



Dear friends

Welcome to the third issue of *UCARE News*.

In the last 6 months, and at our financial year end, we have been able to make decisions about funding research and education. I am delighted to be able to report that UCARE has allocated a further £66,000 in grants, bringing the total of grants made by us since our registration in September 2007 to £152,000! This has only been achievable by the generosity and support that you have given us. Thank you.

Again, we are setting ourselves ambitious goals for fundraising in the coming year and believe that with your continued support we can find new treatments for urological cancers; and by giving information and support, encourage people to be aware and informed about their health.

We hope that you find these newsletters and our website both interesting and informative. We can only ever give a taster in the newsletters of what is going on. There is much more detail about all our activities on the website ([www.ucare-oxford.org.uk](http://www.ucare-oxford.org.uk)) together with feedback about events and photographs from our supporters. Please do get in touch with any ideas or comments.

This is your charity, and together, by raising the profile of UCARE, funding research, research infrastructure and providing education and information, we can make a difference.

On behalf of all UCARE volunteers, trustees and staff may I take this opportunity to thank you most sincerely for your support.

Best wishes

Ian Kirkham  
Chair, Board of Trustees

## UCARE-funded research nurse now full-time

**In UCARE's first newsletter (Summer 2008) we announced our supporters had helped us to fund a grant to pay for a part-time research nurse at Churchill Hospital. Now, with your support, we have raised enough funds to make the post full-time.**

Working within a multidisciplinary team, the research nurse plays a vital role in the advance of urology research trials in Oxford. The research nurse supports cancer patients undergoing clinical trials, who are unique in their care regime. The role also involves facilitating the collection of tissue samples for laboratory research, promoting the research trials, and disseminating information about research activities to other staff and to the public. Thanks to all UCARE's supporters who have helped us to fund this crucial post.



**Gemma Crane, clinical nurse specialist in Churchill Hospital's Urology Department, has been shortlisted for a National Health Service (NHS) 2009 Innovative Health and Social**

**Care Technology Award for her work in developing TV-Nuts, a web-based support forum for people with testicular cancer, which is supported by UCARE. Congratulations Gemma!**

TV-Nuts ([www.tv-nuts.org.uk](http://www.tv-nuts.org.uk)) is updated and monitored by health professionals, who receive alerts when new comments are posted on the website. Testicular cancer patients, who may choose to remain anonymous, can visit the site at any time of the day or night to 'chat' with each other online. The service has received excellent feedback from patients and from clinicians who want to set up similar resources.

NEWS FLASH

## Fundraising news

### Kilimanjaro team returns triumphant!



Our grateful thanks to Gemma, Andy, Jonathan, Matt and Michael for raising money for UCARE by conquering Kilimanjaro. Read Gemma's full account of the fundraisers' adventures by visiting [www.ucare.org.uk](http://www.ucare.org.uk)

*"As we flew past Kilimanjaro in the propeller plane on the internal transfer from Nairobi to Tanzania, it suddenly dawned on us how big a challenge we had undertaken when we looked up to the summit of the mountain from the plane. It was an amazing sight. Questions passed through my head... was the training I had done over the previous months sufficient for the challenge? Probably not the best time to be querying my ability!"*

### Blenheim Triathlon raises £10,000



A very wet day in June greeted our triathlon runners, swimmers and cyclists – but were they deterred? No! A big thank you to everyone who took part.



### An evening with Radcliffe Orchestra



We hope you will join us for an evening with the Radcliffe Orchestra on Saturday 7 November 2009.

This orchestra consists mainly of members of the healthcare profession, including many from the John Radcliffe and other Oxford hospitals. They have been rehearsing and performing for over 22 years. There are three concerts a year at the Tingewick Hall on the John Radcliffe site, which they fill with an enthusiastic audience. Each concert is in aid of one or more medical charities. This year, in November, they will support UCARE. Tickets include the performance followed by a cheese and wine.

Tickets will be available nearer the time and news will be posted on our website. Tickets will also be sold at the door. If you can sponsor part of the event or can provide an raffle prizes we would be very grateful – please get in touch with Val on 01865 767777.

### From our supporters

Our thanks to Paul Brame who ran the London Marathon for UCARE and four other charities in a time of 4h 11m 5s.

*"I was pleased to have done my best and to have kept going virtually the whole way round... The crowd was absolutely phenomenal and all those people screaming my name (often incorrectly) meant that I daren't stop running and kept going all the way to the finish!"*

Paul Brame



Chris Ayres and team after completing the Reading Half-Marathon

**Calling UCARE fundraisers! Please keep emailing us your photos and stories – we love to hear from you.**

**How you can help.** UCARE supporters run, walk, hold coffee mornings, dance, play golf and climb mountains to raise funds for cancer research. If you are considering organising a fundraising event or activity please contact Val on 01865 767777 to discuss your ideas and find out about projects in need of funding. UCARE is also looking for supporters who are willing to help out at fundraising events. Please get in touch if you can spare a few hours on an ad hoc basis.

