertility and family planning, mental health, and work. As a younger woman with ovarian cancer, you often feel out of place.”

Ella

“I was diagnosed three weeks after emergency surgery to remove a cyst on my right ovary.

I felt really calm and focused on the facts. My biggest concern was how to tell family and friends and how they would react. I was devastated that I was going to have to delay my masters.

Very little [information was available], having a rare cancer and finding facts was hard. Ovacome was the only information page where I could find factual information, it was helpful to send to friends and family so they could understand my diagnosis.”

Lisa

“My ovarian cancer story started in August 2021 when I was admitted to hospital with severe abdominal pain. Doctors initially thought it was my appendix. After multiple scans and tests, [they] found a large cyst on my ovary.

After surgery, I was warned the mass looked suspicious and later told it was a rare mucinous ovarian cancer, grade 1 and stage 1c2. The shock was immense, and my main worries were how to tell our children, managing work responsibilities, and financial stability. Relief only came after the second surgery confirmed the cancer hadn’t spread, though early menopause and its emotional impact were tough.

Ovacome’s online forums and local support groups were great. They helped to make a very scary time less isolating as I connected with others who had similar rare diagnoses. Being able to be vulnerable with others who ‘got it’ was so incredibly helpful.



Why do you think the Under 45 hub is important?

“Ovarian cancer affects women and people with ovaries of all ages, this hub will allow conversations that others may not relate to, like working/studying, fertility preservation, young families. Being able to connect and relate to people of a similar age could help reduce isolation during a difficult and what feels like a lonely time.”

Charlotte

“Younger people with ovarian cancer face very different challenges, and the Under 45 hub recognises that. It can connect people who might otherwise feel isolated and provide support that truly reflects our age and stage of life. Most importantly, it shows that younger women aren’t alone in this.”

Ella

“Younger women often face unique challenges like family responsibilities, mortgages, careers, and early menopause. I was 41 at the start of my journey (42 at diagnosis) and would have benefitted from a space like this to discuss those issues alongside financial worries and life plans.”

Lisa



Ovacome's symptom diary

We've given our symptom diary an update! The new diary combines information about the B.E.A.T symptoms, with a diary to track their frequency and add notes or questions for a GP.

If you are worried, your symptoms aren't getting better, or they are getting worse, book an appointment to see a doctor straight away. Take your symptom diary with you and ask them to refer to the NICE clinical guideline CG122 Ovarian cancer: recognition and initial management.

To download our free diary, or find information about ordering a printed copy, visit: ovacome.org.uk/symptom-diary

ovacome.org.uk 0800 008 7054

If you are worried about your symptoms, they aren't getting better, or they are getting worse, book an appointment to see a doctor straight away. Ask them to refer to the NICE clinical guideline CG122 Ovarian cancer: recognition and initial management.

Symptoms	Week 1	Week 2	Week 3
B Bloating that doesn't come and go	M TU W TH F SA SU	MO TU W TH F SA SU	MO TU W TH F SA SU
E Eating difficulties and feeling full more quickly	M TU W TH F SA SU	MO TU W TH F SA SU	MO TU W TH F SA SU
A Abdominal pain and pelvic pain you feel most days	M TU W TH F SA SU	MO TU W TH F SA SU	MO TU W TH F SA SU
T Toilet changes in urination or bowel habits	M TU W TH F SA SU	MO TU W TH F SA SU	MO TU W TH F SA SU
Other notes For example: - Do you have any other symptoms? - Do you have a family history of cancer in your immediate relatives? - Do you have any questions that you want to ask your GP?			

How restore scar therapy helps after ovarian cancer surgery

Surgery often leaves behind major scarring that can continue to affect comfort, movement, and confidence long after the wound has healed. Here, **Emma Holly, Harley Street scar specialist and founder of Restore Scar Therapy**, talks about using gentle scar massage to support both physical and emotional recovery.

“Restore Scar Therapy is a non-invasive approach developed to improve the feel and function of surgical scars, and often they look better with therapy too. Gentle, but effective scar massage techniques are used to help soften tight tissues, reduce pain and sensitivity and restore mobility. The Restore Scar Therapy method is now used in a number of NHS hospitals, by charities offering complementary therapy and in many private clinics across the UK.

