

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).

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

 Thank you

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

Tulip update

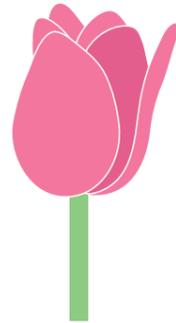


The special UCARE tulip 'Ucaresse' – a unique way to support urology cancer research and raising awareness of the work we do – is now directly available to order from Walkers Bulbs at www.bulbs.co.uk

We are very grateful to bulbs.co.uk for their support and for their very generous donation to us at the end of last season.

If you have any problems with ordering, please contact us directly at tulips.ucare@gmail.com or on 01865 767777 and we will do our best to help you.

We would love to see your tulip photos – you can upload photos to our interactive map on our website: ucare-oxford.org.uk/get-involved/tulips/tulips-map-and-gallery



Many thanks for your ongoing support



As a charity we have had to find new ways of fundraising, meeting our commitments, running our campaigns and encouraging people to come forward for cancer screening and care.

We are doing everything we can to keep going as we know the importance of raising awareness, supporting research, and being there for people with urological cancers, representing the patient voice.

Our huge thanks to everyone who has continued to support us through this difficult time – your contributions and ongoing commitment are invaluable.



The cost of this newsletter and postage is sponsored by the incredible generosity of **Solar Clear Ltd** who offer professional solar panel cleaning and maintenance. www.solarclearuk.co.uk



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

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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



Issue twenty four • Summer 2021



Gemma Crane
Community
Specialist Nurse

New ways of working

We have seen two waves of the pandemic, and each day we hear on the news about the how the NHS is coping and managing the impact of COVID. We have always valued the NHS, but its importance has been admirably demonstrated over the last year, with all NHS workers doing an incredible job and adapting to new circumstances.

Difficult times like this are a strain on everyone's mental health, but for people with cancer this is so important in terms of how they cope with their diagnosis, treatment and management. This has really come to the forefront with the pandemic due to social isolation, the restrictions on direct support from family, friends and communities, as well as a decrease in face-to-face interactions with healthcare staff. People have been much more isolated, lonelier and at risk of depression. Human beings need interactions with each other, we need face-to-face contact, and we are used to being out and about. But challenges also bring opportunities, and at UCARE we have adapted to these challenging times.

We know that sharing information is key to supporting individuals, and our work in the community has always been an important part of what UCARE offers. Finding new ways for people to access information, we have created new videos on our website to educate and support in a different way. We are developing a library of films focusing on advice about symptoms and awareness, and the health and wellbeing of people diagnosed with cancer. The series is ongoing and will include information

for different stages of the journey from diagnosis through to survivorship. We hope that these films will be pivotal to our work on health and wellbeing – providing education as well as a sense of connection to reduce feelings of isolation.

This work has required funding at a time when we have been unsure of our income stream. So we are very grateful for the support we have received over the past year which has enabled this to happen. We would like to thank those people who have managed to raise funds for us with virtual events and have sent us donations. Our thanks also to grant bodies, businesses and companies for their help towards this work. They have given permission to be acknowledged, and you can find them in the news section on our website.



Dear friends

Welcome to the twenty fourth issue of UCARE News.

2020 was an incredible year, the likes of which none

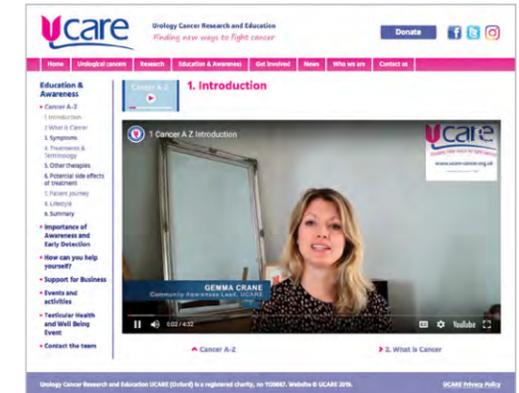
of us have ever experienced before. Just 18 months ago, none of us would have anticipated the changes that we faced, the knowledge that we have had to develop, the research that has had to happen, and the new language we have had to learn.

