



Dear friends

Welcome to the eleventh issue of *UCARE News*.

Our Spring newsletter is late this year... but then by coincidence, so is Spring. Coincidentally too, my

message is about an archetypal spring flower and a new project for UCARE.

Read our account of the BADA Gala Dinner and you'll see that we now have a real tulip bulb, named by a UCARE supporter, and soon to be available to all of you.

Always an emblem on our logo and badges, our hope is that this year, promotion of the bulb will heighten our profile both nationally and locally and will lead to the tulip becoming synonymous with the charity.

Your help will be invaluable as we devise strategies for bringing this tulip into the public arena. If you have any idea how this might be done, please contact us. Do you belong to a gardening club? Could you organise a Gardeners' Question Time evening with tulips as the motif? Might you give tulip bulbs, potted beautifully or simply packaged as gifts to friends and family?

Ideas are already coming in, so please add yours to them so that this year we maximise the impact of the UCARE tulip. Might it have a presence in events with which you are involved?

Remember, in the 1600s, the tulip was sufficiently powerful to become an alternative currency. It had the power which people gave it. This year our tulip will have the power which UCARE and its supporters give to it.

Thank you

Julian Briant
Chair, Board of Trustees

BADA Gala Dinner & Auction



It's a strange path that leads from a diagnosis of urological cancer, through Sloane Square to the British Antique Dealers'

Association (BADA) Fair. But when the signpost on the path is UCARE, patient advocates, their families and friends find themselves in the most extraordinary places with the most extraordinary people. You might be singing carols at Broughton Castle, Dragon Boating on the Thames or at private viewing of the best that BADA has to offer, while sipping, appropriately, pink champagne.

Thanks to Stephen Jarrett – whose generosity established the link with BADA, the venue was ours for a night. Guests enjoyed two hours of viewing the best that BADA has to offer – from 16th century furniture, jewellery, clocks, paintings, all of which attract collectors from around the world. Mike Read, broadcaster and friend of UCARE, welcomed us to dinner where we met old friends, made new ones and enjoyed looking across the room at familiar faces from the world of media, art, design, sport, television and radio.

Before the auction, Jonathan Acott, a patient advocate for UCARE, reminded us of why we were there. In the only formal speech of the evening, he spoke powerfully of personal challenges, dedicated clinicians and the importance of research in finding effective new treatments for urological cancers. Without sentimentality, he spoke of moving forward from diagnosis and treatment to a determination that his experience would be used for positive effect on the lives of others. What he said resonated not only with those patient advocates and clinicians who attended, but everyone in the room.

And so to the auction...

Generous donors gave guests opportunities to bid on unique lots, amongst which were tennis for four with and donated by Tim Henman, a breakfast tour of the National Stud, a painting donated by artist Sarah Butterfield, and Men's Finals tickets for Wimbledon. Thanks to the efforts of Jane Henman, the vision of a grower, and the kindness of Lord Taylor of Taylors Bulbs, UCARE offered the most unusual lot of the evening. Pamela Lewis bought the opportunity to name a new, tall stemmed, pink tulip and to introduce the symbol which will appear on all promotional and marketing materials.

On this optimistic note, we ended a perfect evening, with everyone committed to building awareness of the UCARE pink tulip. .

Running in Angkor Wat



In December last year, Sophie Hughes ran a half-marathon in Cambodia to raise funds for UCARE in memory of her father. Read how she got on...

In 2009 my father William Arber lost his brave battle with kidney cancer. This aggressive disease robbed my family of a husband, father and grandfather, something that we will never get over. Dad was deprived of the retirement he was yet to enjoy.

Having been diagnosed in 2006, Dad formed close connections with UCARE and through the charity he made great friends, received support and amazing care. We will always be grateful to UCARE and it was with this in mind (and also to prove my mother wrong for saying I was too old to take up running) I committed to running on behalf of the charity in the Angkor Wat half-marathon in Cambodia last December.

As this was a first for me, I decided that I needed some moral support, so persuaded two very good friends to join me, and together we embarked on training. We are lucky enough to live in Hong Kong, and the weather is at its best between September and December, which made for perfect training conditions. The runs we did together were enjoyable to start with. However, as the event grew closer and our running distances increased, I began to realise just how far 13 miles is. Saturday morning runs at 6.30am were something I would dread.



We flew to Siem Reap, Cambodia on 1st December, feeling excited and nervous. Shortly after arriving at our hotel, we hired a tuk tuk to take us to registration, where we collected our numbers and a map of the course. That night we nervously ate large plates of pasta and went to bed early.

The next morning we got up at 4.30am, having barely slept, relieved that we could finally get on with the run. The hotel provided us with a packed breakfast and we once again hired a tuk tuk to take us to Angkor Wat. As we arrived, despite the dark, we could clearly make out the main temple in the distance – it was breathtaking. A short time later, we found ourselves (dressed in UCARE t-shirts) at the start line. By this time the sun was very definitely up and it was already starting to feel quite warm.

At 6.30am the gun went off and we started running. A huge grin spread across my face – this was like nothing I had ever experienced before, thousands of runners in the most spectacular of places. The atmosphere was incredible.

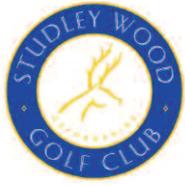
We were amazed to see hundreds of local villagers out in force to support all of the runners. Young children stretched their arms out to be touched as we ran past. The race was well organised and water was handed out at regular intervals. The scenery was utterly incredible and we found ourselves running past temples and over ancient bridges.