# Be aware and informed

“I wish UCARE had been around when I had my cancer; it's just what is needed.”

When Jane Brown was diagnosed with kidney cancer she was frustrated by the lack of information available to her. Today, Jane is well and is volunteering with UCARE.

**UCARE is developing a range of information leaflets dedicated to providing support and information about urological cancers.**

One of UCARE's key objectives is to provide and promote education and information about urological cancers. To this end, we have developed three new UCARE information leaflets (urological cancers, prostate cancer, testicular cancer), which are available as downloadable pdfs from the Information and Support page of our website ([www.ucare-oxford.org.uk/information](http://www.ucare-oxford.org.uk/information)) and in printed format. If you or your organisation would like to receive printed copies of any of the information leaflets, please phone 01865 767777. Further information leaflets are currently in production.



“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

## Information is power

Your donation will make a difference...

**£50** could pay for educational materials to raise awareness or urological cancers and help people make informed decisions about their treatment.

**£100** could pay for a testicular self-examination model.

# Are you Geared for Giving?



**Dragon's Den entrepreneur Duncan Bannatyne, Anne Snelgrove MP, and Workplace Giving UK are Geared for Giving! They have joined forces to promote Workplace Giving Schemes, which enables employees to make tax-free donations to charities like UCARE.**

Geared for Giving is calling on business leaders to promote Workplace Giving Schemes with the aim of introducing an additional one million employees to workplace giving over the coming year.

By donating regularly through Workplace Giving, employees enable their nominated charities to budget carefully and plan ahead, which is crucial when every penny counts. And if you choose to give through a Workplace Giving Scheme, your chosen charity receives your donation free of tax. So what you give directly out of your pre-tax salary could be worth up to 40% more to the charity. More than 750,000 UK employees already make their tax-free donations through Workplace Giving. So why not get involved?



## Visit CancerLinks

Visit [www.cancerlinks.org.uk](http://www.cancerlinks.org.uk): the local gateway to information and support for people with cancer, their carers and family. UCARE supports the CancerLinks website because it provides up-to-date information, and is run by patients and healthcare professionals.

Employers and employees can visit [www.gearedforgiving.com](http://www.gearedforgiving.com) to find out more.

Please donate today



## How you can help

### 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: \_\_\_\_\_

*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.

*Thank you*



[www.ucare-oxford.org.uk](http://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



“ We have chosen to give a donation to UCARE in recognition of the skill and support provided to us during this year, and to help you continue this valuable work in the future to benefit others. ”

Colin Street, Adderbury Morris Men

### In Memoriam and tribute giving

Your In Memoriam donation to UCARE will be allocated to our special Tulip Fund, which is dedicated to supporting research into urological cancers. By making an In Memoriam gift, you can pay tribute to a loved one while also making a direct contribution to the fight against cancer. Ways to make an In Memoriam gift include:

- Donate to UCARE's Tulip Fund instead of buying funeral flowers.
- Make a regular gift to UCARE's Tulip Fund.
- Remember a loved one on a birthday or other special anniversary by making a tribute donation to UCARE's Tulip Fund.
- With the help of our partner, JustGiving, create a special In Memoriam webpage in the name of your loved one. Then invite friends, family and work colleagues to make their Tulip Fund gifts online.

Please contact us for an informal chat about how you can make an In Memoriam gift to pay tribute to someone special.

**If you would like to support UCARE, please complete and return the form in this issue of UCARE News, visit [www.ucare-oxford.org.uk](http://www.ucare-oxford.org.uk) or call Val Berry on 01865 767777. Thank you.**

**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.**

### Make a donation

You can make a donation to a specific project or give to our general fund so that we can spend your gift wherever it is most needed. Why not become a regular giver by setting up a Standing Order? Regular giving allows UCARE to plan for the future and budget efficiently.



*One of our Trustees, Dr Andy Protheroe, recently attended an assembly at Sponne School, Towcester to accept funds raised during their 'Strictly Sponne Dancing'*

*competition. The cheque was presented by Rhia Biscoe, who sadly lost her Father around Christmas. She explained "It is something I feel very strongly about and even though we couldn't save my dad, if there is any little chance of saving another family suffering then that is surely worth fighting for!"*

### A lasting legacy

Legacy gifts are extremely important to UCARE. By leaving a gift to UCARE in your Will, you are making a lasting contribution to the fight against urological cancer by helping to fund vital research into new drugs and treatments.

Unfortunately, UCARE cannot provide legal advice, and recommend that you consult a solicitor or legal adviser when making or changing your Will. You will need to quote the charity name UCARE and provide the charity number 1120887.



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UCARE (Oxford) is a registered charity number 1120887. This newsletter was edited and designed by [www.goodthinkingcommunications.net](http://www.goodthinkingcommunications.net)

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