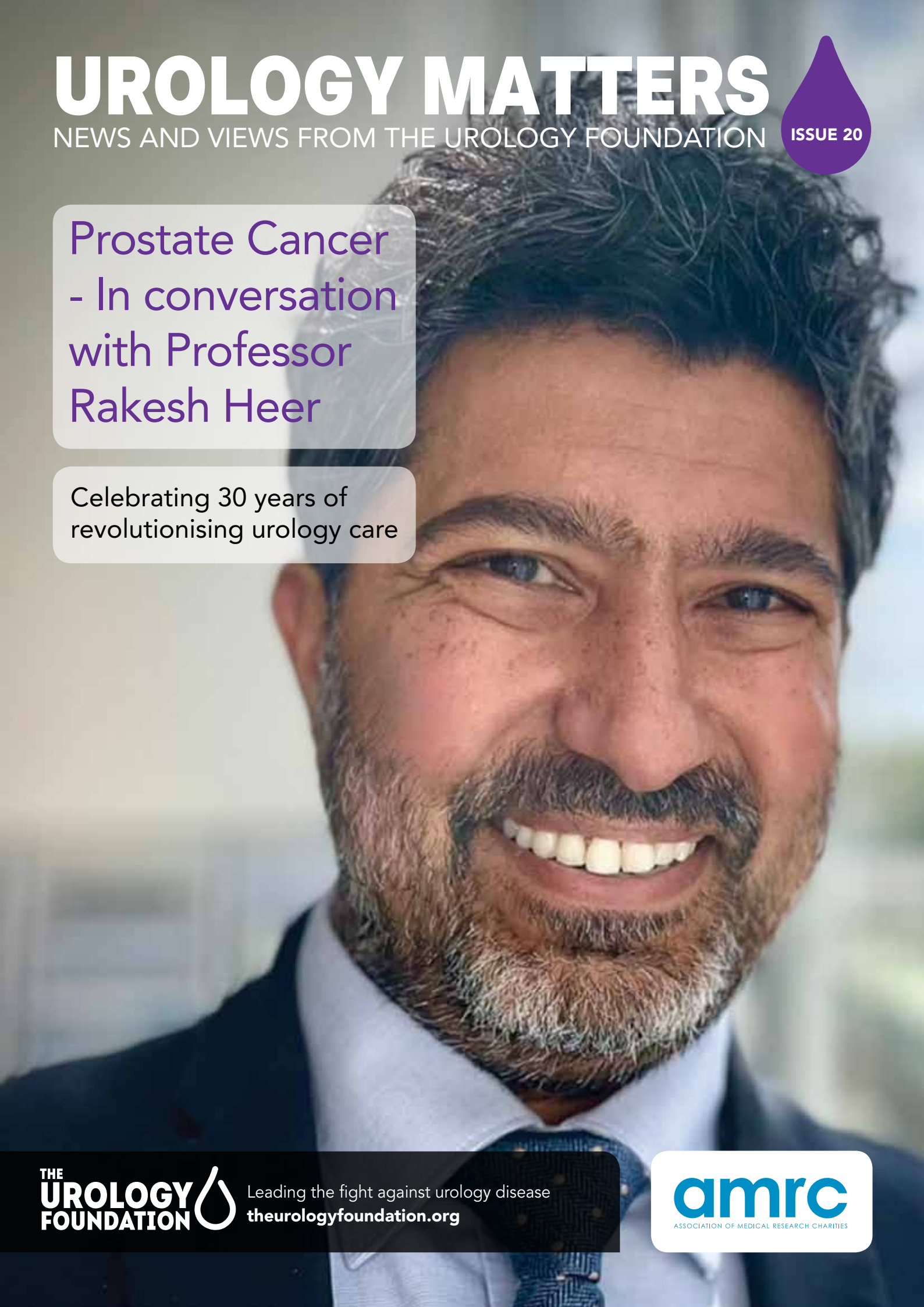
UROLOGY MATTERS

NEWS AND VIEWS FROM THE UROLOGY FOUNDATION

ISSUE 20

Prostate Cancer - In conversation with Professor Rakesh Heer

Celebrating 30 years of revolutionising urology care



THE UROLOGY FOUNDATION

Leading the fight against urology disease

theurologyfoundation.org

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ASSOCIATION OF MEDICAL RESEARCH CHARITIES

UROLOGY MATTERS
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The Urology Foundation
1-2 St Andrew's Hill,
London EC4V 5BY

t: 020 3417 9820
e: info@theurologyfoundation.org
w: theurologyfoundation.org
sm: Follow us on X, LinkedIn, Instagram and Facebook

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Front cover image courtesy of Professor Rakesh Heer

welcome to UROLOGY MATTERS

I'm delighted to welcome you to the Summer Edition of our newsletter, **Urology Matters,** providing the latest news and views of **The Urology Foundation.**

In 2025, The Urology Foundation is celebrating a momentous milestone as we mark our **30th birthday.**

We are incredibly proud of our achievements over the last 30 years and the impact we have made. We have made a significant contribution to helping transform the urology landscape and we will continue to drive positive change and lead the fight against urology disease. Now, we're inviting YOU to be part of something special as we celebrate this incredible milestone! Find out more throughout the issue.

March was **Prostate Cancer Awareness Month** and this year we encouraged everyone to start **Prostate Cancer Conversations** with friends and family to raise awareness of the risk factors and get people to understand more about their individual risk. We will be continuing these Prostate Cancer Conversations throughout the year and hope our supporters will do the same to spread the message.

Our **UTI Information Service and Helpline** led by UTI Information Nurse, Helen Lake, is going from strength to strength and we're providing lots of information via our email and telephone service, as well as adding to our resources, leading insightful webinars and delivering training sessions for healthcare professionals.

It has been a busy start to the year and we are proud of the contribution we are making to the health agenda including through meetings with MPs, decision makers, and feeding into national consultations on how care should be delivered in the future.

