

UROLOGY MATTERS

NEWS AND VIEWS FROM THE UROLOGY FOUNDATION

ISSUE 19

Meet our UTI Information Nurse, Helen Lake RN

Men's Urology Health:
Myths and Legends

Driving change in Urinary
Tract Infections

Launch of our Research
Strategy 2024-2028

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Front cover image courtesy of Helen Lake RN

welcome to UROLOGY MATTERS



I'm delighted to welcome you to our Winter Edition of **Urology Matters**.

Following the impact of our **Urology Awareness Month** this September where we focussed on men's urology health, this issue is continuing on that theme and highlighting key findings from our campaign. We undertook surveys of over 2,000 men in the UK and 116 nurses in the UK to find out more about men's perceptions of urology health. We've listed key facts and stats throughout this issue.

We're also highlighting our work in Urinary Tract Infections (UTIs) which affect millions of people every year. Our new, dedicated, nurse-led **UTI Information Service**, is supporting people who experience UTIs, their loved ones and healthcare professionals. Alongside the Service, our new UTI Research Programme promises to improve our understanding of UTIs with a view to ultimately finding new ways to diagnose, treat and manage them.

The issue features the new research programmes we have recently launched and we're excited to feature highlights from some of our 94 active research grants. I'm delighted to also share details of our new five-year **Research Strategy 2024-2028**, which is shaping the future of our research programme.

We are pleased to have launched our new website and hope you've been able to take a look.

We've had a very busy year! It's only thanks to your generosity and continued commitment that we have been able to achieve so much. Your support enables us to make a difference for patients, their families and the urology profession. We look forward to continuing our fight against urology disease in 2025.

R. Porta

Rebecca Porta, Chief Executive

Introducing our new UTI Information Nurse

We're delighted to announce that The Urology Foundation has appointed our first ever urology nurse, **Helen Lake**. Helen has joined as our UTI Information Nurse and has set up our UTI Information Service for patients, their carers and healthcare professionals. Helen has been a registered nurse for over 30 years and has been a Urology Specialist Nurse since 2003. Find out more about Helen, and our new UTI Information Service on page 16.



Welcoming our new Trustees

We are delighted to welcome our new Trustees: **Mr Mohammed Belal**, Consultant Urological Surgeon at Queen Elizabeth Hospital Birmingham; **Julia Taylor MBE**, Consultant Nurse at Salford Royal Foundation Trust and Past President The British Association of Urological Nurses; **Hilary Baker**, Lead Clinical Nurse Specialist for Uro-oncology at University College London Hospitals and Clinical Lead for Developing Cancer Nursing at North Central London Cancer Alliance for pan-London; and **Ian Pearce**, Clinical Head of Surgery at Manchester Royal Infirmary and President of British Association of Urological Surgeons (BAUS). We're thrilled to have them on board. We say goodbye to Trustee **Jo Cresswell** who stepped down when her tenure as President of BAUS ended this summer. **Roland Morley** has also stepped down as a Trustee after eight years. A huge thank you to Roland and Jo for their hard work, support and guidance over the years.

Our work in Westminster and the devolved nations

We continue to work hard championing urology health issues. Since the last issue we've seen a change of government and a large number of new Members of Parliament entering Westminster. We're working hard to champion urology health issues and ensure urology receives the policy priority it deserves.

Urology Pledges

We launched our Urology Pledges 'Excellent Urology Health for All' in June 2024 and it is available to download on our website. We're calling for policy makers to:

1. Commit to investing in vital urology research
2. Commit to investing in our urology community
3. Commit to putting patients at the heart of decisions on urology care

We've engaged parliamentarians with these asks, which have been widely supported by our stakeholders, and will continue to do so throughout this Parliament. For more details visit our website.



Calling for a national cancer strategy

The Urology Foundation has been working with our wider cancer community, including Cancer52 and a coalition of cancer charities called One Cancer Voice, to collectively call on the government to commit to developing a long-term cancer strategy. We were therefore delighted with the announcement in October 2024 that the government will develop a national cancer strategy once their 10 Year Health Plan for England has been finalised. We'll be working hard to input into the development of this strategy.



**CHANGE
NHS**

**Help build a
health service
fit for the future**

Championing urology issues in a consultation on the future of the NHS

The government is working to develop a 10 Year Health Plan for England to build a health service fit for the future. They have launched a 'national conversation' and are inviting views, experiences and ideas. The Urology Foundation has responded to the consultation and will continue to call for urology to receive the policy priority it deserves.

Prostate cancer screening

The Urology Foundation has welcomed news from the government that they are actively considering the case for a screening programme for prostate cancer, particularly in those at high risk, including those with a family history of the disease. This follows the work of Sir Chris Hoy in highlighting the issue publicly following his own stage 4 diagnosis. We encourage everyone in at-risk groups, including those with a family history of prostate cancer and black males, as well as any males who are concerned about prostate cancer to speak to their GP about their risk and testing.



Improving outcomes in prostate cancer



The Urology Foundation continues to campaign to improve prostate cancer outcomes and has joined discussions with policy makers. Here our Chief Executive, Rebecca Porta, was taking part in a discussion on service innovation and addressing health inequalities in prostate cancer. We'll continue conversations to drive change.

Rebecca Porta with Alfred Samuels (patient advocate) and Miss Sarah Itam (consultant urological surgeon)

Putting patients first in continence care

We joined the Urology Trade Association (UTA) to co-host a Reception in the House of Commons in April. The theme of the event was 'Putting patients first: promoting best practice in the continence sector.' The event was extremely well attended and guests, including Parliamentarians, heard powerful patient stories that highlighted the need for best practice in continence care. We continue to call for patient centred care in continence.



