

Gemma Crane
Community
Specialist Nurse



Bring cancer awareness into the heart of the community

Cancer in young people is hard to diagnose: it is rare, and the signs are often mistaken for other more common illnesses. Raising awareness of the signs of cancer in young people is important – delays in diagnosis in young people may be one factor contributing to the lower reduction in their cancer mortality rates in recent years.

The UCARE Awareness Team work in partnership with existing local and national organisations to provide information and education about urological cancers to both the public and medical professionals.

We run awareness campaigns to work towards improving cancer survival rates in the UK – providing information about prevention and healthy living choices.

We are delighted to have been asked to work with Trax – an education centre in Oxford that provides education and support to vulnerable and under privileged young people from across the Thames Valley. Many young people come to Trax because of difficulties at home or school, and are struggling with low self-esteem, behavioural problems, mental health issues, and drug or alcohol misuse.

Our sessions were developed specifically for this young people – providing information in an interesting,

We were delighted with the feedback...

“Thank you so much for the talks. The boys took so much away from it.”

informative way; encouraging questions and providing honest answers. Our team is approachable and have adapted their communication style for this audience. The main aim was to be engaging, reduce stigma and taboos surrounding cancer, creating a safe environment where topics are accessible. We achieved our aims, and hope to continue to work with these groups of young people over the next few months to develop the relationship and trust that we are starting to build.

We are so grateful to have been given the opportunity to deliver high quality information to young people that are often ‘harder to reach’. These sessions provide them with solid messages that they will carry with them into the future.

Testicular Cancer – the facts

Testicular cancer is a relatively rare cancer, accounting for just 1% of all cancers that occur in men. It tends to affect younger men – it is the most common type of cancer to affect men between the ages of 15 and 49. It is such a curative cancer especially when picked up early.



Dear friends

Welcome to the twenty fifth issue of UCARE News.

There is no denying that navigating the pandemic has been

difficult, but we’ve responded positively to challenges we’ve faced. Small charities have an innovative spring, with the ability to make changes quickly. Our thanks to everyone who has supported us.

We are proud of the way we have adapted and have still been able to increase knowledge and support within communities. You can read about our most recent initiative, raising awareness of testicular cancer in young people.

In September 2021, we were able to hold our first fundraising event in two years – our Golf Day held at Studley Wood Golf Club. It was held largely outdoors to comply with restrictions and to keep everyone safe. It was a blissfully warm day and enjoyed by all.

Over the last couple of years, we have said goodbye to several founding trustees: Anthony Henman, Andrew Protheroe, Val Macaulay and David Cranston and Lyn Preston. We thank them all as they have made a huge contribution to UCARE over the years but are pleased they remain in contact. We are delighted to welcome two new trustees, William Gietzmann and Richard Bryant, who have a wealth of surgical experience in the management of urological cancer.

Best wishes



Jim Mitchell
Chair, Board of Trustees

Dates for your diary

UCARE Annual Golf Day

Thursday 22 September 2022

We hope you will join us for our annual charity golf day at Studley Wood Golf Club on 22 September 2022. We look forward to seeing old friends and new. You can go to our website to get a registration form or use the one on the tear off strip in this newsletter: 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!



Handel's Messiah

Saturday 10 December 2022

A very important date for your diary – a concert performed for UCARE at the Sheldonian Theatre in Oxford.

Look out for further details on all our social media sites and our website:

ucare-oxford.org.uk/get-involved/events/

Please get in touch by email if you are interested in sponsoring this event.



Playing the lottery

We've joined the **Oxford Lottery** – an exciting weekly lottery that raises money for good causes in Oxford City. Tickets for the lottery cost just £1 per week, with a top prize of £25,000! Play the lottery, support Oxford and UCARE – it's that simple. Find out more at: www.oxfordlottery.org



Free Will writing service

We've partnered with **Free Wills** to provide all our supporters with the opportunity to make their own fully comprehensive Will for free. You can make your personalised Will online in three simple steps, from the comfort of your own home and with live support from their Will specialists. Find out more at: www.freewills.co.uk



Tulip time!

