

**Gemma Crane**  
Community  
Specialist Nurse



## 'Blood In The Pee'



*Dear friends*

Welcome to the  
twenty sixth issue  
of UCARE News.

The NHS Long Term  
Plan aims to support  
people to live longer,

healthier lives by helping them to make  
positive lifestyle choices and identifying  
and treating illness at an early stage.

More people are surviving cancer than ever  
before, but we know that we can save  
even more lives by encouraging awareness  
of symptoms, seeking help and therefore  
accessing treatment faster.

Over a third of cancers are preventable,  
and UCARE is fully invested in cancer  
prevention through our education and  
awareness charitable object. Since 2007,  
we have led a strong campaign focusing  
on prevention, awareness and early  
intervention. We have built a strong  
community base, but we know there is  
more that we can do to reach businesses,  
community groups, social clubs etc, and  
we are asking for your help in making  
introductions.

In this newsletter, you will see how we are  
working with NHS England to target at-risk  
groups and also how we support volunteer  
advocates to take important messages  
into the community on our behalf. UCARE  
depends on the committed support of  
our donors, volunteers and advisers.  
You too can make a real difference by  
getting involved with UCARE, and we  
are very grateful for all your support.

Best wishes



**Jim Mitchell**  
Chair, Board of Trustees

UCARE has been collaborating with NHS England to roll out its 'Blood In The Pee' campaign across the Thames Valley. The initiative ran between November to February, and we have been encouraging people with symptoms, including blood in their pee, to visit their GP for potentially lifesaving checks.

The 'Blood in The Pee' campaign raised awareness of symptoms that often get overlooked but need to be assessed by a GP so cancer can be ruled out, or detected at an early stage. The campaign targeted groups of people most at risk, including over 60s, as well as people from backgrounds who can be more reluctant to visit their GP.

Figures suggest that people at risk of some cancers may not be coming forward for checks when experiencing symptoms. Cancer health chiefs are encouraging the public to go to their GP if they have had blood in their pee even once. This can be a indication of bladder or kidney cancer. Bladder cancer is one of the most serious types of cancers and 10,500 people were diagnosed last year.

We know for a fact most people who get diagnosed with bladder and kidney cancer early go on to survive so it is imperative that people are aware of the symptoms and come forward as quickly as possible.

Thanks to national awareness campaigns and early diagnosis initiatives, one in every four GP referrals are now for suspected cancer – with the NHS seeing record numbers over the last year (over 5.3 million people were referred between June 2021 and May 2022, and over 670,000 people since March 2020 started treatment).



Some people do find it difficult to talk about embarrassing symptoms, but raising awareness and normalising these conversations will help people to raise any issues with their GP. Never worry about bothering your doctor – catching cancer early can make all the difference.

Running this campaign across Oxfordshire and Buckinghamshire has been a fantastic opportunity to collaborate with other charities and services. We have also worked closely with people from ethnic minorities and those with learning disabilities which has been an invaluable experience.

# A date for your diary

## UCARE Annual Golf Day

**Thursday 21 September 2023**

We hope that you will join us for our annual Golf Day at Studley Wood Golf Course. This is an enjoyable, informal and relaxed day in a magnificent parkland setting with 44 acres of ancient woodland at its heart, yet only five miles from the centre of Oxford.



Many thanks to **Heart of Bucks Community Foundation** for their recent funding which will enable us to run more 'Let's Talk About Cancer' events. They raise awareness through informal educational sessions, stands and workshops in the community. Please get in touch if you would like to know more, and would like someone to come and talk to your business or group or host a stand relating to cancer health and wellbeing.



## The second best thing to give to charity is feedback

**You can vastly improve our effectiveness by giving us feedback** – you understand the reality of a cancer diagnosis better than we ever could. Help us shape the resources you would like to see on our website or in the community. Creating a good experience for you, finding out what information you'd like to see, and how we can do better will enable us to make improvements. Your views and comments will be completely private, so please get in touch.

# Latest fundraising

## Help us to fund a Research Nurse

To support the Urology Research trials at the Churchill Hospital in Oxford, we are fundraising for a Research Nurse. This role will be vital in delivering clinical research, and ultimately improving patient care and treatment pathways. Research nurses provide a huge amount of additional support to patients and their families at a very difficult time, helping them to understand their treatment options.

### Research is essential

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.

We are aiming to raise £60,000 over two years to create the post of a Research Nurse. You can get involved by supporting this project and organising your own fundraising and linking it to this page.

[ucare-cancer.enthuse.com/cf/fundraising-for-a-research-nurse](https://ucare-cancer.enthuse.com/cf/fundraising-for-a-research-nurse)



Click on the link on the top bar for create a team or fundraise, or simply leave a donation. All the links are easy to find on our website too.