We are so grateful for the ongoing support from our community. It is only with your help that we have been able to deliver work that continues to transform lives and build a better future for patients and their families.

R. Porta

Rebecca Porta, Chief Executive

Where to find us
If you're a healthcare professional, we'd love to meet you at the many events we attend throughout the year. It's great to hear from you about how we can help you and to update you on our activities. We can provide you with leaflets and information that you can use with your patients.

Members of our team will be at events including:
- BAUS Annual Scientific Meeting 16-18 June 2025 (Manchester)
- BAUN Conference 2025 (date and location TBC)

Knowlex: Infection Prevention & Control Conference
Our Chair, Mary Garthwaite and our UTI Information Nurse, Helen Lake, presented at the Knowlex Infection Prevention & Control Conference at the National Conference Centre, Birmingham on the 29 May. The session *"Infections in Urology: The Importance of Prevention and Effective Treatment"* explored the key areas of risk in the patient journey and highlighted the importance of minimising the risks of infection. They also led a workshop session about catheter associated urinary tract infection (CAUTI), discussing the ways healthcare professionals can work to reduce the risk of CAUTI.

Knowlex provides healthcare leaders and commissioning organisations with a range of resources including conferences, panel debates and online activity such as webinars. Sincere thanks to Knowlex for this opportunity.

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Our work in Westminster and the devolved nations

We continue to champion urology health issues at all opportunities. In the last few months we've been involved in many activities to improve outcomes in urology including:

Shaping the national cancer plan

After calling for a national cancer strategy, we were delighted that the Government announced their plans to create a plan at the end of last year. We continue to work closely with our wider cancer community to determine what the plan should include. We have responded to the Government's call for evidence and encouraged supporters to do the same. We are also keen to ensure that the plan can be fully funded. That's why we joined with over 50 cancer charities as part of One Cancer Voice in signing a joint letter to *The Times* calling for just that. We have met with Department of Health and Social Care officials and the Minister to discuss the Plan.

Procurement of medical technologies in continence care

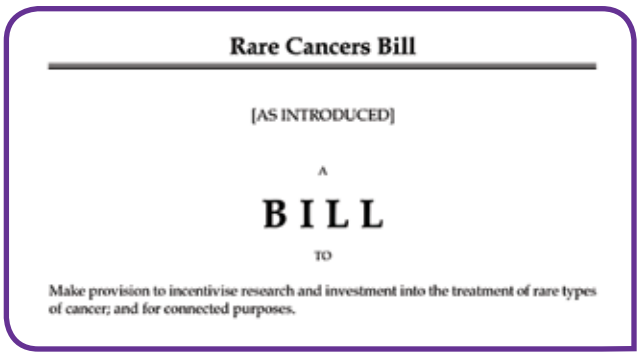
We are aware of the planned changes to the way medical devices and products, including urology products, are made available on the NHS as part of the new MedTech strategy. The implications of the changes could have a huge impact on those who use urology medical products. We have encouraged supporters to take part in a survey to give their views to the Department of Health and Social Care (DHSC) and are monitoring the situation. We were delighted to be invited to join the DHSC's Medtech Patient Engagement Forum – which allows us to keep up to date with the work of the DHSC and its implementation of the MedTech strategy, as well as allowing us the opportunity to provide challenge to the implementation and ensure that patients are involved effectively in decisions about their products.

Prostate cancer - working with the community to raise awareness in Parliament

A new All-Party Parliamentary Group (APPG) on Prostate Cancer launched in Westminster on the 17 December 2024. The aim of the APPG is to raise awareness of prostate cancer issues with parliament, provide a forum for MPs and peers to discuss relevant issues and to advocate for improvements in policy to deliver equitable early diagnosis, treatment, care and survival for patients. The Urology Foundation has attended two events at the House of Commons organised by the APPG on Prostate Cancer - *"Ensuring more men at high risk of prostate cancer are diagnosed early"* in February and *"Understanding the Risk of Overdiagnosis and Overtreatment"* in April.

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. In the meantime, we are working on a project to add to the growing evidence base for change.


Rare Cancers Bill

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BILL

TO

Make provision to incentivise research and investment into the treatment of rare types of cancer; and for connected purposes.

Rare Cancers Bill

We're delighted to be working with a number of rare cancer charities to support Dr Scott Arthur's (Labour MP for Edinburgh South West) Rare Cancers Bill. This Private Members Bill aims to incentivise research and investment into the treatment of rare types of cancers and begin to close the deadly survival gap. We have co-signed letters and encouraged Parliamentary support of this Bill and will continue to do so as the Bill makes its way through Parliament.

30 years of revolutionising urology care through research

In 2025 we are celebrating three decades of our commitment to advancing urology research. When The Urology Foundation was established 30 years ago the landscape of urological care was vastly different. Urology, a field that is vital to the well-being of millions of people, was still evolving, and much of the critical research that would shape the future – particularly in prostate cancer - was yet to be undertaken.

The Urology Foundation has helped to transform the urology landscape – shaping the way urology cancers and conditions are understood, managed, treated and prevented. From funding research that led to Botox being a global standard of care to treat patients with OAB, to funding Prostagram, a study into MRI-based prostate cancer diagnosis that is helping to move the needle in terms of the way prostate cancer is diagnosed.

Today we have over 20 grant streams for researchers and scientists, trainees, urologists, nurses and allied health professionals to apply for, and we hope to award over £1 million in research funding, Fellowships and training and education opportunities in 2025.

The next 30 years hold the potential for even greater breakthroughs and we are excited to continue this journey and look forward to working with all our supporters to achieve our aims and to deliver excellent urology health for all.

Quick Facts: Celebrating 30 Years

We have developed opportunities to share insights, knowledge, data and outcomes to speed up research

Quick Facts: Celebrating 30 Years

We have been driving change in urology care and practice through our policy work, campaigning and health awareness initiatives

Identifying prostate cancer tumours that don't respond to radiotherapy

The Urology Foundation funded exciting new research aimed at identifying possible biomarkers that might help to identify prostate tumours which are resistant to radiotherapy.

