

Accessing Support: Gynaecological cancers

Gynaecological cancer can bring about various emotional challenges and it is important to look after your mental health as you navigate life with your diagnosis. Below are some resources aimed at enhancing your understanding of gynaecological cancers and how other patients have dealt with the associated practical and emotional challenges. You might quite understandably wish to receive some support at times. For some people family and friends can be supportive, but you might also wish to contact one of the many organisations/services that can provide information or support to those with gynaecological cancers. It is important to recognise that life with cancer can be challenging at times, and to allow yourself to seek help if you feel you need it.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

British Gynaecological Cancer Society

A charity which provides several patient advice leaflets on specific surgeries that may be a part of some courses of treatment.

Website link: <https://www.bgcs.org.uk/public-information/patient-advice-leaflets/>

The Eve Appeal

A charity which provides information on the five gynaecological cancers (womb, ovarian, cervical, vulval, and vaginal cancer), aiming to increase awareness to prevent gynaecological cancers from developing, and to promote early detection. They also run a nurse-led information service called 'Ask Eve' which can answer questions and concerns around gynae health, diagnosis and symptoms: **0808 802 0019**

This service is also available via email at nurse@eveappeal.org.uk

Website link: <https://eveappeal.org.uk/supporting-you/>



The Eve Appeal also provides resources for trans, non-binary and intersex people:

[Information for trans men and non-binary people - The Eve Appeal](#)

GRACE Charity

This charity supports women from across Surrey, West Sussex, and Hampshire, who have been diagnosed with a gynaecological cancer. They offer free one to one counselling and peer support at all stages of your cancer journey.

Support Services link: [Women's Support Services - GRACE Charity](#)

Their website provides information and resources on the symptoms of the five main gynaecological cancers.

Website link: <https://grace-charity.org.uk/awareness/>

The Lady Garden Foundation

A charity that educates, empowers, and breaks taboos around women's gynaecological health. They provide handouts ([Lady Garden Foundation Handouts](#)) and symptom trackers ([Lady Garden Symptom Tracker](#)) as well as information and educational resources.

Website link: <https://www.ladygardenfoundation.com/>

Look Good Feel Better

This charity aims to support the physical and emotional wellbeing of individuals affected by cancer through free online and in-person workshops, and video resources. The underlying principle of this organisation is that, through self-care and taking care of one's appearance, it is possible to improve your self-confidence following physical changes due to cancer. They have materials tailored to men, women and teenagers, and work to assist people of all skin colours, ages, and cancer variations. Workshops include skincare, nailcare, grooming, oral care, shaving, hair loss and wigs, make-up, and advice on nutrition and fitness. They work with people up to one year post active cancer treatment. They also run the [HeadWrappers Service](#), offering a range of workshops and classes that provide practical advice on caring for your scalp and hair before, during and after cancer treatment. They also demonstrate useful scarf tying techniques, provide complimentary gift bags with headwear, and also help people connect with each other in a welcoming and safe space.

Website link: <https://lookgoodfeelbetter.co.uk/>

Ovacome

An ovarian cancer charity providing support services such as information booklets, a 24-hour online forum, online support groups and webinars, and a telephone support line. They also have information pages in a range of other languages.

Website link: <https://www.ovacome.org.uk/Pages/Category/support-services>

Ovacome phone line: **0800 008 7054**



Ovarian cancer information for transgender, non-binary and intersex people: [Ovacomе : Information for transgender, non-binary and intersex people](#)

Target Ovarian Cancer

A charity which provides information and support to help people affected by ovarian cancer make decisions that are right for them. Target Ovarian Cancer has a search tool for local peer-support groups, an online community, information guides, support events where you can connect with others, and a support line run by specialist nurses.

Website link: <https://targetovariancancer.org.uk/support-for-you>

Target support line: **0808 802 6000**

Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing Psychological.SupportAdmin@rmh.nhs.uk or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

Additional support services

Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**

NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.



Website link: [Find NHS talking therapies for anxiety and depression - NHS](#)

If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email Psychological.SupportAdmin@rmh.nhs.uk.



If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email Psychological.SupportAdmin@rmh.nhs.uk or telephone 020 7808 2777 (Chelsea) / 020 8661 3006 (Sutton) with your ideas.

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