



Dear friends

Welcome to the second issue of *UCARE News*.

We really appreciate your support and we hope you enjoy reading this update about our activities over the last few months.

We have had a busy few months here at UCARE. At the end of September we bade a sad farewell to Catherine House, UCARE's first Development Officer. As you may know, Catherine helped take UCARE from a fledgling idea to a successful cancer research charity. She played a major part in UCARE's development and will be greatly missed.



We are delighted to welcome Professor Freddie Hamdy to the Board of Trustees. Freddie is the new University of Oxford, Nuffield Professor of Surgery appointed in October 2008. He was formerly Professor and Head of Urology in the Academic Urology Unit at the University of Sheffield where he was the founding Chair of Urology and Director of the Division of Clinical Sciences at the University of Sheffield Medical School, as well as Consultant urological surgeon at the Royal Hallamshire Hospital in Sheffield. He spent five years as Consultant Senior Lecturer in Urology at the University of Newcastle. His main clinical interest is in the management of urological malignancies, particularly prostate and bladder cancer. His research activities encompass clinical, translational and basic science programmes on the biology of prostate and bladder cancer.

As always, you can keep up-to-date with all UCARE's latest fundraising and project news by visiting our website at www.ucare-oxford.org.uk.

On behalf of all UCARE volunteers, trustees and staff may I take this opportunity to thank you most sincerely for your support, and to wish you all the very best for 2009.

Best wishes

Ian Kirkham
Chair, Board of Trustees

UCARE-funded researcher joins the team



“ I am delighted to have joined Dr Macaulay's team, so that we can move forward with the development of a new treatment for patients with urological cancers. ”

Olga Perstenko, researcher

We are very pleased to announce that UCARE-funded researcher Olga Perstenko has started work at the internationally renowned Weatherall Institute of Molecular Medicine, which is based at the John Radcliffe Hospital in Oxford. Olga has joined the laboratory team working under Dr Macaulay, Senior Clinical Research Fellow and Honorary Consultant in Medical Oncology.

Olga started work in October at a crucial time for Dr Macaulay's team, which has previously identified a cellular protein that is vital to the survival of cancer cells in the prostate, bladder and kidney. In response to these and other research findings, several major pharmaceutical companies have created drugs to inhibit the protein's 'cancer creating' function. Dr Macaulay's team is running clinical trials to test the efficacy of these drugs. The research project is designed to discover a treatment for prostate, kidney and bladder cancers that have not responded to traditional surgery, chemotherapy and radiotherapy treatments.

Olga has a special message for UCARE donors:

"I am very grateful to UCARE supporters for their generous donations that have funded this position."

Oxford is leading centre for medical research



The National Institute for Health Research has identified Oxford as one of the UK's leading centres for medical research.

You can support

Oxford's vital cancer research by making a donation to UCARE and paying for vital laboratory equipment:

- Your **£10** donation could buy 100 sterile petri dishes.
- Your **£100** donation could buy a week's supply of test tubes and other essential consumables.
- Your **£250** donation could buy a multi-channel pipette.

Kilimanjaro Challenge



Our thanks to Jonathan Acott for his idea of trekking Kilimanjaro to raise funds for UCARE. After twice surviving testicular cancer, Jonathan wanted to give something back by supporting research and education into urological cancer.

Jonathan will be joined in February 2009 by Gemma Crane, Michael Heal, Matt Julian and Andrew Ward, who has his own reason for taking on the challenge.

Three years ago, complications following a rare form of testicular cancer resulted in Andrew losing his right leg below the knee. Andrew says, *"Just because I've lost my leg, I'm no different to anyone else and so this is the challenge for me!"*

“ A group of friends and family are going to run the Reading Half Marathon this year in honour of the great work that UCARE does. ”

Chris Ayres, UCARE supporter (diagnosed with testicular cancer at the age of 27 in 2007)

Ski marathon



Two UCARE supporters will compete with 12,000 other participants in the 2009 Engadin Skimarathon. The 42km cross-country

skiing marathon takes place in Switzerland's beautiful Engadin Valley on the second Sunday of March each year. UCARE thanks Jonathan and Peter Cranston for their fundraising efforts and wishes them good luck in the marathon.

To find out how you can sponsor the intrepid UCARE teams visit www.ucare-oxford.org.uk.

2009 Triathlon places available

UCARE has places, which will be allocated on a first-come first-served basis, for two 2009 Triathlons. Individuals and relay teams are invited to enter – contact us for an entry form. To secure a place, simply pay the entry fee and pledge to raise funds for UCARE. The biggest fundraiser receives a bottle of Champagne.

Mazda Blenheim Triathlon

Blenheim Place, Oxfordshire:
6 & 7 June 2009

A festival of sports with a fun, family atmosphere. Two shorter distances and a relay option make this event accessible to competitors of all standards.

www.theblenheimtriathlon.com

Mazda London Triathlon

ExCel Centre, London:
1 & 2 August 2009

The world's largest triathlon, with more than 13,000 participants. Fifty per cent of competitors have never competed in a Triathlon before!

www.thelondontriathlon.co.uk



How you can help

UCARE supporters run, walk, hold coffee mornings, dance, play golf and climb mountains to raise funds for cancer research. Here's another idea – why not nominate UCARE for Charity of the Year at your association or sports club?

