



Dear friends

Welcome to the eighth issue of UCARE News.

A Happy New Year to all UCARE supporters!

Because of you, UCARE is able to meet the challenge of raising funds for research and raising awareness of urological cancers. Thank you.

The chill winds of austerity blow around all of us. Understandably, in this climate, charities have been hard hit. In order to continue our work, we have to find new strategies for getting our message out to the wider community.

Because we know that the will to support UCARE is strong, we ask you to help us weather the economic storms by making one New Year's Resolution especially for us. The impact of what you do will take little time, cost nothing and could have very significant consequences.

The economic climate has changed but the need for what we do remains the same as does your commitment. So please read on. In this newsletter we hope to help you to help us continue our work and to prosper in 2012, despite challenging times.

In our next newsletter, we'll tell you how we use funds raised and how new research is made possible by your efforts. Once again, our best wishes to you for 2012.

Best wishes

Julian Briant, Chair, Board of Trustees

Meeting the challenges of fundraising in 2012

This year we are asking our supporters for a little time to think about the following ways in which, with very little effort, you may be able to help us UCARE.

- 1** Ask yourself if you have a personal connection with a person, shop, company, business or organisation. Perhaps you buy frequently at a local shop, meet regularly with a group of people, work or have worked for a company or local organisation.
- 2** Consider what your 'personal connection' might be able to do for UCARE. All help, whether it's in the form of a small raffle prize, and auction item, a willingness to host a coffee morning, distribute leaflets or to put a collection box on a counter – every offer of help is valuable. For example, if you are in the catchment area for a Waitrose or Asda perhaps you might put in an application for their community fundraising; or pass on just one UCARE leaflet to a friend.
- 3** If you have a connection which you feel you might be particularly important to UCARE for either raising funds or awareness, **get in touch with us** if a discussion would help. If you need advice on writing an effective letter, call or email... we'll write the letter with you or for you.

We probably all anticipate a rebuff and some embarrassment when asking for something, but supporters who have taken these steps have found themselves surprised by generous responses. Often those asked have thought that small gestures may not be worthwhile. Do remind them that every new person who learns about UCARE and who helps in any way is part of what ever UCARE achieves in raising funds and awareness.

We've got some useful information, leaflets and tools on our website and can provide you with helpful advice if you would rather that UCARE makes a contact for you, or if you want to do your good deed anonymously, just be in touch.

We have some exciting fundraising events coming up in 2012 and hope you can join us. If you are not up to running or triathlons or Dragon Boating, there is still a lot you can do to help. Or, may be you have a family friend or relative who might be looking for a challenge.

So we ask if when you make your New Year resolutions, make one for UCARE!

Out of the Blue



Out of the Blue, the famous Oxford a cappella group, will perform once again for one night only at the Holywell Music Room in Oxford in aid of UCARE, Described as 'delivering an electric vocal spectacle combining irrepressible energy with infectious musicality', Out of the Blue are fresh from their fantastic run to the semi-finals on Britain's Got Talent, as well as a tour of the States and Spain. And with their new album 'Rush' available, Out of the Blue are certainly some of Oxford's brightest stars.

Get your tickets now to avoid disappointment!

Saturday 3rd March 2012, 7.30pm

£12 /Students £10/ Under 16's £7.50

Call 01865 767777 or email ucare@ucare-oxford.org.uk to book.

Dragon Boat Racing



Join us for a fun day out in Marlow on 10th June 2012. We are looking for mixed team members* for two Dragon Boats – no previous experience needed! A full briefing is given on the day by the organisers. The helm will be provided by 'Dragons Alive' and UCARE supporters do the paddling and the drumming. UCARE will also have a display space, so if you don't fancy a paddle, why not come and cheer our teams along and visit our stand.

Call 01865 767777 or email ucare@ucare-oxford.org.uk for more information.

*The minimum age is 8 years and participants under 18 need to be with a responsible adult who are required to countersign a declaration.

Kilimanjaro update

Our thanks to Paul Aram who took on the Kilimanjaro Challenge on 7th October 2011.

An update from Paul...

Well I made it!

What a fantastic experience, at the top we were higher than internal African flights at 18,000 feet. It was bitterly cold at the top, especially during the night when we were climbing the last 1000 metres, down to -10c. I ended up with wind burn to my face and ice all down the right hand side of my coat and hat.

Thumping headaches and stomach cramps meant it was a slow ascent, and I needed a check at the top to see if I was able to get to Uhuru (the very top). But it was well worth the effort.

A big thank you to everyone who sponsored me!



UCARE gala dinner at the Bodleian Library

18th May 2012

Part of the University of Oxford, the Bodleian Library is a working library housed in a remarkable group of buildings which form the historic centre of the University. At the heart of these buildings is The Divinity School, the University's oldest teaching and examination room. The Divinity School, where we will be dining, is described as 'possibly the most beautiful medieval room in England' we hope you will join us.

To sponsor any part of the event, buy a ticket or to take a table please call us on 01865 767777.

