

Annual Report



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Our aims and objectives



UCARE aims to promote good health and relieve sickness in relation to the disease of urological cancer and related conditions by:

-  Supporting basic, translational and clinical research into causes, prevention and treatment.
-  Developing and evaluating new technologies for diagnosis and treatment.
-  Providing equipment and facilities for research and treatment.
-  Assisting in the provision of education and awareness raising for medical staff and the general public.

UCARE Trustees

James Mitchell – Chair	Ken Heathcote
Jay Newport – Treasurer	Gillian Dean
David Cranston	Seetal Patel
Anthony Henman	Valentine Macaulay
Lynda Preston	Tom Leslie
Andrew Protheroe	<i>There are no co-opted trustees</i>

Urological cancers account for one in five of all cancers, and one in three of all cancers in men.

Around 70,000 of all newly diagnosed cancers each year will be urological:

AFFECTING MEN ONLY

Prostate cancer
46,690

Testicular cancer
2,418

Penile cancer
632

AFFECTING MEN & WOMEN

Kidney cancer
12,523

Bladder cancer
10,063



Research

UCARE's aim is to fund the best quality research by bringing together the knowledge and opinions of researchers, clinicians, and allied health professionals to support research and education in urological cancer. Research remains high on our agenda with the goal of personalised cancer care for patients. So, fundraising continues for projects which use innovative methods, and are of international and cutting-edge significance, representing major advances in urological cancer research. The following grants have been awarded over the past year:

Dr Tim Humphrey: Renal cell carcinomas

Renal cell cancer is a form of Kidney cancer, and is relatively common in the UK, with 12,000 cases diagnosed annually. While advances in treatment have been made, this disease still accounts for 4,000 deaths in the UK each year. We have recently made significant advances in understanding how renal cancers can be specifically targeted and eradicated, and this research is now entering clinical trials and a programme of extended screening. We hope to identify complementary ways to target kidney cancers, which could have considerable clinical benefit.

Dr Anne Kiltie: Muscle invasive bladder cancer

Bladder cancer is the fourth most common cancer in UK men, with 10,100 new UK cases of bladder cancer diagnosed annually. The form of the disease which has not penetrated into the bladder muscle is highly curable, but once the tumour grows into the muscle, only half the patients survive long-term. As a result, many high-risk patients have their bladder removed, but this is overtreatment in many patients and has a significant impact on their quality of life. There is therefore an urgent need to find non-surgical treatments to treat patients in this situation.

"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. UCARE will help us to achieve this goal."

Dr Andrew Protheroe

Dr Richard Bryant: Progression of prostate cancer

Prostate cancer is the most common cancer diagnosed in men in the UK, and the second leading cause of male cancer-related death. It poses particular challenges for patients and their clinicians: these challenges include the correct identification of patients who require active treatment, and the correct identification of patients whose cancer may not respond optimally to a particular therapy (eg. radiotherapy). We are researching the identification of key molecules or pathways that drive cancer progression to advanced disease, so that these molecules or pathways can perhaps be blocked with new drugs, hopefully leading to the development of new treatments.

The Nilay Patel Senior Renal Cancer Research Fellow

UCARE are raising funds for joint funding of The Nilay Patel Senior Renal Cancer Research Fellow (for a fixed term of one year). The Oxford Renal Cancer Unit is one of the UK's highest volume renal cancer centres and performs over 300 surgeries every year. This post will provide paid protected time for formal research in renal cancer. Primarily this will involve collaboration with Professor Robin Cleveland in the Institute of Biomedical Engineering (IBME) developing minimally invasive thermal treatments for small renal masses using High Intensity Focused Ultrasound.

Raising awareness

We are passionate about raising awareness of not just urological cancer but cancer in general. You frequently hear stories about people regretting that they did not know the symptoms of cancer or wishing they had been diagnosed earlier. Ultimately we aim to increase survival rates through earlier detection. We educate local communities and encourage them to become more aware of their bodies and what is 'normal' for them.

We hope that by talking about urological cancer openly and being accessible to the public that we will be able to diminish some of the taboos that prevent people from accessing their GP services. Urological cancer is often something difficult for people to talk about in part because of limited knowledge and in part because of embarrassment. Raising awareness and talking about symptoms hopefully will help to break down barriers and allow earlier detection and earlier reassurance. The earlier that cancer is detected the better the outcomes.

Early detection saves lives

UCARE aims to:

- U increase the understanding of urological cancer
- U connect with the public and work with smaller communities
- U raise awareness of the signs and symptoms of urological cancer
- U provide reassurance for people that have a urological cancer or have symptoms they may be concerned about
- U encourage people to enjoy living healthy lives and offer advice on how to do this



Raising community awareness

The trustees are pleased that UCARE continues to fund the post for a Community Awareness Nurse. Early diagnosis is key to successful treatment, so our part in educating the public on what to look out for in the signs and symptoms of urological cancers, help people make improved life style choices, and to give advice on seeking early intervention is very important. This post maximises our contribution to health improvement and delivery of information for the community. This remains a high priority for fundraising for future years and we hope in future to extend the role within the Thames Valley.

