



Dear friends

Welcome to the tenth issue of *UCARE News*.

My first duty is to say goodbye to two founding trustees – James Kennedy and John Adams. Since the launch of UCARE, their

commitment has been invaluable. They will remain part of the UCARE community, into which we welcome new trustees. Mr Jeremy Crewe and Mr Mark Sullivan, Consultant Urologists at the Churchill Hospital, Oxford, and Ken Heathcote, Managing Director of Studley Wood Golf Club.

As our annual Golf Day showed, we work hard to establish personal contact with supporters, be they large companies, organisations or individuals. Supporters stay with us, returning for social functions where talking with clinicians, researchers and patients affected by urological cancers highlights the importance of their involvement.

Donors have confidence that funds raised support research of national and international significance and consequently they have a stake in the future of urological cancer care. The idea of supporters as stakeholders becomes more significant with the proposed opening of two new cancer centres for Oxford. Dr Andy Protheroe explains what this means for UCARE: *"we welcome the consequent increase in research and will, I believe, be called upon to support and develop more research projects. More patient support and educational initiatives will also be needed."* So exciting times ahead...

My very best wishes as Christmas approaches. We hope you and your friends will start the season with UCARE at Broughton Castle on December 7th.

Julian Briant
Chair, Board of Trustees

UCARE Charity Golf Day

For the fourth time, Studley Wood Golf Club hosted UCARE's annual Golf Day, this year on 7 September.



Incoming Studley Wood golf Captains, Karen McKenna and Paul Fitzgerald who played in the day, announced that UCARE would be the Captain's charity of the year in 2013.

UCARE's planning is always matched by the club's meticulous organisation, One of the golfers, Richard Philpott, KPMG explains why he and friends return year on year:

"The UCARE Golf Day is a real favourite with our team. It is exceptionally well run, on a great course with a really warm and friendly welcome. Golf is competitive but no-one loses sight of the main reason for the day – to raise money for a fantastic charity. The enthusiasm of the UCARE team and their supporters lift the atmosphere and make taking part a real pleasure."

Golfers began the day with an excellent breakfast and set out to play under cloudless skies. Back at the club house, staff set up the dining room for a perfectly chosen late summer lunch. Golf club staff saw that everything came together to create a relaxed atmosphere for the auction and the pleasure of seeing auctioneer Charlie Ross exercising his skills.

Our guests' generosity was typified by the golfer who scored a hole-in-one and set aside the tradition of 'buying a round' in favour of making out a cheque for £100 for UCARE. In total £11,000 was raised, for which we thank everyone involved – and special thanks to UCARE trustee, Tony Henman who takes the lead on this annual event, makes everyone feel welcome and keeps an eye on the smooth running of the day.

Amongst the guests this year were clinicians, researchers, trustees, patients and partners of patients. The latter group, represented by Clare Cottingham, Steve Easton and Bob and Jean Simmonds, said *"it's so important for supporters to understand the value of their generosity, to see the faces and hear the stories of those who benefit from research. It's also an opportunity for UCARE supporters to say thank you, face to face."*

Ken Heathcote, Managing Director, saved the best until last when he announced that the new Captains of the golf club, Karen McKenna and Paul Fitzgerald, have made UCARE their charity of the year. We hope to be able to show our gratitude by helping Studley Wood to help us so that the coming year is mutually beneficial.

Thank you to everyone who participated in any way on that lovely sunny day.

We hear from two *Voices of UCARE* linking fundraising and research for bladder cancer...

Latest from the lab

In 2011, UCARE awarded £100,000 for research into bladder cancer – the 4th most common cancer among men in the UK.

This project is a joint effort between Freddie Hamdy, a surgical oncologist and Head of the Nuffield Department of Surgical Sciences, and Anne Kiltie, a clinician scientist in oncology at the Gray Institute for Radiation Oncology and Biology.

At diagnosis, approximately 75% of tumours are low-grade, or non-muscle invasive. At this stage, tumours are surgically removed and patients are treated with immunotherapy. Despite treatment, cancer recurs in 50% of patients, while progression to muscle invasion occurs in 20% of patients. For patients presenting with muscle invasive cancer at diagnosis, or for those patients whose disease progresses from non-muscle invasive cancer, there are currently two treatment modalities: chemotherapy combined with radiation therapy, or surgical removal of the bladder.



