

UROLOGY MATTERS

NEWS AND VIEWS FROM THE UROLOGY FOUNDATION

ISSUE 18
SPRING
2024

Fighting Prostate Cancer

Accelerating
urology research

Our work in
Westminster

An insider look
at our exciting
challenge events
– how can you get
involved?

How can The
Urology Foundation
help you?

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FOUNDATION

Leading the fight against urology disease
theurologyfoundation.org

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Front cover image courtesy of Alexander Light

welcome to UROLOGY MATTERS



I'm delighted to welcome you to The Urology Foundation's refreshed newsletter - 'Urology Matters'. We know that the future of urology matters and, as the charity leading the fight against urology diseases, our new-look newsletter reflects this.

In this first edition of 2024, we feature our latest research news, education and training programme, campaigns and policy work and fundraising events.

March is Prostate Cancer Awareness Month and we'll be taking the opportunity to raise awareness of prostate cancer – the most common cancer in men. At The Urology Foundation, we're investing in innovative research in prostate cancer and funding vital training programmes that help bring some of the latest approaches in the field of urology to UK clinics. We encourage everyone to take action this Prostate Cancer Awareness Month!

It is thanks to your generosity that we're able to deliver for patients, their families and the urology profession and we look forward to continuing our fight against urology disease in 2024.

R. Porta

Rebecca Porta, Chief Executive

Introducing our new Director of Communications and Policy

The Urology Foundation warmly welcomes our first Director of Communications and Policy, **Laura Thorne**. Laura has over ten years' experience in public affairs and communications, implementing national and local change, providing strategic advice and delivering targeted, awareness-raising campaigns. We're delighted to have her on board. At The Urology Foundation we're committed to ensuring that we drive real change based on research outcomes. Laura will be helping to deliver on this commitment.



Welcoming our new Trustee

We are delighted to welcome our new Trustee, **Kieran O'Flynn**. Kieran is a Consultant Urologist at Salford Royal NHS Foundation Trust, former British Association of Urological Surgeons (BAUS) President and national Joint Clinical Lead of the Getting it Right First Time (GIRFT) programme for Urology Surgery. We're thrilled to have him on board. Our fantastic Trustee, Adrian Joyce, has also stepped down after seven years on our Board. We thank him for all his hard work and dedication over the years.

Our work in Westminster and the devolved nations



The Urology Foundation's CEO, Rebecca Porta at a Parliamentary event on prostate cancer

We've been working hard to champion change in prostate cancer and other urology diseases and improve outcomes for people experiencing them across the UK.

Harnessing innovation to address challenges in prostate cancer

Our Chief Executive, Rebecca Porta, joined a parliamentary roundtable on prostate cancer chaired by Member of Parliament for Bootle, Peter Dowd. It was a fantastic opportunity to raise awareness of the challenges in prostate cancer with parliamentarians and discuss solutions and opportunities for driving advocacy amongst the wider community. A report with recommendations for change has been produced and we will continue to call for improved outcomes for patients.

Raising awareness of health inequalities in cancer care

The Urology Foundation was delighted to attend an event in Parliament in October to look at overcoming inequalities in cancer care, including urology cancers such as prostate cancer. The event was attended by parliamentarians and people from across the cancer community to consider the regional inequalities that exist in access to cancer care. It was great to see so many charities coming together and sharing information to improve awareness and drive change.

Encouraging education on testicular health

We've urged the Secretary of State for Education to include education on testicular health and self-examination (including issues like testicular torsion), to the national curriculum, as part of a wider review currently underway. This would embed knowledge and information to young males at the right time. The government confirmed they will carefully consider our proposals before they finalise new guidance, due



Photo credit: Tony Smith/Alamy Stock Photo

to be published later in 2024. We encourage others to feed into the review process when the public consultation launches.

Taking action on hospital parking charges in Northern Ireland

We expressed our concerns about a consultation to repeal the Hospital Parking Charges Act 2022 in Northern Ireland. Working with other charities we co-signed a letter to the Department of Health Permanent Secretary highlighting that this vital piece of legislation is set to remove one of many significant financial challenges for those patients who attend hospital regularly due to their long-term, serious or complex medical conditions.



Out and about

Meeting professionals at the BAUN Annual Conference

Our Chief Executive, Rebecca Porta, and Chair, Mary Garthwaite, attended the British Association of Urological Nurses (BAUN) Annual Conference in November. The event focussed on 'Urological Nursing – A World of Opportunity' and welcomed over 270 people from across the UK. The Urology Foundation had a stand at the event and inserts in delegate bags. We were delighted that The Urology Foundation was referred to during several presentations and Rebecca and Mary enjoyed meeting lots of urology nurses, delegates and industry.



Professor Nikolitsa Nomikou at UCL undertaking research into prostate cancer, funded by The Urology Foundation's Innovation and Research Award in 2023. The funding was generously supported by the John Black Charitable Foundation

Building a brighter future for urology

At The Urology Foundation, we firmly believe that research is key to beating urology diseases.

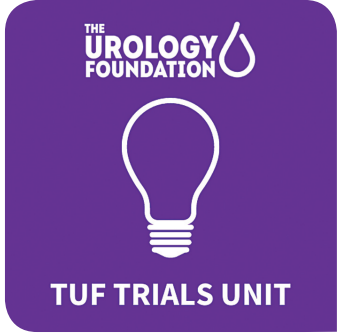
Research, both scientific and clinical, is critical for better diagnosis and treatment of urology diseases. We offer many research awards to urology professionals, non-clinical scientists and those working in the field of urology. We want to hear from you! We will consider research ideas at any time and, if applicable, will advise which funding streams may best suit. Funding may not always be available, but we encourage you to get in touch.

TUF Trials Unit (TTU) – successes in the first three years

Three years ago we partnered with the Centre for Healthcare Randomised Trials in Aberdeen (CHaRT) to create the TUF Trials Unit (TTU).

With an initial investment of £180,000 (£60,000 per annum) the TTU has leveraged this funding to secure an impressive £6.1 million in funding from the National Institute for Health and Care Research (NIHR) to conduct three large-scale, multi-centre trials across the United Kingdom (PARTIAL, ELIPSE and The FOLLOW UP Study). Each of these studies addresses major gaps in the evidence base for prostate and kidney cancer and findings will feed directly into national and international guidelines when completed.