The Urology Foundation team at the Parliamentary Reception on continence

Our survey results:
Men's views on urology health

7 in 10 men would put their lives at risk by delaying medical attention if they saw blood in their pee

Quick facts: men's urology health

1 in 8 males in the UK will be diagnosed with prostate cancer in their lives. This rises to 1 in 4 black males

Education for boys on their health

We are continuing our campaign on testicular health, including self-examination and testicular torsion. We believe that boys deserve to be educated about their own bodies and have responded to a consultation on the national curriculum urging the government to consider including education on testicular, penile and prostate health in schools across the country. We are continuing these conversations and look forward to seeing the outcomes of the consultation.



Photo credit: Tony Smith/Alamy Stock Photo

We've joined One Cancer Voice!

We are thrilled to have become a member of One Cancer Voice. One Cancer Voice is a coalition of over 60 cancer charities that advocate for better cancer care and outcomes in England and is coordinated by Cancer Research UK. We joined with One Cancer Voice to call on government to commit to a national cancer strategy and we're delighted with the success of this coordinated approach.



Bladder cancer guidelines

We continue to work 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 we hope a review will take place soon.



Proud to support Movember - The Real Face of Men's Health

We were delighted to support Movember's men's health campaign and their new report, 'The Real Face of Men's Health'. The report examines how men engage with the health system and the full consequences of men's poor health on men, those immediately around men and those within their broader communities. It sets out recommendations that decision makers can take to improve men's health outcomes, save costs within the NHS, and tackle the health inequalities that exist between different men. The report generated fantastic support and coverage from the media to policy makers, from patients to the global Movember community.



The Real Face of Men's Health
2024 UK REPORT

Procurement of medical technologies in continence care

The government continues to make changes to the procurement of medical technologies in England. We expect a new National Procurement Policy Statement (NPPS) to come into force in February 2025, following a short 'stakeholder survey' this Autumn. The NPPS aims to create a simpler and more transparent regime for public sector procurement, including of medical devices.

The government has also launched a policy paper on the circular economy in medical devices, including urological ones. In October 2024, the government published the 'Design for Life Roadmap', setting out the government's ambition to transition away from all avoidable single-use medical technology products towards a functioning circular system by 2045 that maximises reuse, remanufacture and recycling. This will have an impact in urology.

We continue to review the implications of the emerging policy on medical technologies and what this will mean for people experiencing urology conditions and those who care for them.

Out and about

Meeting professionals at conferences

The Urology Foundation team has been travelling across the country presenting sessions and meeting professionals at conferences including the Association for Continence Professionals (ACP) Annual Conference and Exhibition in Liverpool in May, the British Association of Urological Surgeons (BAUS) Annual Conference in Birmingham in June and the British Association of Urological Nurses (BAUN) Annual Conference in Liverpool this November. It has been a brilliant opportunity for our team to meet professionals, speak at events and organise our annual Fun Run! We have a great programme planned for 2025 – look out for more information on our website.



We invited Alfred Samuels, a prostate cancer Patient Advocate, to deliver our Guest Lecture at BAUS 2024



Our Chair, Mary Garthwaite, met Olympian Colin Jackson at BAUS to discuss prostate cancer care

Launch of our new Research Strategy 2024-2028

We are proud of our many research achievements and the impact we have made to date. Our investment in research has led to significant breakthroughs in our understanding of urology diseases and improvements in the delivery of care. But we still have so much more to do.

Building on this legacy, we launched our latest research strategy: **‘Improving urology health: transforming lives through research. Research Strategy 2024-2028’** this summer. It is our roadmap for building on our successes and shaping the future direction of urology research.

Our research pillars and objectives:

1

Lead a transformation in urology health

- Invest in research to improve our understanding of urological cancers and conditions
- Drive innovation and accelerate progress
- Build and strengthen research capacity
- Campaign for further investment in research

2

Understand the factors driving urological cancers and conditions

- Understand the risk factors to help develop better approaches for diagnosing, treating and managing disease, or even finding preventative measures

3

Build and invest in our research community

- Enable our urology community to be the best they can be
- Share outcomes and facilitate dissemination of information

4

Improve outcomes for patients and their families

- Put patients at the heart of our research
- Improve the detection, diagnosis, treatment and management of urological cancers and conditions
- Seek research outcomes that can help to drive change in health behaviours, beliefs and practices
- Drive positive change for all

Urology Health

We can only achieve these aims with the support of the wider urology community, patients and those living with a urology condition, donors and supporters, and we look forward to working collaboratively to strive for excellent urology health for all.

Thanks to all our supporters, The Urology Foundation has invested £10.8 million since 1995 into urology research and training that has significantly advanced our understanding of urology cancers and conditions and how to treat them.

Strategic partnership is key to our success and we took our principles of collaboration into our research strategy. In developing the strategy we reached out to our community - consulting researchers, clinicians, nurses, allied health professionals, those living with urology conditions and their families, decision makers and influencers and those with an interest in urology - to explore what is needed in urology research and which areas make the biggest impact. Our strategy is built on four pillars, which are founded on the collaborative efforts of the urology community and we are confident, with this grounding, our research will continue to revolutionise urology care in the future.

An exciting and transformative year for research

2024 has been another very busy year for our research programmes. Our portfolio of research grants and awards has expanded considerably and we're delighted to have welcomed new experts to our Scientific and Education Committee to review and assess applications. We've awarded more research grants than ever, have renewed our three-year funding of our TUF Trials Unit (TTU) and introduced new research grant initiatives. The Urology Foundation and Penguins Against Cancer launched our first Smaller Projects Cancer Research Initiative to fund small projects which could help improve understanding of cancer diagnosis or treatment pathways. We also launched our Urinary Tract Infections Research Initiative thanks to the generosity of a donor (for more details see page 17).