- U We have also connected with other stakeholders in cancer care, enabling us to further raise awareness:
- U We ran an update day for local GPs with over 60 Oxfordshire GPs in attendance. We have hosted awareness stands at several libraries in Oxfordshire with Q&A sessions for the public.
- U Our awareness nurse has met with a doctor/university researcher to advise on a nutritional leaflet being put together as part of his PhD, which he hopes to roll out to NHS patients.
- U Meetings have been held with Oxford Maggie's Centre who are interested in UCARE's volunteer course.
- U OPCS (Oxford Prostate Cancer Support Group) have been offered a prostate-specific training course to help new 'buddies' get the correct information about prostate cancer, and we've also worked with other urology cancer support groups.
- U The UCARE team are also advising a personal trainer who is creating fitness classes targeted at cancer patients.
- U We have taken the lead in an advisory role on the service development of the hospital testicular cancer service.
- U We worked with Macmillan cancer support team on their mobile information support service in Oxfordshire.



Information and training

In November 2017 we held **Patient Survivorship Day**, which was an event for cancer patients who have attended the Oxfordshire Hospitals. In total 76 urological patients/carers were in attendance, with 10 speakers talking about various aspects of wellbeing after cancer diagnosis. The day comprised of two hours of interactive talks from those professionals involved in the support of patients during their cancer journey and those that can help them once treatment is completed. Feedback forms suggested that this was a hugely successful day for patients with a request to host this event again. We are planning a further event in Spring 2019.

In March 2018 the team started running a **volunteer programme** for 40 volunteers at a local cancer support group – The Hummingbird Centre in Bicester. This training provides the volunteers with more valuable and updated information about the care of the cancer patients they are supporting. This will be an ongoing training programme throughout the year and will also be rolled out to other centres.

Fundraising

UCARE depends on the committed support of our donors, volunteers and advisers.

Our supporters make a real difference by getting involved and raising funds and awareness for the charity. Fundraising activities include numerous sponsored events including marathons and other challenges; our annual Golf Day; being nominated as charity of the year for many organisations; collections; and generous donations made by our supporters. More details can be found on our website: www.ucare-oxford.org.uk.

Raising awareness and raising funding with many organised events – the initiative being that all donations are buying hope, buying time and buying better futures for all those touched by urological cancer.

In this our 10th year, we have used our tulip marketing in various ways to raise awareness for the charity. Working with Towns in Bloom in Autumn 2017 we had mass planting and then flowering of the UCARE tulips across Oxfordshire in Spring 2018. We have also continued to attend the RHS Malvern Spring & Autumn Shows, which has enabled us to meet potential Ambassadors for UCARE, and also to form partnerships with new business supporters.

The Trustees wish to acknowledge formally the tremendous efforts of staff, our Patrons and volunteers in achieving so much during this year. Our grateful thanks to all Trusts and Foundations who have made grants to UCARE throughout the year.



Looking forward

Our future plans include:

- U To focus on two calls per year for smaller grants up to £20,000 for pump priming research and where a quick turn round of applications can be achieved. One of UCARE's strengths is its ability to turn round grant applications quickly and award grants when funding is critically needed.
- U Funding of a UCARE Fellowship in Urology.
- U Fundraising for Robotic surgery treatment for prostate cancer (the purchase of a Mimic Robotic Surgery Simulator FlexVRTM). This is a new generation simulator, believed to be the gold standard in training for robotic surgeons, and will help attract the best trainee surgeons from around the world. This development has the potential to dramatically reduce the length of hospital stays and recovery time, and also improve the productivity of urology surgeons.
- U Building upon the success of our awareness raising programme, expanding our GP update event, and rolling out volunteer training to a wider audience.
- U Organising and running health and wellbeing events for businesses.
- U 10th Anniversary Gala dinner and auction in April 2018.
- U Building on our capacity to meet our objectives and targets.
- U Running Health and Wellbeing programmes specifically aimed at businesses, considering all aspects of health but with the main focus on cancer and mindfulness. Encouraging businesses to develop a strategy to positively influence employee wellbeing.

“The support from UCARE came at an absolutely critical time, and we are extremely grateful to the Trustees, and to everyone who has donated to UCARE.”

Dr Valentine Macaulay

“Being a surgeon is like being a pilot. Just as pilots must undertake a certain number of hours training, so surgeons need to notch up sufficient hours of training to be able to safely operate on patients independently. Most pilots spend their first block of hours training in simulated flying. Similarly, with robotic surgery, we have the opportunity to train aspiring surgeons on a simulator before they transfer their skills to real patients.”

Mr Alistair Lamb



Structure, governance and management

UCARE (Oxford) was registered with the Charity Commission on 18th September 2007, and is Registered Charity Number 1120887.

Structure and management

The Charity is governed by the Trustees who meet five times a year to decide on the fundraising strategy and the allocation of funds to medical projects in line with the objects of the Charity, but collectively and individually also available on an ad hoc basis for advice and decision taking.