Moreover, this infrastructure funding has supported more urologists to put forward their ideas for clinical research. The TTU has worked closely with 17 chief investigators (CIs) from all across the UK to support the workup of 15 submitted grant applications, currently four being reviewed by funders, and four more in preparation for early 2024 submission. The scale of applications varies, the combined amount is over £15 million, but every application is multicentre, requiring clinical trials unit expertise for design and delivery if successful.



The clinical areas cover the four streams of urology health that The Urology Foundation supports research in (prostate, kidney, bladder and male reproductive organs). The research questions range from early phase research on medical device development through to experiments evaluating follow-up care after prostate cancer treatment. The TTU research managers have prepared applications and financial details for nine distinct funding platforms, greatly easing the administrative burden on CIs, letting them concentrate on the scientific aspect of applications.

The TTU has made a significant impact in advancing urology research over the past three years and we're delighted to have played an important part in its success.

How we're accelerating research

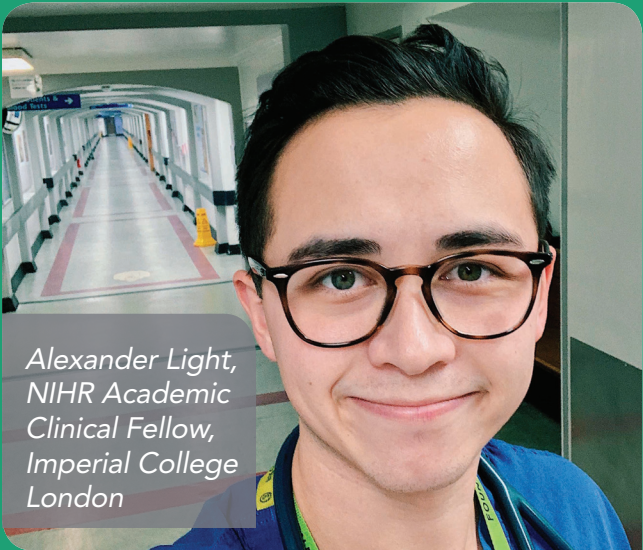
2023 Small Project Awards

In November 2023, The Urology Foundation was pleased to award funding to two small projects that will further our understanding and advance knowledge in prostate cancer and Benign Prostatic Hyperplasia. Our Scientific and Education Committee reviewed some excellent proposals and, after careful consideration, agreed to provide awards to Alexander Light and Richard Hindley.

Alexander received funding for a UK multi-centre validation of the novel TARGET scoring system for detecting in-field recurrences after focal therapy for prostate cancer.

Richard received funding to undertake research into the patient's perspective of what they consider to be a 'good improvement' following Benign Prostatic Hyperplasia surgery.

We look forward to seeing the outcomes from these important research projects.



Alexander Light, NIHR Academic Clinical Fellow, Imperial College London

"With over 50,000 men diagnosed with prostate cancer every year in the UK, this is a disease where innovative research can make a huge impact"

Alexander Light

March is Prostate Cancer Awareness Month

Are you looking to support prostate cancer awareness and research? Here are some ways you can support the campaign:

- Spread awareness by putting up posters - in the GP Practice, pharmacy or health centre, sports centre, library, workplace, coffee shop or restaurant.
- As a healthcare professional you can order our free resource pack which includes posters, leaflets and t-shirts.
- Make some noise on social media - post a "Message of Support" or a short video about why you're supporting Prostate Cancer Awareness Month. Like, retweet, follow and comment on our social media messages, infographics and stats.
- Organise a talk or "health and well-being" session in your workplace, community or sports centre or library. Get in touch if you would like more information on how to do this or would like a speaker.
- Fundraise and take a challenge! Sign up to one of our events such as a swim or run or a tandem skydive and take the adrenalin challenge! You can also organise a fundraising event and bring family, friends and colleagues together.
- Make a donation or set up a regular gift and support prostate research.

What The Urology Foundation does for urological trainees – Global urology

Steve Payne, the BAUS Urolink secretary talks about the work of The Urology Foundation and Urolink in supporting the development of UK urological professionals by facilitating their experience in low income countries.

Since its inception in 1995, one of The Urology Foundation's core goals has been to give UK urologists the skills, knowledge, and networks to enable individuals to be the best urological professionals they can. Although having funded cutting-edge research for over twenty years, together with clinical visits abroad, its role in enhancing UK trainees experiences in other domains is not as well known. This, the first of two articles about The Urology Foundation's role in helping UK trainee's development, looks at its support by facilitating their experience in low income countries (LICs), helping develop urological services as well as professional development working in healthcare systems when the annual per capita income is less than \$1,135 a year.

In 2020 The Urology Foundation, in partnership with Urolink, a BAUS committee, provided four fellowships to enable UK trainees to help foster Urolink's activities in training and mentoring surgeons in resource poor countries, and to enhance care provision for predominant local urological problems. The healthcare environment is very different in these countries; 22 of 26 LICs are in southern Africa and the demographic is distinct with children <14 years of age making up >50% of the population. Access to healthcare is generally very poor; universal health coverage (UHC), the NHS-type of care we have in the UK, is often unavailable. Diseases, and complications, present late and a lack of organisation, facilities, personnel and the technology to effect treatment come together to constitute a 'Three delays framework' in patient's care.

Factors responsible for impeding the delivery of high quality healthcare. The Three Delays Framework.

Type of delay	Type of delay	Factors in causation
First delay	Delay in seeking care	Finance Distance from care Culture/Belief Access to education Low confidence in the medical system
Second delay	Delay in reaching care	Distance from care Scarce medical capacity Poor transportation systems
Third delay	Delay in receiving care	Availability of appropriate levels of care Lack of personnel Lack of diagnostic equipment Lack of surgical equipment Infrastructural support e.g. blood supplies

The first wave of The Urology Foundation/Urolink fellows, appointed in 2020, could not leave the UK until late 2022 due to the Covid pandemic.

Nishant Bedi (pictured below) visited the University Teaching Hospital in central Lusaka, Zambia to run a workshop teaching trans-perineal prostatic biopsy. He disseminated his expertise to five consultants and 15 registrars of varying levels of seniority. This technique could facilitate earlier prostate cancer diagnosis; a significant problem in the central African region.