Small Projects Fund Awards

The Urology Foundation was pleased to award funding to three projects that will further our understanding and advance knowledge in urology care. We were delighted to provide grants to:

- Martin J Connor at Imperial College London for the UK's first multicentre prospective surgical registry dedicated to improving care of patients with kidney cancer with caval extension with an aim to generate a set of clinical recommendations and create a standard operating procedure for this form of surgery.
- Martin J Connor for a study into a new approach to scanning and reporting on tumour tissue acquired during surgery for bladder cancer. If successful, it would help to improve certainty in the depth of a person's cancer at first diagnosis and potentially avoid future diagnostic surgeries. Our thanks to Penguins Against Cancer which has allocated a donation to this project.
- Kelly Ong at UCLH for a study that aims to develop resources and techniques to improve surgeon's mental well-being and enhance their performance to improve patient outcomes.

Innovation and Research Grants

We have awarded £500,000 this year across eight Innovation and Research Grants. Researchers will be focussing on areas including prostate, bladder and penile cancers and genetic factors in bladder disease. Our thanks to the Charles Reynolds Fund and the John Black Charitable Foundation, whose contribution made it possible for us to fund many of these awards.

Research to understand the cause of bladder cancer

We awarded Simon Baker at the University of York an Innovation and Research Grant to fund crucial research into the cause of bladder cancer. Whilst for decades scientists have widely considered smoking a key risk factor for bladder cancer, recently modern genomic fingerprinting technology has revealed that a virus may play a key role. The DNA of nearly all bladder cancers carry the fingerprints of damage caused by some of the body's own proteins which defend against viral infections. It is thought that a childhood virus may lay dormant in some people and 'reactivate' in adulthood causing the body to fight it off. In doing so, it is believed that the body's response can, for some people, result in DNA damage similar to that seen in bladder cancers.

If Simon's team can show that a certain childhood virus is a risk factor for bladder cancer it may inspire scientists to develop new antiviral drugs and vaccinations. We hope this research could ultimately lead to most cases of bladder cancer being seen as preventable.

Quick facts: men's urology health

Nearly 75,000 men are diagnosed with a urology cancer every year. That's over 200 males diagnosed every day.

Prostate cancer research

Thanks to funding from the John Black Charitable Foundation, we were able to fund two important research projects into prostate cancer.

Laura Martinez-Escardo from the CRUK Scotland Institute received funding to investigate new therapeutic strategies for prostate cancer. Mark Salji, also from the CRUK Scotland Institute was awarded a grant to research the role of Prostate Specific Membrane Antigen related metabolites in the progression and treatment of prostate cancer. We're excited to see the outcomes of these important projects.

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We're delighted that with the generosity of everyone who donates, we currently have 94 active grants that are really making a step change in urology and driving forward changes that are improving outcomes for patients and their families both now and in the future. We're incredibly proud of what we achieve as a small but driven team.

//

Rebecca Porta, Chief Executive of The Urology Foundation



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

The Urology Foundation works hard to ensure that patients and their families have the opportunity to be heard and to drive change. Our PPI Programme brings together researchers, patients, carers and the public to work in partnership to plan, design, manage, evaluate and communicate about research. It leads to research that is impactful, relevant, appropriate, better designed, with clearer outcomes, and a faster uptake of new evidence. It accelerates innovations and developments.

Welcome to our new PPI Development Board

We're delighted to have established our new PPI Development Board and to welcome our new members including Imran Ahmad, Lesley Booth, Susannah La-Touche and Hannah Warren.

How you can get involved:

If you are a patient, family member or carer then we want to hear from you!

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
- Providing input into leaflets, factsheets or videos about urology
- Helping to identify future research priorities

For more information, please contact ppi@theurologyfoundation.org

We're delighted to announce that Rosie Cockroft, our Grants Executive, has now also taken on the role of PPI Lead to drive this programme forward.



Men's urology health

Are you looking to support our campaign to get men talking about their urology health? Here are some ways you can support us:



Spread awareness by putting up our men's health posters - in your 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 believe men need to be more open about their urology health. 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 on 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 urology research.

Our survey results: Men's views on urology health



2 in 3 men aged 18-24 would be embarrassed to talk to a doctor about their urology health.

- **90% of males who said they were embarrassed talking about urology health would also be put off booking a GP appointment.**



We're supporting urology professionals by advancing skills

The Urology Foundation invests in the medical and scientific urology communities through training and education to nurture the talent of today and tomorrow. Our training programmes help bring some of the latest approaches in the urological field to clinics in the UK and Ireland. We also offer travel grants and Fellowship schemes to enhance training, education, knowledge transfer and collaboration.

Training and education we're funding

We're delighted to be funding several urology professionals to advance their skills and enhance the care they can provide to their patients.

Recent awards include:

The Malcolm Coptcoat Travelling Fellowship

In 2024 we were delighted to award The Malcolm Coptcoat Travelling Fellowship to Elizabeth Day. Elizabeth travelled to the Martini Clinic in Hamburg to study the NeuroSAFE technique in robotic prostate cancer surgery, and to the Rijnstate Hospital in Arnhem to study robotic cystectomies.

Observing complex urethral reconstructive surgery in India

Eleanor Zimmermann was awarded the Fellowship in 2023 and here she talks about how beneficial it was to her career.

"I am thrilled to be able to share a glimpse of what was a hugely instructive and awe-inspiring visit to the Kulkarni Institute in Pune, India. With the generous support of The Urology Foundation, I was able to dedicate six weeks during April and May 2024 observing complex urethral reconstructive surgery by Professor Sanjay Kulkarni, Dr Pankaj Joshi and their expert team. I embarked on this exciting venture in the company of my two adventurous children aged only 10 months and 4 years old at the time.

The warmth and welcome from the whole team and specifically Professor Kulkarni was humbling. I was even offered use of the top floor of the hospital should I wish to breastfeed! The teaching and training I was privileged to be a part of was second to none, with daily theatre lists running in parallel as well as opportunity to attend outpatients.

