



*Dear friends*

**Welcome to the twelfth issue of UCARE News.**

We welcome the 'Be Clear on Cancer' Campaign to highlight the significance of blood in the urine. As researchers continue to discover more about the complexities of

cancer, early diagnosis can lead to more effective treatment. We're pleased to introduce you, on page 3, to Martin Christlieb, from the University of Oxford, whose job is to make complexities of cancer and the work of researchers intelligible to the lay person.

As Martin's article reminds us, UCARE is well placed in Oxford, a centre for world class research, where clinicians from the Oxford Hospitals can work in partnership with researchers. UCARE's funding of research means that we play a part in this partnership. As research translates into earlier diagnoses, improved treatments and outcomes, laboratory bench to bedside delivery of new clinical strategies becomes reality - a reality which makes us more determined in our fundraising.

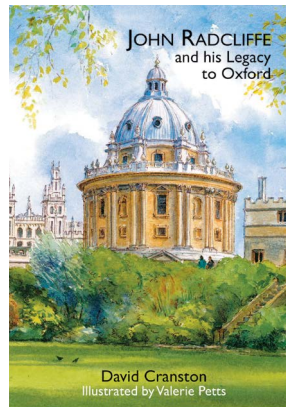
We focus on urological cancers because they are widely diagnosed, but have low public awareness. Our trustees and ambassadors are clinicians, researchers, patients and their partners, so we know how to maximise the effectiveness of funds raised. Our overheads are low and accounting transparent, so you can be sure that if you raise funds for UCARE, by far the greater part will be used exactly as you intended - to fund work which gives hope.

So, if you're thinking about making a New Year resolution do have a look at the back page, and remember that when we say 'Every little helps', it's not just a slogan. We really mean it.

Best wishes for a Merry Christmas and a Happy and Healthy New Year.

Julian Briant  
Chair, Board of Trustees

## Book launch invitation



You are invited to the book launch of 'John Radcliffe and his legacy to Oxford' written by David Cranston and illustrated by Valerie Petts.

John Radcliffe Hospital – Academic Centre, Entrance Foyer 3 (upper landing). 6.30 pm on Wednesday 4 December. £1 of each book sale will be donated to UCARE.

**RSVP to [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk) or 01865 767777, and we can send you a hospital site map.**

*John Radcliffe's bequests have changed the face of historical Oxford, and their effects continue to live on. David Cranston has performed a valuable service by showing how and why this came about.*

Professor Sir David Watson, Principal, Green Templeton College

### Christmas market at Studley Wood Golf Club

**In support of the Captain's Charity – UCARE.**

**Sunday 1 December, 10am – 2pm**

Christmas gifts, local crafts, fresh seasonal produce, festive refreshments – and UCARE tulips!

If you want to book a stall (£10) you can email Francesca at [francesca.darby@btinternet.com](mailto:francesca.darby@btinternet.com)

For general enquires, please call the golf club on **01865 351144**.

## Small but effective!

We are very grateful to Henmans Freeth LLP and to Catermasters for sponsoring our 'Meet the Researchers' event in September. Three researchers, all recipients of UCARE funding, explained to supporters that our current understanding of the complexities of cancer demands a wide range of research pathways. Projects are often threatened before completion by a lack of resources, with grant applications consuming valuable time. Val Macaulay spoke about a project saved by UCARE funds, the strength of a small charity like ours being the speed of response to applications.

# A summer of sport



The annual **HWM Arber charity cricket match** took place on Sunday 7 July in Combe. Organised by Ben and Charlie Arber, it is a fun day with players and guests taking advantage of the bar and pizza van!

*The weather couldn't have been better and as a family we were over whelmed to see so many friends and family out for the day in our Dad's memory.*

**Sophie Hughes**

Our very grateful thanks to **Bower & Bailey Solicitors** who also held their third annual golf day in memory of Will Arber



Thank you to **Wormsley Cricket Ground** who gave us the great opportunity to fundraise on 13 August at the Women's Ashes and again on 17 September.

On Saturday 24 August, Milly and Paul Duncan held a **cricket match in Warborough**. There was a raffle, Pimms, afternoon tea with strawberries and cream followed by a hog roast and music at the Six Bells pub.

*We're so happy that the day went well for all - Milly and I have decided for our little cricket match to become an annual event (well, more that we succumbed to peer pressure!) and so we will be thinking of ways to make next year even better than this!*

**Paul Duncan**



Our thanks to David Cranston (pictured above) and sons Peter and Tim for running the **Otmoor Challenge** on Saturday 1 June on behalf of UCARE.

Suggestions on a postcard please for a caption to this photo of David!



**UCARE annual charity golf day and auction** held at Studley Wood Golf Club on Friday 6 September. Another great day, raising an impressive £12,000. Many thanks to everyone who took part.

Thanks to **EC&O venues** for their donation from the charity raffle held at their annual golf day.

**This is a small selection and we thank you all.**  
**To view more information on any of the above or to see the whole of the fundraising calendar, please visit our events pages at [www.ucare-cancer.org.uk/news/events](http://www.ucare-cancer.org.uk/news/events) or call the office on 01865 767777.**

## To round off the sporting theme...

**Would you like to be present at the 'most entertaining tennis event of the year'?**

UCARE have tickets available for the Statoil Masters Tennis at the Royal Albert Hall on Wednesday 4 December. We have a Volley Package of Private 2nd Tier Boxes for either 4 or 8 people (sold as complete boxes).

