

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, and runs a nurse-led information service called 'Ask Eve' which can answer questions and concerns around a gynae diagnosis and symptoms: **0808 802 0019**

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



GO Girls

A charity which aims to help support women with gynaecological cancers. They offer information on gynaecological cancers as well as support. You can contact GO Girls by filling out the information form on their website or by calling **01305 255 719** or **07780 467 061**

Website link: <https://www.gogirlssupport.org/contact>

GRACE Charity

A charity which provides information 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 handout](#)) and symptom trackers ([Lady Garden Foundation 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.

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**

Target Ovarian Cancer

A charity which provides information, and helps people make decisions that are right for them. Target Ovarian Cancer has a search tool for local support groups, an online community, 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: **020 7923 5475**

Information for the transgender, intersex, and non-binary communities

Jo's Cervical Cancer Trust

This article talks about cervical screening for trans men and/or non-binary people. Please note that the charity itself has now closed down, but the article is still available:

<https://www.jostrust.org.uk/information/cervical-screening/trans-non-binary>

The Eve Appeal

The Eve Appeal provides resources for the TNBI communities:

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

Ovacome

Ovarian cancer information for the TNBI communities:

<https://www.ovacome.org.uk/information-for-transgender-intersex-and-non-binary-people>



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: <https://www.nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service/find-your-gp>

If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Macmillan 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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