Restore Scar Therapy is a holistic approach, you may have some techniques to help with deep breathing and have massage around the scar as well on the visible scar line. This can help improve oxygen levels and support the lymphatic flow as well as promoting a feeling of relaxation.

Restore Scar Therapy can be transformative. **A client shared on the Restore Therapy social media pages:**



“After the treatment, I noticed a significant improvement in my scar tightness, which greatly enhanced my mobility and comfort.”
- Restore Scar Therapy client

Professionally trained therapists can make a real difference. Restore Scar Therapy has a national directory of certified therapists. Readers can visit restorescartherapy.com to locate practitioners trained and specialising in oncology scar treatment.”



Top tips for your scar care:

1. Always use a good quality moisturiser for the first 12 months to support your scar as it heals. ‘Naqi’ scar cream and ‘Alhydran’ are brands of scar cream I would recommend.
2. Ask your medical team before starting to massage your scar to check they have no concerns.
3. Scar massage should be gentle, hard aggressive techniques can increase inflammation and potentially increase scar tissue production.
4. Use a flat hand to move your scar around in different directions, feeling the skin glide as much as you can comfortably in all directions to keep your scar mobile as it is healing. You can usually start this around six or more weeks post surgery, but timelines vary, so check with your medical team first.
5. Vibrational scar massagers (small hand-held devices) can be very helpful if you have swelling at your scar, or your scar feels thickened, fibrotic and stiff.
6. Little and often usually works best not to cause discomfort. A few minutes once or twice a day.
7. Stop immediately if you have pain, weeping, cracked skin, bruising or any increased swelling, and seek advice from a medical professional.

Emma Holly



Ovacome is a membership charity founded in 1996 to provide personalised support and information to anyone affected by ovarian cancer in the UK. Here's what we achieved between October 2024 and September 2025.

Supported people affected by ovarian cancer

5,683
members

the largest membership in the charity's history

Our members are at the heart of everything we do. Ovacome brings people together to share factually accurate information, a supportive community, and we make sure no one faces ovarian cancer alone.

4,779

people affected by ovarian cancer supported

a 10% increase on the previous year

Through our support channels, we answered 2,912 calls and messages. Our online Staying Connected programme was used 1,867 times, helping people access support whenever they needed it.

19,325

forum members

1,172 more forum members than previous year

Our forum is available and moderated 24/7 throughout the year.

“I'm sure we all would rather not have the relevant health criteria to join but I've found answers, help and reassurance from this group along my cancer journey. Always amazingly supportive no matter what you all are enduring. - Mags, Ovacome member”

Alongside our Staying Connected programme of online support, we delivered face-to-face support and hosted 13 Health and Wellbeing Days and our Members' Day across the UK. These events play a vital role in helping people meet others and build community. The speakers at these events included top experts in gynaecology and workshops to help people live well alongside their diagnosis.

- Bristol
- Southampton
- Bournemouth
- Bath
- Cheltenham
- Liverpool
- Birmingham
- Leeds
- Newcastle
- London
- Belfast
- Norwich
- Coventry



Increased knowledge about ovarian cancer

335

booklet orders

We produce more than 50 information booklets. These evidence-based resources are shaped by people affected by ovarian cancer, and reviewed by experts. We launched a booklet catalogue with QR codes so that anyone can download our information booklets, giving access to information more quickly and also reducing our environmental impact.

“Your website has been amazing - the best resource for information on Borderline Ovarian Tumours I could find. I even watched an hour-long webinar on your site, which was hugely useful. Thank you. - Jennifer, Ovacome member”

Our YouTube channel, filled with expert webinars and stories from Ovacome members, provides factually accurate and up-to-date information about ovarian cancer.



Improving diagnosis, treatment and care

200

languages now available on our support line

Our support team can access interpreters in over 200 languages. People can call for support and information and feel reassured that they will be able to understand the information given to them.



780,000

people reached through targeted information

700,000 people accessed our BEAT resources, raising awareness of the signs and symptoms of ovarian cancer.

360,000

people reached with community language videos

Our community language videos recorded in eight different languages reached over 360,000 people. People with an ovarian cancer diagnosis can access spoken information in their own language about what happens following a diagnosis.

6000+

reached

In a signs and symptoms awareness initiative with NHS Lancashire and South Cumbria, an 'ovarian van' toured 12 locations over five weeks. Survey responses from those visiting the van indicated a 308.7% increase in understanding of the symptoms of ovarian cancer following their visit.