Be present at an evening which delights a TV audience of millions. Be there for the winning combination of world class tennis – competitive singles, a 'Legends' tournament and high energy amusing doubles matches. For more detail on how you and your friends can be part of this evening, visit [www.ucare-cancer.org.uk/news/events](http://www.ucare-cancer.org.uk/news/events) or call the office on 01865 767777.

# Hallmarks of cancer

**Cancer is disease that seems filled with uncertainties. The disease takes a different course in different people and treatments that work well for one person, fail for another. Where does this variability come from, and what's being done about it?**

In part the confusion may stem from the picture of cancer as a lump of rapidly dividing cells. This picture encourages us to see cancer as a group of basically identical cells, and to see cancer in one person as similar to cancer in another.

In 2000, two scientists called Doug Hanahan and Bob Weinberg met at a conference in Hawaii and, during an eight hour site-seeing walk up a volcano chatted about their observations of how cancers work. They came to the conclusion that all solid tumours basically share a collection of common characteristics or hallmarks. They published this conversation in the journal called 'Cell'. Originally they published six hallmarks, but in 2010 they updated their ideas to include ten hallmarks.

When our bodies are healthy, every one of the trillions of cells that work every day to keep us going has to work in concert; as part of a massive, well-organised team. If any of the cells start to change, this team will break down. One very powerful engine of change is evolution - the natural consequence of change and competition. Most of the ten hallmarks of cancer are descriptions of how cancer cells cease to be constructive team members and begin to take part in competition and evolution.

Two hallmarks describe how the cells become able to divide at will - multiplying requires the cells to copy their DNA and this allows mistakes to occur, these mistakes or mutations are a key to allowing evolution. One hallmark describes how cancer cells are able to encourage the growth of new blood supply thereby ensuring an adequate supply of food and oxygen. The cancer cells become able to alter their environment and evade natural predators (the immune system and some clever internal quality control). The cancer cells divide without limit, allowing evolution lots of chance to work, and they become genetically unstable increasing the rate at which they can adapt / change. Finally, the cells become able to move and colonise new sites - opening more opportunities to grow and adapt.

If we accept these hallmarks and the conclusion that they mostly represent the abilities needed to compete and evolve then we begin to see why cancer is so variable and difficult to combat. Each new patient is a different person, and so their cancer maybe a little different from others, because random chance and different selective pressures give a slightly different evolutionary outcome. Each organ is a different environment, and so different primary sites and different metastatic sites all have different selective pressures and so different adaptations.

Despite all of this, cancer is not invincible. Each tumour must start from scratch, since you can't pass it on to another person. And we are all fairly similar, so although cancers can be different, they also have many things in common. Now that we have a more complex understanding of cancer we are asking much more sophisticated questions about how to combat it. Scientists at Oxford University are working to understand all aspects of the hallmarks of cancer and how we might use the very things that give cancer its strength to turn the tables against it.

**Dr Martin Christlieb**  
Department of Oncology, University of Oxford



“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...**



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: \_\_\_\_\_  
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Email: \_\_\_\_\_

*giftaid it*  
 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).

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

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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

## The UCARE Tulip ~ 'Caresse'



You will remember that an auction bidder had the exciting and unique opportunity to name a beautiful pink, tall stemmed tulip and be forever be part of UCARE's history. It has been named 'Caresse' by Pam Heal in memory of her Mother. The tulip will be used for publicity and promotional purposes and be part of UCARE's marketing and branding. Tulip bulbs are still available, and it's not too late for you to buy...according to Monty Don, tulips are best left until November, and as long as they are in the ground or container by Christmas they will reliably flower in April or early May.

## The Asda Factor

Asda at Wheatley want to provide some seasonal entertainment for their customers whilst also allowing charities to hold a coin collection. UCARE is booked from 5pm on Monday 16 December – can you play an instrument, or are you part of a small group or band, or can you sing solo, or bring your choir for an hour or two? Could you help with the entertainment or the collection on that day? Please contact [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk) or call 01865 767777 if you can help in any way.

## Making a New Year resolution?

Want to give up a bad habit but not sure when – New Year is the time. Why not get people to sponsor you to raise money for UCARE?

- Become a bookworm**  
**Bad habit:** Ditch the hours of TV time.  
**Happy habit:** Start reading again. And to keep you going, set up a book club.  
**Best way to give:** Ask for a small donation fee at each book club.  
**Your mantra:** Feed your brain.
- Cook up a storm**  
**Bad habit:** Those ready-made meals may taste great but boy are they unhealthy.  
**Happy habit:** Get into the healthy-eating habit with a month of home cooking.  
**Best way to give:** Cook for a lucky few friends and ask them to donate in return  
**Your mantra:** You are what you eat.
- Do something different**  
**Bad habit:** There's nothing worse for your soul than getting stuck in a rut.  
**Happy habit:** Step outside your comfort zone – try something new every day for a month.  
**Best way to give:** Get your friends to dare you and make a donation for the privilege.  
**Your mantra:** Feed your brain.

**YOUR COMPANY NAME HERE...**  
Sponsorship of newsletters and leaflets greatly reduces our administration costs. Could you help by sponsoring our next newsletter? Please contact Val Berry at [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk) or by phone 01865 767777

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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