

UROLOGY MATTERS

NEWS AND VIEWS FROM THE UROLOGY FOUNDATION

ISSUE 21

In conversation with Professor Ben Challacombe

Announcing England's first
Men's Health Strategy

Progress in childhood
bladder and kidney
conditions

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Front cover image courtesy of
Professor Ben Challacombe

welcome to UROLOGY MATTERS



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

Bladder health has been an important area of focus for us, and we've worked hard to raise awareness of issues from bladder leakage and Urinary Tract Infections to bladder cancer and urostomy care. From campaigns in **World Continence Week** earlier in the summer to our annual **Urology Awareness Month** in September, we've taken every opportunity to highlight these important issues and urge people to seek support.

A highlight of our **30th birthday year** was the work we've been doing in men's health. Throughout the year we've been working closely with our friends at **Movember** and other charities to help shape Government plans for a strategy on men's health. We were delighted to see the first ever **Men's Health Strategy for England** published on **International Men's Day** in November. I was delighted to attend a reception at Number 10 Downing Street to mark this occasion. As well as a personal career highlight, this presented a meaningful opportunity for our charity to be represented at a national level and to be recognised for the work we're doing.

We're proud to be supporting really exciting and innovative research, and our grants, Fellowships and bursaries offer excellent training opportunities for professionals. In this edition you will also learn about our fundraising activities and events, and there are lots of opportunities to join us in 2026.

We are so grateful for all of our wonderful supporters. Without your generous donations and commitment, we couldn't achieve everything we do. Thank you!

R. Porta

Rebecca Porta, Chief Executive

Where to find us
Calling all healthcare professionals! We'd love to meet you at the many events we attend throughout the year. We'd love to hear how we can best support you and 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:

- Fowler's Syndrome Conference 19-20 February 2026, London
- Annual EAU Congress 13-16 March 2026, London
- Association for Continence Professionals (ACP) Annual Conference 11-12 May 2026 EICC, Edinburgh
- BAUS Annual Scientific Meeting 15-17 June 2026 Olympia, London
- BAUN Annual Conference, 18-20 October 2026, Manchester

Keep an eye on our social media and website for other events we will be attending.

Award-winning time at BAUN Conference!
We recently attended **BAUN Annual Conference** at the EICC in Edinburgh! It was great to meet so many Urology Nurses, many of whom had been awarded our grants for training and education. We spoke to Nurses about how we can support them and let them know about the resources we offer and information about our **UTI Information Service and Helpline**.

To top off what was already an amazing event, our UTI Nurse, Helen Lake, was awarded the Sarah Henderson Best Poster Award at the BAUN Annual Conference!

Helen's poster '*UTI Voices: A Year of UTI Support Themes and Insights*' highlighted the impact of UTIs on people living with them and the difference our UTI Information Service and Helpline has made in its first year. Helen said: *"It's an honour to have the service recognised. This award helps highlight just how much this kind of support matters to people. I'm proud to see the voices of those affected by UTIs at the heart of our work."*



Our work in Westminster

We're dedicated to advancing urology health at every opportunity.

Over recent months, our team has taken part in a wide range of activities aimed at driving better outcomes in urology including:

Men's Health Strategy

We were delighted that the Government published the first ever Men's Health Strategy for England on International Men's Day in November. We have been working with the wider men's health community to influence the development of the strategy. Its publication represents a step change in men's health policy. Our Chief Executive was delighted to join a reception at Number 10 Downing Street to mark the launch, as well as an event at Westminster Hall to celebrate with charities, campaigners, Wes Streeting MP (the Secretary of State for Health and Social Care), other health ministers and Parliamentarians. It was an excellent opportunity for our charity to be recognised for our hard work in this area and we look forward to continuing to work with the wider community to support the implementation of the strategy to improve the health of men and boys both now and in the future.



Rebecca Porta with charities, campaigners, Ministers and Parliamentarians in Westminster Hall.

Quick Facts: Bladder health

49% of bladder cancer cases in the UK are preventable

Urinary tract infections - Parliamentary Action

We've been working closely with Luke Taylor MP and Dr Allison Gardner MP on driving UTI policy change. We have been supporting them in establishing an All-Party Parliamentary Group on UTIs and The Urology Foundation will be supporting the running of the Group. We're delighted that the inaugural meeting took place in December. The APPG on UTIs will be hosting roundtable discussions in 2026 on key topics and campaigning for change.



Parliamentary bladder cancer event

The Urology Foundation was delighted to co-host an event in Parliament in November to raise awareness of bladder cancer with Parliamentarians. Together with Fight Bladder Cancer and Action Bladder Cancer, we met 16 Members of Parliament and their teams. They heard about the challenges patients experience and we spoke to them about our specific policy recommendations. We will continue to engage with these MPs to drive forward improvements in bladder cancer policy at a national level.



National Cancer Plan

We continue to work with colleagues across the cancer community as part of One Cancer Voice to feed into the national cancer plan. From participating in policy meetings and taking part in media activities, to attending Parliamentary stunts, we're highlighting the need for the Government's National Cancer Plan to address the needs of people experiencing urology cancers.



Ten Year Workforce Plan for England

We have encouraged supporters and all those involved in urology in England to respond to the national consultation.

Parliamentary Reception on Cancer Care

In October, the team attended a reception on cancer care in the House of Commons, hosted by Clive Jones MP. The event was an excellent opportunity for The Urology Foundation to engage in positive discussions about what can be achieved in cancer over the next decade.

House of Lords event with Cancer52

The Urology Foundation joined an event in the House of Lords with Cancer 52. The event was sponsored by Baroness Morgan of Drefelin and aimed to highlight innovative projects involving charity partnerships that aim to deliver optimal care for patients. It was a great opportunity to meet Parliamentarians, charity leaders and others to discuss our work.

