

**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).

- Please tick if you would like an acknowledgement for your donation.
- Please tick the box if you prefer not to receive updates about our work. We will not share your details with other organisations.



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

# UCARE Ambassadors

We are enormously grateful to our UCARE Ambassadors for their support. They represent the charity whenever and wherever they can. They come from many different walks of life and, despite being very busy, they all make time for UCARE.

**James Alexander-Sinclair**  
 One of the UK's foremost garden designers, James is also an award-winning writer, a compelling speaker, frequent broadcaster and an elected member of the Council of the RHS.

**Mark Diacono**  
 Mark runs Otter Farm, the UK's only climate change farm. He is a food writer, grower and photographer – in 2015, he won the André Simon 'Food Book of the Year' for 'A Year at Otter Farm'.

**Tim Henman**  
 Tim is one of the UK's most successful male tennis players. He was Britain's No. 1; reached four Wimbledon semi-finals, won 11 ATP World Tour titles, and peaked at No 4 in the ATP World Rankings in a career that spanned 14 years.

**Laurence Marks**  
 Laurence Marks and his co-writer Maurice Gran, have created many successful and best loved television comedy series including 'Birds of a Feather' and 'Goodnight Sweetheart'.

**Jonathan Moseley**  
 Jonathan has been working professionally with flowers for over 20 years and has built up an enviable reputation. He enjoys nurturing new talent and regularly holds workshops and demonstrations at Chatsworth House.

**Jeremy Posnansky QC**  
 Jeremy was at the Bar for 35 years before becoming a partner in Farrer & Co, solicitors. He has also been a Deputy High Court Judge in the Family Division, and his practice is now highly specialist in divorce and family law.

**Charlie Ross**  
 Charlie regularly appears on BBC programmes such as 'The Antiques Road Trip' 'Put Your Money Where Your Mouth Is' and 'Bargain Hunt'. He is also resident auctioneer for MacDougall's – London's leading Russian Art specialists.

**Pete Seaward**  
 Pete has been a photographer for over 30 years. He's travelled the world extensively, and has won numerous awards including the British Travel Press 'Travel Photographer of the Year 2011' and is listed as one of Luerzer's Archives 200 Best Ad Photographers in the world.

**Adam Taylor**  
 Adam is Director of Sales and Marketing for Taylors Bulbs, a fourth generation family business, growing and supplying flower bulbs. Taylors Bulbs are the largest bulb company in the country supplying garden centres, nurseries and landscapers throughout the UK and Ireland.

**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.

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 Tel: 01865 767777  
 Email: [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk)  
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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](http://www.fundraisingregulator.org.uk)



## Celebrating ten years!



UCARE was founded in 2007 by Professors David Cranston (above left) and Andrew Protheroe (above right) who were concerned by the legacy of underfunded research into urological cancers in comparison to some other cancers, and realised the need for a new charity to counteract the shortfall. David Cranston here introduces our plans to mark UCARE's first decade...

UCARE has now come of age as it enters its tenth year, and we will be celebrating with an anniversary dinner at Blenheim palace, the home of one of our patrons, the 12th Duke of Marlborough.

UCARE was originally the brainchild of Andy Protheroe and myself – we were both concerned about the increasing difficulty of obtaining research funding for high quality Oxford-based cancer research. Alongside this was the observation that many people who have been helped in their cancer journey would rather donate money locally where they can see the benefits of it, rather than to a much larger organisation where it is more difficult to see whether their donation really makes a difference or not. Although a seemingly local charity, UCARE also supports projects that have an Oxford link further afield and draws in donations from across the country.

UCARE's excellent website outlines our current research projects, news about the charity's work, patrons and ambassadors, and fundraising activities that have taken place over the years.

Please join us to celebrate our 10th Anniversary at Blenheim palace on the 28th April 2018 to mark UCARE entering its second decade. To reserve a place or a table, please telephone 01865 767777 or email [ucare@ucare-oxford.org.uk](mailto:ucare@ucare-oxford.org.uk)

*Dear friends*  
 Welcome to the nineteenth issue of UCARE News. UCARE was registered in September 2007 so it seems a perfect time to reflect what

has been achieved by the charity in the last ten years. We are proud to say that we have raised more than a million pounds, enabling us to fund and support truly world class research into the causes, prevention and treatment of urological cancers, and the development of new technologies to improve diagnosis and treatment.

We have also focused on educating the public to raise awareness of the urological cancers. The earlier a cancer is detected, the greater the chance of successful treatment before it becomes aggressive and spreads, so knowledge of signs and symptoms and what can be considered 'normal' are literally lifesaving.

It takes an enormous amount of hard work and passion to raise this phenomenal amount of money, and we are deeply grateful to all of our supporters. Whether it has been through sporting achievements, organising events, selling products or countless other ingenious ideas we are always overwhelmed by the generosity and sacrifices so many people have made to support others. Incredible people have often given enormous amounts of time and energy whilst at the same time fighting their own battle with the disease. Their courage and support enriches UCARE in every sense of the word.