Fundraising snippets

- **Tom Kemp** – cycling from London to Paris in June 2012
- **SOMOD** have nominated UCARE as their 2012 'charity of the year'. SOMOD sell European contemporary modern furniture – they are only too pleased to help you find the perfect furniture for your lifestyle, with a percentage of all sales donated to UCARE. www.somodfurniture.co.uk
- Our very grateful thanks to **Kirtlington Golf Club** who raised £1200 during 2011 as their Captain's charity for the year.
- If you are considering entering the Reading Half Marathon (Sunday 1st April 2012) or the Blenheim Triathlon (9th/10th June 2012) perhaps you might also ask family and friends for sponsorship and fundraise for UCARE? Every little really does help.



Fundraising for a community based nurse

The healthcare needs of the community are at the forefront of the UCARE charitable objective. Early diagnosis is key to successful treatment, so educating the public in identifying the signs and symptoms of urological cancers and advocating early intervention is very important. As part of our fundraising initiative this year, we will be raising funds for a Community Nurse, to engage the public in cancer awareness, and assist with education material for use in and by the community. We will visit schools, colleges, universities, clubs, societies, associations and businesses, maximising all contributions to health improvement and delivery of information for the community. We hope this new role will also have a wider impact in helping raise awareness for UCARE in order to support future research.

Words of encouragement

Through our connection with our Patron, Simon Burnett and Thame Swimming Club, UCARE received £2000 from a sponsored 'Swim a Mountain' event. Swimmers of all ages participated – some swimming part of a small mountain, some swimming Everests. Here is an excerpt from the letter of thanks sent by Simon to the swimmers. It's addressed to young people, but resonates with us all as he speaks powerfully of how charitable works benefit not only those who receive support but those who give it. **After congratulating the swimmers, Simon says...**

From this point on, everyone helped by UCARE or who joins the club will be indebted to each and every one of you. People like you make it possible for these organisations to exist at all.

I know how hard it is to step outside your comfort zone and ask people to give you money, even if it is for charity. And though it may seem as if this is simply a huge boost for the club or the charity, it actually does more for you and your future than you might think.

Let me explain. Learning to use your abilities, whatever they may be, is a huge step forward towards applying yourself in situations in the future, in your home life, at school or even in a career later in life. When presented with a challenge such as 'try to raise as much money as you can', it's not unusual to think 'How is this possible?' The overwhelming thought can end the endeavour before it begins. But by looking past the difficulties and committing yourself to give your best you take a big step towards your target. If you can master something like this, then trying to drop a little time in your 100 metres backstroke may be easier, finishing that homework may be less daunting and later in life, learning how to run a business is suddenly just another challenge to be conquered.

There is personal reward in seeing yourself to be capable of anything you put your mind to, to say nothing of the satisfaction you feel from helping your fellow man. The character growth that comes from helping a charity or someone in need cannot be replicated. It will make you a more compassionate person, a more approachable person, a more understanding friend and most importantly, a better son or daughter, brother or sister. For me, it's wonderful to work with such enthusiastic and capable young people.

And for UCARE and Thame Swimming Club, it's wonderful to have such a thoughtful and committed patron.

Thank you Simon – and thank you again, Thame Swimmers and thank you again, to all of you.

“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



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: _____

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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).

Spring12

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



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Data Protection: UCARE abides by the Data Protection Act and we will not share your details with any other organisations. Please contact us by post or email if you do not wish to receive this newsletter.

Do you have a local Nisa or Costcutter store near you?

Making A Difference Locally is a charity that was launched to help independently-run local stores add value to their communities through donations to local charities or good causes.

Over 2,000 Nisa and Costcutter stores nationwide participate in the scheme, displaying the Making A Difference Locally logo. Please consider nominating UCARE at your local participating store.

We can help you with the information they may need – please contact Val Berry at ucare@ucare-oxford.org.uk or by phone 01865 767777.

Fundraising opportunities

- Organise a group of people in your locality who will support us – hold a coffee morning, nearly new sale, book club, bake and cake sale.
- Organise a fundraising event or sponsored activity, and raise money to support our projects. Whether you want to run a marathon or organise a pub quiz, we are happy to discuss your fundraising ideas and support you as much as we can.
- Raise awareness of urological cancers and UCARE's work. Download our short promotional leaflet or give us a call and we can send you some leaflets. A mail drop in your road perhaps?
- Even though you think you may not be able to help, we all know at least one company, shop, local business or organisation with which we have a 'link'. If ten UCARE members wrote letters asking for relatively small sums, or just introduced UCARE, their combined efforts could make a really valuable contribution to research and education.

Unity Lottery – more UCARE winners!

Unity lottery has grown so much in the last year there has been an increase in the number of £1,000 winners. Congratulations to all our UCARE winners – you know who you are! You can play the weekly Unity Lottery and support UCARE with the knowledge that you know exactly where your payment goes, and win up to £25,000.

See our website for details or give us a call on 01865 767777 for a leaflet.

UCARE Recycling Scheme



Did you know you can recycle your used printer cartridges, toners and mobile phones to raise much needed funds for UCARE? Whether you just have a home printer, or have a network of office printers, your support will make a real difference.



- Free to participate
- Easy to register
- Environmentally friendly
- Free and fast collection

For further information on how to recycle, please visit the UCARE website, give us a call on 01865 767777 or go to www.recycle4charity.co.uk

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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www.ucare-oxford.org.uk

