



Dear friends

Welcome to the fourth issue of *UCARE News*.

In October 2009 we were sad to announce the death of Ian Kirkham UCARE's founding chair who died from prostate cancer. Ian was an inspirational chair and contributed significantly to UCARE's initial development through his drive, determination and ambition, bringing to the group of trustees his business and inherent leadership skills.

It was characteristic of Ian, who was diagnosed with prostate cancer, to turn a devastating illness into a passion to further the development of research and understanding to benefit others with urological cancer through UCARE. He wanted to develop a charity that was robust and sustainable and through his vision was able to bring many qualities to our charity.

It was through Ian that I was first introduced to UCARE at its launch and I am delighted and honoured to be replacing him as the new chair of UCARE. Having qualified as a Chartered Accountant, I spent the last 25 years in the City in banking with Robert Fleming and latterly with ING Barings. I have worked in Asia and Europe as well as the UK, and have extensive experience in Corporate Finance, fund raising, and the advisory business. Having recently left the City, I have now set up my own advisory firm.

Let me close by giving you good news. We take great pleasure in welcoming Lord and Lady Saye and Sele of Broughton Castle as patrons of UCARE, and we are honoured to be the chosen charity of 78 Squadron of RAF Benson. Such support raises vital funds for research and for raising awareness of urological cancers. Might you consider joining us in our work by making UCARE your charity of the year?

Best wishes

Julian Bryant  
Chair, Board of Trustees

## Rise above the rest...

This year 78 Squadron Royal Air Force Benson, have nominated us as their main charity benefactor of the year.



They are kicking off their fundraising with the 'The Three Peaks Stretcher Run' ([www.justgiving.com/3-Peaks-Stretcher-Run](http://www.justgiving.com/3-Peaks-Stretcher-Run)). Peter Hicks explains: "We are a team of serving Royal Air Force personnel from RAF Benson in Oxfordshire.

We have set ourselves the challenge of completing both the Yorkshire 3 peaks and national 3 Peaks Challenges, in order to raise money for our chosen charities. To make this already arduous challenge even more difficult we will be carrying a stretcher with a dummy weighing 80 kgs to simulate a casualty. Our team will comprise 8 people, 4 carrying the stretcher at a time and 4 resting."

Follow their challenge, and see their photos:  
<http://team3peaks.terapad.com/>

## Follow Trevor Bayley's World Cup blog



Trevor is a Birmingham fan and supporter of UCARE who is off to the World Cup. His blog will highlight the highs and the lows of following England, the banter amongst different fellow tourists; the pleasures of meeting football fans from all over the world; and the history, politics, geography and social tensions of the wonderful country of South Africa. At various times he will be travelling with fans of Chelsea, Tottenham, Ipswich, Norwich and Manchester City, so there'll be a lot of jousting. Strap yourself in for a bumpy ride! <http://www.myspace.com/511738953>

## Fundraising news

### Freezing conditions for UCARE fundraisers!

The 1st January 2010 collection on Swinford Toll Bridge was our very first fundraising of the New Year!

Our thanks to Swinford Bridge for allowing UCARE to collect the toll money for the day; it was freezing day but our intrepid volunteers braved the conditions to collect nearly £1,000. Our thanks to *you* if you were one of the many drivers and footpath users who made this possible.

### Sponsored ride



In memory of her Dad, Paul, Rhia Biscoe and her family organised a sponsored horse ride and raised over £6,000.

The sun shone, horses looked gleaming and even wore UCARE logos and colours. Rhia explains: "Nearly 30 horses and riders attended, also we held a BBQ and raffle after the ride where nearly 50 people attended. The day was a huge success, and I intend to carry on fundraising!"



### First UCARE charity golf day

Here's Tim Henman taking his T-shot at the first UCARE charity golf day held at Studley Wood Golf Club in September 2009. Despite the windy and slightly cool conditions that day, it was a thoroughly enjoyable event... we raised over £13,000 and everyone there agreed that they would like to do it again!

