



Come and walk for Pam



To celebrate the life of a very dear fellow Portsmouth Jogger Pam Carr who sadly died on the 20 April 2010, I am hoping that you will join us at

The Mountbatten Trackside
at 7.30pm
on Monday 23rd August

You can walk, run or crawl as many laps of the track as you choose or just turn up to help to raise money for



Please lend your support and run in memory of Pam

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Name: Address:

.....

Post Code: Telephone No :

Please send your entry form to me Trudy Bishop, 9 Anchorage Court, 39 Marine Parade East, Lee on the Solent, PO13 9FE. tel 023 9255 4120

If you could enclose £5 for the entry fee please. You can also just turn up on the night too.

BEAT ovarian cancer with Ovacome

Help us raise awareness of ovarian cancer this March!

Ovacome is calling on its members to get behind this year's

ovarian cancer awareness month by supporting our biggest symptoms awareness campaign to date.

In 2008 Ovacome, working in collaboration with other women's health charities, convened the UK's first symptoms consensus conference. Leading clinicians and researchers alongside cancer charities and women affected by the disease debated the evidence and experiences of ovarian cancer. This resulted in agreement that the following three symptoms are more frequent in women diagnosed with ovarian cancer.