The surgical day-to-day teaching is facilitated not just by the skilled, knowledgeable and patient team of surgeons, but also state of the art equipment allowing high-definition projection of each case onto a large screen in the operating theatre, where the finer details of the techniques used can be easily appreciated by each observer.

I owe this immersive experience to not just the wonderful team in Pune and my amazingly supportive and adventure seeking family, but above all, The Urology Foundation."



Eleanor Zimmermann with Professor Kulkarni and Dr Joshi



High-tech equipment in each operating room

Travel grants for nurses to attend BAUN Conference

We were delighted to offer nurse travel grants to attend the BAUN Annual Conference in November. Urology nurses provide vital care and support. We have a number of travel grants for nurses so get in touch if you're interested.

David Thompson Fellows

- Daniel McNicholas will visit Austin Hospital in Melbourne, Australia in August 2025 to study robotic, reconstructive surgery.

We also awarded three David Thompson Bursaries to:

- Adrian Fuentes will visit the Royal Alexandra Hospital in Brisbane, Australia in August 2025 to study robotic abdomino-pelvic oncological surgery and kidney transplant.
- Andrei Kozan will visit Tenon-Sorbonne University in Paris in January 2025 to study robotic reconstructive surgery.
- Muheilan Muheilan to visit Lister Hospital in Stevenage in March 2025 to study robotic pelvic surgery.

The fellowships and bursaries will enable Daniel, Adrian, Andrei and Muheilan to travel across the country and abroad in pursuit of further study, research and clinical training. We look forward to hearing more about their experiences!

Urolink Fellowships

This year we have awarded four Urolink Fellowships. These Fellowships enable senior trainees to experience working in Low or Middle income (LMIC) environments and to provide supplementary training and education to their urology colleagues in Malawi, Ghana and Tanzania. These were awarded to:

- Brendan Berry, Urology Registrar at University College Hospital London
- Johann Boaz, Senior Clinical Fellow at Charing Cross Hospital
- Michael Ng, Urology Registrar at University Hospital Plymouth
- Ravi Banthia, Senior Clinical Fellow at Ninewells Hospital

Our survey results: Men's views on urology health

7 in 10 men didn't know what their prostate does

Celebrating Excellence

Urology Nurse of the Year Award

Mary Garthwaite, Chair of The Urology Foundation, was delighted to present Anna Wilson, Urology Nurse Specialist at Plymouth Hospitals NHS Trust with the "Nurse of the Year" Award at this year's BAUN Annual Conference in Liverpool.

This award is jointly funded with BAUN and recognises the contributions of an outstanding nurse in the field of urology, who has gone above and beyond their role, demonstrating care innovation, transformation and collaboration that supports an exceptional patient experience.

Anna was instrumental in establishing the Urology Same Day Emergency Care (SDEC) unit at the hospital, a first of its kind initiative in this country to revolutionise patient care in urology by reducing unnecessary emergency department admissions and strengthening the connection with community services. Her work was transformational, facilitating a seamless care pathway and alleviating the stress and inconvenience often associated with emergency care. It impacted the culture within the department boosting staff morale and improving patient satisfaction.

We were delighted to announce Anna as this year's winner and to award an educational/clinical visit grant of up to £2,000.



Spotlight on: Vocational support for urological trainees

Steve Payne is the co-course director of the Advanced Urology Boot Camp. In our last issues, Steve outlined the important role that The Urology Foundation and Urolink (of which Steve is also the Secretary) play in supporting the development of UK urological trainees to gain a wider, global, view of the provision of urological care in less well-provided healthcare environments. Here he talks about the work that The Urology Foundation does to support postgraduate training for urology professionals.

The Urology Foundation plays an important role in supporting the vocational development of urological trainees through their professional development courses focusing on non-technical skills such as communications and leadership. These give senior trainees the opportunity of practicing interview skills, developing a better understanding of their roles as an NHS consultant and the environment they would be working in.

Since 2015 the Leeds Teaching Hospitals Trust (LHT) has developed an intensive 'Bootcamp' model of simulation training, allowing urological trainees to practice skills in a variety of model environments at an early point in their careers. That paradigm of learning has been widely adopted across the NHS and international stages in many surgical training schemes. Vocational aspects of careers are, however, of less importance to trainees until they have passed the regulator's requirements for consultant practice and have almost been a neglected component of training of future urological consultants. A survey of senior trainees, by LHT in 2020, showed that senior urological trainees wanted a better understanding of what working as a consultant entailed, more information about maintaining health and work/life balance to avoid burnout, and some technical skills to deal with emergency situations as well as specific advanced operative techniques.

A pilot 'Advanced Urological Bootcamp' (AUBC) was trialled over three days in late 2022 and expanded to four days in 2023 when it was very generously supported by The Urology Foundation. The intensive 2023 course was designed to fulfil the pilot's feedback. This included:

- Self-management, resilience and development of an effective work-life balance;
- Surviving as a consultant; job planning, avoiding complaints, leadership;
- Team working (pictured), business planning and



- quality improvement;
 - The management of common urological emergencies; and,
 - Specialist modules on technical aspects of managing certain urological diseases.
- 11 senior urological trainees took part in the 2022 pilot, a number expanded to 24 delegates in 2023. Participants were supported by 46 trainers; this ratio is one of the most important characteristics of the Bootcamp model!



A combination of large and small group lectures was provided (pictured) with the programme being enriched by many practical, scenario-based, tasks.

“Breadth of talks covered a lot of important topics for being a new Consultant and gave lots of things to think about and reflect on. Great topics to cover.”



Delegates had the opportunity of practicing surgery (pictured), for a variety of emergency procedures, with two-to-one advice from consultant mentors.

“The simulations were excellent, really strong presenters and excellent supervision, extremely helpful.”



On the final day delegates had simulated tuition on advanced techniques in managing benign prostatic hypertrophy (pictured), kidney and ureteric stones and robotic surgery. All of this was made possible by support from partners in industry.