Simon Huf (pictured right) went to rural Kisiizi in Uganda to help with a bootcamp teaching trans-urethral prostatectomy (TURP), a minimally invasive way of alleviating the obstructed bladder. 25 cases were taught at this remote mission hospital in the week, enhancing the local surgeon's knowledge of, and ability to perform, this procedure independently.



Matt Trail (pictured left) went to progress under and post-graduate education at Kilimanjaro Christian Medical Centre (KCMC) in Moshi, Tanzania. KCMC

is Urolink's oldest partner and a major centre for dissemination of urological expertise in the region. Matt devised a programme focused on core topics in the MMed and COSECSA postgraduate exams, fostering a dynamic learning environment and enhancing quality of care provision to those he taught.



Wilson To (third from left above) went as part of the team at a workshop on adult and paediatric reconstruction at KCMC. He was exposed to a large number of very complex surgical procedures as an integral part of a video-linked Masterclass of operative technique to over 70 delegates from seven countries. This facilitated learning which most delegates felt could be translated back into their local practice.

Katie Brodie and **Rory Ferguson**, our most junior fellow to date, are due to travel to KCMC to continue the evolution of urological teaching programmes, and Danni Whiting is going there later this year to help develop endoscopic stone surgery, a desperately needed innovation.

All of our The Urology Foundation/Urolink fellows have found their experiences to be illuminating and, perhaps, the start of a long-term relationship with the centres they visited. Matt Trail's comment, perhaps, best summarises the opportunity The Urology Foundation has afforded them:

"Such an experience undoubtedly deepens one's appreciation and gratitude for the privilege of training, and practicing, in the UK. Witnessing first-hand the challenges faced by healthcare professionals in resource-limited settings, and the dedication with which they deliver care, instils a profound sense of humility. This exposure fosters a greater understanding of global healthcare and the pressing need for collaboration and support to bridge the healthcare disparities around the world."

Working in resource poor environments has been shown to have a myriad of benefits to healthcare professionals working in the UK. Our Fellow's experiences have all happened as a consequence of The Urology Foundation's generosity and will, inevitably, enrich the care that can be provided for urological patients now they are back home.

Steve Payne is a retired urologist from Manchester and the BAUS Urolink secretary. More information about Urolink, and its activities, can be found on its home page: https://www.baus.org.uk/professionals/urolink/urolink_home.aspx

// This exposure fosters a greater understanding of global healthcare and the pressing need for collaboration and support to bridge the healthcare disparities around the world. //

Prostate Cancer Quick Facts

 **Prostate cancer is the most common cancer in men**

David Thompson Fellowships

We're thrilled to have awarded David Thompson Fellowships to:

- Eoin Dinneen for his work at the Peter MacCallum Cancer Centre in Melbourne where he'll focus on prostate cancer surgery and research.
- Clare O'Connell for an opportunity at the University of Toronto where she will focus on robotic surgery for kidney, bladder and testicular cancer patients.

We also awarded two David Thompson Bursaries to:

- Andy Deytrikh for his work at University of British Columbia in Vancouver, Canada where he will focus on robotic surgery for kidney and testicular cancer patients.
- Stefanie Croghan in Dublin for her work at the Freeman Hospital, Newcastle where she'll focus on endourology for stone disease.

The fellowships and bursaries will enable Eoin, Clare, Andy and Stefanie to travel abroad in pursuit of further study, research and clinical training. We look forward to hearing more about their experiences abroad!

Awards to truly outstanding urology trainees

We're delighted that this year two candidates met the criteria to win The Keith Yeates Medal. Dr Clare O'Connell (our David Thompson Fellow) and Mr Nicholas Simson were awarded the medal for achieving excellence in the Intercollegiate Specialty Examination in Urology. The medal is awarded by the Intercollegiate Specialty Board in Urology to the top candidate in the exam and only truly outstanding candidates receive one.

Winners of the award also receive a grant from The Urology Foundation and Ralph Shackman Travelling Fellowship to visit a unit of their choice. We're thrilled to award the grants to Clare and Nicholas this year. The grant enables them to observe or study under experts and provides them with new skills and knowledge to bring back to their practice.

Well done Clare and Nicholas!

Visiting world-class Australian cancer centre

Our Director of Research and Operations, Louise de Winter, visited the Peter MacCallum Cancer Centre, Melbourne in December 2023. Peter Mac is a world leading cancer research, education and treatment centre dedicated to caring for people affected by cancer. It's hosted many top UK and Irish urology trainees to complete specialist Fellowships in Genitourinary Oncology over the past decade, including many supported by The Urology Foundation. It was brilliant to see the work they do on the ground.

Louise met Professor Declan Murphy, urologist and Director of GU Oncology at Peter Mac and Professor Nathan Lawrentschuk, also a urologist at Peter Mac and Director of Urology at Royal Melbourne Hospital. Declan and Nathan were delighted to welcome Louise de Winter and show her the impressive facilities.



How can we help you?

- Are you a nurse running a busy clinic?
- Do you feel you might benefit from training?
- Do you have a great idea to run your clinic differently but need funding to get started?

The Urology Foundation is here to help you. From materials like our 'Need to Pee' cards that you can give to your patients, to grants for research, education and training – we're here to make you the best urology professional you can be.

To find out more about how we can help, visit our website theurologyfoundation.org or come and see us at our stands at various conferences throughout the year (see page 11 for key events we'll be attending). We want to support you so please reach out!