Chelsea Brideau, Postdoctoral Researcher

Even with the available treatments, survival rates for muscle invasive cancer are much lower than those for non-muscle invasive cancer. Therefore, management of non-muscle invasive cancer is primarily focused on prevention of progression and on the identification of patients with high-risk disease who might benefit from early aggressive

intervention. However, there are currently no reliable means of identifying patients who would benefit from aggressive treatment, which would increase patient survival rates. Given the incidence of recurrence and progression in bladder cancer, and the decreased survival rates for muscle invasive cancers, many patients with non-muscle invasive cancer opt for surgical removal of the bladder, which is a lifestyle-altering decision. However, while offering radical treatment to all patients with high-risk disease may be logical, it would inevitably lead to gross overtreatment in many patients.

Some tumours penetrate the membrane lining of the bladder, but not the bladder muscle, and these tumours are at high risk for progression. Yet, currently, there are no reliable methods to identify which of these tumours are most likely to progress. Previous work by our lab and others suggests that two distinct genetic classes of these tumours (otherwise known as T1G3 tumours) exist. Based on the results of this work, we aim to identify the genetic differences between these two classes of T1G3 tumours to allow selection of patients for either surgical removal of the bladder at an early stage or for more conservative management of their disease. Most importantly, the results of this study can be utilised immediately to individually tailor patient treatment and improve patient survival.

Angell of the North

In September this year, Ian Angell ran the Great North Run...



"The run was great (apart from the rain!) I managed a lifetime best and ran my first ever sub 1.35 so really chuffed. I've also reached my donation target of £250, so I'm really pleased.

During a routine medical in August 2011, a friend of mine, Garry, found he had traces of blood in his urine. His GP thought it was possibly just a bladder infection, but after a few tests it was diagnosed as bladder cancer. A few months later he had a scrape and biopsy, which confirmed that he had two different of cancer types within his bladder. The treatment was chemotherapy for one type and surgery for the other. Almost 6 months later he received the 'all clear' from the first type, but continues chemotherapy treatment for the second type.

To be positive, there is a 20% chance that he has a complete cure. The alternative will be that at some point he would need to have his bladder removed and either a Neo (new) bladder would be made or an ileostomy (catheter) formed.

I've been running the Great North run for 14 years. and over the years have run for various cancer sufferers. This year I choose UCARE because they provide information and support research into bladder cancer. During the run when times got tough, I thought about all the things that Garry has helped me do over the years and pushed myself onwards.

While running, my pain is only temporary – it'll pass a few minutes after the end of the race. But for cancer sufferers everywhere the pain is constant. It may not be a physical pain – it may exist inside your head – always there – always hanging over you. I'm sure that most people would swap their pain of cancer for my pain of running. So I feel it is the least that I can do..."



UCARE
Invites you to our
Drinks Reception
At Broughton
Castle




Broughton Castle... about the most beautiful castle in all England for the sheer loveliness of water, woods and picturesque buildings. The evening is by kind invitation of our Patrons Lord and Lady Saye & Sele

Drinks and Canapés will be served in The Great Hall

Friday 7th
December 2012-
7.00pm - 9.00pm
Tickets £20



For tickets contact: ucare@ucare-oxford.org.uk
www.ucare-cancer.org.uk
tel: 01865 767777

-  Musical entertainment
~ Akeman Voices
-  Christmas present
tombola
-  Lucky ticket draw



“UCARE provides an opportunity to give to cancer research in a more personal way, while at the same time knowing that the research carried out in Oxford will be of benefit to people around the world.”

David Cranston, UCARE trustee

Relatively small and inexpensive pieces of equipment facilitate vital research and laboratory work...

£10 could buy a pair of safety specs

£100 could pay for a single channel pipette

£250 could buy a magnetic hot-plate/stirrer

UCARE is grateful for your support. Any donation is used to support our charitable object of Urology Research and Education. However, if you would like to support specific research, or discuss an individual project, please let us know.







I would like my donation to be used to support:

- Kidney cancer research
- Bladder cancer research
- Testicular cancer research
- Prostate cancer research
- General research

Please fill in donation details overleaf...