After 18km my smile had disappeared; I was hot, tired and wondered if I was going to be able to finish. We were running in full sun, the temperature was over 33 degrees and everything hurt. One thought of Dad however, and I knew this was something I could and would do.

Exactly 2 hours and 17 seconds later and having run the entire way, we proudly crossed the finish line. My friends and I were side by side, exhausted, relieved and utterly elated. We had done it.

A few hours later, with sore and aching muscles, we returned to the National Park to visit the temples. An amazing guide took us all over Angkor Wat and explained the history of this incredible place. We watched the sun set whilst sitting on top of Ta Prohm temple – this was a day to remember. I feel incredibly lucky and proud to have taken part in this event. Raising money for UCARE made it all the more special and I remain immensely grateful to all those who very kindly sponsored me.

UCARE Golf Day



We hope you will join us on Friday 6th September 2013 for this great day. It includes breakfast, a delicious meal, wine, auction and prize giving and of course a fantastic day of golf.

Many of you will know Studley Wood, but for those who have never played the course, it is a hidden gem in the midst of Oxfordshire's finest countryside and only 15 minutes drive from central Oxford. The club will be serving breakfast from 8am onwards and we usually aim for a start around 9.45am – the cost per person is £125

We really hope that you will be able to bring a team and join us for a great day. We usually have a number of sporting and media celebrities who join us. If you would like to play as an individual and cannot bring a team we will arrange for you to join a 4 ball. Or perhaps you and a guest would just like to come for the after-play meal? Call 01865 767777 for more information, or you can download booking forms online at www.ucare-cancer.org.uk/news/golf-day.

Fundraising news and updates

- Thank you to the Captains for the Quiz Night at Studley Wood Golf Club on 6th April 2013 – one of the Club Captain's Charity of the Year events. The next one is Captain's Day on 15th June.
- Our very grateful thanks to **staff and customers at Waitrose in Witney** for raising £519 during March as part of their Community Matters Campaign. *Could you nominate us to your local Waitrose?*
- Zoe Bunce took part in the Marlow5 run on 12th May 2013:** *"Anyone who has seen me do sport knows I hate running with a passion! But inspired by my Dad and wanting to do something to remember my Nanna, I decided to do the Marlow5 run for UCARE"*
- Our thanks to Lloyds TSB Commercial** who have organised a raffle in aid of UCARE during an evening with eleven-time Paralympic gold medallist, David Roberts CBE in Bicester in July.
- Look out for the **Dragon Boat Race at Coate Water Country Park, Swindon** on Sunday 30th June 2013.

This is a small selection and we thank you all. To view more information on any of the above or to see the whole of the fundraising calendar, please visit <http://www.ucare-cancer.org.uk/news/events.html> or call the office on 01865 767777

UCARE tulip



You will have read in the BADA article on the front page about an exciting and unique opportunity we had to name a beautiful pink, tall stemmed tulip to be forever part of UCARE's history. The tulip, synonymous with the UCARE logo, will be used for publicity and promotional purposes and be part of UCARE's marketing and branding. Tulip bulbs will be on sale from September, and we do hope you will contact us to buy some bulbs.



“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

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).

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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

Big quiz win!



Dr Andy Protheroe and Val Berry recently accepted a cheque for £5,635 raised from a staff and service partners' quiz night held last year on 29th November at Olympia. This annual event held by EC&O Venues has 200 participants and each year they nominate a charity to benefit from funds raised at a raffle and from sponsorship of the event. We felt particularly lucky to have been chosen,

and it was a really fun evening of making new friends in a great atmosphere. These quizzers take their quizzing very seriously, but the UCARE team held their own and didn't let the side down too much! Advocates Jean Simmonds and Steve Easton spoke during the evening of their experiences, and of the hopes that UCARE have of making a real difference to people with urological cancers. Seen here presenting the cheque from EC&O Venues are Siân Richards, Kimberley Miles and Rebecca May

The Big Give Raffle

UCARE is proud to be taking part in the very first Big Give Charities Raffle and we hope you will be keen to support us – and be in with a chance of winning fantastic prizes!



Every charity registered on the Big Give can sell tickets to their supporters – and the charity selling the most tickets will win £500! By entering the raffle, you can help us get closer to this goal and also be in with a chance of winning one of the following great prizes:

- 1st prize - £2,000 cash, or a luxury holiday for two
- 2nd prize - £1,000 cash
- 3rd prize - £500 cash
- 10 x runners' up prizes of £50

Tickets cost just £1 (min. 10 tickets) and we shall receive 96p for each ticket bought, with the other 4p going towards the administration costs. A fantastic way to support us and to win great prizes! The Draw will be on Friday 9th August 2013. To buy your tickets on behalf of UCARE go to <https://secure.thebiggive.org.uk/donation/raffle/6131/9842> and select 'Buy Raffle Tickets'.

Thank you for your support... and good luck!

YOUR COMPANY NAME HERE...

Sponsorship of newsletters and leaflets greatly reduces our administration costs. Could you help by sponsoring our next newsletter? **Please contact Val Berry at ucare@ucare-oxford.org.uk or by phone 01865 767777**

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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UCARE (Oxford) is a registered charity number 1120887.

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