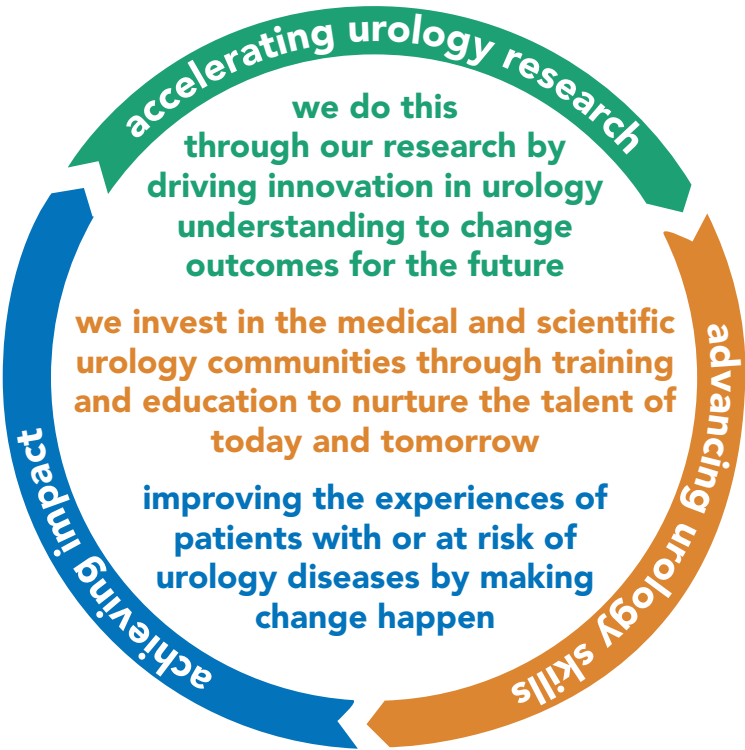


Prostate Cancer Quick Facts

More than 52,000 men in the UK are diagnosed with prostate cancer every year– that's 144 men every day

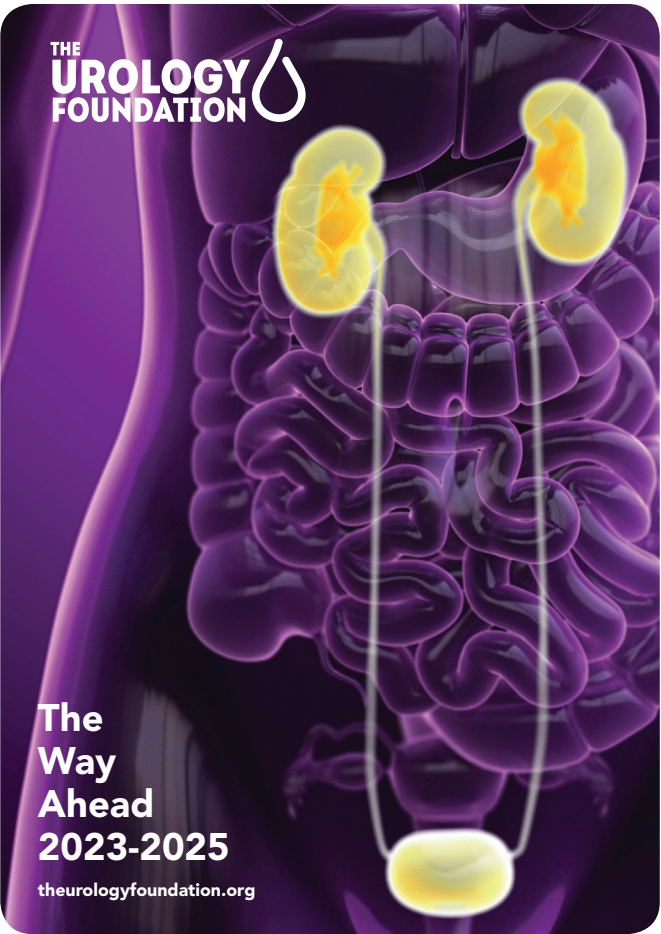
Our Vision

At The Urology Foundation we are committed to improving outcomes, quality of life and saving lives through investment in ground-breaking research, training in technical skills and innovative technologies and practices, education and awareness. We're proud of the progress we've made and look forward to delivering even more in 2024. We are working hard to deliver across three areas:



At the heart of our work are patients and their families: involving and working with people affected by urology disease, embedding patient integration and engagement in research and ensuring they have a “voice” in shaping future research agendas and priority areas.

Our strategy, **‘The Way Ahead 2023-2025’**, informs our work in 2024. We are working to ensure we can achieve our aim of significantly accelerating the progress of urological research, to advance knowledge, to invest in our scientific and medical communities and, guided by research outcomes, to drive change.



Our priorities

- Significantly accelerate the progress of urological research
- Invest in our scientific and medical communities
- Facilitate collaborations and partnerships
- Drive change as a result of research outcomes
- Campaign for further investment in research
- Place people affected by urological disease at the heart of research
- Give a voice to the people affected by or at risk of urological disease
- Transforming The Urology Foundation

For more information on our strategy and our work, see our website.

Join our Patient and Public Involvement Programme (PPI) and have your say on urology research

As part of our commitment to fund and promote world-class research, we have formed a PPI Programme to bring together researchers, those who experience or are at risk of urology diseases, as well as carers and anyone with an interest in urology disease.

The Urology Foundation works hard to ensure that patients and their families have the opportunity to be heard and to drive change. We know that those who experience or who are at risk of urology disease are well placed to recognise what works well in their care and to identify what changes would make a huge difference to patients both now and in the future.

We want to hear from you!

Prostate Cancer Quick Facts

1 in 8 men in the UK will be diagnosed with prostate cancer in their lifetime

Where to find us

If you're a healthcare professional, come and see us at events taking place throughout the year to hear more about how we can help you and to get updated on our activities. We can provide you with leaflets and information that you can use with your patients. We'd love to see you!

Members of our team will be at events including:

- Association for Continence Professionals 20 – 21 May 2024 (Hilton Liverpool City Centre, Liverpool)
- BAUS Annual Scientific Meeting 24 – 26 June 2024 (International Convention Centre, Birmingham)
- BAUN Conference 2024 (date and location TBC)

How you can get involved:

As a member of our PPI Programme, you can choose which events and activities to get involved in such as:

- Helping to plan, design and develop a research study
- Joining a discussion forum or raising awareness about a specific urology condition
- Sharing your experience with an early career researcher
- Helping to identify future research priorities

If you would like more information on how you can get involved, please see our website or email ppi@theurologyfoundation.org

Together, we can fight urology disease



UROLOGY Awareness MONTH

Achieving impact and campaigning for change

Urology Awareness Month achieves impact

September is Urology Awareness Month, our annual campaign which brings together our urology community – researchers, urologists, nurses and allied healthcare professionals, influencers and decision makers, patients and their families and those with an interest in urology health – to raise awareness of urological cancers and conditions.

The theme of our 2023 campaign was bladder health with a particular focus on urinary tract infections (UTIs), urinary incontinence and bladder cancer. Throughout the month we highlighted stats and facts on bladder health alongside launching new videos, delivering webinars, holding roadshows and health and well-being sessions. Organisations including Asda and Network Rail got involved. We built new relationships and achieved coverage in the national press. It was a great success and plans are underway for Urology Awareness Month 2024. Watch this space...

