

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.

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, c/o Freeth LLP, 5000 Oxford Business Park South, Oxford, OX4 2BH

Oxford Robotic Surgery Simulator



Theatre nurses and trainee doctors at a simulator orientation event led by Altan Omer (far right).

Aaron Leiblich, Clinical Lecturer, teaching medical students how to use the simulator.

Thanks to a golf fundraising event, a donation from OPCSG and a foundation grant, last year UCARE raised £51,500 to purchase a FlexVR robotic surgery simulator for the Churchill Hospital Cancer Centre.

The simulator arrived from Mimic Technologies Ltd in Seattle, USA on 12 October and was installed beside the robotic surgery suite. After initial set-up, the simulator was ready to use by 1 November, and since then 23 surgeons have registered to use it, and have undertaken over 21 hours of training.

We are at a critical point in the use of robotics in the UK, and in Oxford in particular. For the past 18 years, one company, Intuitive Surgical, has held the monopoly on robotic surgery. However, in 2019 three new robotic platforms will become available, and we anticipate that this will drive down costs and increase the availability of robotics. We hope that this will extend to sub-specialities of surgery that currently rely on conventional laparoscopy, such as gynaecology, colorectal, head and neck and transplant surgery.

With the introduction of more robotics, high quality training is essential, however experienced the surgeon. The 'see one, do one, teach one' maxim of surgical training

is becoming a thing of the past. Simulators allow trainee surgeons to acquire the dexterity skills to handle a robotic console and to master the main steps of a procedure before progressing onto a real patient. They also allow established surgeons to adapt their prior knowledge and skills to these new techniques.

We are very grateful to those individuals and companies who have donated so generously to help us to establish Oxford as a serious player in robotic surgery and training. Intuitive Surgical have just announced that they are moving their UK headquarters to Oxford, and we anticipate a significant uplift in the number of robotic surgery devices in Oxford in the next six months.

Thank you for helping us to continue to develop safe and excellent care for our patients.

Alistair Lamb
Cancer Research UK Clinician Scientist, Senior Fellow in Robotic Surgery & Honorary Consultant Urologist



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.goodthinkingcommunications.net

Copyright © UCARE, February 2019.

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.

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

UCARE, c/o Freeths LLP, 5000 Oxford Business Park South, Oxford, OX4 2BH
Tel: 01865 767777
Email: ucare@ucare-oxford.org.uk

www.ucare-oxford.org.uk



Small really can be beautiful



The £1.5 million we have raised since 2007 has improved the lives of people with urological cancers. This has only been possible through donations, holding events, receiving legacies and the support of businesses and foundations.

Research shows that donations to small charities can proportionally make a bigger difference than those given to a large charity. As a smaller charity we are able to keep our overheads low and prioritise exactly where donations and funding will achieve the greatest results. The impact of a modest donation may be hard to detect in a larger organisation, but it can have a significant impact on a smaller charity like ours, dramatically increasing our capacity. Smaller charities also have the ability to react spontaneously to changing circumstances and arising needs, making a difference more quickly.

Help us to celebrate and enhance the work that we do... UCARE is run by a team of just 1.2 people and a dedicated group of volunteers and trustees. Organising events can be time-consuming, but it does help us to develop closer relationships with our supporters, and this is where you can help. Could you organise an event for us, however small it may seem? Or, if you are a business, could you support us?

Here are some ideas of how you could make a difference:

- Ask your sports club to choose UCARE as their Charity of The Year
Hold a coffee morning or bake sale
Complete a sporting challenge to raise money
Nominate UCARE for your university RAG week
Nominate UCARE as a charity token beneficiary at your local supermarket
Organise a quiz, race night or wine tasting event

There are many ways you can raise money for UCARE. Contact us for support for your event or see www.ucare-oxford.org.uk/get-involved/fundraising/



Dear friends

Welcome to the twenty first issue of UCARE News.