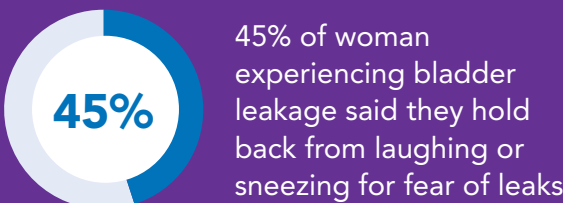
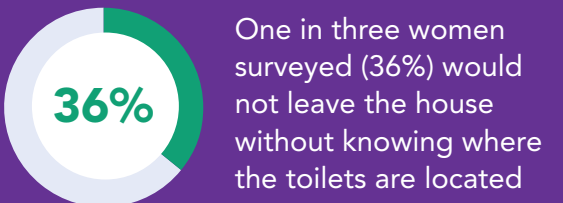
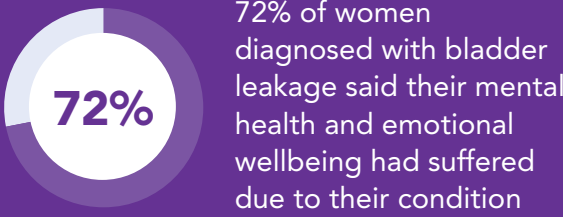
Rare Cancers Bill

We continue to support Dr Scott Arthur's (Labour MP for Edinburgh South West) Rare Cancers Bill. The principal goal of the Bill is to incentivise research and investment into the treatment of rare cancers and begin to close the survival gap.



We have been working collaboratively with charity partners to support the Bill and it is now progressing through the House of Lords. We anticipate that it will receive Royal Assent and become law.

Our survey results:
Impact of bladder leakage on women



We're improving urology health



In conversation with Professor Ben Challacombe, Trustee of The Urology Foundation and Consultant Urological Surgeon at Guy's & St Thomas' and King's College, London.

Q. Congratulations on your recent inauguration as Professor of Urology and Robotic Surgery at King's College London and Guy's & St Thomas' Hospitals, London. This is a wonderful achievement and recognition of your expertise, commitment and incredible contribution to urology. Tell us about your career.

I specialise in the treatment of kidney, testicular, and prostatic disease using robotic surgery. I trained at Guy's and St Thomas', The Royal Marsden Hospital and the Royal Melbourne Hospital. I was appointed to Guy's and St Thomas' in 2010 and am the MDM Urological Cancer and Clinical Robotics Lead, a UK Robotic Surgery Mentor and Robotic Fellowship Director. I am also involved in academic and research programmes at Guy's.

Q. Why did you chose to specialise in urology?

I am passionate about urology, the breadth of diseases, the variety of techniques from small procedures to complex operations and of course the incredible new technologies that are helping to transform the care and well-being of our patients.

Q. Tell us about your role with The Urology Foundation.

I'm incredibly proud to be a Trustee of The Urology Foundation. The charity was established 30 years ago and has worked hard to drive real change to ensure the UK can best meet the needs of people experiencing urological issues.

We do this in many ways. From funding groundbreaking research and providing training and education opportunities to healthcare professionals, to driving awareness raising and policy campaigns and our Nurse-led UTI Information Service and Helpline. The charity has supported many healthcare professionals and researchers over the years –

myself included. It has helped to transform the face of urology care across the UK.

Q. The Urology Foundation's latest Urology Awareness Month focussed on bladder leakage. Why is bladder health so important to the charity?

Bladder problems affect over 14 million people in the UK. From bladder leakage and urostomy care to Urinary Tract Infections (UTIs) and bladder and urethral cancer, there are many ways that people can experience bladder issues.

In my work I see the devastating impact bladder health and continence issues can have on people who experience them. Opening up conversations is not always easy. We know that many people cope with bladder issues and symptoms alone, without reaching out for support. We believe that people experiencing bladder issues need to be supported to understand their choices and options so that they can make informed decisions, together with their healthcare professional, about their care. The charity is working hard to improve the nation's bladder health.

Q. What does the future of urology look like?

Great progress is being made but there's so much more to do. Last year The Urology Foundation launched a new research strategy: 'Improving urology health: transforming lives through research: Research Strategy 2024-2028'. It's our roadmap for building on our research success and shaping the future direction of urology research. To help achieve our ambitions, I am excited to Chair a new Research Appeal. We have already secured generous support towards the Research Appeal's target of £5million however achieving our ambitious plans requires further investment.

It's a challenge but we're confident that together we can build a brighter future.

Bike4TUF Cycling Challenge

Launched in 2012 by urologists Ben Eddy and Ben Challacombe, Bike4TUF is an annual cycling challenge that brings together surgeons from around the UK to raise money for The Urology Foundation. Over the years, participants have taken on a variety of routes and amazing challenges - cycling from London to Birmingham and London to Liverpool and more recently London to Paris and London to Amsterdam. Over £530,000 has been raised to date from this incredible event.

For information on Bike4TUF 2026 Newcastle to Glasgow via Edinburgh please visit our website.

**We are currently managing
104 active grants with
an overall value of nearly
£3.6 million!**

Our research grants

The Urology Foundation is currently managing 104 active research grants with an overall value of nearly £3.6 million. This research is revolutionising the way urology cancers and conditions are diagnosed, managed, treated and prevented.

We are extremely grateful to all of our donors who support this work, including the Charles Reynolds Foundation, John Black Charitable Foundation and The Champniss Foundation.

We are delighted to have made over 75 grant awards this year. This includes the below.