1,725

medical professionals trained by Ovacome staff

From training GPs about the signs and symptoms of ovarian cancer, to training CNSs and oncologists on patient perspective members of the Ovacome staff team have delivered 32 tailored training sessions to amplify the voices of our community and to raise awareness of ovarian cancer.



New Ovacome website launched

We proudly launched our new website in April 2025. Using grant funding, we worked hard for six months to build each page from scratch, focusing on clean design and usability. The new website now provides a growing hub of clear, easy to access information and resources.

Ovacome receives no government funding.

Our work is only possible through the generous donations we receive from our community. You help us provide life-changing support services to those affected by ovarian cancer.

Scan the QR code to donate



How you can DONATE:

- Visit ovacome.org.uk and click the pink 'Donate' button at the top right of the page
- Or you can send in a cheque to our address made out to 'Ovacome', 52-54 Featherstone Street, London EC1Y 8RT.
- You can fundraise for us through a bake sale, coffee morning or our Teal Walk.
- If you, your family and friends work for a business, nominate Ovacome as a charity to support.

To get in touch, email fundraising@ovacome.org.uk or call us on 0207 299 6654

Registered Charity Number: 1159682

Annual General Meeting & member updates

Ovacome is a membership charity and as such, each year we invite all members to our Annual General Meeting (AGM).

Our members have a say in the services we deliver and can request financial support, receive free subscriptions, are given priority booking for our events and we sometimes provide free goody bags through carefully selected partnerships with brands. There are many other benefits to becoming a member which you can find here:

ovacome.org.uk/get-support/join-our-community/become-a-member

If you are unsure whether you are a member, you can contact us on 0207 299 6654 or ovacome@ovacome.org.uk to check.

You do not need to be a member to access our services, but it is free to become a member, and our 5,600 members are at the heart of our community, the decisions we make and the way we provide services. We take the views and needs of our members seriously – we agree our face-to-face programme locations, provide webinars on topics requested by you and all of our 50+ information booklets have been produced at the request of our members. This is important because you are best placed to know what you need and it is our responsibility to provide it.

This year the AGM will take place online, using Zoom on 27 May 2026 from 6.30-8pm (GMT+1). You can also phone in to the AGM from a landline or mobile phone. Upon request, we can send out the available documents and presentations in print form prior to the meeting or send you the minutes of the AGM afterwards. We can provide financial and practical assistance to enable members to get online for the AGM. Please contact our office team using the contact details below if you require assistance.

To register for this free event email ovacome@ovacome.org.uk or call 0207 299 6654.

Ovacome continues to grow and meet the needs of tens of thousands of people affected by ovarian cancer each year. This is reflected in the Agenda for the AGM:

- Attendees, apologies, conflicts of interest
- Appointment of trustees
- Update on operational experience
- Achievements and challenges
- Change of constitution to allow for expansion of services
- Presentation of accounts and financial performance
- Members' questions

We remain so grateful to our members, trustees, partners, Expert Advisory Panel and all of you who support our work. We look forward to seeing some of you at the AGM. Please contact us with any questions or suggestions.



Women's Run Series, 8 March and 17 May 2026

Join us on International Women's Day or for World Ovarian Cancer Day for a 5k or 10k celebration of strength and solidarity. These welcoming running events are about community over competition and are perfect for all abilities. Fundraising target: £250. Find out more at ovacome.org.uk/event/womens-run-series



Tour de Ovacome, August 2026

Inspired by the 21 stages of the Tour de France and the 21 people diagnosed with ovarian cancer every day in the UK, this flexible cycling challenge can be done indoors or outdoors, solo or in a team. Set your own goal inspired by 21 and ride your way to making a difference. Hop into the saddle at ovacome.org.uk/tour-de-ovacome

Ovacome T-shirt - £12.00

Support Ovacome and raise awareness with this versatile unisex T-shirt, great for fundraising or awareness events, working out, or casual wear.



Ovacome Running Vest - £15.00

Get noticed during your runs, jogs or walks with this unisex running vest.



Ovacome Cycling Jersey - £42.00

Grab an Ovacome Jersey for your next cycling adventure!



Step into spring: join an Ovacome challenge event in 2026!