If you are considering organising a fundraising event or activity please contact us to discuss your ideas and find out about projects in need of funding. UCARE is also looking for supporters who are willing to help out at fundraising events. Please get in touch if you can spare a few hours on an ad hoc basis.

Information service for employers

Do you work with a large company or organisation? UCARE can collaborate with your occupational health team to raise staff awareness and knowledge of urological cancer.

About 18,000 people die of urological cancer in the UK every year. Early diagnosis is key – many do not recognise the early symptoms and it is sometimes too late for treatment by the time they finally visit their doctor.

UCARE offers an informal presentation and educational materials about how to spot the warning signs and symptoms of the four main urological cancers. Our informal approach is designed to overcome the fear and embarrassment that both men and women sometimes feel when discussing urological cancer.

Companies and organisations are invited to contact Val Berry on 01865 767777 for further information.

With a little help from our supporters...

With your help UCARE is:

- Sponsoring a urological cancer researcher at the Weatherall Institute of Molecular Medicine (see front page story).
- Supporting the development of new technologies, such as the High Intensity Focused Ultrasound (HIFU) Unit at the Churchill Hospital (see right).
- Providing practical help, education and information to support patients and their families.



Raising public awareness

In a recent article titled 'Watch the waterworks, guys' (Saga Magazine, October 2008) UCARE trustee Dr Andrew Protheroe highlights the urgent need to raise awareness of urological cancer.

The article describes the scarcity of funding to support research into urological cancer and raise awareness among the general public. It refers to charities such as UCARE that are working to build people's awareness and knowledge of urological cancers.

Kidney, bladder and testicular cancers typically affect men aged between 20 and 44 years. Prostate cancer usually affects men over 50. Dr Protheroe says, "It's important to raise awareness of urological cancers so that they are diagnosed at an early stage. There is so much that can be done with some of the modern treatments available."



“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

Information is power

Your donation will make a difference...

£50 could pay for educational materials to raise awareness or urological cancers and help people make informed decisions about their treatment.

£100 could pay for a testicular self-examination model.



Do you want to know more about urological cancer?

If you want more information about prostate, kidney, bladder and testicular cancers you can visit **www.oxfordcancerinfo.org.uk**. UCARE supports the Oxford Cancer Information website because it provides up-to-date information and is run by patients and professionals.

Please donate today



How you can help

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).

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

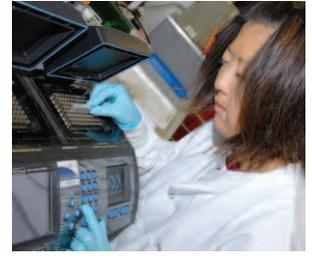


www.ucare-oxford.org.uk

UCARE (Oxford) is a registered charity, number 1120887.

“ We have chosen to give a donation to UCARE in recognition of the skill and support provided to us during this year, and to help you continue this valuable work in the future to benefit others.”

Colin Street, Adderbury Morris Men



Make a donation

You can make a donation to a specific project or give to our general fund so that we can spend your gift wherever it is most needed. Why not become a regular giver by setting up a Standing Order? Regular giving allows UCARE to plan for the future and budget efficiently.

If you are a UK taxpayer, the value of your donation can be increased by almost a third under the Gift Aid scheme at no extra cost to you. Please tick the box on the enclosed form to Gift Aid your donation.

Payroll giving

You can give more money to UCARE at no extra cost to yourself by donating from your salary before the tax is taken out. For example, if you choose to donate £5 a month it only costs you £4 per month (if you pay tax at 20%: rates subject to change).

If you would like to support UCARE, please complete and return the form in this issue of UCARE News, visit www.ucare-oxford.org.uk or call Val Berry on 01865 767777. Thank you.

A lasting legacy

By remembering UCARE with a gift in your Will, you can make a lasting contribution to the fight against urological cancer. We recommend that you consult your solicitor or legal adviser when making or changing your Will.

In Memoriam and tribute giving

By making an In Memoriam gift to UCARE you can pay tribute to a loved one while making a direct contribution to the fight against cancer.

Corporate partnerships

UCARE's partners benefit by raising their profile among their target audiences while their staff and customers contribute to the fight against urological cancer. Partnership benefits include recognition on UCARE's website and printed materials. Current partnership opportunities include:

- Sponsor a researcher, project, Fellowship post or UCARE event.
- Donate a product or service to a UCARE charity auction.
- Nominate UCARE your 'Charity of the Year'.

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, HIFU Unit, Churchill Hospital, Oxford, OX3 7LJ, UK
Tel: 01865 767777 Email: ucare@ucare-oxford.org.uk

www.ucare-oxford.org.uk

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