

Welcome to **WALK IN HER NAME**



OVARIAN CANCER ACTION

Hey, I'm Beth!

Lioness and proud *Walk in Her Name* team captain.

Thank you for signing up to take on this fantastic challenge. By coming together with thousands of others across the UK, you're making a real difference to ovarian cancer research.

Still now, in 2025, a woman dies every two hours from ovarian cancer in the UK. We know survival is more likely if it's caught early, but there's currently no screening option and symptoms can often be mistaken for other illnesses.

This is a cause very close to my heart. In 2023, I lost my amazing Mum, June, to ovarian cancer. This March, I want to make my Mum proud by pushing for change for other women.

And there's so much hope for the future. The money you'll raise by taking on this challenge will fund



groundbreaking research, giving women the best chance of survival – from new and effective treatments, to creating new ways to detect cancer early.

With every step you take for this challenge, you're bringing us closer to a world where no woman dies of ovarian cancer.

For you, for her, for everyone.

It's time to Walk in Her Name.

Thank you!

How to champion your challenge:

- This March, walk 100km your way – with pals, as a family, or by yourself.
- Make sure to track your progress using the Challenge Tracker in your welcome pack.
- Together, raise as much as you can to fund ovarian cancer research!

CLICK HERE

to join the Facebook Group and meet your fellow teammates



How your fundraising makes a difference:

£10 could **support our life-saving awareness campaigns**, empowering women with the knowledge they need to understand the main symptoms of ovarian cancer.



£25 could **provide our researchers with the tools they need to build the next breakthrough**, such as pipettes, protective wear or cell culture plates.



£160 could **fund a patient volunteer to work with a researcher for two days**, helping to make ovarian cancer research more relevant to those it will help.



£250 could **fund an MSc or PhD student** – the innovators who will make a breakthrough with this disease – **for three days at the Ovarian Cancer Action Research Centre.**



Meet Rebekah

“I took part in Walk in Her Name last year with my family in memory of our wonderful sister, Amanda.

It was something that my sisters, friends and family could all take part in together. It was easy to do, all we had to do was put on our walking shoes and open the front door.

It was great to have something that made me get out every day – come rain or shine and in the fresh air – and have some quiet time to think about Amanda.

My top tip would be to tell as many friends as possible that you're doing it. And on the days you don't feel like it, get out there and walk and think of all the good the money you raise will do.”



Top fundraising tips:

- ♥ **Create your JustGiving or Facebook fundraising page.**
- ♥ **Don't forget to personalise your page** by adding a photo and sharing why you're taking part.
- ♥ **Set your fundraising target.** When you raise £200 or more, we'll send you a medal at the end of your challenge to celebrate.
- ♥ **Be the first to donate to your page** to get the ball rolling on your fundraising.
- ♥ **Share your page with your friends and family** so they can make their own donations.

Don't forget to share updates along the way, and thank everyone who makes a donation to your page.

If you're collecting donations offline, you can pay them in on [our website](#).

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



Contact us

If you have any questions, you can always post them on the Walk in Her Name 2025 Facebook group. Or you can give the team a call on 020 7380 1730 or send us an email at wihn@ovarian.org.uk

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