A huge thank you to everyone who joined Ovacome for Walk With Us to round off Gynaecological Cancer Awareness Month last September. Together, you raised an incredible £9,165 - enough to fund a full Ovacome Health and Wellbeing Day for 25 people.

As we look ahead to spring and summer 2026, there are plenty of ways to get involved, get active, and connect with others affected by ovarian cancer.



Walk With Us, Birmingham, 26 September 2026

Round off the summer by joining us at Cannon Hill Park for our much-loved Walk With Us. Everyone's welcome as we come together to walk, connect, raise awareness and support those affected by ovarian cancer. Sign-up at ovacome.org.uk/event/walk-with-us

To see our full events listing, and if anything is taking place in your local area, visit ovacome.org.uk/events-listing. There is something for everyone!

However you choose to get involved, we'd love you to take on your next challenge with Ovacome! Get in touch with our fundraising team at fundraising@ovacome.org.uk

Grab your Ovacome T-shirt, running vest or cycling jersey at ovacome.org.uk/shop



Whether you're walking, running, or cycling; every step, stride and spin helps to fund Ovacome's life-changing support, powered entirely by our incredible community of donors and fundraisers.



Finding connection and friendship through the My Ovacome forum

Our My Ovacome forum is an online community for anyone affected by ovarian cancer, with over 19,000 members.

It is a safe, supportive space for people with ovarian cancer or those worried they may be at risk, and their friends and families, to share their experiences and offer each other encouragement, knowledge, understanding, and friendship.

You can choose an anonymous username when you register, meaning that you can share your experiences and ask your questions in a more private way if you would prefer. There is no pressure to post or comment. Some users prefer to just read posts from others, or to search for specific terms such as 'chemotherapy' to bring up relevant posts. You can share anything at all related to ovarian cancer. Common topics include side effects of treatment, blood tests and scans, preparing for and recovering from surgery, managing menopausal symptoms, talking to friends and family and clinical trials.

The My Ovacome forum is moderated 24/7 by Health Unlocked. The Ovacome support team monitors the forum during office hours (Monday to Friday, 10am to 5pm) to ensure that all information is accurate and the forum remains a safe space. We also use the forum to

let our community know about our upcoming events, workshops and webinars so it's an easy way to keep updated with what's happening at Ovacome.

The forum is just one strand of our support service. Remember that you can get in touch with our friendly support team via phone - 0800 008 7054, email support@ovacome.org.uk, or instant chat on our website ovacome.org.uk. They can also arrange a one to one Zoom meeting if you prefer.

We run regular online support groups (including a rarer ovarian cancers group and an Under 45s group), webinars with healthcare professionals, members series sessions led by our own members affected by ovarian cancer, and online wellbeing events such as crafts and hypnosis. We also hold regular in-person Health and Wellbeing Days across the UK. For details on all our support events, visit: ovacome.org.uk/all-support-events

We are here for you, and our friendly community is ready to welcome you.

Join our community +

healthunlocked.com/ovacome

Thanks from a son caring for mum

I'm a son caring for my mum, who is living with stage 3C high-grade serous ovarian cancer, and for 2.5 years it has felt like the two of us have been walking through this storm alone, just a son trying to protect his mum, and a mum trying to keep going for her son.

And through it all, I kept telling myself something simple but almost desperate:

"Hope is a magical drug."

But if I'm honest... even while saying it, I was terrified.

I've spent these years living as if we were running out of time, planning her days, rushing her care, cherishing every moment like it might be the last. That song by Abba, "Slipping through my fingers" always used to keep running behind the back of my mind. I was always bracing for the worst, afraid that she wouldn't fall on the "good side" of the statistics.

Today, after spending hours reading posts, something shifted inside me.

For the first time, I'm not just reading numbers, I'm seeing people! Real people with the same stage, the same diagnosis, the same treatments... still here, still fighting, still living.

Now that I've read your journeys, long-term survivors, tough relapses, unexpected comebacks, it doesn't feel like blind faith anymore. It feels like the smallest, tiniest, brightest possibility.

And that tiny bit of hope...

That's what I came looking for.

That's what you've already given me.

I'm deeply grateful this community exists. I already feel less alone, less frantic, less convinced that time is slipping through our fingers.

I look forward to being part of this space, to supporting others however I can, and I'll soon be posting some questions about newer treatments and therapies.

Thank you for being here. Truly.