## Huntercombe Charity of the Year



We were so grateful to learn we had been chosen for Captains' Charity of the Year, especially knowing that any funds raised would be ring-fenced for the Research Nurse post at the Churchill Hospital in Oxford. Peter Garforth-Bles, 2023 Captain of Huntercombe Golf Club, explains more:

*"Rebecca Clarke (2023 Lady Captain) and I have chosen UCARE because we believe it a really worthwhile cause and will appeal to Members of the Club. Both of us have had family members who have been affected by urological cancers and have received excellent care. We know how common these cancers are. We like the fact that UCARE is a small charity and local to the area. We are working hard with Val to make the day a great success to raise funds towards a new role of Research Nurse."*

# Become volunteer advocate!

The future of cancer diagnosis is all about prevention, awareness and early intervention. UCARE are hoping to build a team of volunteer advocates to support us in our aim of raising awareness of urological cancers in the Thames Valley region.

## Do you think you could help?



Michael Jung / Shutterstock

### Delivering presentations

We are looking for people who would be willing to deliver awareness presentations to schools, clubs, societies, business and other groups who would be interested in learning more. Full training and information, such as slides and handouts, will be provided by UCARE so you have the confidence to communicate our charitable object of raising awareness. You would be supported and accompanied to these talks until you gain the confidence to deliver one alone.



Ivan Smuk / Shutterstock

### Running a walking group

We are also keen to hear from anyone who would like to lead small group walks for people who have previously been diagnosed and treated for cancer, who will be referred by their GP. The aim of the groups are to offer light exercise through friendly walks. You will be invited to join online courses run by the Ramblers Association in association with UCARE for full training on all aspects of running a walking group.



### Fundraising

Fundraising for UCARE is one of the most effective ways of helping us with our work as a charity, especially in these difficult times. This could involve helping us with setting up UCARE events and/or organising an event of your own in your community. This will not only raise essential funds for us, but also helps to increase the public profile of UCARE and awareness of urological cancers. This can save lives by encouraging someone to get checked where early diagnosis is key.

Giving us a shout on social media is also very important. You can help in liking and sharing UCARE news and posts more than you realise.



If you are interested in any of these volunteering opportunities, please get in touch with us on 01865 767777 or at [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk)

## An 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](http://www.easydonate.org)



## Golf Day 2023 Register interest



**Thursday 21 September 2023  
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: \_\_\_\_\_  
Address: \_\_\_\_\_  
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Postcode: \_\_\_\_\_  
Phone (optional): \_\_\_\_\_  
Email: \_\_\_\_\_  
\_\_\_\_\_



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



Please donate today

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

*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).

SPR23

☐ 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

**ucare**  
Finding new ways to fight cancer

*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,  
PO Box 677, Abingdon, OX14 9LZ

# What a difference...

UCARE was established over 15 years ago and since then we have had six different prime ministers, two economic crises, several different wars across the world, and not to mention Brexit. Cancer medicine has also changed significantly in this time. The options for treatment, the understanding of the biology of the disease and improvement in outcomes have all progressed.

In urological cancer treatment, the last 15 years have seen multiple developments. These include surgical techniques – robotic assisted surgery is now part of standard care, especially for surgical removal of the prostate and kidneys. This has improved patient recovery and outcomes. Surgeons now also treat more patients with co-morbidities or at later stages of disease. The ability to accurately stage prostate cancer with the use of targeted diagnostic radioisotopes (PSMA PET scan) has been a significant breakthrough, this is now used routinely. Studies are now investigating when, or even whether, to remove the prostate or kidneys in the face of metastatic disease.

Genetic sequencing of tumour DNA is beginning to help us understand the genetics of cancers. This can provide valuable prognostic information, as well as directing some therapies. Artificial Intelligence (AI) is only just at the start of its integration into mainstream medicine. The ability of AI to assist pathologists in diagnosis, information on the outcomes of the cancer, response to therapies and direct treatment are all future possibilities.

The ultimate goal is for new treatments and better outcomes for patients. For patients with prostate or kidney



cancer, three or four different lines of treatment are now available. The biggest development is in the use of immunotherapy drugs designed to make immune systems view the cancer as foreign and deal with it. These treatments are now standard care for patients with kidney and bladder cancer, and can be used in addition to surgery.

Twenty years ago treatment response rates were 10-15%; 15 years ago around 30%; and today they are as high as 70%. What a difference 15 years makes. **None of this would be possible without research.** Short-term, it can be hard to quantify the value of UCARE's work, but when we look back to starting out in 2007, we are proud that significant progress has been made. Without research there is no progress.

We must thank science, research, trials and patients for all contributing to progress in UCARE's goal to fight cancer.

The continued need for our work is clear. We are grateful for any support you can offer to help us to fund a research nurse for clinical trials offered to patients at the Churchill hospital (see details inside newsletter).

**ucare**  
Finding new ways to fight cancer

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.

UCARE (Oxford) is a registered charity number 1120887.  
This newsletter was designed by [www.good-thinking.info](http://www.good-thinking.info).

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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](http://www.fundraisingregulator.org.uk)

### PLEASE NOTE NEW ADDRESS:

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