Radiotherapy is an essential tool in the management of prostate cancer but a proportion of tumours are resistant to radiotherapy. This contributes to relapse in 20-40% of prostate cancer patients. Typically, it is only possible to tell if radiotherapy has been successful after or towards the end of treatment. There is no current way for clinicians to easily tell if the tumour is responding well to this treatment. For people who have a tumour that is resistant to radiotherapy it means:

- They are exposed to treatment that is ineffective but still entails side effects and impacts their quality of life.
- Precious time and clinical resources are wasted.
- There is a delay in administering other therapies, which can contribute to tumour progression

We therefore funded Dr Arran Turnbull's 'Pilot Study to Identify Predictive and Prognostic Biomarkers of Response to Radiotherapy in Prostate Cancer', kindly supported by a grant from John Black Charitable Foundation. Based at the Edinburgh Cancer Research Centre at the University of Edinburgh, Dr Turnbull's research has the potential to be game changing.

The pilot study aimed to address this clinical problem by identifying biomarkers of

radioresistance, so that radiotherapy response can be monitored and non-responsive patients can be identified early allowing for alternative treatment strategies. To do this, they developed in vitro models of radioresistance and studied their response to radiation in comparison to matched cells that responded well to radiotherapy. Specifically, they sought to identify secreted biomarkers, as circulating molecules would be more easily detected in blood or urine samples. They focused on proteins secreted 24 hours after radiotherapy as this would fit best with the typical treatment strategy (where patients attend clinic at 24 hour intervals for daily fractions of radiotherapy).

This work has provided greater insight into the biology of radioresistant disease and Dr Turnbull's team has been able to identify and validate a group of candidate biomarkers of radioresistance. While further validation needs to be undertaken, we're encouraged by the research and what this could mean for the treatment of prostate cancer in the future. Full findings are due to be published this summer.

Quick Facts: Celebrating 30 Years

We funded Prostagram, a study into MRI-based prostate cancer diagnosis, which laid the foundations for one of the biggest trials in the UK, TRANSFORM, to identify the most effective screening strategies for prostate cancer

Prostate Cancer - In Conversation with Professor Rakesh Heer, Trustee of The Urology Foundation and Chair of the Scientific and Education Committee

Professor Rakesh Heer is one of six lead investigators on the TRANSFORM trial - the biggest prostate cancer screening trial for over 20 years.

Rakesh Heer is Professor and Chair of Urology in the Department of Surgery and Cancer at Imperial College London. Alongside treating patients with prostate, kidney and bladder cancer, he leads a large portfolio of national and international research in urology cancers. He also holds several national leadership roles including NICE Clinical Guidelines Chairman, Deputy Chair NIHR Health Technology Assessment Programme, and Royal College of Surgeons/BAUS Surgical Speciality Lead. His excellent NHS work has been recognised with a National Clinical Impact Award (NCIA) from the Department of Health and Social Care.

Tell us about your interest in prostate cancer

I qualified from Nottingham in 1997 and then moved to Newcastle to undertake my surgical training. During this time, I developed an interest in research which saw me complete a PhD and expand into the field of prostate cancer. I was keen to explore the science of prostate cancer and to challenge some of the thinking behind the disease. Ultimately, I am committed to improving the outlook for prostate cancer patients and their families.

Tell us about your current research programme

I am involved in a number of clinical trials. These include PCUK/NIHR TRANSFORM Trial (screening for prostate cancer), NIHR FOLLOW UP (developing safe and effective follow up services after cancer treatment), NIHR COBRA (testing new treatments for highly recurrent bladder cancer), NIHR ELIPSE (surgical approaches in prostate cancer surgery to reduce cancer recurrence) and NIHR PARTIAL (comparing kidney-sparing partial with total kidney removal for renal cancers).

Tell us about your involvement in the TRANSFORM trial

The £42 million TRANSFORM trial is the biggest prostate cancer screening trial in 20 years and will involve hundreds of thousands of men. The trial is looking to explore the most promising tests and provide clear evidence about the best way to screen for prostate cancer. I am one of six lead investigators (Professors Ahmed, Moore, Emberton, Gabe and Eeles), and we are supported by a large multidisciplinary team of experts from across the globe with decades of expertise and knowledge.

Quick Facts: Celebrating 30 Years

Our investment in research and training has been helping to transform and save lives for three decades and has significantly advanced our understanding of urological cancers and conditions and how to treat them

The scale of the trial will also enable us to create a bio-digital repository of tissue samples, images and data. This will be available to cancer researchers and is expected to drive new discoveries and further develop our understanding of the disease and provide a platform to develop and improve the next generation of diagnostics. This trial could mean thousands of lives are saved each year in the UK, and many thousands more worldwide.

The pioneering Prostagram study laid the foundations for the TRANSFORM trial. Can you tell us about the study?

The Urology Foundation has supported research into urology cancers and conditions for over 30 years. Our investment in research has been saving lives and has significantly advanced our understanding of urology cancers and conditions and how to treat them. From ground-breaking research into Botox for overactive bladder that led to worldwide transformation in care through to the pioneering the introduction of robotic urological surgery which has changed the face of urology cancer surgery in the NHS.

Our support for Prostagram, a study into MRI-based prostate cancer diagnosis led by Mr Eldred-Evans and Professor Ahmed help lay the foundations for TRANSFORM. In a trial of 408 men, Prostagram detected approximately twice as many clinically significant cancers as the standard PSA (prostate specific antigen) blood test. Prostagram also detected more aggressive cancers earlier which offered men better outcomes with the chance to start life-saving treatments earlier.

This is an exciting time for medical research. Can you tell us more about your role as Chair of the Scientific and Education Committee (SEC) and some of the highlights to date?