Joining Knowlex's Advisory Board

Our CEO has joined the Advisory Board of Knowlex. Knowlex provide a wide range of educational resources and activities for the healthcare community and commissioning organisations including conferences, panel debates, webinars, and an excellent online resource centre. The recently launched Advisory Board will provide advice and insight to Knowlex and its work.

For information on their conferences and resources visit <https://knowlex.co.uk/>

Working with Corporate Partners to improve the lives of patients and their families

Community outreach with Asda

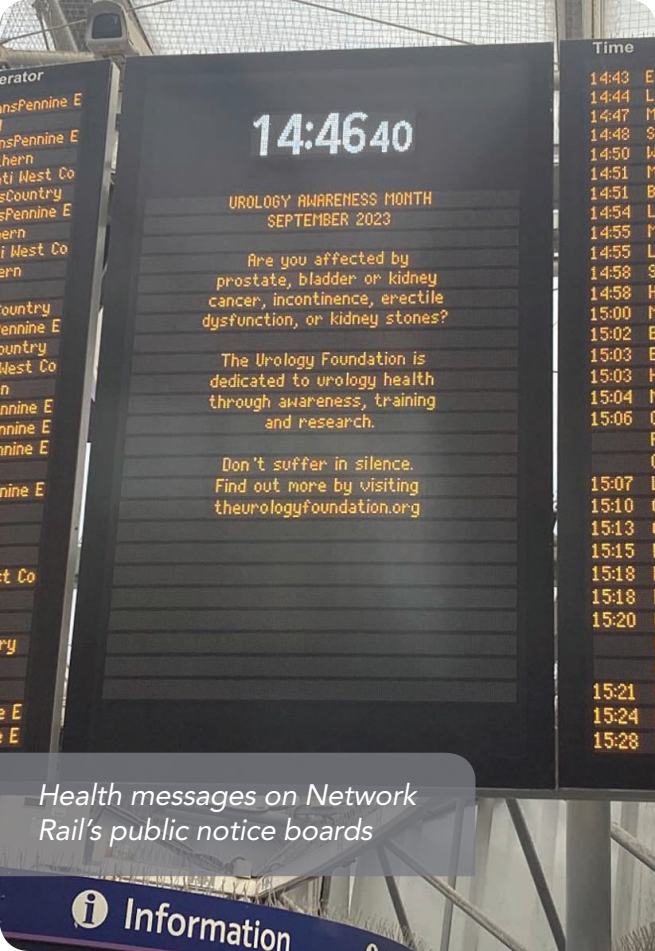
The Urology Foundation ran four successful awareness raising events at Asda stores during Urology Awareness Month highlighting the importance of taking action if you see blood in your pee. These 'Blood in Pee' events were part of our wider campaign and involved members of staff distributing leaflets and information to shoppers. The events were extremely well-received and enabled us to get the message out to people in the community. We're continuing to work with Asda and hope to deliver more events, particularly in deprived communities.



Our Senior Administrative Officer and Project Lead (Blood in Pee), Ruby Ali, (right) at one of the four successful awareness raising events at Asda stores

Reaching commuters with Network Rail

A BIG thank you to John Sidebottom and the Network Rail team who helped to support us during Urology Awareness Month. Together we were able to reach thousands of people by having our health messages on their public notice boards at Manchester Piccadilly Station, Kings Cross Station and Liverpool Lime Street Station during September. We also had messaging on payroll slips that reached over 40,000 employees. Helping businesses to support their employees with health talks is a priority for us and Mary Garthwaite, our chair, was delighted to be given the opportunity to attend wellbeing sessions for Network Rail employees to highlight the signs and symptoms of urology conditions, including prostate cancer.



Health messages on Network Rail's public notice boards

Prostate Cancer Quick Facts

1 in 4 Black men will be diagnosed with prostate cancer in their lifetime

Getting our messages to healthcare professionals and industry with Convatec

The Urology Foundation was invited to speak at the Convatec Continence Care Customer Symposium in November attended by over 25 nurses, continence professionals, GPs and Convatec staff. Our Chair, Mary Garthwaite, presented two sessions – 'The work of The Urology Foundation' and 'Patient choice in self-catheterisation care'.

Driving conversations on urology awareness with Coloplast

Our partnership with Coloplast continues to flourish and, for Urology Awareness Month, our Chair, Mary Garthwaite took part in a podcast which talked about 'Why urology awareness matters'. This was part of Coloplast Professional's 'Stoma and Continence Conversations' podcast.

THE UROLOGY FOUNDATION

Are you a regular here?

One in eight of us live with an overactive bladder.

Bladder problems - such as an urgent need to go to the toilet - can affect anyone at any time, regardless of age.

If you are experiencing bladder problems don't suffer in silence, speak to your GP or healthcare provider.

Find out more by visiting theurologyfoundation.org

Urology Awareness Month

The Urology Foundation is a registered charity in England and Wales (no.1128683) working to improve the lives of people with a cancer or condition of the kidneys, bladder, prostate or male reproductive system. By investing in the research, training and education into all urological diseases, including urinary incontinence and cancers, and raising public awareness of all urology conditions, we are striving to end the suffering caused by these diseases and save lives.

Urology Policy Matters

2024 is sure to be a busy time politically. A General Election looming always brings into question what changes could be on the horizon for our health service and the lives of patients. The policy landscape across health and urology is ever changing and The Urology Foundation will be working to ensure we represent the field of urology and show policy makers that urology matters.

Here are a few policy issues to look out for in 2024:

• **Prostate cancer screening trial:**

An innovative £42m prostate cancer screening trial co-funded by NIHR and Prostate Cancer UK, will start in Spring 2024 with significant implications for the future of prostate cancer screening policy. Discussions about screening for prostate cancer are ongoing and we expect many more conversation in the coming months. The Urology Foundation supports all activities that will help those at high risk of prostate cancer to receive the right diagnosis, support and treatment at the right time. We're committed to taking action – most recently our Chief Executive joined a parliamentary roundtable to discuss solutions for change.



