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Media Release

‘Being Together’ day provides support for women with ovarian cancer

Women in the Bath area whose lives have been touched by ovarian cancer will be treated to a relaxing and inspiring day at Macdonald Bath Spa Hotel – thanks to national charity Target Ovarian Cancer.

The ‘Being Together’ day will be held on Thursday 14 May. Women who have received, or who are currently receiving, treatment for ovarian cancer at Bath’s Royal United Hospital were invited to the free event – which has been funded by Target Ovarian Cancer, the UK’s leading ovarian cancer charity.

Dr Tracie Miles, Gynaecology Oncology Nurse Specialist at the RUH and President of the National Forum of Gynaecological Oncology Nurses, helped organise the special day of pampering and support for women touched by the disease.

She said: “Living with cancer is mentally and physically gruelling, so the Target Ovarian Cancer team and I have worked together to find the ideal setting for the day; a hotel close to the city with easy travel links, plenty of parking, offering the sort of luxury we wanted the women we care for to enjoy. Women with ovarian cancer often feel very isolated; the Being Together day will provide those who attend with an opportunity to connect with others going through the experience of ovarian cancer.

“The invitation came with a ‘plus one’ so that the day can be shared with someone special – be it a partner, mum, daughter, sister or best friend. One woman is planning to share the day with her daughter, who is travelling all the way from Canada to spend some quality time with her mum.”

As well as taking part in workshop sessions in relaxation, and arts and crafts, the women will have an opportunity to explore their condition further in an ‘Ask the Experts’ session, which will be supported by clinicians from the RUH.

Kath Leach, Head of Supportive Services at Target Ovarian Cancer, said: “The Being Together day in Bath is an important day for women with ovarian cancer to get the support and advice they need to live well with, and after, ovarian cancer. They will also gain vital skills to help raise awareness of the disease in their local area. The more women who know about the symptoms of ovarian cancer, the more lives will be saved.”

Sarah Unwin recently moved to the South West and is one of the women who will be attending the event. She said: “Target Ovarian Cancer’s Being Together days are a fabulous opportunity for women with ovarian cancer to get together with others who understand. I attended one in Liverpool last year and came away feeling less isolated, more hopeful and with a big smile on my face. The diagnosis of ovarian cancer is both frightening and isolating and the Being Together days do a great deal to reduce both the fear and isolation.”

Ends



Notes to the Editor:

Target Ovarian Cancer

www.targetovariancancer.org.uk

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Target Ovarian Cancer is the national ovarian cancer charity working to save lives and help women diagnosed to live their lives to the full, wherever they are in the UK. We do this by:

- Improving early diagnosis
- Finding new treatments
- Providing support for women with ovarian cancer.

Target Ovarian Cancer asks all editors not to use the term 'silent killer', as it merely reinforces perceptions that the symptoms of ovarian cancer can't be spotted until later stages. We want to increase early diagnosis in order to save lives, and therefore need to change these perceptions.

Symptoms of ovarian cancer

Symptoms of ovarian cancer are frequent (they usually happen more than 12 times a month) and persistent, and include:

- Increased abdominal size/persistent bloating
- Difficulty eating/feeling full
- Pelvic or abdominal pain
- Needing to wee more urgently or more often

Other symptoms can include unexpected weight loss, change in bowel habits, and extreme fatigue.

If you regularly experience any of these symptoms, which are not normal for you, it is important that you see your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to be checked out.