Fundraising updates

-  **Thank you to Carol Sowden** for organising her birthday celebration to fundraise for UCARE – she and her friends raised £285. Thanks also to the Bombay Lounge in Swindon who held the Charity Night, and kindly donated two £25 meal vouchers and two bottles of wine for a raffle, as well as presenting a cheque to UCARE for £100.
-  **GAP Oxford have been helping us work towards our twin goals: raising funds and awareness.** Collecting at the tills and organising staff events during the Olympics and Paralympics, we are indebted to them for all their hard work.
-  **Sophie Hughes running in Cambodia!** She explains: *“My plan is to travel to Angkor Wat and run in a half marathon on 2 December 2012.... I have never done anything like this before, but raising money for UCARE and the memory of my Dad has inspired me! I hope to succeed and will think of him every step of the way.”*
-  **Statoil Masters Tennis, Royal Albert Hall 5-9 December 2012**
Regarded as the most entertaining tennis event of the year – we have two special packages on offer for UCARE supporters. Call 01865 767777 or go to www.ucare-cancer.org.uk/news/events.html for more information.
-  **UCARE is delighted to have been selected as the beneficiary for next year’s Charity Gala at the BADA Antiques & Fine Art Fair.** The Gala will be held on Thursday 14th March 2013 at Duke of York Square, Chelsea, London, SW3 4RY. We are currently looking for sponsors, so please get in touch if you can help.
-  **Some supporters quietly do their own thing:** Doreen and John Willmott gave up a Saturday, wore ‘interesting’ hats, stood outside a supermarket and collected £500.
This is just a small selection of UCARE fundraisers... we thank you all!

Please donate today

I would like to support the fight against cancer

Research is often complicated, time-consuming and expensive but it provides hope for patients and their families, and leads to more effective ways of treating and preventing cancer. Please help by giving what you can.

I would like to give a donation to UCARE of:

£10 £100 £250

My choice £

Please make cheques payable to UCARE

I would like to give a monthly donation to help UCARE plan for the future:

£10 £25

My choice £

(Before you send your completed slip to us, please ask your bank or building society to set up your monthly standing order gift and give them our banking details: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME10 4JQ, Account Number 00017501, Sort Code 40-52-40. To help us keep accurate records, please give your full name as the reference.)

Title: _____
Name: _____
Address: _____

Postcode: _____
Phone (optional): _____
Email: _____

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I am a UK taxpayer and I want UCARE to reclaim the tax I have already paid on my gift(s) from 6 April 2007 until further notice. (You must pay income tax / capital gains tax equal to the amount we reclaim on your gifts).

Aut12

Please tick the box if you prefer not to receive updates about our work. We will not share your details with other organisations.

Thank you



www.ucare-oxford.org.uk

UCARE (Oxford) is a registered charity, number 1120887.

Please return this form to: UCARE, HIFU Unit, Churchill Hospital, Oxford, OX3 7LJ

How you can help

Help UCARE with the press of a button

When doing your Christmas shopping online you can help UCARE/ Just take a look at [easyfundraising.org.uk](http://www.easyfundraising.org.uk/causes/ucare) today – just visit www.easyfundraising.org.uk/causes/ucare to register and shop with over 2,000 well known retailers like Amazon, Argos, M&S, ebay and many more. It's very simple – whenever you buy something, the retailer makes a donation to UCARE. They've helped other causes raise almost £4 million, so it really does work. And it won't cost you a penny extra. You can even save money with special offers and voucher codes.

Supporting UCARE through ebay

You can now buy and sell on ebay and support UCARE at the same time. Find out how at www.ebay.co.uk/ebayforcharity. Simply go to find your favourite charity, and type in UCARE.



Old cars for cash

UCARE is asking supporters to crunch their old cars for cash as part of a novel fundraising scheme run by the Giveacar social enterprise.

This is a simple and effective way of attracting a new source of donations as well as reducing the amount of unwanted or unused cars lying around. Win-win!

Unwanted cars are collected free-of-charge by Giveacar and either sold through an online auction, or disposed of in an environmentally friendly way at an Authorised Treatment Facility. Proceeds from the sale are donated to UCARE, with 'bangers' that are scrapped still netting an average of £100 for the chosen cause.



UCARE (Urology Cancer Research and Education) is an independent, Oxford-based charity committed to improving the treatment and care of urological cancer patients, through research and education.



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We have sent you two newsletters and hope that you will pass one on to a family member, friend, neighbour or work colleague. Please help the charity to grow. Thank you.

Don't forget to Giftaid – make your donation to UCARE worth even more

giftaid it

If you are a UK tax payer, we can receive 25p

for every £1 you are giving – or have given. That really can make a difference to the research we can fund! For us to reclaim gift aid we need to have your permission, you can do this any way, in writing, by email, on the phone, on the tear off strips provided with our newsletter.

YOUR COMPANY NAME HERE...

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