• **Procurement of medical technologies in continence care:**

Steps are being taken to implement the Department of Health and Social Care's MedTech strategy in 2024. The strategy seeks to transform the medtech market ensuring the NHS can reliably access safe, effective and innovative medical technologies in a way that makes the best use of taxpayer money. This could have significant implications for areas of urology including continence care in 2024 and beyond. We expect an assessment of Part IX of the Drug Tariff, a refreshed innovation classification framework, and a commitment to delivering value-based procurement within the whole healthcare system. We await publication of the MedTech Directorate's roadmap and an update on progress and priorities for the coming year.



• **Review of bladder cancer:**

We are working with a strong stakeholder group, including charities, royal colleges and health professional bodies to call for an urgent review of bladder cancer guidelines. Progress has been made and it is hoped that a decision will be made soon.

• **National curriculum review:**

As mentioned on page 3 we're working with stakeholders to urge the government to include education on testicular health and self-examination (as well as specific issues such as testicular torsion), to the national curriculum. A public consultation is planned for early 2024 and new guidance is expected later in 2024.



Photo credit:
Tony Smith/Alamy Stock Photo



• **Community pharmacy's role in UTIs:**

Community pharmacies will now be able to 'opt in' to provide advice and NHS-funded treatment, for seven conditions including uncomplicated urinary tract infections (UTIs) in women. The Urology Foundation is delighted to be undertaking more important work to support those experiencing UTIs in 2024.

• **Northern Ireland hospital parking charges:**

As mentioned on page 3 we have joined 16 other health charities to urge the Department of Health's Permanent Secretary in Northern Ireland to enact legislation (as previously planned) to ensure people with complex health needs (including urology diseases) can have access to free hospital parking in Northern Ireland.



An Adventure through the desert for The Urology Foundation

A urologist's experience

From 27 October – 5 November 2023, a team of committed supporters embarked on a trek across the volcanic sands of the Namib Desert in Namibia to raise vital funds for The Urology Foundation. One participant was Mr Shiv Kumar Pandian, Consultant Urologist and Lead Clinician for Urological Cancer and MDT at North Middlesex University Hospital NHS Trust. Shiv tells us why he's supporting us, what motivated him to do the trek, and what inspires him in the field of urology.

What motivated you to take part in the trek to raise money for The Urology Foundation?

Although I had done a 5k run to raise money for The Urology Foundation previously, I had never done anything like this trek before. I didn't think I could do something so adventurous to raise money, but colleagues who had been on treks before encouraged me to sign up.

Why do you support The Urology Foundation?

The Urology Foundation is a unique charity that covers urology as a whole and supports crucial research and training for both junior and senior healthcare professionals. I'm very proud to support and fundraise for The Urology Foundation.

What advice can you give to someone considering taking part in a trek for us?

It's an excellent opportunity. As a doctor or healthcare professional working in the NHS, you probably walk about 10k every day in the hospital so it's just an extension of what you do already, and if you've ever done a 5k or 10k run before you can do this trek. There were good intervals between the walks, there was good food and good company, fresh air and the scenery was breathtaking.



What made you decide to specialise in urology?

I qualified and then did general surgery in India before coming to the UK to do the FRCS. I undertook a 12 month rotation in Aberdeen with six months in urology. I was captivated by it because it had a beautiful blend of open surgery and endoscopic surgery. You also had to think like a physician. Urology involves a good blend of skills that satisfy all your faculties and aspirations.

Where do you see the future of urology?

Robotics and minimally invasive surgery have been the big changes. Everything is getting smaller and more minimally invasive allowing people to return to productive life sooner after surgery and minimising complications as much as possible. The real game changer now is in molecular biology. Every patient is different and their cancer biology is different. Technologies can now find out the genetic mapping and codes of each patient and their cancer and then treatments can be tailored to the individual in the most effective way. It's all heading in that direction. These advancements are so lifechanging.

What advice would you give to someone early on in their career who's thinking about working in urology?

Come to urology, you will not be disappointed. It has so many avenues and it's a good speciality for work/life balance. Almost always, any new advancement in technology or molecular science first gets embraced in urology. If you're interested in advancing science, making changes, breaking ground then urology is the specialty for you.



A mother and daughter's experience

Sara Mackintosh and her daughter Alexandra also completed The Urology Foundation's trek to Namibia. As well as raising vital funds for The Urology Foundation, they also found it to be a wonderful mother/daughter bonding experience with memories that will last a lifetime. We've spoken to them about their experiences...

The trek was the third challenge Sara has undertaken to raise money for The Urology Foundation. After taking part in a TUF cycle challenge to Vietnam and Cambodia and another across Costa Rica, Sara was motivated to do even more charity events and took part in marathons before deciding to undertake the Namibia trek. Alexandra is a keen adventurer and enjoys challenging herself with lots of charity expeditions and this trek was her first to raise money for The Urology Foundation.

The pair first heard about The Urology Foundation through a friend and soon got to know the brilliant work we do and the outstanding talent of the urology profession. They told of the unbelievable energy of the urologists they have met on various challenges. During the cycle ride in Vietnam, they were amazed at the dedication of a urology surgeon who even performed surgery whilst on the expedition. They shared that taking part in the trek and cycle rides and getting to know the urology professionals showed them that urologists are truly at the top of their game. Sara described her admiration for the work they do and the difference they've made to the lives of so many people, commenting on how many people must be alive today thanks to the urologists she's met on the expeditions.

For the duo, the best part of the trek was getting to experience such a special week together. Sara spoke of the sheer determination of her daughter on the trek and how inspiring she is.

The Urology Foundation is a unique charity that covers urology as a whole and supports crucial research and training for both junior and senior healthcare professionals

Another highlight of the trek was the last morning when Alexandra encouraged everyone to wake up early to climb a rock to watch the sunrise over the Namib Desert – a magical experience.

The pair found the trek to be an exciting challenge and the team on the ground supporting were brilliant. The trek started out gently and ramped up quickly. The pair enjoyed exploring a place they might never have visited otherwise and seeing it in a way people wouldn't usually experience. They loved meeting people they would never have had the opportunity to meet and to really get to know them as people and hear their stories over the week. They encourage others to consider participating in future treks. Sara thought it would be out of her comfort zone but at the last minute decided to go for it and was so glad she did.