Reply Like (0) Save post Report



Join us at our 2026 events...

If you'd like to join us in person, our Health and Wellbeing Days are held around the country throughout the year. Take a look at all to come in 2026 and register a place: ovacome.org.uk/health-and-wellbeing-days

Our Health and Wellbeing Days bring together our community in person and have seen the

Ovacome team join members across England, Wales and Northern Ireland. Our 2026 programme comes to Cardiff, Edinburgh, Birmingham and London to name but a few. Meet and hear from health care professionals in person, along with meeting others with a diagnosis, and taking part in wellbeing sessions to help with your journey.

We can't wait for you to join us:

Liverpool	London	Newcastle
Tuesday 24 February	Friday 20 March	Saturday 18 April

“

“A really fantastic day, so much information and wonderful to hear experts speak in such detail. I found out info that makes current treatment plan make more sense and I can use for future conversations about my treatment for OC.”

- Members Day attendee, 2025

“

“It was wonderful to see women connecting and sharing, not only their cancer journey, but their lives before and since cancer... helps [you] realise you are not alone.”

- Belfast Health and Wellbeing Day attendee, 2025

New this year: Ovacome has joined The GivingLottery!

This is an exciting opportunity for you to support our vital work, whilst being in with the chance to win incredible prizes of up to £25,000.

A win for you and a win for us. It's a simple, fun way to support us, and every ticket purchased makes a difference. Let's see how many players we can get on board in our first year! For more information, visit ovacome.org.uk/the-giving-lottery

If you have any questions about The GivingLottery, don't hesitate to contact our team at fundraising@ovacome.org.uk



The Ovacome Shop

Talk Teal Mug - £8.00

Get sent one for free when you register to host a coffee morning this March for OCAM! Register here: ovacome.org.uk/fundraise/community

Every conversation and penny raised makes a difference.



Enamel pin badge - £1.50

Raise vital awareness and keep your support of Ovacome on display this OCAM.



Perfect to pin to your Ovacome T-shirt or lanyard!

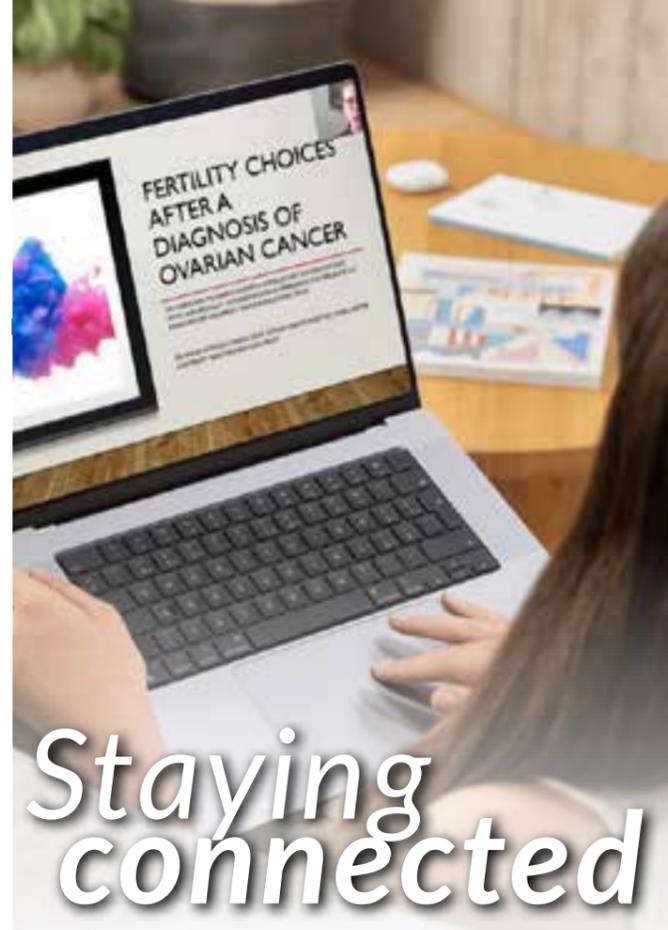
Ovacome wristband - £1.50

Help us raise awareness of our work by sporting our Ovacome wristband.

With its bright teal colour, it will not go unnoticed, and neither will your support for Ovacome!



Visit ovacome.org.uk/shop



The Ovacome Staying Connected online programme features expert webinars and wellbeing workshops.