“Excellent workshop. Very insightful discussions. We enjoyed all the hands-on experience but also tips and tricks from surgeons who use the technologies frequently.”

Delegate feedback across the 2023 AUBC was very positive. This iterative approach to programme development is something that has been hugely helpful to the LHT team over the last nine years in the evolution of the junior urological 'Bootcamp'. The AUBC course organisers were, therefore, delighted to learn, on the back of the success of the 2023 advanced Bootcamp, that The Urology Foundation would support this vital component of vocational training in November 2024, when 36 senior trainees had access to the course.

Steve Payne is co-course director of the AUBC, with Shekhar Biyani and Sunjay Jain from LHT, and a retired urologist from Manchester.

Our survey results: Nurses' views on men's urology health

9 in 10 nurses we surveyed said that around half, a majority or nearly all of their patients waited too long before seeing a healthcare professional about their symptoms

Our survey results: Nurses' views on men's urology health

9 in 10 nurses we surveyed think common myths and misunderstandings about male urology health affect patient outcomes

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 17 for key events we'll be attending). We want to support you so please reach out!



Our survey results: Men's views on urology health

- More than 1 in 3 men admitted they don't self-examine their testicles or think about the health of their prostate, penis or testicles

We're revolutionising the field of Urinary Tract Infection

Urinary Tract Infections (UTIs) are a significant health concern that affect millions of people each year, causing pain, inconvenience, and sometimes even serious complications. That's why we felt it was essential to invest in UTIs and work hard to improve outcomes for all those experiencing them. Thanks to the generosity of The Champniss Foundation we are funding significant research into UTIs and also thanks to the generosity of The Champniss Foundation and The Champniss Charitable Trust we have set up a dedicated service to support and guide people experiencing UTIs.



Launching our UTI Information Service

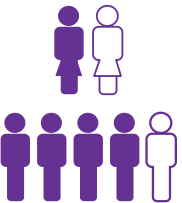
We're delighted to announce that The Urology Foundation has launched a dedicated UTI Information Service. At The Urology Foundation, we know the challenges that come with UTIs and are committed to providing the information, support and guidance to help those experiencing UTIs, their families and the healthcare professionals looking after them.

Our confidential UTI Information Service and Helpline is here to help you. Our brilliant UTI Information Nurse, Helen Lake, is on hand to answer your questions. Alongside managing a freephone Helpline and email service, Helen runs training events, information sessions and produces a range of invaluable resources for patients and healthcare professionals.



150,000
UTI hospitalisations

UTIs are a huge issue in the UK. Each year UTIs lead to around 150,000 hospitalisations



50%
of women and
20%
of men

will experience a UTI, with an increasing incidence in the elderly which can be particularly dangerous and have profound healthcare consequences



£380 million

UTI hospitalisations cost the NHS an estimated £380 million annually

Quick facts: men's urology health

- Around 20% of men develop a UTI at some stage of their life

Our confidential UTI Information Service is here to help you

 **0808 801 1108**

 **nurse@theurologyfoundation.org**

 Helpline open
Tuesdays and Thursdays 10am - 12 noon

THE UROLOGY FOUNDATION
www.theurologyfoundation.org



The Urology Foundation is a registered charity in England and Wales (no. 1128683) dedicated to improving the nation's urology health

Meet our nurse, Helen Lake

Helen has been a registered nurse for over 30 years and has been a Urology Specialist Nurse since 2003. Here she tells us more about herself and her work, as well as her ambitions for the UTI Information Service.



What motivates you in your role?

I'm motivated by the opportunity to make a tangible difference in people's lives. It's deeply rewarding to support patients navigating complex urological conditions, helping them feel heard, understood, and empowered. I'm passionate about ensuring that patients receive the support they need, and I find immense satisfaction in knowing my work directly impacts their quality of life.

Why did you choose to join The Urology Foundation?

I joined The Urology Foundation because I believe in its mission to advance urology care and support both patients and healthcare professionals. The Foundation's focus on education, research, and improving patient outcomes aligns perfectly with my passion for advancing urological health and ensuring patients receive compassionate, evidence-based care.

// **The UTI Information Service is vital because it provides reliable information and support to patients who often feel overwhelmed or dismissed.** //

Since joining us, you've set up our UTI Information Service. Tell us about the impact living with UTIs can have on patients and their loved ones

UTIs can significantly impact a patient's quality of life, causing pain, discomfort, and anxiety. Recurrent UTIs in particular can be physically and emotionally draining, affecting day-to-day activities, work and social life. They can also lead to more serious health complications if not managed properly.

Why is a UTI Information Service important?

The UTI Information Service is vital because it provides reliable information and support to patients who have questions about UTIs, may feel overwhelmed or dismissed. Many patients struggle to find the right answers or to feel heard in their healthcare journey. This service aims to bridge that gap, offering information, practical help and reassurance, and a place for people to find the support they need.

Who does the UTI Information Service support?

Anyone affected by or interested in UTIs can be supported by the UTI Information Service, including patients, carers, and healthcare professionals looking for patient-centered resources or information and training about the condition. We aim to support individuals with recurrent UTIs, those newly diagnosed, and those seeking to better understand prevention and management.

// **I'd love to see the service expand significantly! With more funding, we could increase nurse hours to meet the growing demand.** //

What are the key issues that the Service is addressing?

Some of the key issues include:

- The lack of accessible and understandable information for patients experiencing UTIs.
- The need for better guidance on prevention and management of recurrent infections.
- Addressing the feelings of isolation that many patients experience.
- Providing support where people feel dismissed or not taken seriously.

How will the Service and the work you're doing feed into the wider UTI field?