Prostate Cancer Quick Facts

Prostate cancer mainly affects men over 50, and the risk increases with age

For more information about getting involved in The Urology Foundation's 2024 challenges, please see page 20 or email events@theurologyfoundation.org

Thanks to Trusts and Foundations - helping to support research into bladder and kidney cancer

Last year, The Urology Foundation was delighted to receive funding from a range of Trusts and Foundations towards Dr Samantha Conroy's research into improving the choice, and personalisation, of treatments for patients with bladder and kidney cancer, while highlighting ineffective treatments so that they can be avoided. The research aimed to potentially reduce the number of patients undergoing lengthy and toxic treatments that do not control the spread of their cancer. Dr Conroy is a Clinical Research Fellow at the University of Sheffield/Sheffield Teaching Hospitals NHS Foundation Trust.

The Urology Foundation has been proud to support Dr Conroy. Her team's research has made progress in identifying genetic variants in tumours and the difference in response to current and novel bladder cancer drugs. There has been identification of key genes in the type resistant to drugs. Further work and understanding of these variants could lead to more effective and targeted drug treatments. The research findings may provide scope to reshape the way we think about bladder cancer risk stratification and treatment selection using ex-vivo (outside the body) drug screening, and lead to tailored and more effective treatments in future.

Since our inception, The Urology Foundation has invested in supporting high-calibre research projects, which have made significant contributions to the fight against urological cancers and conditions. Yet there remains much to be done. We are very grateful to every Trust and Foundation who is supporting our vital work. Cancers and conditions of the kidneys, bladder,

Your financial support is helping to save lives. If you are a Trustee or have links to a Charitable Trust, we hope you can help. We have a range of projects that require your support. Please contact Ferha Farooqui, Trusts Manager, via ffarooqui@theurologyfoundation.org We are grateful for any support you can provide.



Dr Samantha Conroy, Clinical Research Fellow at the University of Sheffield/Sheffield Teaching Hospitals NHS Foundation Trust

prostate, and male reproductive organs are becoming more prevalent, and your support is enabling The Urology Foundation to work towards preventing, treating, and finding cures so that fewer lives are devastated.

// The research findings may provide scope to reshape the way we think about bladder cancer risk stratification and treatment selection //

Our Heroes – thank you!

Over the last 12 months, many of our supporters have worked hard to raise much-needed funds for The Urology Foundation. Without your commitment and passion, we wouldn't be able to do vital work to lead the fight against urology disease. Thank you to all those who have raised money for us!

A special thank you to all our supporters who donate to The Urology Foundation every month, quarter or annually. Your continuing support and regular giving makes a very real difference. To sign up to make a regular gift, or find more information on our events, please visit theurologyfoundation.org

Get Involved in 2024!

Spotlight on fundraising and ways to get involved

Many of our supporters enjoy organising events to raise funds for, and awareness of, The Urology Foundation. Whether it's organising a fundraiser at home, in your workplace, at your local community centre or gym, these can be great opportunities to bring people together, have fun, talk about urology diseases and conditions and raise much needed funds for The Urology Foundation.

There are so many great events and fundraising activities you can organise – both large and small – and of course, they can be colour-themed in purple!

We can supply you with free branded t-shirts, posters, leaflets, banners, giveaways (pens and note pads) and collection tins to help raise awareness of urology and promote your fundraising event.

Email us at events@theurologyfoundation.org



What about hosting a TUF Tea Party or Purple Bake Sale, organising a Hiking Challenge or Quiz Night, a Family Fun Day, Treasure Hunt, Sponsored Swim or Music Event. And with summer just around the corner why not get family and friends together to enjoy a barbeque. Our fundraising pack is filled with lots of great suggestions and top tips to help you run a successful event. See www.theurologyfoundation.org/get-involved/fundraise/do-your-own-thing

Get involved in raising awareness of bladder cancer

May is Bladder Cancer Awareness Month – an opportunity to raise awareness of the signs and symptoms and call for positive change for those facing bladder cancer, both now and in the future. The charity *Fight Bladder Cancer* works hard every year to drive this campaign and we'll be supporting their efforts again this year. Why not make May the month you spread the word and raise awareness of bladder cancer?

Fight Bladder Cancer has a fantastic suite of resources to download. If you're a carer, there's an excellent A-Z guide, for all people who support bladder cancer patients, that our Chief Executive contributed to.

For more information, see: <https://www.fightbladdercancer.co.uk/downloads>

Prostate Cancer Quick Facts

Prostate cancer survival has tripled in the last 50 years in the UK

How will you get involved in 2024?

There are lots of ways to get involved this year and raise money and awareness for The Urology Foundation. Events and challenges will be running throughout the year...

To find out more or register your interest for any of these events please contact: events@theurologyfoundation.org



The team in Paris for the Bike4TUF 2023 challenge

Bike4TUF 2024 – London to Nantes!
Bike4TUF is an annual cycle ride in support of The Urology Foundation that takes a different route each year, organised by a volunteer committee. This year, Bike4TUF will travel from London to Nantes, in Brittany, France, during **13-16 June 2024**. Consultant urologist Ben Starmer will be leading the event.

You'll start at the Royal College of Surgeons in London and head to Portsmouth before taking the overnight ferry to St Malo. You'll then continue to Rennes and finish in Nantes. The registration fee is £240 to cover your ferry crossing to France, support vehicles and first night's stay, snacks along the way, and two cycling jerseys. You will need to raise £600 for The Urology Foundation (or £200 per day if you plan to join for one or two days, not the whole trip). You will also need to pay for your accommodation and meals on the way and make your own way back to the UK.

Please register your place by 13 March 2024.

Dates for your diary

Are you looking for a new challenge this year? If you're a keen cyclist, runner or enjoy outdoor swimming, we have places in challenge events that will be inspiring, great fun and raise vital funds for The Urology Foundation to support our work.

We've listened to our supporters and have increased the range of events we offer this year.



Karan Prakash taking part in the Great North Run 2023

Great North Run
Once again, we have places in the UK's leading half marathon, taking place on **Sunday 8 September 2024**, from Newcastle to South Shields. You'll join 60,000 runners and take in some of the region's iconic sites along the route. Secure your place and run for The Urology Foundation. Registration fee: £25, and you'll need to raise £175.

Please register your place by 6 June 2024.

