Vcare news

Gemma Crane Community Specialist Nurse



Dear friends

Finding new ways to fight cancer

Welcome to the twenty fifth issue of UCARE News.

There is no denying that navigating the pandemic has been

difficult, but we've responded positively to challenges we've faced. Small charities have an an innovative spring, with the ability to make changes quickly. Our thanks to everyone who has supported us.

We are proud of the way we have adapted and have still been able to increase knowledge and support within communities. You can read about our most recent initiative, raising awareness of testicular cancer in young people.

In September 2021, we were able to hold our first fundraising event in two years — our Golf Day held at Studley Wood Golf Club. It was held largely outdoors to comply with restrictions and to keep everyone safe. It was a blissfully warm day and enjoyed by all.

Over the last couple of years, we have said goodbye to several founding trustees: Anthony Henman, Andrew Protheroe, Val Macaulay and David Cranston and Lyn Preston. We thank them all as they have made a huge contribution to UCARE over the years but are pleased they remain in contact. We are delighted to welcome two new trustees, William Gietzmann and Richard Bryant, who have a wealth of surgical experience in the management of urological cancer.

Best wishes

J. G. milnen.

Jim Mitchell Chair, Board of Trustees

Bring cancer awareness Specialist Nurse into the heart of the community

Cancer in young people is hard to diagnose: it is rare, and the signs are often mistaken for other more common illnesses. Raising awareness of the signs of cancer in young people is important – delays in diagnosis in young people may be one factor contributing to the lower reduction in their cancer mortality rates in recent years.

The UCARE Awareness Team work in partnership with existing local and national organisations to provide information and education about urological cancers to both the public and medical professionals.

We run awareness campaigns to work towards improving cancer survival rates in the UK – providing information about prevention and healthy living choices.

We are delighted to have been asked to work with Trax — an education centre in Oxford that provides education and support to vulnerable and under privileged young people from across the Thames Valley. Many young people come to Trax because of difficulties at home or school, and are struggling with low self-esteem, behavioural problems, mental health issues, and drug or alcohol misuse.

Our sessions were developed specifically for this young people – providing information in an interesting,

We were delighted with the feedback...

"Thank you so much for the talks. The boys took so much away from it."

informative way; encouraging questions and providing honest answers. Our team is approachable and have adapted their communication style for this audience. The main aim was to be engaging, reduce stigma and taboos surrounding cancer, creating a safe environment where topics are accessible. We achieved our aims, and hope to continue to work with these groups of young people over the next few months to develop the relationship and trust that we are starting to build.

We are so grateful to have been given the opportunity to deliver high quality information to young people that are often 'harder to reach'. These sessions provide them with solid messages that they will carry with them into the future.

Testicular Cancer – the facts

Testicular cancer is a relatively rare cancer, accounting for just 1% of all cancers that occur in men. It tends to affect younger men — it is the most common type of cancer to affect men between the ages of 15 and 49. It is such a curative cancer especially when picked up early.



Dates for your diary

UCARE Annual Golf Day

Thursday 22 September 2022

We hope you will join us for our annual charity golf day at Studley Wood Golf Club on 22 September 2022. We look forward to seeing old friends and new. You can go to our website to get a registration form or use the one on the tear off strip in this newsletter: ucare-oxford.org.uk/ get-involved/events/

As always we will send out full information and timetable to players a little nearer the time. We hope to see you there!



Handel's Messiah

Saturday 10 December 2022

A very important date for your diary — a concert performed for UCARE at the Sheldonian Theatre in Oxford. Look out for further details on all our social media sites and our website:



ucare-oxford.org.uk/get-involved/events/

Please get in touch by email if you are interested in sponsoring this event.



Playing the lottery

We've joined the **Oxford Lottery** – an exciting weekly lottery that raises money for good causes in Oxford City. Tickets for the lottery cost just £1 per week, with a top prize of £25,000! Play the lottery, support Oxford and UCARE – it's that simple. Find out more at: **www.oxfordlottery.org**



Free Will writing service

We've partnered with **Free Wills** to provide all our supporters with the opportunity to make their own fully comprehensive Will for free. You can make your personalised Will online in three simple steps, from the comfort of your own home and with live support from their Will specialists. Find out more at: **www.freewills.co.uk**



Tulip time!

Don't forget sales of our unique tulip bulbs support research and raising awareness — as well as looking beautiful...We always love to see photos of your UCARE tulips and especially on our social media sites. Available to order now: www.bulbs.co.uk/product/ ucaresse-ucare-charity-tulip/

Ottilie's Grand Tour

Ottilie Quince is 11-times World Cycling Champion, Captain of Team GB Kidney Transplant team, Physiotherapist, Cycling Guide and Commentator, and runs a cycling business in Mallorca. She started out from Luton on 10 June, cycling 2,500 miles across seven countries in 21 days, raising money for UCARE and The Urology Foundation.

Why would you ever want to ride back to Mallorca after hospital tests and an appointment in England? Why not?! In 2007 Ottilie had a kidney transplant, but some years later found out she had cancer in her transplanted kidney and was told it was a difficult surgery to perform, but up stepped David Cranston: "David was able to operate and remove the 4cm tumour off my kidney without having to take too much of my kidney away — he truly is one of my heroes."

More recently, the cancer returned in her transplanted kidney and Ottile underwent surgery in London in November 2020, which once again saved her kidney.