Small Projects

This grant programme supports projects that can be delivered within two years and seek to improve the quality of clinical services and patient treatments and care. Up to £10,000 is available for each small project. Grants from this fund have been awarded to the below recipients:

- Nikhil Mayor, Imperial College London: for work on optimising prostate cancer screening in the TRANSFORM trial.
- Nithesh Ranasinham, Oxford University: for a project about prostate cancer recurrence.
- Sheilagh Reid, Sheffield Teaching Hospital: to examine how to improve care for patients with medically unexplained urological symptoms.
- Massimo Garibolli, Evelina London Children's Hospital: whose project evaluates early urodynamics in boys with antenatal diagnosis of hydronephrosis.
- William Maynard, Wexham Park Hospital: to examine the at home use of SonoCurve, a smartphone app that analyses the sound of urinating into a toilet to estimate urinary flow parameters.
- John Withington, University College London: to examine the way prostate cancer diagnoses are communicated to patients and develop guidance for healthcare professionals.

Innovation and Research Award:

- Oliver Llewellyn: for work on predicting and optimising outcomes for malignant ureteric obstruction from radiological imaging.
- Nicholas Yuen: whose project aims to redefine Urinary Tract Infection treatments through microbiome modulation.
- Cameron Alexander: for a study, linked integrally to The STAMPEDE trial, assessing the reasons why some, but not all, patients see improved cancer survival and quality of life from metformin for prostate cancer.
- Ruaridh Duncan: whose study is examining SPOP (a protein found in prostate cells which is often mutated in prostate cancer cases) and how to effectively treat SPOP mutant prostate cancer. This study aims to lay the foundations for an effective future treatment strategy for prostate cancer.
- Gokul Kandaswamy: for a project that aims to develop a blood test that can detect aggressive prostate cancer signals in blood samples. Ultimately, the technique being examined would allow earlier diagnosis of aggressive prostate cancer and may help patients to start treatment sooner than is possible currently.
- Edward Phillips: for a study on a new treatment with promising results in prostate cancer. The study will examine which prostate cancer genes are most affected by the treatment. They aim to provide the basis for the treatment to become a new option for patients with advanced prostate cancer in the future.
- David Negus: for a project that aims to provide new treatments for antibiotic-resistant bacteria which cause UTIs and explore the potential to use bacteriocins in combination with antibiotics.
- William Hayhurst: to compare the side effects of two radiotherapy treatment options using Spacer gel treatment in men with low to intermediate risk prostate cancer.
- Sarah Howles: who is researching the role of diacylglycerol kinase delta in kidney stone disease with a view to finding new drugs that might be useful to prevent kidney stone formation.

Mini Projects Fund

- Mohamed Mubarak, to implement Manchester Visual Analogue Scale (MVAS) – a discrete visual aid to help patients to self-assess and communicate their penile curvature – and evaluate its impact.
- Dr Catherine Lovegrove, for her project that examines the burden of kidney stone disease in Scotland.

Quick Facts: Bladder health

 **There are an estimated 5 million people in England with Overactive Bladder. This is expected to rise to over 7 million by 2035**

Visit to TUF Trials Unit in Aberdeen

The TUF Trials Unit was launched in 2021 in partnership with The Centre for Healthcare Randomised Trials (CHaRT) and draws upon the knowledge and input of the urology community. The unit receives funding from The Urology Foundation to identify promising and important research ideas from urology units and provide a team of medical investigators to bring those ideas to fruition.

Our Director of Research Louise, Trusts Manager, Ferha and Grants Executive & PPIE Lead, Rosie visited CHaRT in September to meet the team and see first-hand the fantastic work that is being done.



Quick Facts: Bladder health

 **The NHS estimates that 1 in 5 people in the UK live with bladder problems**

Quick Facts: Bladder health

 **133,000 new bladder cancer diagnoses are expected by 2040**

Spotlight on bladder health research

Driving change in rare and childhood bladder and kidney conditions:

Many children across the UK experience bladder problems that result in bed-wetting, incontinence, urine infections and even severe kidney damage. Rare and childhood bladder and kidney conditions are often under-researched, under-diagnosed and misunderstood. They can impact newborns and young children, with long term consequences throughout their lives.

Excellent work is currently underway that is changing the face of rare and childhood bladder diseases. Advances in our understanding of these conditions is helping to drive real improvements that will make a real difference to children both now and in the future.

Professor William Newman (pictured) is the lead of the Rare Early Onset Lower Urinary Tract Disorders (REOLUT) Node Team. Bill has three decades' experience in clinical genetics and has led over 25 rare inherited disease gene discoveries. He is Professor of Translational Genomics at the University of Manchester and leads the NHS North West Genomic Medicine Service Alliance. Here we speak to him about some of the research in this area.



What are rare childhood bladder conditions?

There are lots of different types of rare childhood bladder conditions, many remain undiscovered. Some cause bladder voiding problems while others are structural problems. Sometimes children have problems that affect just the bladder, whereas other children have multiple health problems affecting different parts of the body.

Genes are the inherited instructions in our cells providing the information for how our bodies develop. We know that many genes are important in how the bladder and ureters (tubes connected to the kidneys) develop and work. We have discovered changes in a number of genes in children with rare severe bladder problems.

Who is impacted?

The children impacted have often been to lots of appointments and seen many healthcare professionals before they see a clinical geneticist like me. It is great now that urologists and geneticists are working closely together to diagnose these rare conditions. The child may have been experiencing bladder problems for a long time with no real explanation.

Why is it important?

