

# Useful sources of information and support

**For general information on womb cancer, please see Peaches website.**

## **Peer support**

[Peaches' Coffee Mornings](#)

[Macmillan Womb Cancer Forum](#)

[Maggie's](#)

[Shine Cancer Support](#) *(for people in their 20s, 30s and 40's)*

[Trekstock](#) *(for people in their 20s and 30s)*

[Lynch Syndrome UK](#)

**Maggie's** and **Macmillan Cancer Support** also offer one to one support services.

**Macmillan Cancer Support** provides information about womb cancer, treatments (including chemotherapy, radiotherapy and hormonal therapy), and on emotional and practical issues such as physical activity and financial support.

- Radiotherapy  
[Pelvic Radiation Disease Association](#)
- Lymphoedema  
[The Lymphoedema Support Network](#)
- Feeling good  
[Look Good Feel Better](#)
- Nutrition  
[Royal Surrey NHS Foundation Trust videos on diet and cancer](#)  
[The Eatwell Guide](#)
- Core and pelvic floor strength  
[Restoring function after gynaecological surgery](#)  
[Pre- and post-surgery exercises](#)  
[Essential core & pelvic floor exercises](#)
- Sex and intimacy  
[Sexual function after womb cancer](#)  
[Intimate health changes and sexual wellbeing after \(womb\) cancer](#)
- Menopause  
[Menopause after womb cancer: What's the deal?](#)  
[Menopause and cancer](#)  
[Trekstock: 10 ways to cope with early menopause](#)
- Loss of fertility  
[Trekstock: Coping with cancer and infertility](#)
- Lynch syndrome  
[LynchChoices](#)  
[The Royal Marsden: A beginner's guide to Lynch syndrome](#)
- Clinical trials  
[CRUK: Find a clinical trial](#)
- Talking to children and young people  
[Fruit Fly Collective: Resources for parents, carers and adults](#)
- End of life  
[Marie Curie: What is palliative care?](#)