You can make a donation in recognition of Ottilie's epic journey at: www.ucare-oxford.org.uk



Ottilie Quince with David Cranston and Gemma Crane

Research update

UCARE founding trustee Dr Andrew Protheroe brings us up to date with latest developments in research supported by the charity...

In the introduction to this newsletter, Jim mentioned the changes in our board of trustees. We recently welcomed two new trustees, Richard Bryant, Consultant Urologist and William Gietzmann, Consultant Urological Surgeon, both are based in Oxford. Along with existing trustees Tom Leslie, Consultant Urological Surgeon, and Alastair Lamb, Senior Fellow in Robotic Surgery and Honorary Consultant Urologist, they share an interest in research and all are involved in many urological cancer trials in Oxford.

Over the last few years, our focus has been pump-priming grants (stimulating research by the investment of smaller grants) to provide an opportunity for researchers, academics and clinicians to develop their research, addressing specific questions relating to urological cancers. UCARE's aim is to fund projects that are in the early stages of development, facilitating the collection of pilot data which could ideally form the basis for high quality competitive applications for further support from other funding bodies.

In Oxford we have world-class researchers, doctors and nurses but we often don't have enough funds to support our vital research. We want patients to receive the best possible care and treatment. We know that UCARE will help us to achieve this goal.

We are also now fundraising to support a Research Nurse role at the Churchill Hospital. Research nurses play a vital role in delivering research, and ultimately improving patient care. Research is the only evidence-based method of deciding whether a new approach to treatment or care is better than the current standard, and is essential to diagnose, treat, prevent and cure disease. Research nurses help to develop new drugs, treatments, care pathways or regimens for patients.

Current projects the potential post could support include the following trials:

- ✔ ProMOTE a study aiming to test whether a 'marker' called IR800 IAB2M, which is injected as a drug, makes it easier for surgeons to see prostate cancer cells during surgery.
- PART a randomised controlled trial of Partial prostate Ablation versus Radical Treatment (PART) in intermediate risk, unilateral clinically localised prostate cancer.
- **▼ WINGMEN** an open label, 'window of opportunity' study investigating whether xentuzumab inhibits IGF signalling and proliferation in patients with localised prostate cancer scheduled for radical prostatectomy.
- **★ ATLANTA** local cytoreductive treatments for men with newly-diagnosed metastatic prostate cancer in addition to standard care treatment.
- **If Biobanking** for Renal cancer patients.

If you would like to support this new role, just click on the 'Donate' button on our website or contribute directly via BACS (our details are on the tear-off donation slip overleaf).

A new easy way to donate to UCARE*

To donate **£10** text: **ZWWI01** to **70191**





* Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org



Golf Day 2022 Register interest



Thursday 22 September 2022 at Studley Wood Golf Club

It's back! Our popular annual Golf Day... save the date and send us this form to register your interest. We will send you an application form and further details about the event in due course.

Entry Fee – £80 Non-players – £45 (Join us for the afternoon and meal)

Title:	_
Name:	
	_ Postcode:
Phone (optional): _	
Email:	



Please send this form to: UCARE, PO Box 677, Abingdon, OX14 9LZ

I would like to support the fight against 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).
- Please tick if you would like an acknowledgement for your donation.

Please tell us how you would like to be contacted:

Yes, please

by post

by email

Email:

No, I do not want to be contacted by post or by email



www.ucare-oxford.org.uk

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

Please return this form to: UCARE, PO Box 677, Abingdon, OX14 9LZ

The importance of collaboration

UCARE are collaborating more and more with other support services and service providers across the Thames Valley. We believe that we are stronger together and are delighted that so many others are seeing the benefit of this too.

We were pleased to be able to provide hygiene packs due to the support that we received from Arnold Clark and also from The Hygiene Bank, who continue to support us. Thank you for helping us to make a difference.

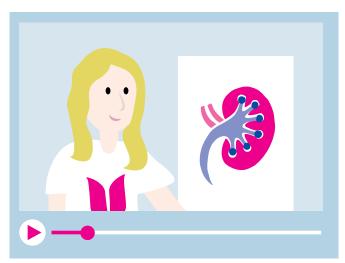
If you know of any services or groups that would like Health and Wellbeing or Cancer Awareness sessions then please get in touch. We would love to hear from you. Be part of the tribe and help us raise awareness of cancer as early diagnosis really does save lives!

Having a diagnosis can be frightening...

We have created a series of free online videos to help you and your family to cope at what can be a very difficult time. Information is provided in bite-sized chunks for you to access online from the comfort of your own home and at your own pace. The videos are also useful for volunteers and carers working with cancer patients.

The expert advice has been put together by a cancer nurse specialist – someone who knows and understands what you are going through, and what would most help at this time. Go to 'Self Help Videos' on our website (www.ucare-oxford.org.uk) to find the following videos:

- **Cancer A-Z**
- Urology Cancers
 - Back To Basics
- Learning Disabilities and Cancer Screening
- The Hardest Role
 - The Carer
- **¥ Fatigue Management**
- **II** Taking Back Control





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 are registered with the Fundraising Regulator to confirm our commitment to good practice. If you have any concerns about fundraising, please go to www.fundraisingregulator.org.uk

PLEASE NOTE NEW ADDRESS:

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