The insights we gain from the Service will not only help us to further develop the service but will be shared with healthcare professionals and researchers to help shape future care. For example, already we are developing a series of information sessions

and meetings for 2025 based on feedback from patients and healthcare professionals. We're in a unique position to understand what really matters to patients — their frustrations, needs, and hopes — which can help guide research priorities and improve clinical practice. The feedback also helps us develop resources that are truly patient-centered, directly informed by those who are living with UTIs.

What are you most excited about in terms of the UTI Information Service?

I'm excited about the opportunity to genuinely support people in their time of need and help them navigate their health challenges. There's also a broader potential to connect patients with research opportunities through our PPI (patient and public involvement) programme. It's not just about providing support, but also about giving people a voice that can shape the future of UTI care.

What are your big ambitions for the future of the UTI Information Service?

I'd love to see the Service expand significantly! We are keen to increase the hours of the Helpline and to offer an extension of the email service. Attending more conferences and delivering more training events would also help raise awareness and bring healthcare professionals, patients, and researchers together. It would be fantastic to develop more educational resources, both for patients and for healthcare professionals, to further enhance understanding of UTIs. We would also like to develop a "UTI Library" including latest

Funding cutting-edge UTI research

The Urology Foundation is delighted to have also launched our UTI Research Initiative. Thanks to the generosity of a donor, The Urology Foundation has a fund of £250,000 to support research into UTIs. This is an exciting opportunity to make a positive contribution towards the process of scientific discovery in relation to UTIs. The Urology Foundation has involved researchers, urology professionals, GPs and patients in initial discussions to identify areas of need in UTI research. We launched our call for Expressions of Interest for research proposals in September and have been delighted with the number of responses received. Our reviewers will feed back on these, with a view to receiving high quality, finalised, research proposals at our deadline in February 2025.

research news from across the globe and details of UTI clinics. Ultimately, I envision the Service facilitating workshops or even conferences where service users and researchers can come together, fostering collaboration that leads to meaningful changes and better outcomes for patients.

// **It's not just about providing support, but also about giving people a voice that can shape the future of UTI care.** //

Get in touch with Helen by emailing nurse@theurologyfoundation.org

You can find information and resources on our website by visiting our UTI Information Service's Hub and Helpline.

Quick facts: men's urology health

Over 2 million men experience urinary incontinence in the UK

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:

- **Knowlex Decontamination and Sterilization Conference:** 11 February 2025 (Birmingham)
- **ACP Conference:** 19-20 May 2025 (Milton Keynes)
- **BAUS Annual Scientific Meeting:** 16-18 June 2025 (Manchester)
- **BAUN Conference 2025:** (date and location TBC)

Achieving impact and campaigning for change

We're raising awareness of urology diseases to ensure people recognise the signs, symptoms and risk factors and we're advocating for change based on research outcomes and patient experience. We're delighted to collaborate with other charities and corporate partners to deliver campaigns that achieve impact.



Urology Awareness Month achieves impact

In September 2024, the theme of our awareness month was: 'Men's Urology Health: Myths and Legends'. We busted the common myths around men's urology health and encouraged men to 'be a legend' and open up about their own urology health. From prostate cancer and other urology cancers to bladder issues, erectile dysfunction and kidney stones, we spent the month urging males to recognise when something's not right below the belt and speak out to get help.

We've created helpful resources that can be used beyond the month to encourage good urology health. From posters and infographics to informative leaflets, we encourage you to visit our website and download the information. **Convatec** kindly gifted us access to their wonderful design team who helped us to produce many of the campaign's assets including a suite of posters, a booklet, an infographic and an animation. We spread our messages far and wide – from social media campaigns to community events and got the word out!

As part of our activities, we commissioned a survey via OnePoll exploring the awareness and perceptions of over 2000 men in the UK about urology health. We were delighted that **Coloplast** kindly sponsored our survey of nurses in the UK, and the associated infographic, which provided useful insights into men's urology health and the barriers nurses face in supporting men. This led to national coverage and a better understanding of the issues. Highlights from both surveys are listed throughout this newsletter and show just how much work is left to be done.

We received a huge amount of support from organisations, charities, corporate partners and supporters and we want to send a HUGE thanks to all those who got involved!



Our Ambassador Stephen Fry encouraging men to 'be a legend' and speak out about their urology health

World Continence Week

With so many people experiencing bladder problems, we firmly believe that everyone should feel supported to reach out for help. For World Continence Week in June we therefore launched our 'Face of Continence' campaign to:

- challenge current assumptions about urinary incontinence and uncover the real 'face of continence';
- highlight that people of all ages and walks of life experience urinary incontinence; and,
- encourage people experiencing continence issues to understand that they are not alone, appreciate that help is available and speak to their healthcare professional for support.

We're grateful to **Convatec** for gifting us access to their designers who designed our campaign materials. We're continuing to promote this campaign into 2025.



Community outreach with Asda

In support of Bladder Cancer Awareness month, our team undertook another community awareness event with **ASDA** at their Barking store to talk to shoppers about their urology health. The event was a huge success, with a lot of interest in the topic from shoppers and we're delighted that ASDA is keen to undertake more events in the future.



Growing support for bladder cancer patients

We were delighted to receive a grant from **Medac Pharma*** to support a bladder cancer project helping to communicate patient experiences. We hope this will support and empower others who experience bladder cancer in the future. More details on the project will feature in our next newsletter.

**Medac provided arm's length funding for this project. Medac has had no influence on the project, or the development of any associated materials.*

Men's Health Week

As part of Men's Health Week, we were thrilled to team up with **MAN v FAT** to provide an interview with our nurse to give their members more information on men's urology health. **MAN v FAT** is for men who want to lose weight. They run the award-winning weight loss programme **MAN v FAT Football**, providing guidance, resources and community support to thousands of men every year.

Quick facts: men's urology health

More than six men are diagnosed with testicular cancer every day in the UK

How Corporate Partners can support us to improve outcomes

It takes two!