Each session is an opportunity to meet others living with, or affected by ovarian cancer, hear from clinicians and a variety of specialists, or just take a moment for yourself.

Recognising that not everyone is able, or well enough, to travel to our in-person events, our online programme exists to enable every member of our community to access talks and workshops to support their health and wellbeing, and to join from wherever they are in the UK and beyond.

In our webinar series we invite medical professionals, including consultant gynaecologists, surgeons, cancer nurse specialists and nutritionists, to join us in sharing the latest ovarian cancer news and research from their area of expertise. We also feature exercise specialists and wellbeing coaches. You can take a look at all our previous recordings on our website: ovacome.org.uk/expert-webinars

For lived experiences, our member led series sees us joined by members who have been diagnosed with ovarian cancer who share their experience and advice.

Our online wellbeing workshops include crafting sessions and hypnosis for wellbeing, with more opportunities joining the line up soon. These sessions are to help our community feel connected, supported and informed – reducing the isolation that can often be felt after a diagnosis.

You can find the dates and register for these sessions on our website:

- Wellbeing events: ovacome.org.uk/online-wellbeing-events
- Upcoming webinars: ovacome.org.uk/upcoming-webinars

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“I found the hypnosis sessions really helpful. They were a reset to my nervous system and they have helped me be more mindful. In particular I remember and use the 5,4,3,2,1 mindfulness technique. I love it and share it with others.”

- Hypnosis attendee, 2025

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“I thoroughly enjoy the craft sessions; it completely takes my mind away from the daily anxiety. Faith is extremely clever and calming, plus I love learning new crafts, some I've never heard of before.”

- Crafts attendee, 2025



Support in *your* language

At Ovacom we are passionate about removing barriers for anyone who wants to speak to us and get support about ovarian cancer.

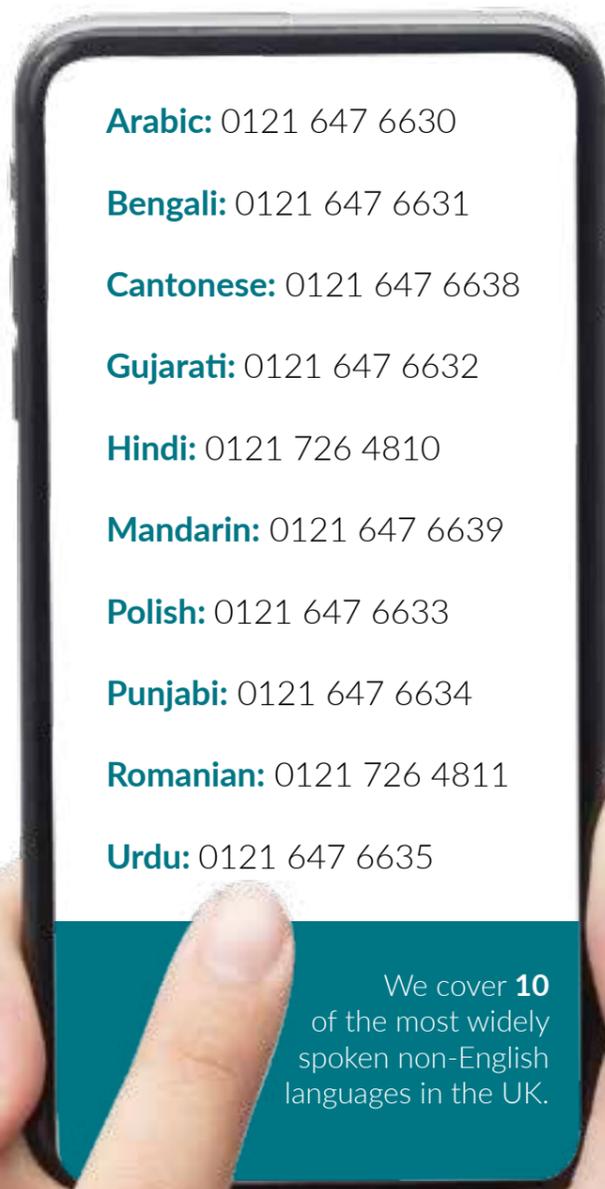
Our community language lines are an integral addition to our support services, creating clear routes for non-English speakers to call and leave a message in their own language. Our support team work with Clear Voice, a social enterprise that provides interpretation and translation services, to interpret any messages left on our language lines and arrange a call at a suitable time with an interpreter.

