Urology Awareness Month

September is Urology Awareness Month and this year our focus is men's urology health. We're urging men to recognise when something's not right 'down there' and to speak out to get help. There are lots of ways you can get involved and support us throughout the month.

Donating

£5

which is just above the average cost of a pint of beer in the UK, could cover the cost of a Need to Pee card. The wallet sized card is designed to help those living with urinary incontinence to gain quick access to a toilet when the urge comes.

Do your own thing

September can be lovely in terms of climate, so hosting an outdoor fundraising event such as a BBQ, Garden Party etc could be perfect. We have lots of tips for organising an event, so do check out our website:

www.theurologyfoundation.org/get-involved/do-your-own-thing/

Take on a challenge

We have a wide range of events including the **Brighton Marathon, London Landmarks Half** as well as many others. Check out our events page and find your thing!

www.theurologyfoundation.org/get-involved/events/

For the same price as a month's gym membership a regular gift of

£30

could pay towards the cost of a UTI Nurses time to manage the Information Helpline and Hub that we offer supporters.

Share our posts on social media

It would be so appreciated if you could spread the message on social media. This includes reposting The Urology Foundation's social media posts and posting your own messages of support. Please use the hashtags: **#UrologyAwarenessMonth #UAM24** and link to our relevant social media handles:

The Urology Foundation

@TUF_Tweets

@theurologyfoundation

The Urology Foundation

Hold a Urology Awareness Day at work

Organise an awareness day in your workplace and encourage people to wear something purple or host a bake sale, who doesn't love a piece of cake! We can also arrange lunch and learn sessions to raise awareness for teams.

Volunteering

Volunteer your time helping The Urology Foundation whether that's helping at a fundraising event, assisting with office admin tasks or if you have transferable skills that could be shared with our team, to improve how we work – please do get in touch!

info@theurologyfoundation.org

UROLOGY Awareness MONTH 2024 | MEN'S Urology HEALTH

www.theurologyfoundation.org/impact-achievements/campaigns/uam2024/

The Urology Foundation is a registered charity No 1128683 incorporated and registered in England and Wales.