Great North Swim

Join us for the UK's most popular open water swim, taking place from **Friday 7 to Sunday 9 June 2024** on Lake Windermere, in the Lake District. Choose from six distances to suit all ages, abilities, and levels of experience. Registration fee: £25, and you'll need to raise £150.

Please register by 8 March 2024.

London Landmarks Half Marathon

Taking place on **7 April 2024** the London Landmarks Half Marathon is a hugely popular event. We have now filled our allocation of places for 2024, but please come along and cheer our fantastic runners and meet the team at the TUF Cheering Point. More information is available on our website.

Please let us know if you would be interested in running for us in next year's event, in April 2025. We'll be applying for places in the summer, so please register your interest now.



Sophie Willatt and Daniel Slee taking part in London Landmarks Half Marathon 2023

London to Brighton Bike Ride

This iconic event is Europe's oldest charity bike ride. It starts at London's Clapham Common and ends at Brighton's Pier. Taking place on **Sunday 16 June 2024**, you'll join over 7,000 cyclists along the 54 mile route, and there is plenty of support along the way. Registration fee: £35 and you will need to raise £175 for The Urology Foundation.

Please register your place by 14 March 2024.

TUF Cycle Sri Lanka

This year's overseas challenge will be a cycle ride across Sri Lanka from **28 November – 7 December 2024**. Join us for an adventure that will take you from the capital Negombo through rice paddy fields, tea plantations, to the beach at Trincomalee. Registration fee: £349, you'll need to raise £4,500 for The Urology Foundation.

Please register your place by 28 August 2024.

If you would like to take part in an event that is not listed here, please get in touch as we might be able to secure a place for you. We are a listed charity with Real Buzz (see <https://www.realbuzz.com>) who offer a range of running events around the UK (including the Manchester and Birmingham Half Marathons), and internationally (including the popular Berlin Marathon). Get in touch, we would love to discuss your plans.

Prostate Cancer Top Tips

No one knows how to prevent prostate cancer, but get to know the risk factors, potential symptoms and try to maintain a healthy lifestyle. Speak to your GP or healthcare professional if you are worried about prostate cancer

Leaving a lasting gift to support The Urology Foundation



There are lots of ways you can help us to continue our vital world class research, training and education programmes and awareness campaigns.

By making a gift in your Will you can do something exceptional for those affected by urology diseases and conditions ensuring a better outlook for current and future generations.

How to make and update your Will?

At this time of year, many people review their affairs, and that includes updating their Will. We have produced a legacy brochure which contains information on how to make or update your Will, a glossary of common terms, and how to leave a gift to The Urology Foundation.

To order your free copy please contact info@theurologyfoundation.org

Having an up to date Will, written by a solicitor, ensures that your family and loved ones, your chosen charities and organisations will be remembered as you wish.

We have partnered with The Goodwill Partnerships, who provide Wills at a low fixed price via home appointments in England and Wales, or by telephone in England, Wales, and Northern Ireland. They are the largest distributor of home-visit solicitor-provided Wills in England and Wales. Other participating charities include the Multiple Sclerosis Society, Oxfam, V&A, Macmillan Cancer Support, and Medical Detection Dogs.

For more information, please visit: <https://www.thegoodwillpartnership.co.uk/urology-foundation/>



Give As You Live – support us at no extra cost!

Give As You Live Online generates charitable giving from your everyday shopping, at no extra cost to you. Over 6,000 stores are involved, including all your usual favourites like Marks & Spencer, John Lewis, Tesco, and Ocado. The Urology Foundation is listed as one of the charities you can support in this way. It's an easy way to support us, and it's free to register. For more information see www.giveasyoulive.com

Our Legacy Commitment to You

- Your family and friends come first, but we hope that, once you have provided for them, you will also remember The Urology Foundation.
- We respect your privacy – we would love to know if you have decided to support us in your Will so that we can thank you. We will keep any details you share confidential.
- We will use your gift with the greatest of care, sensitivity and respect at all times.
- We will use your gift where it is most needed and will have the greatest impact.

// We hope that you will leave a gift in your Will to The Urology Foundation. However large or small, every gift matters //

If you would like to support a specific area of our work and want further information please visit <https://www.theurologyfoundation.org/get-involved/gift-in-will> or get in touch.

Here is my donation to fight against urology disease

1. Contact Details

Contact: Position: (if company booking)

Address:

Postcode:

Telephone: Email:

Please tell us if you would be happy for us to contact you: ☐ Post ☐ Email ☐ Phone Are you a healthcare professional? ☐ Yes ☐ No

2. Select your donation type

☐ I would like to give a one-off donation of £

☐ I have set-up a regular donation for £ a ☐ month ☐ quarter ☐ year (please complete standing order mandate).

3. Your Gift Aid Declaration

If you are a UK taxpayer, the value of your donation can be increased by 25% under Gift Aid, at no additional cost to you.

Please tick the box below to join the Gift Aid scheme.

- ☐ I am a UK taxpayer. Please treat all donations I make or have made to TUF for the past 4 years as Gift Aid donations until further notice.
- ☐ No, I'm not a UK taxpayer.

TUF registered charity no. 1128683

Date / /

giftaid it I would like The Urology Foundation to treat this donation and any donations I make in the future and have made in the past 4 years as Gift Aid donations, until I notify you otherwise. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please let us know if your tax circumstances or name/address change, or if you wish to cancel this declaration so that we can update our records accordingly.

4. Making your gift

☐ I enclose a cheque made payable to The Urology Foundation, OR

☐ Please debit my ☐ Visa / ☐ Visa Debit / ☐ Mastercard / ☐ Maestro (please circle one)

Card Number:

Valid From: / Expiry Date: / Issue No.:

3-Digit Security Code: Signature:

☐ Via Bacs
To (Bank): National Westminster Bank plc
Sort Code: 50-30-25
Account Number: 26113090
Name of Account: The Urology Foundation

Or online via theurologyfoundation.org/donate
Or, scan this QR code with your phone camera to donate



Thank you

We're making great progress every day as a result of our investment into urology research, training and education.

Your support enables us to keep our work going and improve treatment for the people affected by a urology condition or disease who need it most. This work would simply not be able to happen without you.

Further Information

If you would like any further information, or indeed would like to host a fundraiser for The Urology Foundation, please contact **events@theurologyfoundation.org**



The Urology Foundation



@TUF_Tweets



@theurologyfoundation



The Urology Foundation

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