In some cases, bladder problems can be the result of a change in a gene. It could have come from one or other parent or a combination of both. Sometimes the genetic change may be present just in the child but not in either parent. By using genetic analysis, we can sometimes find the causes of severe inherited bladder problems. This can be important, not only in the search for cures or treatments but it can also help the child and their family to get the answers they have been looking for. This information also means that parents can seek advice from others who have gone through the same. By having a name for the condition, they can be signposted and can often access more support from health services and at school. By finding new conditions, we can also begin to think about treatments that could be developed.

Do you have an example of when genetic analysis has led to real change?

Fifteen years ago, I saw a family where all the children had severe bladder voiding problems which had huge implications on their health. They had been in and out of hospital with no answers. When I saw them, I noticed that when they tried to smile it looked like they were crying. They were diagnosed with urofacial syndrome. We undertook work that found a specific gene responsible, with later work finding other genes that can also lead to severe bladder problems. Further work with my colleagues Dr Neil Roberts and Professor Adrian Woolf in Manchester (that The Urology Foundation funded) found that the gene affected the nerve supply to the bladder. With this understanding, they're now moving forward to develop a gene therapy to treat this condition. It's a huge step forward in such a short space of time.

Tell us about the work of The Node

Two years ago, me and colleagues from London (Great Ormond Street Hospital and Imperial College) and the University of Cambridge - formed a team and applied to become an MRC-NIHR Rare Diseases Node, a specialist research program on rare bladder diseases called REOLUT. We are accelerating research into rare childhood bladder conditions.

We aim to create a vibrant interactive network of researchers, clinician and patient advocacy groups focused on improving the diagnosis and care of patients with rare early onset lower urinary tract disorders. The Node aims to:

- Use new types of genetic analysis to find the causes of severe inherited bladder problems.
- Better understand how genes are switched on and off in the bladder and ureters to understand how the organs develop and how and why this may go wrong.
- Find new and exciting ways to deliver genes to the body so that they may correct these conditions using an approach called gene therapy.

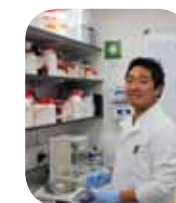
Investing in childhood bladder health research



The Urology Foundation is proud to be funding a growing body of research that aims to improve understanding, diagnosis, and treatment of rare and childhood bladder diseases - from rare congenital anomalies to chronic bladder dysfunctions. By funding targeted research in rare and childhood bladder diseases, we're helping to close the knowledge gap, improve care and give impacted families hope for better outcomes. We'll continue to share updates on the results of the research we're funding and the aims of future research. We remain committed to supporting researchers who are making a real difference in this vital area.

Some of the groundbreaking research we're funding includes:

Groundbreaking research discovery into Posterior Urethral Valves (PUV) and possible treatment



We funded Mr Kevin Cao's pioneering research into PUV that discovered the most likely cause of the dysfunction and possible treatments to change the prognosis of this and possibly other conditions.

Posterior urethral valves (PUV) is a potentially fatal, congenital disease affecting male fetuses and newborn boys. About one in every 5,000 male births has PUV. PUV remains to this day one of the most severe disorders in paediatric medicine owing to its relationship to chronic kidney disease.

This research showed that PUV bladders are more scarred than normal bladders and this is most likely

What would you say to professionals thinking about getting involved?

The work we're doing is making a real difference. While the conditions we find are often very rare, many children experience urinary incontinence and infections. We hope that understanding rare bladder diseases will aid our understanding of the more common forms. The work we do is all about problem solving, and the potential for advancements in treatment and diagnosis is remarkable. We're making great progress and there's still a lot more to do. There's a real momentum for change.

the cause of dysfunction. Excitingly, he found that a certain family of drugs prevent bladder scarring and may be a treatment that could finally change the prognosis of this disorder. The research could have widespread implications for other conditions too, for example for males who have an obstruction because of enlarged prostates, and males who have had scarring to the bladder caused by the effects of radiotherapy.

Using single cell sequencing to understand the pathology of posterior urethral valves

The Urology Foundation co-funded Professor David Long's research project which aimed to understand and advance anti-fibrotic therapy for PUV. Currently, 25% of PUV patients require major bladder surgery and 20% progress to kidney failure requiring dialysis and transplantation. With first transplantation typically occurring at age 10 and limited organ longevity, affected children face multiple transplants and lifelong immunosuppression.

Following the research mentioned above, this research built on the findings and examined which cell types contribute to scarring and damage in PUV bladders, and how PUV changes the function and structure of the bladder. This project showed that congenital bladder disorders such as PUV are driven by fibrosis which is a therapeutic target for this condition.

Donate today to support innovative research into rare and childhood bladder diseases!



Shaping the future of UTI Research

The Urology Foundation is leading the way in terms of research into Urinary Tract Infections. In 2025 alone, we've awarded grants of over £475,000 to five UTI research projects looking at various aspects of our understanding of UTIs and how to diagnose and treat them.

This includes three projects that have been funded via our UTI Research Initiative. These are as follows.

Combining microbiome and genomic approaches with machine learning for the early detection and treatment of urinary tract infection

Stephen Kelly, from Queen's University Belfast, is undertaking an ambitious project to understand the bacteria of the urinary tract, which is key to preventing and managing UTIs. Current UTI diagnosis relies on symptoms or dipstick tests, which only detect infection after bacteria multiply, delaying treatment. This project aims to detect UTIs earlier by measuring bacterial DNA in urine, enabling faster, more effective care.

Choosing the right antibiotic is also challenging, as traditional lab tests are slow. The team will use machine learning to predict the best antibiotic from bacterial DNA, potentially reducing ineffective treatments and antibiotic resistance.

Additionally, the study examines the urinary and gut microbiomes to understand which patients are most at risk of UTIs.