Research is responsible for changing and saving lives. From clinical trials to studies into AI, diagnostics to identifying new ways to treat and manage disease – the future is very exciting.

I'm incredibly proud to be Chair of the SEC and to drive forward the charity's research, training and education programme. We now have over 20 different grant streams for researchers and scientists, trainees, urologists, nurses and allied health professionals.

Last year saw us fund more Research, Fellowships and training opportunities than ever before including a new, dedicated UTI Research Programme to better understand and treat urinary tract infections, an often-overlooked condition.

We were proud to award a further 3-year grant to the TUF Trials Unit, led by Professor Graeme MacLennan, in partnership with The Centre for Healthcare Randomised Trials at the University of Aberdeen. The role of the TUF Trials Unit is to identify promising and important research ideas from urology units and provide a team of medical investigators to bring those ideas to fruition. Our support has helped the Trials Unit secure over £6M grant funding for practice changing research, including the PARTIAL, ELISPE and FOLLOW UP clinical trials.
We've also established a Patient and Public Involvement and Engagement Programme bringing together researchers, patients, carers and anyone with an interest in urological disease.

A highlight has been the launch of our new 5-year research strategy: **'Improving Urology Health: transforming lives through research'.** It is an exciting and ambitious plan, building on our history of clinical and academic innovation, that has already helped to revolutionise urology care in the UK. The strategy aims to revolutionise urology care and clinical practice and ultimately to improve the outlook for patients and their families.

Sincere thanks to The Champniss Foundation for their support of the UTI Research Programme.

Quick Facts: Celebrating 30 Years

We have invested in the urology community – attracting new investigators into research and supporting the best and brightest "rising stars" - to train the next generation and bring fresh insights to the field of urology.

Dr Michael Rimmer, Clinical Lecturer in Obstetrics & Gynaecology

Shaping research of the future in male infertility research

One in seven couples have difficulties conceiving and it is recognised that this can be due to a problem with the male partner in up to half of all cases. Research testing new treatments for infertility often measure different outcome to see if the new treatment works. For example, when a new treatment is tested, one researcher may measure pregnancy (one outcome) while another researcher may only measure live birth (a different outcome). When completed, the results from both studies cannot be easily compared or combined to see which treatments work best. This is a barrier to improving the care couples receive.

The Urology Foundation was therefore delighted to fund the 'Core Outcomes for Male Infertility' project; an exciting research study led by Dr Michael Rimmer. The study aimed to overcome this barrier and develop a common set of outcomes that all researchers studying male infertility can use.

Dr Rimmer's team at the Centre for Reproductive Health, University of Edinburgh, examined the 100 largest randomized control trials in the past 10 years. Through a global survey of clinicians, researchers and men with infertility, as well as consensus development meetings, they prioritised these outcomes. They have identified 20 key outcomes to be included in future trials.

These findings will help to meet the challenge of poor evidence-based interventions in male reproductive health and will support researchers to design and develop clinical trials in the future. It will also be used as part of the CROWN initiative – a global drive to standardise outcome reporting in clinical trials in women's health care – for which male fertility is often included.

Quick Facts: Celebrating 30 Years

We have led successful community awareness raising events reaching seldom-heard and deprived communities with important information about their urology health

Our research grants

In the first quarter of 2025 we have had a number of research grants open and have been delighted with the quality of applications we have received. We will be providing grants to many projects this year, through our various funds including:

- **Urinary Tract Infections Research Initiative:** An exciting opportunity to make a positive contribution towards the process of scientific discovery in relation to UTIs.
- **Innovation and Research Grants:** This Fund awards grants of up to £60,000 to projects that seek to use new, exciting, innovative approaches to address urological diseases and disorders.
- **Small Projects Fund:** This Fund awards up to £10,000 to projects that can be delivered quickly (within two years) and is focused on projects that seek to improve the quality of clinical services and patient treatments and care.
- **TUF and PAC Smaller Projects Cancer Research Initiative:** The Urology Foundation and Penguins Against Cancer fund projects grants of up to £4,000 for small projects which could help improve understanding of cancer diagnosis or treatment pathways.

Quick Facts: Celebrating 30 Years

By offering diverse research grants, we fuel innovation and transform it into life-changing care

Groundbreaking partnership to identify the future research needs in UTIs

People who experience recurrent urinary tract infections (UTIs) now have cause to be more hopeful about the future, thanks to a pioneering partnership we're working on with AMR Action UK (formerly Antibiotic Research UK) and Bladder Health UK. It's called the Chronic and Recurrent Urinary Tract Infection Priority Setting Partnership (PSP).

This collaboration aims to identify and prioritise the top 10 areas that need to be researched, in order to shape policy and practice change. The partnership will be supported by the James Lind Alliance (JLA), a respected organisation that facilitates collaboration between patients and clinicians to guide research priorities. Although the primary focus of the partnership is to shape future research, the initiative will also connect individuals to support services offered by partner charities and may inform the creation of new resources to support patients and families.

The Urology Foundation is committed to driving change in the field of UTIs and we're working hard to improve the outlook for this condition and lives of those who experience them, so we're delighted to be working on this much-needed project.

Your voice matters

Do you or someone you support live with chronic or recurrent urinary tract infections (UTI)? Now's your chance to make a difference.

The PSP is running a survey to hear the views of those experiencing chronic or recurrent UTIs, as well as healthcare professionals and carers.

Take part today!

(Deadline 16 July 2025).

Our confidential UTI Information Service is here to help you

UTI INFORMATION SERVICE

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

Join our Patient and Public Involvement and Engagement programme (PPIE) 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 PPIE 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.

Why I got involved in PPIE

"I wanted to get involved because, as a retired nurse of 45 years' service, after my prostatectomy I wanted to offer help to others as I was assisted in my pre and post op pathway. As a recent grandfather I want to be there for a while yet!"