Staff

The Charity employs a Senior Executive and a Charity Officer who are managed by the Trustees. The Trustees are grateful for the outstanding work that they do.

Community and Awareness Nurse is funded by fundraising and Trust and Foundation Applications.

The charity has undertaken several reviews and update of policy and in particular in preparing for GDPR legislation May 2018. We have recently upgraded our accounting system from an Excel spread sheet to SAGE accounting software which allows greater reporting accountability and flexibility.

The Charity is advised of appropriate medical projects by a **Scientific Advisory Committee** consisting of:

Professor Andy Protheroe *Representing Trustees – uro-oncology*

Assoc. Professor Val Macaulay *Representing uro-oncology basic science interest*

Mr Mark Sullivan *Representing renal/laparoscopic interests*

Mr Jeremy Crew *Representing pelvic cancer interests*

Professor David Cranston *Representing Trustees – Academic Urology interests*

Dr Tim Humphrey *Representing Radiation Oncology*

Professor Ian Mills *Representing biological drivers for prostate cancer*

Trustees' responsibilities

Laws applicable to Charities in England and Wales require the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the surplus or deficit of the Charity for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed subject to any material departures disclosed and explained in the financial statements, and;
- prepare the financial statements on a going concern basis unless it is inappropriate to presume that the Society will continue.

The Trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity. They are also responsible for safeguarding the assets of the Charity and hence of taking reasonable steps for the prevention and detection of fraud and other irregularities.

Collectively the trustees ensure they have the correct skill mix to be responsible and accountable for ensuring the Charity complies with its obligations and managing any major risks facing the charity.

The Trustees

James Mitchell – *Chair*

Lynda Preston

Ken Heathcote

Jay Newport – *Treasurer*

Gillian Dean

Andrew Protheroe

David Cranston

Seetal Patel

Tom Leslie

Anthony Henman

Valentine Macaulay

Other than as stated, the Trustees set out above have held office for the period from 1st April 2017 to the date of this report.

Trustee appointment, induction and training

New Trustees are recruited through a range of networks and are invited to a board meeting to understand the role of Trusteeship as well as to get a general knowledge of the role and the charity's activities. Appointments are made by the Board of Trustees giving proper regard to the range of skills and experience needed to govern the charity. On appointment, Trustees are invited to meet with the Senior Executive for a process of discussion and induction, provided with copies of the Trust Deed, annual reports and other relevant material. On-going advice is thereafter provided by the Senior Executive and Trustees as appropriate.

Investment powers

Trustees have the power to deposit or invest funds in any manner (but to invest only after obtaining such advice from a financial expert as the Trustees consider necessary and having regard to the suitability of investments and the need for diversification).

Organisational structure

The Board of Trustees is responsible for setting the strategic objectives of UCARE and for directing the staff. The Senior Executive supports and advises the Trustees on its activities. The Senior Executive is fully accountable for achieving, subject to the limitations set by the Trustees, for achieving objectives set by the Trustees. The Senior Executive is supported by a part-time Charity Officer.

Volunteers, Ambassadors, Patient Advocates and Patrons

From time to time UCARE is able to call on the help of volunteers for running events etc., and UCARE acknowledges the extremely valuable contribution made by them and thank them for their commitment. We also value the huge contribution made by our Patrons, Ambassadors and Patient Advocates who network on our behalf. We also acknowledge the support of health and business professionals who provide pro bono advice across a range of activities.

Jane Henman, Marketing and Fundraising Director

The Board of Trustees, would particularly like to thank Jane Henman who has over the last few years worked tirelessly to support UCARE on a voluntary basis as Marketing and Fundraising Director. Jane had her own tennis wear design business for 25 years before becoming the consultant designer for the Wimbledon range of clothing. She now divides her time between her grandchildren, tennis, golf, gardening, voluntary fundraising for the UCARE charity and raising the awareness of the UCARE tulip.

Risk assessment and review

The Trustees must establish any foreseeable risk faced by UCARE and where appropriate take measures to mitigate these risks. The most significant risk identified to UCARE is the ability to fundraise significantly to meet key objectives in funding research and raising awareness and their obligations to running the charity. The Trustees are satisfied that systems are in place to monitor and mitigate these risks. Adequate unrestricted reserves are maintained for three months in which to dissolve the charity if necessary.

The Charity has taken out Employers Liability Insurance, Public Liability Insurance and Trustees Indemnity Insurance. Risk assessments are undertaken and at hand for fundraising activities and information to fundraisers 'to keep it safe' and our fundraising code of conduct is available in our fundraising information.

Commitments to project funding are only ever on the basis that income has been or can adequately be secured by UCARE.

The reserves policy enables the Charity to wind up without consequential loss if necessary.

Appropriate accounting and financial controls are in place.

**UCARE can be found on the Charity Commission website:
www.charitycommission.gov.uk**

Approved by the trustees on 19 September 2018 and signed on their behalf by:



Jim Mitchell (*Chairman*) and Jay Newport (*Treasurer*)



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.

www.ucare-oxford.org.uk

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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