We'd like to say a big thank you to all our corporate supporters, without your help we really couldn't do what we do. Looking forward to 2025, we have so many exciting events and activities for you to get involved in throughout the year. There's definitely something for everyone! If you would like to explore how we can work together we would be happy to meet with you and kick start the New Year on a fabulous collaboration.

Can you help us win a Charity Partnership?

If your company has a nominated Charity of Choice we would be delighted to be considered. We have lots of experience in working with large and small companies and we would be delighted to work alongside you and your colleagues (or CSR team if you have one) to develop a fun-packed programme of fundraising for the year ahead. If you think your company could support our work, please get in touch today!

Payroll giving makes a huge difference

Payroll giving is the most tax-efficient way to donate to charity, allowing you to help people at risk of urology disease every time you're paid.

For example, a £10 a month donation would only cost you £8. This is because payroll giving donations are deducted before tax, so we receive more money at no extra cost to you.

Speak to your employer's HR team if you would like to set up a regular donation - every month - in this way and ask them to send you their relevant form. It's easy to set up, and whatever the size of your donation, you can be sure it will be put to good use straight away.

30th birthday celebrations in 2025

Next year we are asking all our wonderful corporate supporters to adopt us as their chosen partner and pledge support to help us make our 30th birthday year one to remember. If you think you and your colleagues want to take part in a challenge event, charity golf day or BAKE4TUF get in touch today. We can work with you to develop a fun and engaging event.

Our Heroes – thank you!

It has been a busy year for our supporters who have run/walked/cycled and baked in support of The Urology Foundation. With the funds that you raise, we can continue vital research work to lead the fight against urology disease. Thank you to all our supporters who have raised money over the last six months, it's much appreciated.

A special thank you to the following people

- Anil Krishan who ran the Great Birmingham Run and raised £950
- David Hall took part in Ride London Essex 100 and raised £1003
- Bill Hall, Kevan Tucker, Chris Meixner, Denis Hickson and Nick Le-Faye who walked the West Highlands Way Trek (154km) and raised £1700
- Ger Stone swam 3 miles in the Great North Swim, raising £370
- John Hough swam 1 mile in the Great North Swim, raising £520
- Simon Lord who cycled from London to Amsterdam in under 24 hours on his 65th birthday



Bill, Kevan, Chris, Denis and Nick taking part in the West Highlands Way Trek

Inspiration from our brilliant 2024 fundraising events

London Landmarks Half Marathon

Back in April, we had seven supporters take part in the London Landmarks Half Marathon. Between them they managed to raise over £5,000!

One of those supporters taking part was Sapna Kumar. Here she discusses why she loved the event and chose to support The Urology Foundation:

“

Supporting The Urology Foundation has been an incredibly rewarding experience for me, as their mission to improve survival and quality of life for urology patients resonates personally. With some of my closest family members affected by urology conditions, I am inspired daily by their resilience in overcoming challenges. Fundraising for the Foundation is my way of contributing to a charity that not only invests in life-changing research but also raises vital awareness and education about urology diseases.

During my training and fundraising, Claire and Ruby provided regular emails filled with tips and encouragement, helping me to stay motivated and perform at my best. Their support made a real difference, and I'm so grateful for their guidance. I'd highly encourage others to get involved with this incredible cause and contribute to driving advancements that could one day lead to life-changing cures.

”

Sapna Kumar

Quick facts: men's urology health

➡ **1 in 3 men over the age of 50 will have some symptoms of prostate enlargement. This can significantly impact their quality of life**

Bike4TUF – London to Nantes

Earlier this summer, we waved off 30 cyclists departing from the Royal College of Surgeons, London and heading over 377 miles away to Nantes, France for the annual Bike4TUF challenge. The event was organised and led by Urology Consultant, Ben Starmer, with support from David Plummer, and we are very pleased to say that over £48,000 was raised, which is a fantastic amount. We are incredibly grateful to all those who took part in the event and raised so much money. Thank you!



Boston Scientific supports Bike4TUF

A BIG thank you to Boston Scientific who supported our Bike4TUF Cycle Challenge and to their employee Russell Etherington for taking part!

Bake4TUF

We launched our first baking-themed fundraiser called Bake4TUF in June. We asked supporters to get involved throughout the month, and to host fundraising bake sales. Not ones to miss out on a piece of the pie... the team held their own bake sale much to the delight of our fellow workers in the building!



BSot Run

It was an early start the second day of the BAUS conference, as over 50 runners from the urology community, came together and took to the canals of Birmingham to complete a 5k run. The run was fun and inclusive to all abilities. The weather was perfect, if a little warm, and it was a great start to the day for those attending BAUS. The event raised over £1000, and we would like to say a special thank you to Sophie Rintoul-Hoad, Eoin Dinneen, Sarika Nalagatla and Tony Tien for their enthusiasm and help with recruiting runners.



Regular givers

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/donate.

Meet Claire - she's here to help you support us

We're delighted to have appointed Claire O'Sullivan as our Fundraising Manager earlier this year. Claire has a wealth of experience and expertly helps our supporters with fundraising. If you're thinking of taking part in an event or have ideas about an event not listed here get in touch with her today – she would love to discuss your plans!

We've put Claire under the spotlight to learn more about what motivates her.

What did you do before joining The Urology Foundation?

Before joining The Urology Foundation, I worked at Teenage Cancer Trust for 16 years, within the Challenge Events Team. I experienced managing events including London Marathon, Great North Run, Tough Mudder, to name a few and organised bespoke overseas treks, for high-value supporters. My favourite memories will always be working on challenge event days, the early starts, dealing with whatever weather conditions are thrown at you, meeting supporters and volunteers and enjoying the constant supply of sugary snacks throughout the day!

Tell us about yourself and why you work in fundraising

I enjoy planning events, meeting new people and feeling like the job I do makes a difference. I am a keen runner, so the experience I've gained training for marathons helps me talk to supporters taking on such events because I understand what they are going through and how tough those long runs can be. Each supporter has their own reasons for running a marathon, hosting a bake sale or climbing a mountain – I want to make them feel valued, appreciated and proud that they raise money for such an important cause.