## New Oxford Cancer Centre



The new Oxford Cancer Centre open day took place on 21st November 2009. The day proved to be a great success and demonstrated how we are working together to beat cancer.

## Walkley Midnight Walk

This was the 19th year the Rotary Club of Swindon Thamesdown have organised the midnight walk for walkers to raise money for their own nominated charities. It provides the only opportunity there is to walk The Ridgeway at night.

29 charities, including UCARE, benefited from the Rotary Club of Swindon Thamesdown Walkley Midnight Walk, and £1,000 was raised for UCARE.

## Blenheim Triathlon



This was great fun last year, so UCARE has again secured charity places for the Blenheim triathlon June 5th & 6th June 2010. A festival of multi-sport with a unique fun, family atmosphere, this is a great day out – why not go along and support our runners, cyclists and swimmers? To see the photos from last year's event, visit our website [www.ucare-cancer.org.uk](http://www.ucare-cancer.org.uk).

## Windsor Half Marathon



Our thanks to Emily and Kate who competed in the Windsor Half Marathon on behalf

of UCARE. Emily recalls "Now that we can look back on it, it seems like it was good fun, although at the time it felt very hot and very hilly!! We were pleased with our time of 2 hours, 22 given that we are not usually runners, but not entirely convinced we are ready for a full marathon just yet! I attach a photo to prove we got our medals!!"

**These are just a few photos and events, and our grateful thanks go to everyone who supported and raised funds for UCARE – please keep the photos and updates coming.**

**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.

# Corporate partnerships

UCARE depends on charitable donations for all its funds. The money raised funds vital research into early diagnosis and more effective treatment of the range of urological cancers and related conditions. Donations are also used to buy the consumables required to deliver this research, the salaries of the tightly knit team, and for patient education and support.

At UCARE we would like to encourage your company and your employees to help us... you can do this in a number of ways:

- Nominate UCARE as your company's dedicated charity
- Allocate a portion of your Corporate Social Responsibility budget to UCARE
- Organise fund-raising events for UCARE within the company
- Participate in a 'Give as you Earn' scheme

We would like to create an on-going relationship with your company and its employees, and in recognition of your support we offer:

- Literature for public areas and for personal communications
- An on-going education programme about urological cancer and how best to ensure early detection – this can be through feature/newsworthy articles in company newsletters/magazines, intranet
- A continuing close relationship with UCARE in which you will receive regular newsletters on the progress of UCARE and what your financial contributions have helped to achieve
- Support for any company fundraising events for UCARE
- PR support, if required, to publicise your support for UCARE to a wider audience

To find out more, please contact Michael Heal at UCARE on 0775 157 1936, or email [michael.heal@btconnect.com](mailto:michael.heal@btconnect.com)

## Are you up for the UCARE Corporate Kilimanjaro Challenge?



In 2009 five UCARE supporters raised nearly £20,000 for UCARE by climbing Mount Kilimanjaro – at 19,000 feet above sea level, the highest mountain in Africa. UCARE is now inviting companies to put forward their personnel to take up this same challenge – a character building, self-revelatory, once-in-a-lifetime experience.

In taking up the Challenge, participants and employers will learn a great deal about:

- how they handle the physical and mental challenges of the climb
- the self discipline required in preparing for the climb
- the marketing initiatives necessary to generate the sponsorship sums for UCARE

If you have someone in your company who you think is up for this Challenge, contact Michael Heal at UCARE on 0775 157 1936, or email [michael.heal@btconnect.com](mailto:michael.heal@btconnect.com) (He made it to the summit of Kilimanjaro last year and he can give you first hand knowledge of what it entails.)



“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.



### 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.

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).

Sp10

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



### 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.

**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 were very pleased to be able to raise some money for such a great charity as UCARE. ”

Emily Utley

### 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.

### 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.

### Volunteering

UCARE is a charity that depends on the kind support of volunteers to achieve our aims. If you can spare some time to help, please contact us – an hour, a day, or a week – whatever you can spare.

**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, HIFU Unit, Churchill Hospital, Oxford, OX3 7LJ, UK  
Tel: 01865 767777 Email: [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk)

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