

ASOCIACIÓN DE AFECTADOS POR CÁNCER DE OVARIO (ASACO)

Spain



"At ASACO we believe we need to highlight the need for increased symptom awareness, psychological support, patients' right to ask for new treatments and the importance of procedures performed by a Gynaecological Oncologist. In Spain, ovarian cancer is still quite unknown and ASACO is proud to be a Charter Champion in the hopes to make a difference for all women in Spain and around the world."

.... CHARTER
CHAMPION

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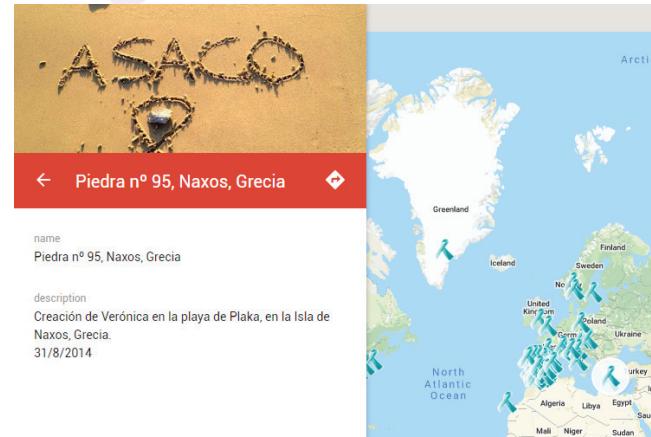


GLOBAL PRIORITY

PIEDRA A PIEDRA
(Stone by Stone)

CHAMPION PROJECT: PIEDRA A PIEDRA (Stone by Stone)

This artistic endeavour began in 2012 when Asociación De Afectados Por Cáncer de Ovario (ASACO) decided they wanted to have a physical item they could share with doctors and others that they met to raise awareness of the disease and the organization. They also left them in places they visited. It has proved popular very popular with many of the recipients keeping the stones in visible places as a tangible reminder of ASACO's work.



Each stone is painted by a member of staff, volunteer, women with ovarian cancer, or even friends and family. Information about the disease or ASACO is included. When the stones are delivered to their intended recipient, or left in a location, the details are logged on an online map, and if possible a photo taken and uploaded. To date 258 stones have been distributed around the world.

We chose to showcase this programme because: It is so creative yet simple! Whilst a stone may not carry a lot of information, receiving such an object is likely to 'stand out' – both visually but also because of the personal effort which has gone into making it. In that way it is likely to be impactful and hard to forget. It is incredibly cheap and something that could work in lots of different communities on a small or large scale.

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GLOBAL
OVARIAN
CANCER
CHARTER
a World Ovarian Cancer Coalition initiative



**INFORMATION &
SUPPORT**

PROYECTO BIENESTAR
(Wellbeing Project)

CHAMPION PROJECT: PROYECTO BIENESTAR (Wellbeing Project)

Asociación De Afectados Por Cáncer de Ovario (ASACO) provides free psychological care for patients and their loved ones. The successful programme responds to women and their family members who call or email the charity asking for help because they feel afraid, are worried about the consequences of their illness, their future and their quality of life. ASACO recognises the importance of psychological support for a good quality of life when faced with such a life altering diagnosis.

Women or family members are put in touch with a qualified psychologist to explore the issues of most concern to them. Women can have up to 20 sessions with the psychologist if required, and occasionally if needed, this can be extended. If requested, they can also be put in touch with other women who are also diagnosed with ovarian cancer and willing to provide peer to peer support.

To date, 140 women have received such support thanks to funding from the Spanish bank La Caixa, and a pharmaceutical company. The women say that it helps them to face the many different and difficult challenges of this disease.

The Coalition chose to showcase this programme because it recognises, like the participants in our Every Woman Study, that mental wellbeing is as important to women as their physical wellbeing in terms of their quality of life. Whilst for many women, peer to peer support or help on an information line is sufficient, for others it means being able to access professional psychological support and this programme provides an invaluable lifeline.

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