The UCARE Trustees have recently been looking at what the charity has achieved since it was

founded by Professors David Cranston and Andrew Protheroe in September 2007. We are very proud to have raised nearly one and half million pounds in that time from donations, legacies and events. This money has been used to fund world-class research projects and essential equipment for both the researchers and clinicians. The appointment in 2015 of our Lead Community Nurse, Gemma Crane was a turning point for the charity, enabling us reach out to both the public and professionals with the vital message of awareness and education about urological cancers. All of this has been possible even though we are a small charity, or maybe it is because we are a small charity that we have been able to pinpoint where your donations are best spent for the greatest impact. One of the successes of last year was the purchase of a Robotic Surgery Simulator which enables Oxford to be a leading International centre for robotic training. This allows aspiring robotic surgeons to become familiar with the equipment and the key steps of each operation before commencing supervised modular training on patients. Further details of the equipment and its success are on the back page of this newsletter. We raised the £50,000 that was needed with the help of supporters organising a hugely successful golf day, a donation from a patient support group, and a grant from a Foundation. This shows how working together, huge steps can be made to ensure a better future for people with urological cancers.

Best wishes

[Signature]

Jim Mitchell
Chair, Board of Trustees

Dates for your diary

RHS Malvern Spring Festival

8-11 May 2019

We will be back at the Malvern Spring Festival in May to promote UCARE and sell our tulips, do call in and see us in the Great Pavilion.

Blenheim Palace Flower Show

21-23 June 2019

We have kindly been invited to enter the 'Plant a Border Competition' at Blenheim Palace Flower Show. This will be our first time at the show, and we look forward to seeing many of you there.

Henman UCARE Golf Day

Thursday 19 September 2019

This year will be our tenth Henman UCARE Golf Day. As usual the day will be held at the beautiful Studley Wood Golf Club and will include breakfast, golf, prizes, dinner and an auction. Do try and join us for this very friendly event. You do not need to have a team, we will find you one. Further details are on our website, or please telephone the office to book. Our very grateful thanks to Wincanton – Britain's largest logistics firm – for their sponsorship.



Survivorship Day

6 November 2019

We are organising a second Survivorship Day after the great feedback from the last one. The event will again be held at the Millennium Hall in Horton-cum-Studley. Do check the website or contact us for further details.



Tulip sales

We would like to thank the hundreds of people who purchased UCARE tulips, some of them for the fourth year in a row. We really appreciate your continued support. You can add photos of your tulips in the Spring to our interactive map on the tulip page of our website (or email them to us).

With thanks...

Charity Golf Event Huntercombe Golf Club

In July a golf event was organised by Pippa Lamb, mother of Mr Alastair Lamb, Senior Fellow in Robotic Surgery and Honorary Consultant Urologist.

A fantastic amount of money was raised for a robotic surgery simulator to train surgeons at Oxford's Churchill Cancer Centre, the £50k target was reached and the simulator is now in operation. More details are on the back page.



The Big Bash

We would like to thank Paul and Milly Duncan for organising the fifth Big Bash at Warborough in August. This event gets better and better every year, with seemingly the whole village supporting the day.



The New Forest Marathon

We would like to thank Harry Protheroe for completing the New Forest Marathon in support of UCARE in September.

GP Day

In October we held our third successful GP Day. These events enable the UCARE Awareness Team to update GPs with the latest developments in detection, treatment, research and best practice. We would like to thank the clinicians, researchers and specialist nurses for their time and support, without whom these events would not be possible.



Cotswold Wildlife Park and Gardens

In November we were invited to The Cotswold Wildlife Park and Gardens where UCARE Ambassador James Alexander-Sinclair helped to plant 1000 UCARE tulip bulbs with the help of UCARE founder and Trustee Professor David Cranston, UCARE CEO Valerie Berry and Keith and Betty Jamison. We look forward to returning in the Spring to see the display.



As always, our thanks to everyone raising funds for UCARE – we couldn't do it without you.

