



Dear friends

Welcome to the thirteenth issue of UCARE News.

Since I spoke to you last, we've benefited from two very different fundraising events – one which required dressing up and one which required undressing.

Now I have your attention, let me explain: the first event was a dinner and auction, the second a Thame Swimming club event. As you will read in this newsletter, we also have sky divers, garden designers, freshwater habitat specialists and BBC broadcasters helping to get the UCARE message out.

Nevertheless, making our voices heard is not easy.

Earlier this year a BBC report asked 'Why is no-one talking about Bladder Cancer?' If you read or heard it, you probably thought as I did – **'We are. And we're talking about kidney, testicular and prostate cancer too'**.

As a registered medical charity, we have many voices. Doctors, surgeons, patients, patient-supporters, researchers, patrons, members of patient information and support groups offer wide ranging insights into the many aspects of cancer care.

However, securing a place on the 'go to' list of names used by media when a cancer story breaks is challenging. My appeal to you is to help us make UCARE voices heard more widely, and more frequently.

Do you have a link to a magazine, newsletter, a specialist interest group, a newspaper, radio or tv station, journalist or freelance writer, a public relations specialist?

Exploiting our communication networks is one of the most effective ways of building a higher profile for UCARE. We can achieve this need with your help. Building a contact list is the first step...

Best wishes and I look forward to hearing from you.

Julian Briant  
Chair, Board of Trustees

## Taking to the skies



Best of luck to Daniel Guimaraes, Alison Beaver, Lee Nichols, Rachael Thompson, and UCARE Advocate, Steve Easton, who are all sky-diving for UCARE at different times and in several locations across the UK. Rachael explains her very personal motivation:

*About three years ago, my Dad was diagnosed urological cancer. I was only 19 at the time and wasn't sure how to deal with it, so I started raising money for a local charity. Dad was very lucky and after surgery got the all clear. Unfortunately, we have just found out that the cancer has returned and this time has spread. It is inoperable and we dont know how much time we have with him left. When I found out I knew exactly how to deal with it. By raising money once again. This time I decided to face my biggest fear - heights. The whole thing is for my hero - my daddy.*

And Alison Beaver told us a little more about her motivation:

*Having encouraged my children to live by Eleanor Roosevelt's famous quote "Do one thing a day that scares you", I knew that if I was to raise money for cancer, then I needed to do something bold and daring myself. So, having recently turned 50, and four years after undergoing extensive surgery and treatment for breast cancer at The Churchill, I decided that a tandem sky jump would be the best way of facing my abject fear of heights, whilst giving something back to those caring professionals committed to beating this disease. My inspiration for choosing UCARE comes from my dear friend, Clive Stone, who was diagnosed with kidney cancer in 2007 and was on the set up committee of UCARE in its early days.*



## Spring snowballing

Thanks to everyone who has 'got the snowball rolling' and held an event this April. Jane Henman held a 'snowball lunch' with friends. She invited ten friends and asked them to bring along a donation for UCARE of £5 or £10 (or more!) They then organised their own event which was held soon afterwards for just nine people. In turn each of those nine people did something for eight of their friends, and the eight did something for seven... and then six, and so on.

The snowball can be any type of event. Karen Sauvage made hers a day at a golf range for her friends, and Debbie Blott held a supper party. Not only does this raise funds, but importantly it brings greater awareness of urological cancer and introduces new people to UCARE. Of course, it doesn't have to be in April – we are grateful for your fundraising and raising awareness of our work throughout the year.

## The Captain's Charity

UCARE was honoured to be The Captain's Charity at Studley Wood Golf Club between 2013-2014. Karen & Fitz (the Men's and Ladies Captains) explain what this has meant for UCARE: "We've had the opportunity to highlight greater awareness of urological cancers to our members, and with their help we have raised £11,000. This money will go towards funding a Specialised Urological Community Nurse for Oxford, to engage the public in cancer awareness. It has been an absolute pleasure to work with such a dedicated charity and to have had the chance to help them with their great work. We are also hopeful that we have spread the message to our members and helped to keep them safe."

We would like to thank everyone at Studley Wood Golf Club for their support and fundraising.

## Mothers' Day Swim

Thame Swimming Club held a sponsored 'Swim the Thames' 10km charity event to raise £1000 for UCARE on 30 March 2014. Over 60 swimmers participated, all doing their best to swim 400 laps. On hand at poolside were coaches and committee members, parents tracking the laps, and non-swimming supporters handing out homemade flapjacks for when energy flagged. When you hear people talk about couch potato youngsters, think about these amazing swimmers and their equally committed parents, and be very grateful for the work they do for UCARE. Three cheers please!

## Coming up...



We look forward to welcoming you to our annual **UCARE charity golf day and auction** – Friday 5 September 2014 at Studley Wood Golf Club – please get in touch or look on our website for details of team or single entry.

**UCARE Gardeners' Question Time** will be held on Saturday 13 September at Marlborough School, Woodstock. Guest panellists include Pippa Greenwood from BBC2's 'Gardeners World' and 'Gardeners' Question Time' on Radio 4, and our guest speaker is Dr Jeremy Biggs from the Freshwater Habitats Trust. Tickets cost just £20 – see the enclosed flyer for more information.

**Mark Cannop** is undertaking 'Tough Mudder' – a hardcore obstacle courses designed by the Special Forces to test your strength and stamina – on 14 June 2014. Good luck to him!

## With thanks...

Thank you to 11 year old **Kiera Hayes** who made friendship bracelets and sold them to her family and friends to make a donation to UCARE in memory of her Uncle Mick.

Many thanks also to **Alana Mckenna** who took on The Three Peak Challenge on 23 May 2014 for UCARE.

