

SANDY ROLLMAN OVARIAN CANCER FOUNDATION

United States of America



GLOBAL
OVARIAN
CANCER
CHARTER
a World Ovarian Cancer
Coalition initiative

“The Sandy Rollman Ovarian Cancer Foundation is proud to champion the Global Ovarian Cancer Charter and shares in the commitment to improve the quality of life and best possible care for all women diagnosed with ovarian cancer, not just in the United States but around the world too.”



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INFORMATION & SUPPORT

Survive and Thrive
Program

..... CHARTER
CHAMPION

sandyovarian.org

CHAMPION PROJECT: SURVIVE AND THRIVE PROGRAM

The Survive and Thrive programme is a carefully constructed support program for women undergoing treatment for ovarian cancer or for those who have had treatment in the last three years. Developed by a specialist nurse this program brings together a small group of between 10 and 15 women with ovarian cancer on a regular basis over the course of six months. This offers an intimate and engaging experience for the women. The aim is not only to gain support from other women, but to provide an educational and wellness program that will impact positively on their overall quality of life, and teach them skills they can use during treatment and beyond.

The group meets once a month, led by their Program Coordinator. For the first half an hour, women can talk freely with each other, and ask each other questions. That is followed by an hour-long session that might include topics such as nutrition, meditation/mindfulness, cancer in the workplace, genetics, laughter, skincare, yoga or outdoor therapy.

Women sign up to participate or they are referred by a social worker. After 6 months, many women stay connected with one another because of the bonds they have formed. Many also become volunteers of the Sandy Rollman Foundation. The Sandy Rollman Ovarian Cancer Foundation also has a companion program for women who are newly diagnosed, called 'With a little help from her friends'. This provides consistent first line peer level support by expertly trained mentors who can help direct women to resources and support as needed as well as provide a listening ear that others can't. All programs have moved to a virtual format because of COVID-19.

We chose to showcase this programme because it brings together women in relatively small groups with a focused structure around their interaction. It provides them with the opportunity to connect with other women and develop their own small network of supporters if they so wish. It provides women with skills and new experiences to help them navigate the challenges of treatment and life beyond it.

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