Paul Fisher, PPIE Member

What could you get involved in as a member of our PPIE programme?

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

As a member of our PPIE 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**

Quick Facts: Celebrating 30 Years

The TUF Trials Unit - in partnership with The Centre for Healthcare Randomised Trials at the University of Aberdeen is a high quality, multi-centre clinical trial unit which has supported the Urology community to develop successful applications for large scale national and government funding

Celebrate 30 years of The Urology Foundation with us!

There are many ways you can support us in our 30th anniversary year.

- **Add our 30th logo onto your workplace email sign off:**

  We want to get the word out how important urology health is. You can help us to reach more people by including our 30th Birthday logo banner to your email sign off. Following this link to download and add. Simple!

- **Nominate us as a charity partner in your workplace:**

  We would love for you and the company that you work for to choose The Urology Foundation as your next charity partner.

- **Support a campaign:**

  Can you help promote awareness of one of our many urology health campaigns?

Donate

- **Donate:**

  Make a donation or set up a regular gift and support urology research.

- **Interact and share our posts on social media:**

  Our social media pages help us to deliver campaigns, grant information, upcoming events and much more.

  Follow and interact with us today!

The Urology Foundation
@TUF_Tweets
@theurologyfoundation
The Urology Foundation

- **Attend one of our lunch and learn information sessions:**

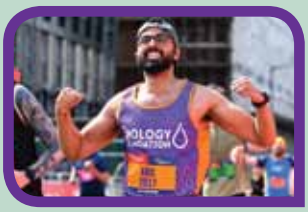
  Following the success of our UTI lunch and learn sessions, we will be hosting further sessions throughout the year, covering a range of urology related conditions with experts within that field.

  Or we can arrange in person sessions within a workplace.

- **Organise a fundraising event:**

  From **BAKE4TUF**, our delicious and easy fundraiser, to organising pub quizes, sponsored walks or sweepstakes – there's so many options! We're here to help and would be happy to discuss your next fundraiser!

- **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!



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 lots of urology professionals to advance their skills and enhance the care they can provide to their patients.

Travel Grants

Our Travel Grants of up to £500 are available for urology researchers, trainees, consultants, nurses and allied health professionals (AHPs) to attend educational or training courses, or conferences, that help their clinical practice.

So far this year we have awarded six Travel Grants. Four grants were awarded the following people for them to attend the American Urological Association Annual Meeting (AUA) from 26 - 29 April 2025 in Las Vegas, USA:

- John Piedad, Honorary Research Fellow at Royal Berkshire Hospital and Specialist Clinical Fellow at Hereford County Hospital
- Sagar Kanabar, Clinical Teaching Fellow in Urology and Urology Registrar at Royal Berkshire Hospital
- Tony Tien, Urology Registrar ST7 at Whipps Cross University Hospital, London
- Alice Cotton, Urology Nurse Researcher at Guy's & St Thomas'

The other recipients are:

- Guy Chetiyawardana, Prostate Consultant Radiographer at Nottingham University Hospitals to attend ESTRO (the European SocieTy for Radiotherapy and Oncology) 2025 from 2 - 6 May 2025 in Vienna.
- Hannah Doyle, Clinical Nurse Specialist at The Royal Marsden NHS Foundation Trust to attend the Multinational Association of Supportive Care in Cancer / the International Society of Oral Oncology (MASCC/ISOO) Annual Meeting from 26 - 28 June 2025 in Seattle, USA.

Education Bursaries

Thanks to a generous donation from the Charles Reynolds Fund we have administered Education Bursaries (worth up to £5,000 each) to support urology nurses and allied health professionals to gain additional qualifications since 2023. This year, we have already awarded a bursary to:

- Jessica Comi, Trainee Surgical Care Practitioner B6 at Cardiff and Vale University Hospital to complete a Masters in Surgical Care Practice, Urology at Edge Hill University.

Robotic Assisted Radical Prostatectomy Course, Saturday 1 March 2025

We are delighted to have supported this 'ROBOReady RARP' course with a £10,000 grant. The course is designed for trainee and experienced urologists and surgical professionals and it provided a comprehensive understanding of robotic techniques used in prostate cancer treatment. The course used the latest in hydrogel models, which offer significant advantages over cadavers, as they are able to use robotic systems in clinical use (normally reserved for patients) and can therefore offer more systems for training. As a result, the course offered system 'agnostic' training with all three major systems: Da Vinci, CMR, and Medtronic. Led by Guy's and St Thomas' NHS Foundation Trust and IMRA Surgical's faculty of experts, the course blends cutting-edge techniques, comprehensive anatomy insights, and the latest in robotic-assisted technology to advance expertise in treating prostate cancer.