A huge amount of gratitude is due to the groups that have developed vaccines. As we all know, the Oxford vaccine group has been at the forefront – to have developed a vaccine, tested it and to have it licensed and distributed all within a year is an incredible achievement. We salute them all and thank them from the bottom of our hearts.

Over the past year we have all faced many challenges due to COVID. As a charity, we have had to cancel all our fundraising events, all our work in the community and to change our ways of working. Going forwards, our team will now continue to run UCARE from their home environment. We are still available to meet up anytime, and will be contactable by the same email and phone number, but please note our new address (on the back cover) if you are getting in touch by post.

Best wishes

Jim Mitchell
Chair, Board of Trustees



View our new films at: ucare-oxford.org.uk/education-awareness/cancer-a-z/

A date for your diary

UCARE Annual Golf Day

Thursday 16 September 2021

We waited for the ease in restrictions and we have dared to book our first event in 18 months – our annual charity Golf Day at Studley Wood Golf Club will be on September 16th 2021. We look forward to celebrating with you, seeing old friends and welcoming new ones.

Save the date, and you can register your interest using the form on the next page. Or find out more and download a registration form in the Events section of our website: 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!



With thanks...

Supportive care packages

UCARE has been delighted to support The Churchill Hospital with supportive care packages for people having cancer treatment. They include products to help alleviate the side effects of treatment and support people with ongoing treatment. They make a real difference to people with cancer.



These packages have been generously supported by the brand Bollox and the Hospital Saturday Fund.

If you or your business would like to talk to us about sponsoring these packages, or similar initiatives, please get in touch – we'd love to hear from you.

New ways of fundraising



Fundraising for UCARE is one of the most effective ways of helping us with our work, especially in these difficult times. We appreciate that many activities have to be halted or changed in some way... but there's still plenty you could do whilst also having a bit of fun.

We have information and ideas for fundraising in the Get Involved section of our website, and there are also resources available. For example, there are ideas for virtual running or walking, and links to raising money for us at the same time as doing your online shopping. If you are regularly chatting to friends and family on Zoom or in the garden, you could hold a coffee morning or tea party. Do get in touch with us if you have any innovative ideas of your own for raising money in these restricted times.



Support UCARE when you book your next holiday

We are really happy to be a new charity partner with Charitable Travel – a social enterprise created to help people book fantastic holidays at great prices, and to help raise money for charities.



When you book your holiday, whether that's a staycation or something further afield, you can donate 5% of your holiday price to UCARE at no extra cost to you! Once the donation

has been made, Charitable Travel discount the cost of your holiday by the same 5%, sacrificing the commission that travel agencies make. Charitable Travel sell worldwide ATOL-protected holidays from 200 suppliers, and are a member of the Travel Trust Association, so their customers are always financially protected.

Find out more at charitable.travel/ucare or call their team of agents on 020 3092 1288. When you are ready to book your holiday, we hope you will take a look...

Golf Day 2021 Register interest



Thursday 16 September 2021 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 – £75

Non-players – £45

(Join us for the afternoon and meal)

Title: _____
 Name: _____
 Address: _____

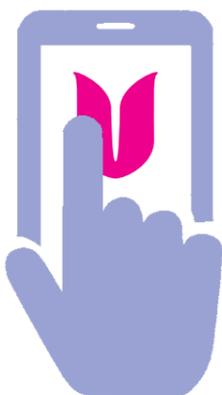
 Postcode: _____
 Phone (optional): _____
 Email: _____

The day is kindly sponsored by a family-run business in Oxfordshire. The Bollox underwear brand is dedicated to raising awareness of men's cancer and supports men's cancer charities.

mybollox.co.uk



Keep up to date



If you are not already following us on social media, it is a really great way to keep updated, see what's happening during specific awareness months, and get links to our videos. It's also a way you can support us and help to spread the word by sharing our posts

We really hope that you find our newsletter useful but costs are getting more and more prohibitive to send out paper copies. You could help us to save funds by signing up for our e-newsletter on our website. You can opt out at any time and our pledge to you is that we will not bombard you with unnecessary emails. However, it is a useful way to get information to you quickly about events, such as our golf day and news about the tulip sales.