This year we were able to add Romanian and Hindi to these lines, and we created BEAT symptoms resources in these languages to coincide with their launch. This means we now have 10 language lines in Arabic, Bengali, Urdu, Punjabi, Romanian, Hindi, Polish, Gujarati, Mandarin and Cantonese, covering many of the most widely spoken non-English languages in the UK.

For any other languages, if the person is able to request the language they need, they can call our support team directly on 0800 008 7054, and our support team can dial an interpreter straight into the call. Clear Voice provide interpreters in over 200 languages, so we can confidently meet most requests. We welcome any questions about our services and are always receptive to different language requests, including translation of our support and information materials.

You can help Ovacom remove barriers to people accessing support. Please share our language line details with health centres and community organisations.

Healthcare professionals can order BEAT ovarian cancer signs and symptoms resources from our website: ovacom.org.uk/about-ovarian-cancer/information-in-other-languages



Amplifying your voices and **calling for change**



The *State of the Nation* report, published earlier this year, confirmed what we already know to be true: that those diagnosed with ovarian cancer in England and Wales are not being diagnosed early enough, and there are significant gaps in treatment. Outcomes are poorer than in most European countries— and this simply isn't good enough.

Worryingly, approximately four out of 10 women diagnosed with ovarian cancer in England in 2022 and Wales in 2023 had an emergency admission within 28 days prior to their diagnosis. Only 74.2% of those diagnosed with stage 2, 3 or 4 (or unstaged) ovarian cancer received any treatment in England in 2022 (80.3% in Wales in 2023). These are the most recent statistics. A series of recommendations and actions were put forward by the partners in the *State of the Nation* report.

Although the audit did not include statistics in Scotland or Northern Ireland, we know that the same recommendations would benefit patients throughout the UK.

We want to see policy makers and politicians commit to making changes and putting resources in place to improve things for everyone affected by ovarian cancer.

Ovacom is pleased to have contributed to the All-Party Parliamentary Group on Women's Health position paper on ovarian cancer. The launch of this report in the Houses of Parliament was an important opportunity to amplify the voices and experiences of our community. Our CEO delivered a speech at the meeting, urging the policymakers and MPs present to be ambitious and to set meaningful targets that will improve outcomes in the UK.

For links to the *State of the Nation* report and APPG position paper visit ovacom.org.uk/policy-research/appg

Leaving a Gift in your will

Writing a will gives you peace of mind, knowing you have provided for your family and friends, and the causes you believe in. Ovacom offers a free will writing service through our trusted partners Kwil, who provide free wills and an updating service for people living in England and Wales. They also offer telephone and online support.

When you have provided for your loved ones, you may then want to think about leaving a gift for Ovacom. Our work is only possible thanks to the generosity of our supporters.

Please visit ovacom.org.uk/leaving-a-gift-in-your-will for further information.

Become an Ovacom member..

Ovacom is a membership charity. Membership is **FREE**, and open to anyone affected by ovarian cancer, including the relatives and friends of those diagnosed, as well as those at risk of ovarian cancer and healthcare professionals.

Our members are at the heart of everything we do and help to ensure that our services are continually responding to the changing needs of those affected by the disease. By becoming a member, you will be joining a friendly, supportive community of many thousands of people, all working together to promote knowledge and support others.

Benefits include receiving a copy of our magazine twice a year (either by email or post), receiving our monthly Community News email, being able to request specific services (such as new information resources or events in your area), influence our work and strategic direction through member surveys, attend and vote at our Annual General Meetings, and access to financial assistance towards the costs of attending our events and support groups.

To become a member, complete the registration form at:
ovacome.org.uk/member-registration-form

If you need help completing the form, or have any questions regarding membership, please call 020 7299 6654 or email ovacome@ovacome.org.uk



Access our free information booklets covering types of ovarian cancer, treatment, managing side effects and more.



Help us raise awareness of the signs and symptoms of ovarian cancer.

Please consider making a donation to support our vital work.



With thanks to our funders:

Awards for All England
Awards for All Wales
Awards for All Scotland
William Webster Charitable Trust
MediCash Foundation
Sir James Knott Trust
The Eveson Trust