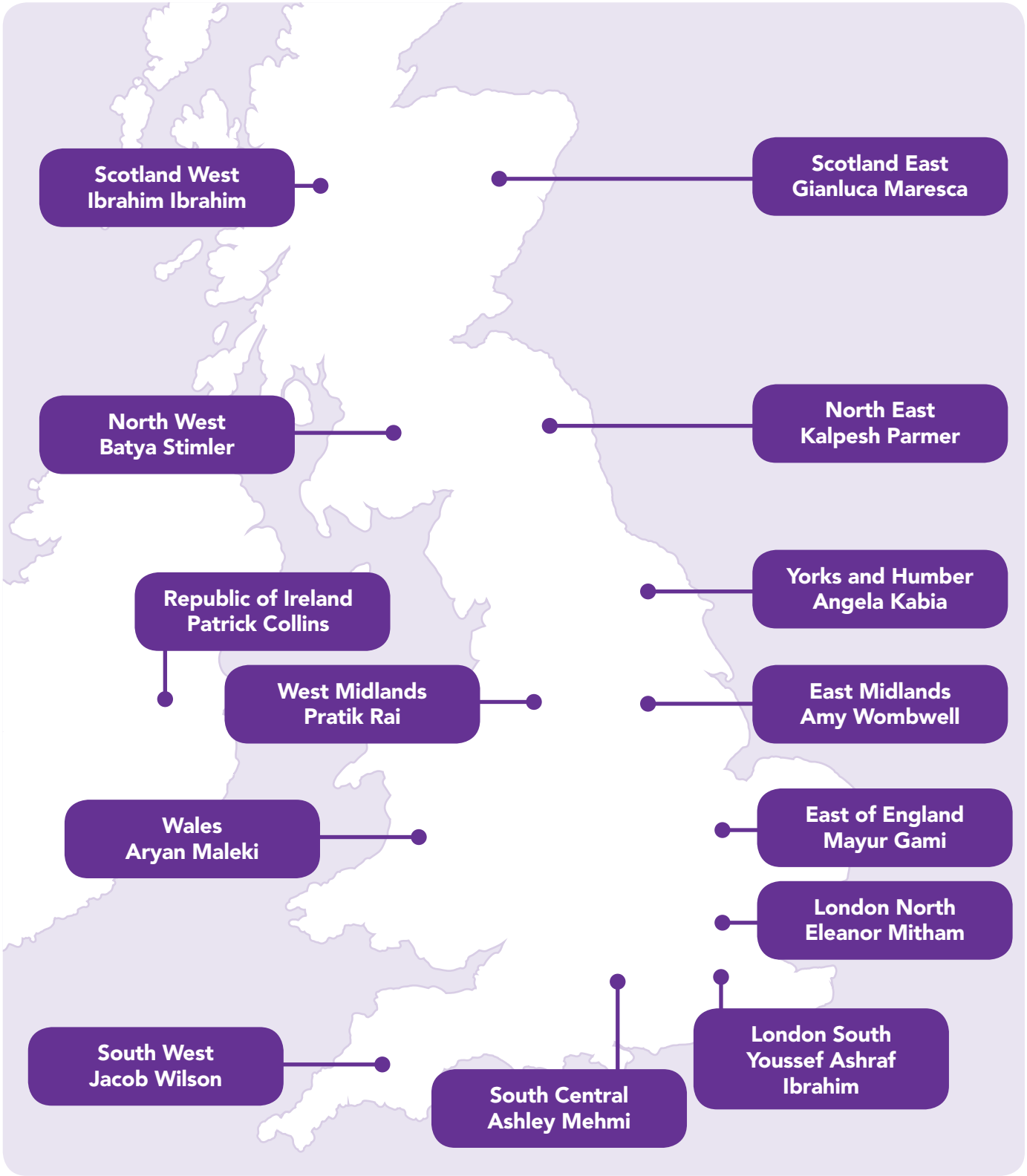
Regional Awards

The Urology Foundation provides awards for the best presentation from a trainee at each BAUS regional meeting. The £500 award is for the winner to use to attend the BAUS Annual Scientific Meeting 2025 in June where they will present their work to compete to win the 'Best of the Best' prize of a further £500.

This year the regional award winners are:

Quick Facts: Celebrating 30 Years

We pioneered the introduction of robotic urology surgery, enabling its safe and swift adoption by the NHS. This changed the face of urology cancer surgery



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.

Getting out into communities to raise awareness of bladder cancer signs

We're delighted to once again be supporting the NHSE Cancer Programme's "Help Us, Help You" symptoms awareness campaign raising awareness of "blood in pee". We've been working hard to spread the message far and wide that "blood in pee" should never be ignored. From targeting seldom-heard communities to people in areas of deprivation, our message is clear that while there can be many reasons for "blood in pee", it can be a sign of certain cancers so you should always speak to your GP or healthcare professional if you experience "blood in pee", even if it only happens once.

We've been around the country at eight locations already this year and have more events planned. **We hope to see you there!**

1 Arena Shopping Park, Coventry

2 The Mall Wood Green

3 Washington Galleries Shopping Centre, Sunderland

4 The Bridges, Sunderland

5 Barnsley Markets, The Glass Works, Barnsley

6 ASDA, Basildon

7 London Central Mosque, Regents Park

8 Leicester Islamic Centre, Leicester

Quick Facts: Celebrating 30 Years

Our annual Urology Awareness Month has been running successfully since 2014 and provides a platform to raise awareness of key issues urology issues

Ruby and Rosie at Wood Green

Helen and Ferha in Sunderland

Claire and Laura in Basildon

Reaching men in the community

In February, we were delighted to join Androlabs® on their 'Brothers' Arms' initiative. A fantastic concept and a way to meet men in the community to start conversations about their health. Androlabs turned a pub in Crystal Palace into 'The Brother's Arms', a 'men's health pub' and we provided resources and information on urology health. We were absolutely thrilled to also partner with them on a 'Big Flow Quiz' night where our nurse, Helen Lake RN, led quiz questions on men's urology health and got people talking about their health. It was an excellent opportunity to get more men thinking about their health and we'll be taking the learnings forward as we continue to call for better men's urology health in our wider programme of work.

Growing support for Bladder Cancer patients

We have been busy interviewing people with experience of bladder cancer for a new video series. The series aims to communicate patient experiences to help support and empower people affected by bladder cancer.

Five people have been speaking candidly about their personal experiences. From diagnosis, to treatment and living with bladder cancer, we have heard from them about what their cancer diagnosis meant and how it has impacted their lives. We hope that the series, which launched in Bladder Cancer Awareness Month in May, will be useful for others experiencing bladder cancer or supporting someone with bladder cancer.

Urology Awareness Month 2025

Can you support us this September for our annual awareness month? Get in touch to discuss via info@theurologyfoundation.org

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. 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.

Can you help us win a Charity Partnership?