What's been your focus in your first six months in post?

My priority was to expand on our events portfolio so I bought places in Royal Parks Half Marathon, Brighton Marathon, and Cardiff Half Marathon. Whilst we can't buy places in every event, we should have a range across the country, so that we can reach our existing and new supporters. Getting to know some of the key supporters of the charity has been rewarding; all have been very welcoming and enthusiastic.



What's your ambitions for The Urology Foundation's fundraising programme?

As well as increasing our presence at mass participation events throughout the UK, I would like to develop community fundraising so that all of our supporters can get involved. Not everyone wants to run a marathon or climb a mountain, but some people are fantastic at organising bake sales, charity golf days or hosting lunches for family, friends and colleagues.

What would you say to someone thinking about fundraising for The Urology Foundation?

Get in touch! I am always happy to discuss ideas, offer suggestions and hopefully motivate a supporter to want to fundraise for us. When you do something good for a charity, it makes you feel good, which is why I love working in this sector: I know what I'm doing will help someone else.

Get Involved in 2025!

Spotlight on fundraising and ways to get involved

Fundraising is about bringing people together, to do good, raise money and have fun! Whether it's organising a fundraiser at home, in your workplace, at your local community centre or gym, these can be great opportunities to increase understanding about urology diseases and conditions and raise brand awareness 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 bake sale, a cheese and wine evening or a pub quiz night with colleagues? Christmas is almost upon us, so why not visit our website for lots of fun Christmas fundraising ideas!



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

Quick facts: men's urology health

Kidney stones affect around 1 in 6 males in the UK

1 in 10 men are thought to experience erectile dysfunction

Dates for your diary

Are you looking for a challenge next year? Whether you're a keen cyclist, runner, walker or just want to get a bit fitter, we have places in events that will be inspiring, fun and raise funds for The Urology Foundation to support our work.

London Winter Walk

A great event on **Saturday 25 & Sunday 26 January**, to walk off the Christmas celebrations, and to kick start your New Year fitness regime. There are Full, Half and 10K distance options available.

Various fundraising options available.

Lisbon Half Marathon

We have teamed up with Realbuzz so you can run for us in the Lisbon Half Marathon – part of the SuperHalves Series! The event takes place on **Sunday 9 March**. Registration fee £29 and you will need to raise £425.

Brighton Marathon

The Brighton Marathon is perfect for runners looking for a PB or to enjoy the coastal views, with support from the crowds throughout the route. A great alternative if you weren't lucky enough to get a place in the London Marathon. Event day is **Sunday 6 April**. Registration fee £25 and you will need to raise £395.

Great Birmingham Run

Take part in the Midlands biggest and best running event, the Great Birmingham Run! The race offers a Half Marathon (HM) or 10K distance and starts/finishes in the heart of the city. Event day is **Sunday 4 May**. Registration fee: £25 (HM) or £15 (10K). You will need to raise: £250 (HM) or £100 (10K).



Supporter Anil Krishan taking part in the Great Birmingham Run



Great Manchester Run

The Great Manchester Run offers a Half Marathon (HM) or 10K distance and is perfect for those wishing to enjoy some music, live entertainment and cheering throughout the city. Event day is **Sunday 18 May**. Registration fees: £25 (HM) £15 (10K). You will need to raise: £250 (HM) or £100 (10K).

Land's End to John O'Groats Cycle

We have teamed up with Discover Adventure to offer our supporters the opportunity to take part in the classic cycling challenge, Land's End to John O'Groats.

The event takes place between **Tuesday 3 – Sunday 15 June** or **Tuesday 2 September – Sunday 14 September**. You will need to pay a registration fee of £349 to Discover Adventure, then raise £3,800 or you can pay for the trip in full £1900.

Three Peaks Challenge

Brace yourself for a fast-paced and physically challenging adventure, as you take on the three highest peaks in England, Scotland and Wales. The event takes place between **Friday 4 – Sunday 6 July**. You will need to pay a registration fee of £95 to Charity Challenge, then raise £935, or you can pay for the trip in full £460.

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 Realbuzz (see <https://www.realbuzz.com>) who offer a range of running events throughout the UK and internationally. Email: events@theurologyfoundation.org – Claire would love to discuss your plans!

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: 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 //

Men's Urology GOALS

From odd bathroom habits to unexpected changes 'down there', men's urology health can be a bit of a mystery. Know your normal, think **GOALS** and speak to a healthcare professional if you notice any changes.

G

Get to know your pee

Are you having frequent trips to the loo to urinate? If you're peeing more than eight times a day or several times at night, it might be time to chat with your GP.



O

Own your colours

What colour is your urine? Clear to pale yellow is generally a sign of good hydration. Dark yellow? Time to drink more water. But if you're seeing red or brown, it's definitely time to see a doctor.



A

Attention: Aching groins

Do you experience any persistent aches below the belt? This can be a sign of pelvic pain, a urinary tract infection and prostatitis. Speak to your healthcare professional.



L

Let's feel for lumps and lesions

Have you noticed any lumps or lesions in your groin area – on your penis or testicles? Don't leave it and hope it goes away on its own – speak to a healthcare professional.



S

Suss your stream issues

If you're noticing a consistently weak stream, or a struggle to 'get going' it could be due to an enlarged prostate. Perhaps you experience unexpected drips after peeing or feel like your bladder isn't emptying properly? Speak to your healthcare professional.



If something feels off, be a **LEGEND** and speak to a healthcare professional.



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.

The Urology Foundation registered charity no. 1128683

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 The Urology Foundation for the past 4 years as Gift Aid donations until further notice.

☐ No, I'm not a UK taxpayer.

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, and our campaigning and policy programmes.

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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