Don't forget sales of our unique tulip bulbs support research and raising awareness – as well as looking beautiful... We always love to see photos of your UCARE tulips and especially on our social media sites. Available to order now: www.bulbs.co.uk/product/ucaresse-ucare-charity-tulip/

Ottlie's Grand Tour

Ottlie Quince is 11-times World Cycling Champion, Captain of Team GB Kidney Transplant team, Physiotherapist, Cycling Guide and Commentator, and runs a cycling business in Mallorca. She started out from Luton on 10 June, cycling 2,500 miles across seven countries in 21 days, raising money for UCARE and The Urology Foundation.

Why would you ever want to ride back to Mallorca after hospital tests and an appointment in England? Why not?! In 2007 Ottlie had a kidney transplant, but some years later found out she had cancer in her transplanted kidney and was told it was a difficult surgery to perform, but up stepped David Cranston: "David was able to operate and remove the 4cm tumour off my kidney without having to take too much of my kidney away – he truly is one of my heroes."

More recently, the cancer returned in her transplanted kidney and Ottlie underwent surgery in London in November 2020, which once again saved her kidney.

You can make a donation in recognition of Ottlie's epic journey at: www.ucare-oxford.org.uk



Ottlie Quince with David Cranston and Gemma Crane

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: _____

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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 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 Thank you
Finding new ways to fight cancer

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

The importance of collaboration

UCARE are collaborating more and more with other support services and service providers across the Thames Valley. We believe that we are stronger together and are delighted that so many others are seeing the benefit of this too.

We were pleased to be able to provide hygiene packs due to the support that we received from Arnold Clark and also from The Hygiene Bank, who continue to support us. Thank you for helping us to make a difference.

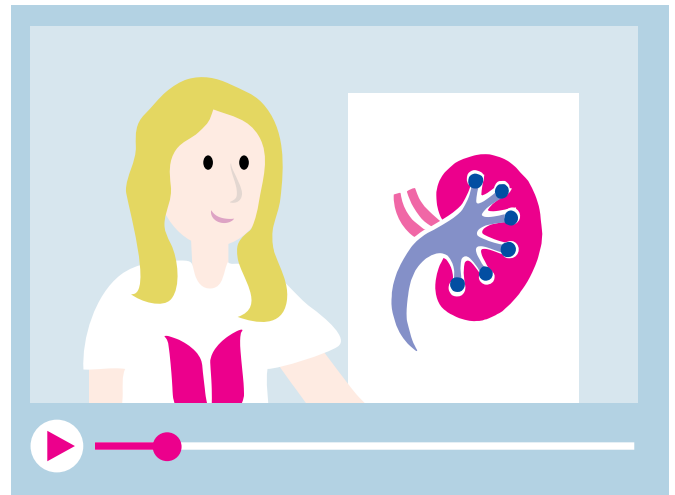
If you know of any services or groups that would like Health and Wellbeing or Cancer Awareness sessions then please get in touch. We would love to hear from you. Be part of the tribe and help us raise awareness of cancer as early diagnosis really does save lives!

Having a diagnosis can be frightening...

We have created a series of free online videos to help you and your family to cope at what can be a very difficult time. Information is provided in bite-sized chunks for you to access online from the comfort of your own home and at your own pace. The videos are also useful for volunteers and carers working with cancer patients.

The expert advice has been put together by a cancer nurse specialist – someone who knows and understands what you are going through, and what would most help at this time. Go to 'Self Help Videos' on our website (www.ucare-oxford.org.uk) to find the following videos:

-  Cancer A-Z
-  Urology Cancers – Back To Basics
-  Check your Balls and Stay Healthy
-  Learning Disabilities and Cancer Screening
-  The Hardest Role – The Carer
-  Fatigue Management
-  Taking Back Control



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.
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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

PLEASE NOTE NEW ADDRESS:
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Tel: 01865 767777
Email: ucare@ucare-oxford.org.uk

www.ucare-oxford.org.uk

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