Using lactobacillus to fight treatment-resistant Urinary Tract Infection

We're funding Jennifer Rohn from University College London who is undertaking an exciting project examining whether Lactobacillus - a beneficial bacterium found in yoghurt and healthy bladders - alone or alongside antibiotics could prevent UTIs. If successful, this work has the potential to pave the way for clinical trials.

Many people experience recurrent UTIs. The sheer number of antibiotics prescribed for UTIs is fuelling the antibiotic resistance crisis, with these drugs no longer working against many infections. Better treatments are clearly needed.

Most UTIs are caused by bacteria called E. coli, but studies have largely not looked at human biology of UTIs. To bridge this gap, Jennifer has developed a human "mini bladder" model to better study UTI. The team is exploring whether direct bladder application of Lactobacillus can reduce E. coli's harmful effects. They are testing whether it could be used to prevent UTIs, potentially lowering antibiotic use.

If successful, this approach could lead to new Lactobacillus-based probiotic treatments, reducing the burden of UTIs and slowing antibiotic resistance.

Understanding factors contributing to antibiotic resistance in women who experience multiple UTIs

Maria Vazquez-Montes from University of Oxford has been awarded a grant for her research into antibiotic treatment for UTIs.

Bacteria that cause UTIs or cystitis can develop resistance to antibiotics, rendering treatment less effective. When treating women with UTIs, doctors and nurses often make a 'best guess' at the right antibiotic to use, because it can take up to three days for a laboratory to grow bacteria in their urine and test which antibiotics the infection can, and cannot, be killed by. This can lead to treatment failure due to antibiotic resistance, repeated antibiotic use, and increased likelihood of resistance and clinical complications.

Maria's research aims to use healthcare data to help doctors and nurses decide which antibiotics are likely to treat the infection successfully based on a patient's demographic and clinical characteristics, symptoms, past test results and resistance profile. This will support better treatment and help prevent the spread of antibiotic resistance, a growing public health challenge.

We're extremely grateful to The Champniss Foundation for their support of the UTI Research Initiative.

Quick Facts: Bladder health
50-60 % of females in the UK will experience at least one UTI in their lifetime

Groundbreaking partnership to identify the future research needs in UTIs

UTIs are one of the most common infections seen in primary care in the UK. UTIs can be experienced by anyone at any life stage, although menopausal women and older men are more at risk. UTIs can be recurrent (where they respond to treatment but recur e.g. 3 or more episodes per year) and also become chronic, with daily debilitating symptoms. UTIs are also one of the most common causes of sepsis, which can be fatal.

The Urology Foundation has partnered with AMR Action UK and Bladder Health UK to form a Priority Setting Partnership (PSP), steered by the James Lind Alliance*, to identify the unanswered questions that matter most to people who suffer from chronic and recurrent UTIs. Our Director of Research, Louise de Winter, sits on the steering group which is also made up of people with lived experience of chronic and recurrent UTI, urologists, urogynaecologists, GPs and microbiologists.

The PSP was formed in September 2024 and its aims, objectives and scope were agreed. The steering group has met at least monthly, since. An initial survey, asking people to identify the areas they would like to see researched, was conducted over an eight week period in summer 2025. The responses to the survey generated 2,500 potential questions for research. Since then, the committee has been working to sort through the questions, identifying themes such as Cause, Diagnostics or Treatments, amalgamating those that are similar and sorting out those which do not fall within the remit of the PSP. The committee is also conducting an evidence check to see if any of the questions have already been adequately addressed by research.

That original list of questions has been refined to a list of approximately 50 summary questions, and a second survey is being conducted to produce an initial shortlist (of approx. 20-30 questions) for prioritisation. It is expected that the survey will be completed by end December/early January, in time for an in-person workshop

to be held in January 2026. The workshop meeting will be attended by approximately 30 delegates made up of people with lived experience, carers and healthcare professionals. It will be their task at the meeting to whittle down the list of priorities for research to ten questions. Following the workshop, a full report and list of recommendations will be written and published. These questions will then be posted on the NIHR (National Institute for Health and Care Research) website for all researchers to view. Because the questions have been formed by the JLA process, taking into account the views of people who experience these conditions, the NIHR allocate more priority to research that seeks to address these issues.

The Urology Foundation is proud to be part of this immensely important initiative that will define the key research priorities moving forwards for chronic and recurrent UTIs. We will update our supporters on the outcomes at the end of the process.

*The James Lind Alliance brings patients, carers and clinicians together to identify and prioritise the evidence, uncertainties or 'unanswered questions' that they agree are the most important for research to address in their topic area.

TAKE PART IN OUR
SECOND SURVEY

on Chronic and Recurrent
UTIs



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, well designed, with clear outcomes, and a fast uptake of new evidence. It accelerates innovations and developments.

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 ppie@theurologyfoundation.org



Rosie Cockcroft runs our PPIE programme



Why I got involved in PPIE

I wanted to get involved with The Urology Foundation's PPIE Programme as I have 24 years' clinical experience as a urology nurse, latterly in the role of Clinical Nurse Specialist. I have a passion for urology and always strived to ensure that patients received evidence-based person-centred care.

In my current role as Assistant Professor and PhD student, I am able to share best practice regarding continence and urological conditions with nursing students and health care professionals that I teach.

Joining the PPIE programme will allow me to share my experience not only as a specialist nurse but also as a researcher to raise the profile, standards of care and education for patients with urological conditions who often do not have a voice.



Marion

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. The training programmes we fund 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 are passionate about nurturing the skills of urology professionals. 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

Grants of up to £500 are available for urology researchers, trainees, consultants, nurses and allied health professionals to attend an educational or training course, or conference, that will help in their clinical practice.

Below are some of the travel grants we've awarded this year.

