



Our support services



Jo's Cervical Cancer Trust is the UK's only cervical cancer charity, supporting those affected and working towards prevention. We provide information and support both online and face to face.

Our support services are here for everyone, whether you are:

- worrying about human papillomavirus (HPV) and the vaccine, or cervical screening (smear tests)
- affected by cell changes (abnormal cells)
- living with and beyond cervical cancer
- supporting a loved one with any of the above.

Ask the Expert

Have you ever had a question pop into your head *after* the appointment? Or one you were just too embarrassed to ask?

Our expert panel, from GPs to oncologists, are there to answer that question.

Simply submit your query using our confidential online form. Visit jostrust.org.uk/ask-expert

Helpline

Nothing is too big or small for our trained Helpliners, who can help answer your questions or simply listen.

You can talk to them about anything including:

- HPV and the vaccine
- cervical screening, including the test and results
- colposcopy
- cervical cancer, including treatment and impact.

Call our Helpline on **0808 802 8000** – for opening hours visit jostrust.org.uk/helpline

Forum

Our Forum is a place to find friendship, understanding and community. Whatever your situation, there is someone else who gets it. Our groups include:

- colposcopy
- being newly diagnosed with cervical cancer
- coping with menopause
- a private space for those with advanced cervical cancer.

You can comment or read tips and experiences others have shared. Join at jostrust.org.uk/forum

Let's Meet and Mini Meet

Our free annual and local information and support days bring people living with and beyond cervical cancer together. Your loved one is also welcome.

Set in a relaxed space, you can learn from our guest speakers and chat with others. From gong bath relaxation to sex and intimacy, use this time to focus on your physical and emotional wellbeing.

Register for Let's Meet: jostrust.org.uk/letsmeet

Find a local Mini Meet: jostrust.org.uk/mini-meet

Information

Our reliable information is reviewed by experts and based on the latest research. It can help you better understand your situation and answer your questions.

Visit our website: jostrust.org.uk/information

Read our blog: jostrust.org.uk/blog

“Jo’s has been my sanity and sanctuary. The information provided, combined with your forum, has been the biggest comfort in the world.”

– Jessica, a service user

Helpline:

0808 802 8000

jostrust.org.uk

**Jo’s cervical
cancer trust**