**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 our events pages at [www.ucare-cancer.org.uk/news/events](http://www.ucare-cancer.org.uk/news/events) or call the office on 01865 767777.



Val Macaulay is a Medical Oncologist with a research group in the Department of Oncology laboratories at the Weatherall Institute of Molecular Medicine, John Radcliffe Hospital. At the UCARE reception at Henmans Freeth on 18 September 2013, she

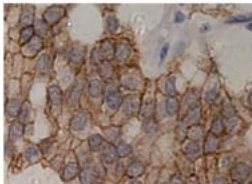
**gave a short talk about the goals of cancer research, the specific aims of the research project that UCARE has supported, and also highlighted the difficulties of raising money for research.**

Much of the work in Dr Macaulay's laboratory focuses on developing a new treatment for men with prostate cancer. Prostate cancer arises from the normal cells of the prostate: the cells begin to grow in an abnormal way and acquire the ability to spread to other parts of the body. Prostate cancer that has spread away from the prostate can be treated but not cured, and there is an urgent need for more effective treatments.

Normal prostate



Prostate cancer



**Prostate cancers contain more IGFR than normal prostate. Brown = IGFR.**

Cancer research aims to understand how cancer cells acquire differences from normal cells, in order to develop new treatments based on blocking cancer cell growth and spread. The focus of Dr Macaulay's research is the Insulin-like growth factors (IGFs), which are small proteins similar to Insulin, that are present in the blood and tissues. IGFs help cancer cells to grow and spread by sticking to a special protein on the surface of cancer cells called the IGF receptor (IGFR). Dr Macaulay's group has found that prostate cancers have more IGFR than the normal prostate tissue, and they are now involved in conducting clinical trials of new drugs that block IGFR, to see if this will halt cancer growth. Some patients respond very well to these new IGFR blocker drugs, but other patients do not respond, and so one of the aims of Dr Macaulay's research is to find out what makes

cancers responsive or resistant to IGFR blockers. After conducting a large screen, they found a small number of proteins that seemed to make prostate cancer cells resistant to IGFR blockers. Focusing on one of these proteins – 'Protein X' – they found that when the amount of 'Protein X' in the cells was reduced, the cancer cells were more easily killed by IGFR blocker drugs.

At this point, the project was very low on funds, and they applied to UCARE for support. The usual process of applying for research funding is very laborious and time-consuming, and the chances of success are slim, especially in the current economic climate. However, UCARE is able to turn applications around very quickly and their project was given support. The grant from UCARE has allowed them to begin to address the key question of whether 'Protein X' can help to identify patients likely to benefit from IGFR blockers.

She concluded: "The initial results are encouraging; we have been able to make a successful application to another funding body for ongoing support, and we hope to apply our test for 'Protein X' in clinical trials of new IGFR blocker drugs. **So for us, the support from UCARE came at an absolutely critical time, and we are extremely grateful to the UCARE Trustees, and to everyone who has donated to UCARE.**"



“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: \_\_\_\_\_

*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).

Sum14

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](http://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

## Don't forget to play the UCARE lottery

With a top prize of £25,000 every week it's really easy to join – you can sign up online by going to our website, clicking on the 'donate now' button and choose Unity Lottery from the list, or alternatively contact us for a form. You don't even have to check your numbers as it's all done for you as winners are contacted directly.

For just £1 per week you will be allocated a six digit lottery number which is yours for as long as you play. Every Saturday, the lucky winners are selected at random and your prize cheque will be posted directly to you.

This is a lottery with a difference. Charities and fundraising organisations receive profits directly from the number of lottery players they recruit, so we need your support to raise funds and there is no doubt where your money goes.

## A message from David Cranston

Thank you very much for your support for UCARE over the last few years.

In order for us to plan our future work, regular donations by standing order are essential. We would like to ask you if you would be prepared to set up a standing order to UCARE, with gift aid if you are a tax payer, by using the form with this newsletter? Many people think that it is not worth giving small amounts in this way but if all of the people who received this newsletter gave just a few pounds per month it would be a huge help to us. I am aware of the different requests we all receive from different charities, but it would be a fantastic help to us if you would consider supporting us in this way. There is also a form on our website you can complete and send to us and this can be found via the 'donate now' button – just click on 'make a regular gift'. With thanks and best wishes.

## World Cancer Day 2014

In recognition of World Cancer Day, Jonathan Acott, Head of Operations at Surrey Sports Park (and UCARE Advocate) shared an inspirational story about how sport helped him to take positive action against cancer. The event included a look into the future of cancer treatment and attendees had the chance to speak to leading charities such as Surrey Marrow, UCARE, Prostate Project, and Macmillan Cancer Support about the cancer support and guidance that they offer, and hear some of the latest research that is supporting people.

## Bike Oxford – two free places!

A day of cycling to remember, and opportunity to fundraise for UCARE too. Bike Oxford is a day of marked rides of 20, 50 and 80 miles on 7 September 2014, taking in the best scenery of Oxford and the surrounding countryside. You can book online or on the day – for more information visit [www.bikeoxford.co.uk](http://www.bikeoxford.co.uk); and start your fundraising page at [www.justgiving.com/ucare/donate](http://www.justgiving.com/ucare/donate). Our thanks to Bike Oxford for giving us two free places – if you would like secure your free place with a pledge to fundraise for UCARE please get in touch on 01865 767777 or email [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk). Free places will be chosen from a draw 11th August, and you will be notified after this date.

UCARE is a regulated member of the Fundraising Standards Board, and is accountable for our fundraising. We promise to always be honest, open and accountable in our fundraising, helping you to give with confidence. For more information, visit [www.frsb.org.uk](http://www.frsb.org.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.  
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