We awarded four grants for the following Nurses to attend the British Association of Urological Nurses (BAUN) Annual Conference 2025:

Michelle Syms, Acsah Yohannan, Emma Woodward and Julie Reynolds.

Other travel grants include:

- Esther Tarowera, to attend Post Grad Urology Studies at Edgehill University to acquire clinical skills which will help deliver expert patient centred care.
- Ihab Barsoum, to attend various urological surgery courses in 2025.
- Ahmad Alaqgad, to undertake an observership at MD Anderson Cancer Center in Texas.
- Anton Wong, to attend a spinal injuries course in Sheffield.

- Ankur Mukherjee, to attend an observership visit to the Memorial Sloan Kettering Cancer Center in New York City.
- Saif-Ur-Rehman Kazi, to attend Annual Meeting of the International Continence Society and the Emirates Urological Society (ICS-EUS 2025) in Abu Dhabi.
- Rebecca Cousins, to attend the Royal College of Nursing International Nursing Research Conference.
- Basil Moss, to attend a clinical observership in Universitätsklinikum Carl Gustav Carus in Dresden, Germany.
- Mohammad Usman, to attend the British Association of Urological Surgeons Annual Scientific Meeting 2025.

David Thompson Fellowships

The Fellowship aims to enhance urological training, education, knowledge transfer and collaboration, thereby developing and supporting outstanding surgical leaders in their field.

This year we awarded two David Thompson Fellowships:

- Martin Connor will be going to the Surgical & Robotic Training Institute, at the Royal Prince Alfred Hospital and University of Sydney, Australia.
- Lorraine Scanlon receives a uro-oncology fellowship at Western University/London Health Sciences Centre in Ontario, Canada.

We're also delighted to have awarded two David Thompson bursaries:

- Kevin Byrnes will be undertaking a uro-oncology fellowship at the Peter MacCallum Cancer Centre, Melbourne, Australia.
- Killian Daly will be undertaking the uro-oncology fellowship in the University of British Columbia, Vancouver Canada.

Urolink Travel Fellowships

Urolink Travel Fellowships enable senior trainees to experience working in Low or Middle income (LMIC) environments. The successful applicants were announced at the 2025 BAUS conference and are as follows:

- (Lap) Yan Leung to travel to KCMC, Tanzania.
- Rustam Karanjia to travel to Ndola Teaching Hospital, Zambia.
- Katie Mallalieu to travel to KCMC, Tanzania.
- Nikita Bhatt to travel to Gujarat, India.

//

Despite always wanting to be a part of Urolink, I wasn't sure how I could be helpful or what expertise I could offer, and therefore always found a reason not to get involved. I think this is probably the best thing I have done in my training – the experience has been a hugely rewarding one.

//

Rustam Karanjia's reflections after completing his Urolink Fellowship in September 2025.

Education bursaries

We believe urology nurses and allied health professionals should have opportunities to enhance their skills and practice and to increase their specialist knowledge, ensuring they are best placed to improve patient treatment and care.

- David Gibbons will take the MSc in Urology at Edge Hill.

The following practitioners will also undertake the Post Graduate Certificate in Urology at Edge Hill:

- Ifra Younnis
- Gemma Bate

Quick Facts: Bladder health

 **Over 2 million men experience urinary incontinence**



Catherine Borrington

Our bursaries are shaping careers

Catherine Borrington, Urology Nurse, received The Urology Foundation's first Education Bursary in 2023 to undertake a Post Graduate Certificate in Urology Practice at Edge Hill University. We are delighted to share that Catherine has now graduated with distinction. Catherine applied for the bursary with a career aspiration to become a Urology Clinical Nurse Specialist and she has received enthusiastic interest in the Post Graduate course during informal pre-interview meetings now she is applying for Urology Specialist Nurse positions. Catherine also told us: *"The course has allowed me to run urology clinics in outpatients more efficiently as I know what diagnostic tests are required for each condition before a patient goes into the consultation. On a service provision level, it has enabled me to spot gaps in service and think of how services can be created or expanded to fill these."*

 **We're excited to share these updates with you, our supporters.**

Thank you for choosing to support The Urology Foundation. 

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 new Bladder Diaries 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.

We have a range of resources that you may find helpful, including our UTI guide for nurses, Bladder diaries, Bladder diaries for people using catheters and our 'Need to Pee' cards.

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!



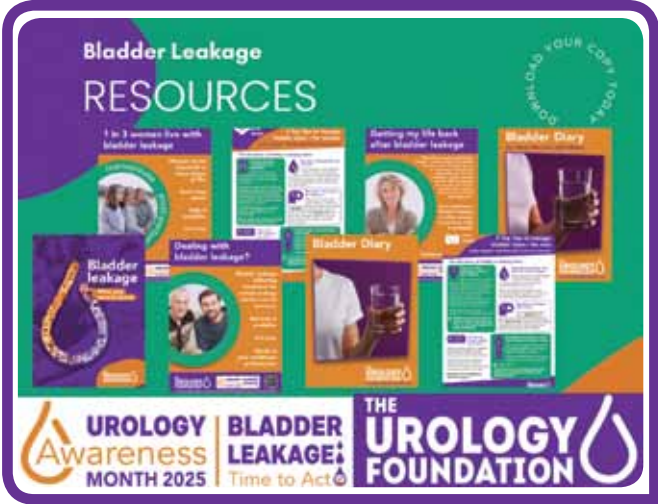
Achieving impact and campaigning for change

Urology Awareness Month 2025

We're committed to helping people understand urology conditions by highlighting key signs, symptoms and risk factors. We advocate for meaningful change informed by research and real patient experiences. By joining forces with charities and corporate partners, we're driving impactful campaigns that make a difference in communities everywhere.