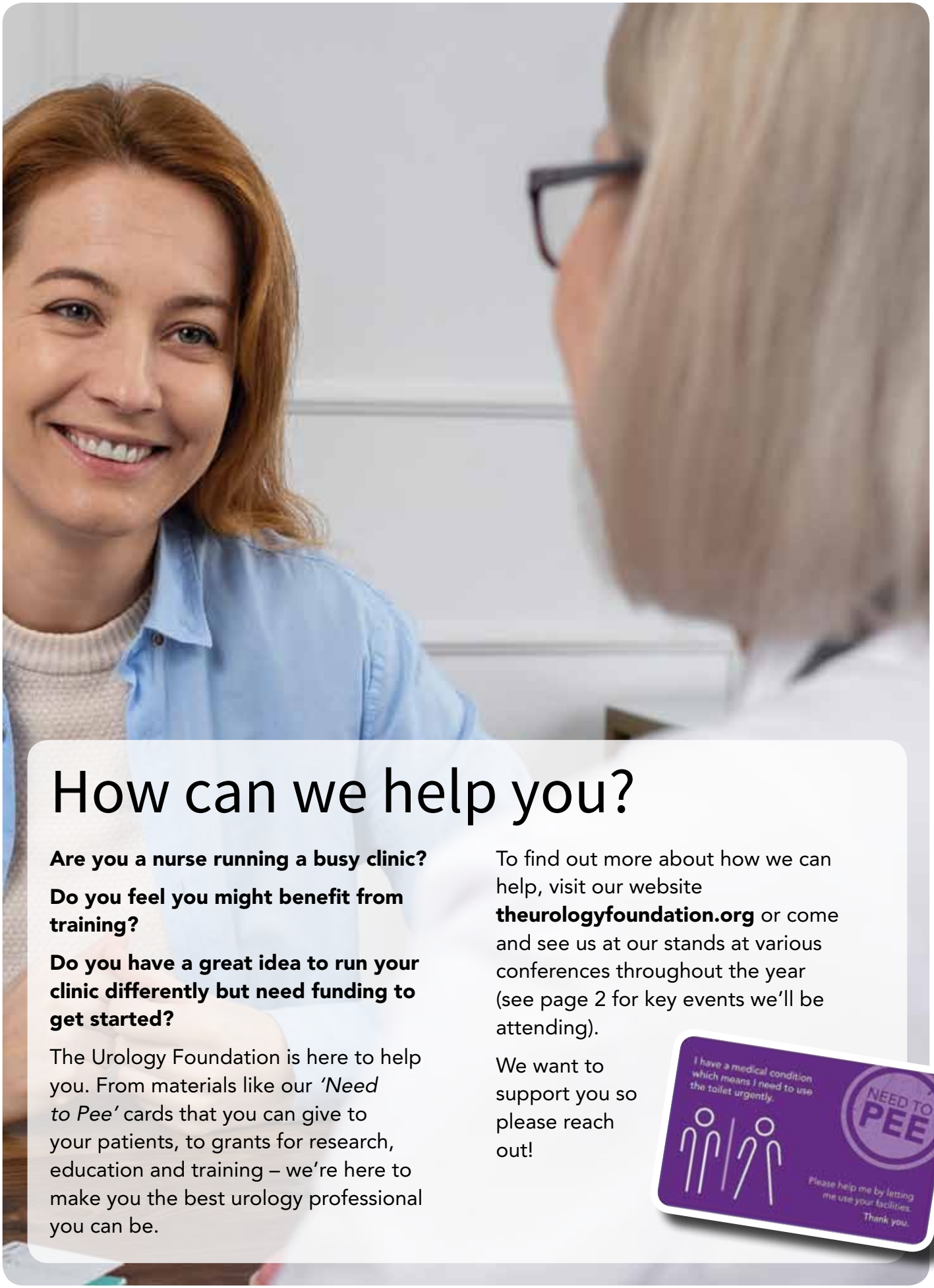
If your company has a nominated Charity of Choice we would be delighted to be considered. We have lots of experience in working with large and small companies and we would be delighted to work alongside you and your colleagues (or CSR team if you have one) to develop a fun-packed programme of fundraising 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.



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 2 for key events we'll be attending).

We want to support you so please reach out!

Our Heroes – thank you!

It has been a busy start to the 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 recently raised money, it is much appreciated.

A special thank you to the following people

- David Hollander and the members of the Jaguar XK Car Club for raising £1018 from their fundraising activities before Christmas
- Ronan Kumar and Saranyan Thavaraj ran the Winter London Run in February and raised £1029
- Curren Mehta ran the Miami Marathon in February and raised $750.

Huge thanks to Suzie Venn

Suzie from Urolink ran the Kilimanjaro Half Marathon in February. She raised over £2,600 for The Urology Foundation. We're so grateful!

Take inspiration from some of our recent events

Sri Lanka Cycling Trek

Back in November, we waved off 16 TUF supporters heading to Sri Lanka to cycle from the West side of the island to the East – covering over 450km through challenging hill climbs and dealing with intense humidity.

They successfully completed the trek and raised an amazing **£101,180!** With thanks to Roland Morley, Fiona Cornish, George Paxton, Mark Becker, Bradley Starr, Peter Rimington, Xandra Bolliger, Steven Tate, Charlotte Gath, Paul Jackson, Tibor Diossi, Reinhard Zentner, Graeme Conn, Salia Sami-Chow, Arnold Isaacson and Catherine Lovegrove. With special thanks to Roger Kirby.

Quick Facts: Celebrating 30 Years

Since 1995 we have invested £10.8 million in ground-breaking urology research, skills training in innovative technologies and practices and education programmes which have helped revolutionise urology care

London Landmarks Half Marathon

We had our biggest team to date in the ever-popular London Landmarks Half Marathon which took place on Sunday 6 April. The Sun was shining for the runners which added to the carnival atmosphere throughout the city. The group have raised over **£5,000** which is amazing!

Thanks to Helen Wallace, Maya Gorsia, Keval Patel, Grace Bennett, Spencer Ham, Jo Benett-Smith, Claire Ferguson, Rebecca Ginn and Julia Falekkos.

