

WALK 100 MILES IN OCTOBER



OVARIAN CANCER ACTION

Thank you for choosing to fundraise for Ovarian Cancer Action.

Every woman diagnosed with ovarian cancer deserves better – and because of you, better is possible. The money you raise by taking on this epic challenge will help fund the science that can lead to earlier detection, better treatments, and, ultimately, save lives. Behind every research breakthrough is someone like you. Your support means researchers can keep moving forwards, and women can hold on to more time, more options, more hope.

This disease doesn't wait. But neither do we. Together, we're building a future where no woman dies of ovarian cancer. And that



future gets closer with every step you take and every pound you raise. We're so grateful you've chosen to be part of this.

Let's get started and turn your support into real progress for the women who need it most.

A handwritten signature in teal ink that reads "Cary".

Cary Wakefield

CEO, Ovarian Cancer Action

How to champion your challenge:

- This October, walk 100 miles your way – with pals, as a family, or by yourself.
- Track your progress using the Challenge Tracker in your welcome pack.
- Raise as much as you can to help fund ovarian cancer research!

CLICK HERE

to join the Facebook Group and meet your fellow teammates



Your next steps

- STEP 1** Create your fundraising page on [JustGiving](#) or [Facebook](#).
- STEP 2** Personalise your page by adding a photo and share why you're taking part.
- STEP 3** Set your target, and when you raise £200 or more we'll send you your exclusive challenge medal.
- STEP 4** Update your friends and family by sharing your page to let them know about your challenge.

Our top tips

- ♥ **Be the first to donate** to kickstart your fundraising.
- ♥ **Share your page in multiple places** – think social media, WhatsApp and email.
- ♥ **Keep friends and family updated** with photos throughout your challenge.
- ♥ **Thank everyone who donates** to let them know how much their support means.

Meet Jane-Marie

“I walked for my wonderful friend, Daisy. I wanted to raise money in her memory and make a difference for women and their families everywhere.

I loved the motivation that this challenge brought. I always mean to walk more and this challenge made me focus on doing that.

My top tip is to share photos from your walks on social media. It helped me boost my funds by over £200 in just one weekend! I then increased my target, which incentivised friends to help me reach my next goal.

When it gets tough, don't forget who you're doing it for. Do it for all the women in the future. Do it for those already lost. Do it for your own wellbeing.

Ovarian Cancer Action is about research and research is the key to fighting this disease.”



How your fundraising makes a difference

£15 could **support our life-saving awareness campaigns**, empowering women with the knowledge they need to understand the main symptoms of ovarian cancer.



£50 could **provide our researchers with the tools they need to build the next breakthrough**, such as pipettes, protective wear or cell culture plates.



£240 could **fund a patient volunteer to work with a researcher for three days**, helping to make ovarian cancer research more relevant to those it will help.



£500 could **fund an MSc or PhD student** – the innovators who will make a breakthrough with this disease – for just under **a week at the Ovarian Cancer Action Research Centre**.



Thank you so much for your support.
Every pound raised takes us one step closer to a world where no woman dies of ovarian cancer.

Contact us

We will be there for you every step of the way. If you have any questions or need any extra support, you can always give us a call on 020 7380 1730 or send an email to fundraising@ovarian.org.uk



ovarian.org.uk



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