Bladder Leakage: Time to Act

14 million people in the UK experience bladder problems. 1 in 3 women are living with bladder leakage. Yet people aren't talking about this very common problem and we know many people don't seek support from a healthcare professional. This means they are left struggling to manage on their own. That's why this September, our theme was **'Bladder Leakage: Time to Act'**. We highlighted the significant and growing challenge of bladder leakage in the UK and encouraged people to act.



As well as developing a suite of useful resources and 'Brief Guides' for patients, we also launched a new Bladder Diary and a Bladder Diary for people who use a catheter. We drove national conversations around bladder leakage by commissioning a survey of 1,000 women in the UK who have experienced bladder leakage and working with people with experience, as well as experts. This attracted media coverage across national broadcast, national online, consumer and regional media outlets including an interview with a patient on Channel 5 News.



Driving change in bladder cancer

With funding from corporate partners, we are making a real change in bladder cancer. We've been working with people to explore their experiences from spotting the first signs that there is a problem, to diagnosis, treatment and living with bladder cancer. A video series is now live and has been shared with Parliamentarians and our networks.

We have also produced a report on bladder cancer with our clear recommendations for change, thanks to funding from a corporate partner. This will be used to call for meaningful improvements to the way bladder cancer is managed.



Quick Facts: Bladder health

From 2020 – 2025, The Urology Foundation has funded seven research projects into bladder cancer to the value of over £450,000

Highlighting 'Blood in Pee' as a red flag symptom



Our **'Blood in Pee'** campaign that we're running as part of NHS England Cancer Programme's **'Help Us Help You'** campaign continues to be a success. Our team has been up and down the country reaching out to communities with a clear message:

'If you see blood in your pee, speak to your healthcare professional'.



How Corporate Partners can support us to improve outcomes

Want to help us make a bigger impact? Partner with us!

If your company chooses a Charity of the Year, we'd love to be considered. We've worked with organisations of all sizes, and we know how to create exciting, high energy fundraising programmes that bring teams together and make a real difference.

Whether you have a dedicated CSR team or just a group of colleagues ready to get involved, we're here to build a fun, meaningful partnership.

If your company could champion our work, we'd love to hear from you, get in touch today!

Make a Real Impact Every Payday

Payroll Giving is the simplest, most tax efficient way to support our work, helping people at risk of urology disease every time you get paid.

Give £10 a month, and it costs you only £8. Because your donation comes out before tax, your gift goes further, and we receive more at no extra cost to you.

To get started, just speak to your HR team and ask for their Payroll Giving form. It's quick, easy, and whatever you choose to give will start making a difference right away.

Quick Facts: Bladder health

Over 50% of care home residents experience urinary incontinence

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 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

- Katie Highton – Katie took part in the Scottish 10K and raised **£600**.
- Elaine Copson – Elaine held a number of fundraising activities during the month of September at her workplace Currys.
- Iain Wilcocks – Iain took part in the Rolex Fastnet Sailing Race. He raised just over **£17,000**.
- Richard Rosenberg – Richard undertook an enduring cycling challenge alongside his friends Laurence and Charles and raised an amazing **£41,000**.

Take inspiration from some of our recent events

BSoT Fun Run 17 June 2025

The annual BSoT Fun Run took place at the BAUS Conference in Manchester. It was the biggest team to date with 63 runners and over **£1100** was raised. TUF staff members and BSoT trainees were placed at various points throughout the route to cheer the runners. We look forward to working alongside BSoT to organise a run at the BAUS Conference in June 2026, which will be held in London.



Royal Parks Half Marathon

We had a team of 10 runners take part in the popular Royal Parks Half Marathon. The TUF team were on hand on the day to cheer the runners. There were smiles, hugs and high fives all round!



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 make 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 brilliant 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!



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

Get involved in 2026!

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

Why join the next TUF Cycling Challenge?



Here, Charlotte Gath shares why she took part in our TUF Sri Lanka Cycling Trek in November 2024.

“It was a wonderful challenge, and I enjoyed it so much I signed up for the next one – the TUF Tanzania Cycle Trek in autumn 2026 – almost immediately on my return.”

My motivation for signing up for the Sri Lanka cycle trek was deeply personal. My husband Marek Miller was a Consultant Urologist, who died in June 2021. I wanted to do a challenge in memory of him and what could be better than a cycling challenge with some of his former friends and colleagues and fundraising for The Urology Foundation at the same time?

I had undertaken a few cycling challenges before. I had never visited Sri Lanka, and I knew that the challenge would provide an unparalleled opportunity to see the country. I was certainly proved right. The ride took us from coast to coast, and through the very heart of Sri Lanka. There were many highlights and memorable moments but for me visiting a local school to be greeted by singing and dancing school children and cycling

through the tea plantations in the central hilly area of Sri Lanka were a particular delight.

We had just one or two tricky moments, including some steep ascents where some of us had to retreat to the bus! Despite this, cycling in both rural and urban Sri Lanka was great fun and did not feel too difficult. People, especially children, waved and smiled at us everywhere we went. The descent going down a 19km hill was one of the best bits of cycling I have ever done!

I felt very grateful and honoured when we climbed on foot to the top of Sigiriya Rock, a beautiful and very distinctive landmark in central Sri Lanka, and tribute was paid by the group to two urologists who had passed away, one of them being my husband. An incredible place to remember him and his work.

Our arrival at the Indian Ocean beach on the Sri Lankan east coast was another highlight with everyone abandoning their bikes to run into the sea! After that we enjoyed a happy and celebratory two days in a beachside hotel before coming home.