Best wishes

**Jim Mitchell**  
 Chair, Board of Trustees

TELE SEAWARD





## Dates for your diary

### Cycle Challenge

**30th September – 2nd October 2017**

Professor Andrew Protheroe, a founder Trustee of UCARE, is leading a group cycling across the country from Whitehaven to Sunderland in celebration of UCARE's 10th anniversary. If you would like to support them please follow the link to Andrew's JustGiving page on our website or text COAS70 £5 to 70070.

### Urological Cancer Information Day

**Wednesday 29th November 2017**

Millennium Hall – Horton-cum-Studley

'Living Life to the Full – life after a urological cancer diagnosis'

A day of interactive talks from professionals involved in the support of patients during their cancer journey, and those that can help them once treatment is completed. There will be two hours of talks from eight speakers. There will also be stalls focusing on physical and emotional health and wellbeing open before and after the talks. You will have the chance to speak to professionals on a one-to-one basis, an opportunity to ask difficult questions or just learn more.

### Town Garden Planting

To celebrate our tenth anniversary and raise awareness of the charity, our tulips are being planted in several towns and prominent venues. Next spring, look out for our tulips in Abingdon, Banbury, Blenheim Palace, Thame, Woodstock, some of the Oxford Parks, Bicester Village and even Wimbledon at the All England Tennis Club.

### UCARE Christmas Cards

This year, in addition to our range of greetings cards, we also have Christmas Cards available to buy. All proceeds will go to UCARE and they will be available from our website.



## With thanks...

### The Big Bash

In August Paul & Milly Duncan organised a wonderful event in Warborough which included cricket, afternoon tea, a bouncy castle, pig roast and music. This year was the fourth year of 'The Big Bash' and was again a huge success.



### Gold Key Media

Patient Advocate Steve Easton and the team from Gold Key Media completed the Thames Path Challenge in July, covering 32 miles in 12 hours and raising nearly £5000 for UCARE.

### Martyn Wilson

Garden designer Martyn Wilson chose UCARE as his charity for his gold winning show garden 'Brownfield – Metamorphosis' at the RHS Hampton Court Palace Flower Show in July. The garden sponsors St. Modwen Properties plc also kindly donated the proceeds of their plant sale on the last day to UCARE.

### Dreamboats and Petticoats

UCARE was gifted 50 seats for Dreamboats and Petticoats at Milton Keynes Theatre in July by Laurence Marks, UCARE ambassador and co-author of the award-winning show.

### Jurys Inn Charity Challenge

Jurys Inn Oxford raised money for UCARE with a week of events in June. Money was raised by the staff and visitors and included a Midnight Half Marathon.

### Jonathan Moseley Floral Demonstration



UCARE Ambassador Jonathan Moseley hosted an enormously entertaining floral demonstration for UCARE, followed by afternoon tea and cakes in the glorious setting of the Tythe Barn in Launton in May.

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

## UCARE Grants

We are proud of the many research and education projects that we have funded over the last ten years. Below is a summary of some of our most recent grants, see our website for more information.

### Muscle invasive bladder cancer



Cancer is the 4th most common cancer in UK men, with 10,100 new UK cases of bladder cancer diagnosed annually. The form of the disease which has not penetrated into the bladder muscle is highly curable, but once the tumour grows into the muscle, only half the patients survive long-term.

As a result, many high-risk patients have their bladder removed, but this is overtreatment in many patients and has a significant impact on their quality of life. There is therefore an urgent need to find non-surgical treatments to treat patients in this situation.

### Progression of prostate cancer

Prostate cancer (PCa) is the commonest cancer diagnosed in men in the United Kingdom, and the second leading cause of male cancer-related death. It is therefore an important cancer, which poses particular challenges for patients and their clinicians. These challenges include the correct identification of patients who require active treatment, the correct identification of patients whose PCa may not respond optimally to a particular therapy (for example radiotherapy), and therefore may be better treated in an alternative manner, and the identification of key molecules or pathways that drive PCa progression to advanced disease, so that these molecules or pathways can perhaps be blocked with new drugs.

### Renal Cell Carcinomas

Renal cell cancer (RCC) is relatively common in the UK, with 12,000 cases diagnosed annually. While advances in the treatment have been made, this disease still accounts for 4000 deaths in the UK each year. We have recently made significant advances in understanding how renal cancers can be specifically killed. Using this approach we hope to identify complementary ways by which to target kidney cancers, which could have considerable clinical benefit.



### Growth factor 31 (IGF31)

This project focuses on a protein called insulin-like growth factor (IGF), which helps cancers to grow and spread. Men with high levels of IGF in their blood are at increased risk of getting prostate cancer.

The research team are testing the prostates of men who have had their prostates removed as treatment for prostate cancer, and measuring their blood IGF levels, to try to understand how high IGF increases prostate cancer risk. The long-term goal is to work out how to stop the development of prostate cancer.

### Specialised Urological Community Team

Being part of the community is vital to the UCARE specialist nurse team. They are passionate about raising awareness of not just urological cancer but cancer in general. You frequently hear stories about people regretting that they did not know the symptoms of cancer or wishing they had been diagnosed earlier. Ultimately, they aim to increase survival rates through earlier detection by educating local communities and encouraging them to become more aware of their bodies and what is 'normal' for them.

“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...