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.

Speak to Claire – she's here to help you support us

Claire O'Sullivan is our wonderful Fundraising Manager. She's here to support you in your fundraising activities. 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!

Quick Facts: Celebrating 30 Years

Our Patient and Public Involvement and Engagement Programme (PPIE) brings together researchers, patients, carers and those with an interest in urology. The Programme offers an opportunity to influence and shape research including planning, design, management, evaluation and communication and identifying priorities

Get involved in 2025!

With us celebrating our 30th year, we have put together some suggestions as to how you can get involved throughout the year. 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 awareness of The Urology Foundation.

Scan this code to find out more >

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.

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

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.

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.

Royal Parks Half Marathon

The Royal Parks Half Marathon is a popular Autumn, run with a route that brings you through closed off streets of London and 4 Royal Parks. It starts and finishes in Hyde Park. Event day is **Sunday 12 October.** Registration fee £25 and you will need to raise £350.

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 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!

TUF Romania Walking Trek

Following on from previous TUF Walking Treks we are pleased to offer our supporters the opportunity to visit Transylvania, Romania for our 8 days 'Bear Necessities' Walking Trek. Dates **27 September – 4 October 2025.**

You will need to pay a registration fee of £299 and either self-fund the trip (£1,650) or raise a minimum sponsorship (£2,500).

TUF Tanzania Cycle Trek

Looking ahead to Autumn 2026, we have the TUF Tanzania Cycle Trek to look forward to, five full days of cycling in the shadow of Mount Kilimanjaro covering a distance of approx. 345km. Dates **16 October – 26 October 2026.**

You will need to pay a registration fee of £349 and either self-fund the trip (£1,895) or raise a minimum sponsorship (£3,500).

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

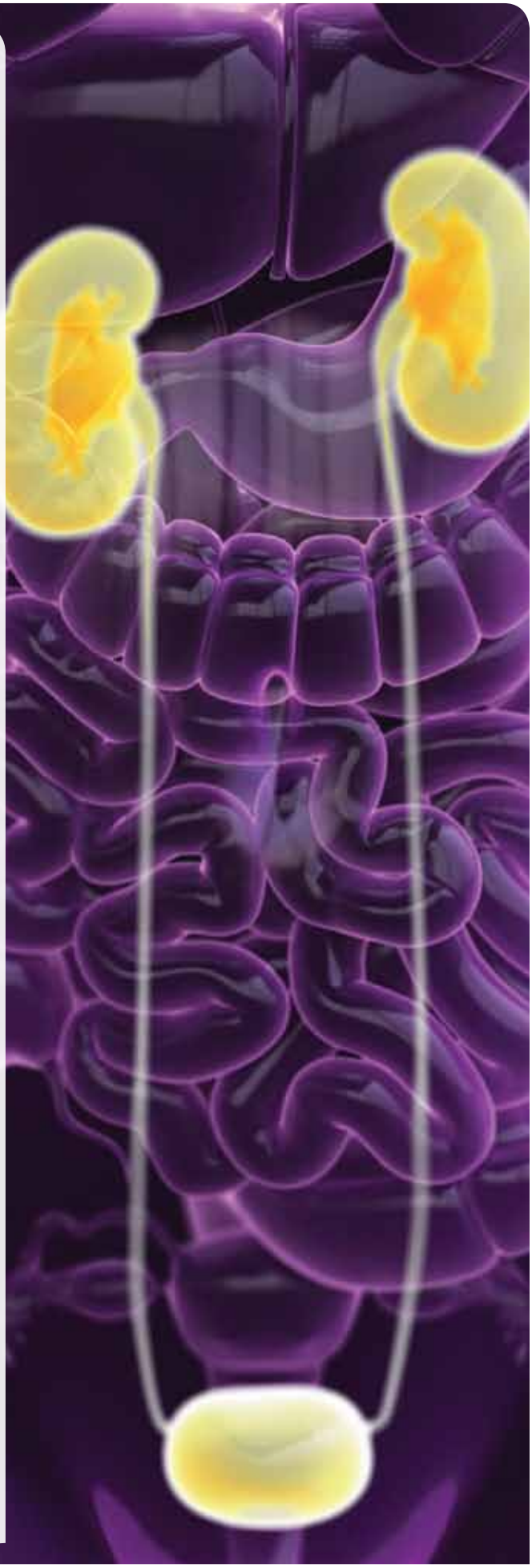
Our legacy commitment to you

- 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"

Trusts and Foundations

The Urology Foundation is grateful to all the Trusts and Foundations who are supporting our vital work. Cancers and conditions of the kidneys, bladder, 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.



How Trusts and Foundations are helping us:

Grants and donations from Trusts and Foundations are helping us to:

- Invest in more vital research projects and accelerate the progress of research. With access to leading researchers in the field we are looking to continue to champion and grow our programme of world-class research.
- Support the next generation of "rising stars" through our research programmes, Fellowship schemes and other opportunities.
- Provide tailored education and training programmes for our scientific and medical communities - sharing some of the latest techniques, approaches and expertise in the urological field.
- Develop and deliver campaigns, digital resources, information materials and videos to increase awareness and help people to learn about urology cancers and conditions, including the risk factors, signs, and symptoms and when to seek help from a healthcare professional.

If you are a Trustee or have links to a Charitable Trust, we hope you can help.

Please contact Ferha Farooqui, Trust Manager via ffarooqui@theurologyfoundation.org.

We are grateful for any support you provide.

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.

THE UROLOGY FOUNDATION

Here is my donation to fight against urology disease

THE UROLOGY FOUNDATION

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**

UTI INFORMATION SERVICE

Our confidential UTI Information Service is here to help you:

0808 801 1108 **Helpline open Tuesdays and Thursdays 10am - 12 noon**

nurse@theurologyfoundation.org

THE UROLOGY FOUNDATION

www.theurologyfoundation.org

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