Gemma Crane: Lead Community Nurse



Over the last few years the Community Team role has been ever changing and we believe this year will be the most exciting year yet! The work we do is developing continuously. We have the opportunity to be creative and work with communities to provide awareness and prevention packages that are tailored to their needs.

Our aims

We aim to provide information and education about urological cancers. Early intervention and diagnosis is key to successful treatments, but awareness of signs and symptoms of these cancers is woefully low. We run awareness campaigns to close the gap in cancer survival rates between the UK and its European counterparts. We wish to raise awareness of cancer amongst the public and provide education and information about prevention.

What we do?

- We speak at local events
- We support local businesses across Oxfordshire
- We provide training packages and bespoke events for local communities including GPs, health professional, patients and the general public
- We work with health professionals and support the NHS

What's new for 2019

Hummingbird Volunteer Programme

We look forward to working with the Hummingbird Cancer Support and Therapy Centre in Launton again this year, providing bespoke training sessions for their 40 volunteers.

We will also be providing teaching at the Hummingbird's Business Event. We look forward to working with them at this exciting and interesting event.

Business events

We are reaching out to businesses over the next two years to help them with their duty of care to their employees. We're currently looking forward to working with the Amplified Group in the first of these collaborations.

Branching out in Bucks

The Community Team have been given a rare opportunity to present to the Bucks County Council Safety Team. We're excited to extend our reach into Buckinghamshire, raising public awareness about Health and Well Being and the prevention of disease.

Living Life to the Full Thrivorship Event

The buzzword of 'Survivorship' in talking about how you cope after a cancer diagnosis and treatment, has subsequently been replaced by 'Thrivorship' which encourages a person to Live Life to the Full and continue to thrive. It is a more positive mindset rather than just surviving! We held a similar event in 2017 that was widely attended and have been asked by the Uro-Oncology Team to host a further event in November 2019.

Thame 'Well' Fest

We hope to encourage communities to consider making small changes for a positive impact on their health by hosting events focusing on Health and Well Being. Prevention is key, and it's never too late to improve your health and reap the benefits.

GP Newsletter

Following on from the success of our GP events, we have been asked to provide a newsletter from the Uro-oncology department with updates, news and information. It will be aimed GPs with the intention of supporting their practice.

Testicular Health and Well Being Events

The Uro-Oncology Team now run a specific Health and Well Being programme for testicular patients who meet certain criteria. We are supporting these events that run four times a year. We know that the work we are doing has a positive impact on the communities around us, and if we can get just one person to be more health-aware then we are definitely fulfilling our aims.



TULIP ORDER FORM

*Plant tulips,
fund research and
buy hope, time
and better futures...*

15 bulbs @ £6.50 (+ £2.50 p&p)

30 bulbs @ £12 (+ £2.50 p&p)

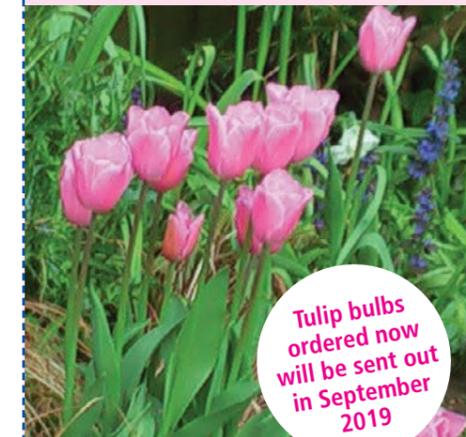
Please send me tulip bulbs

I enclose a cheque for £

Please make cheques payable to UCARE.

Title: _____
Name: _____
Address: _____

Postcode: _____
Phone (optional): _____
Email: _____



Tulip bulbs ordered now will be sent out in September 2019

Please send this form with your cheque payment to: UCARE, c/o Freeth LLP, 5000 Oxford Business Park South, Oxford, OX4 2BH