Quick Facts: Bladder health

It is estimated that Overactive Bladder currently costs the healthcare system in England an estimated **£3.7 billion**

You need to be cycling fit, but the exceptional camaraderie and support among the group, and the incredible logistical support of Dream Challenges, combine to make it an unforgettable experience. I found the fundraising element straightforward, in that there is heightened awareness of urological conditions these days, and friends were very willing to contribute to TUF as a good cause. The trip overall raised over **£100,000!** I am already looking forward to the next one in Tanzania with great excitement!

“For anyone considering a future TUF cycling challenge I would say go for it!”

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.

Run Rome The Marathon

We have teamed up with RealBuzz so you can Run Rome the Marathon. The event takes place on **22 March 2026**; all you need to do is commit to raise £650 with full support for your training and fundraising along the way.

TUF Charity Golf Day

We're thrilled to announce The Urology Foundation and Urologist Roland Morley will be hosting a Charity Golf Day on **14 May 2026**. It will be a day of friendly competition, networking and giving back.



Edinburgh Marathon Festival

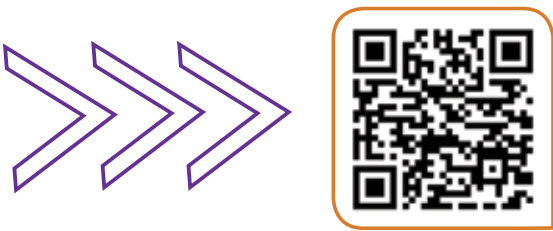
The Edinburgh Marathon Festival takes place on **23 & 24 May 2026** and has a distance to suit all from 5k through to Full Marathon. It's a fast and flat route so perfect for those chasing a PB.

Peak District Challenge

Take on the Peak District Challenge at your own pace as a walk, jog or run! The event has a 25k, 50k and 100k route and takes place across **4 & 5 July 2026**. There is a basecamp in idyllic Bakewell, with camping options and extensive hospitality available.

Great North Run

We are delighted to once again be offering supporters the opportunity to run the world-famous Great North Run on **13 September 2026**. Registration fee is £25 with a minimum sponsorship target £350.



Royal Parks Half Marathon

The ever-popular Royal Parks Half Marathon returns on **10 October 2026**, and The Urology Foundation would love our supporters to take part. Registration fee is £25 with a minimum sponsorship target £350.

Tanzania Cycle Challenge

Following on from our successful cycling challenges to destinations including Vietnam, India and Sri Lanka, we are pleased to offer our supporters the opportunity to visit Tanzania with five full days of cycling, covering a distance of approx. 345km. The trip takes place between **16 – 26 October 2026**. Registration fee is £349, and you can either self-fund the trip, £1895 or raise a minimum sponsorship £3,500.



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!

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:

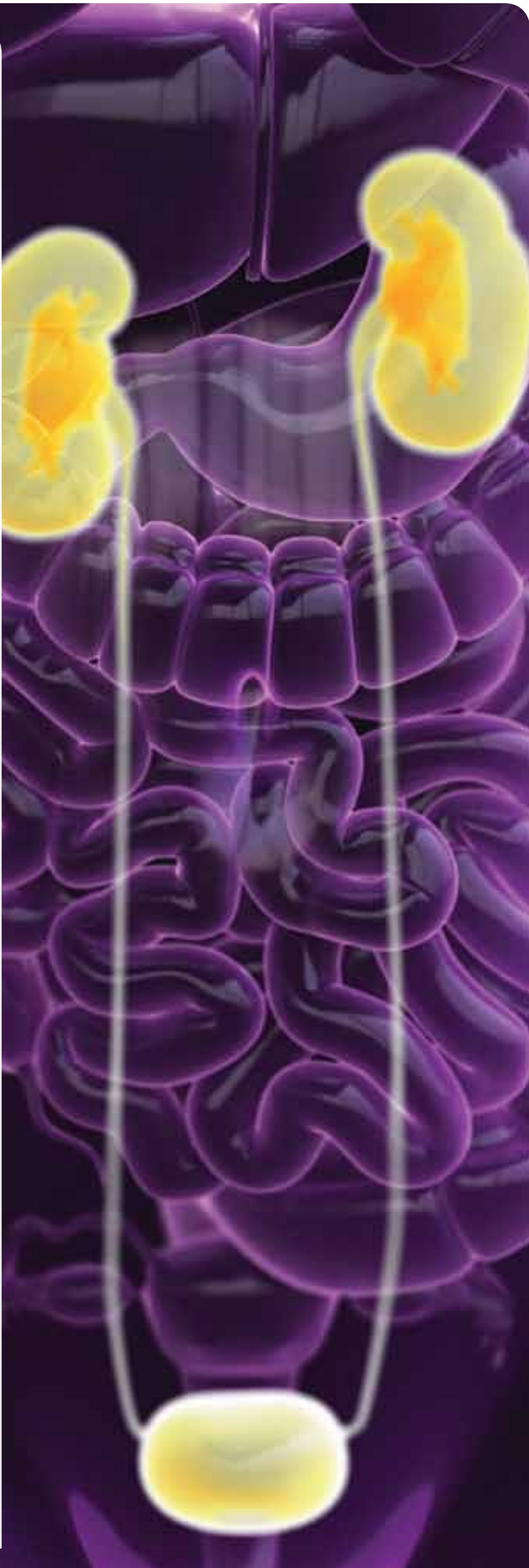
Grants and donations from Trusts and Foundations are helping us to:

- 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.
- Provide a nurse-led UTI Information Service and Helpline offering support and information via email and telephone, as well as providing high-quality information resources and events.

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.



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, campaigns and policy work.

Your support enables us to keep our work going and improve treatment for the people affected by a urology condition or cancer who need it most. This work would 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**



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



@TUF_Tweets



@theurologyfoundation



The Urology Foundation

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