

TUF matters

NEWS AND VIEWS FROM THE UROLOGY FOUNDATION

ISSUE 17
SUMMER
2023

**Investing in
Urology Research**
Our work in Westminster
Urology Awareness Month

**THE
UROLOGY
FOUNDATION**

Ending the suffering caused by urology disease
theurologyfoundation.org

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ASSOCIATION OF MEDICAL RESEARCH CHARITIES

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A member of



welcome to TUFmatters



I'm delighted to welcome you to the summer edition of TUF Matters, the newsletter of The Urology Foundation.

In this edition we feature our latest research news. Our investment in research, training and education programmes has already led to significant breakthroughs and improvements in

the delivery of care. Building on this success we were pleased to have made a number of new Awards - these include Innovation & Research Awards, Trainee Prizes, Urolink Fellowships and the inaugural Malcolm Coptcoat Travelling Fellowship.

Alongside these Awards, we've delivered training sessions for healthcare professionals on a range of topics including catheter related UTIs, and developed new resources including a Factsheet on Erectile Dysfunction. One of the highlights of the year was attending the BAUS 2023 Annual Scientific Meeting in June – an opportunity to meet with our urology community and to learn more about the latest trends and developments in the urology field.

As we know awareness and understanding of urological cancers and conditions and their symptoms all too often lags far behind other areas such as heart disease, diabetes, and lung cancer. This can have a significant impact for patients and their families resulting in late diagnosis, delays to treatment, poorer outcomes, and quality of life. We are committed to changing this through our campaigns and events such as the annual Urology Awareness Month (September), the Catheter Care Challenge and Parliamentary Reception, all of which are featured in this edition of TUF Matters.

I hope you enjoy reading about our work. If you are new to the charity and feel inspired to help raise awareness and funds, there are so many ways you can get involved from taking part in our annual Urology Awareness Month or joining our Public and Patient Involvement Programme (PPI), to signing up for a fundraising challenge, or organising your own "Wear Purple" for TUF Day.

On behalf of The Urology Foundation thank you for your generosity, support, and commitment. We really couldn't do what we do without you.

With best wishes

Rebecca Porta, Chief Executive

Our work in Westminster

Catheter Care Challenge



Paul Bristow MP hosted the Catheter Care Challenge at The House of Commons

In partnership with **Coloplast**, the MS Trust and Spinal Injuries Association we hosted a one-of-a-kind event at the House of Commons to get policy makers talking about catheters and bladder issues - a topic which all too often is taboo and embarrassing for many people.

Paul Bristow MP hosted the event and we were joined by Parliamentarians to participate in the Catheter Care Challenge, an escape-room style 'challenge', competing against colleagues to access a toilet, answering quick-fire questions about catheters and ultimately racing against the clock to complete the quiz and 'catheterise' safely. Parliamentarians on the day included Sarah Owen MP (Lab), Margaret Ferrier MP (Independent), Christina Rees MP (Independent), Anna Firth MP (Con), Diana Mary Warwick and Baroness Warwick of Undercliffe (Lab). Parliamentarians were also invited to pledge their support to take action on catheter care.

Parliamentary Reception



Mary Garthwaite, Chair of The Urology Foundation

Together with the Urology Trade Association (UTA) TUF hosted a Parliamentary Reception "Keeping patient choice at the heart of NHS and MedTec reform" at the House of Commons on Wednesday 19 April. Over 90 patients, clinicians, policy makers and industry attended the event. Guest speakers included Chris Green MP, Member of the Health and Social Care Select Committee, Chris Whitehouse, Chair of the UTA, David Lawson, Director of the MedTec Directorate, Mary Garthwaite, Chair of The Urology Foundation and Tabitha Fung, Disability Advocate and Founder of Wheely Brits.



Susannah La-Touche, Consultant Urologist with The Urology Foundation's CEO, Rebecca Porta and Chair, Mary Garthwaite

Investing in Urology Research, Treatment and Care

This has been an exciting year for The Urology Foundation's Research Programme and we are delighted to have made a number of awards to support urologists, trainees and nurses in their research and training:

- 8 Innovation & Research Awards and 4 Smaller Projects Awards. The disease areas being investigated are prostate cancer, kidney cancer, urothelial cancer, Urinary Tract Infections and management of Haematuria.
- 15 Trainee Prizes, enabling prize holders to share their regional audits with their peers at the British Association of Urology Surgeons' Annual Scientific Meeting in Birmingham.
- 4 Urolink Fellowships, enabling trainees to support surgery and training in Tanzania.
- 2 Robotic Training courses in London and Newcastle, enabling vital hands-on surgical skills training for 30 urologists.
- The inaugural Malcolm Coptcoat Travelling Fellowship allowing a trainee urologist to study advanced urethroplasty under experts at the Kulkarni Institute in India.

Our grants have supported 9 research departments and over 60 individuals across the UK. In addition, we have now opened our second call for applications for the Smaller Research Projects, launched our new Education Grants for Urology Nurses and opened the Urology Nurse of the Year prize. We remain ever grateful to those generous donors who have enabled us to fund an increasing variety of research and training opportunities. Together, we are making a real difference in improving our understanding of urological diseases, their treatment and care.

For more information on our research and grants programme please contact
ldewinter@theurologyfoundation.org

About our Innovation & Research Award

The Innovation & Research Award funds projects up to a value of £60,000 that seek to use new, exciting, innovative approaches to address urological diseases and disorders.

The projects must either:

- (a) aim to create innovative treatments or devices,
- (b) aim to deliver innovative care pathways, or
- (c) aim to use innovative research techniques or methods.

About our Smaller Research Projects Fund

The Smaller Research Projects fund is focused on improving treatment and care and supports projects up to the value of £10,000.

The Fund is aimed at projects that can be delivered quickly (within 2 years) and are focused on supporting vital research that seeks to improve the quality of clinical services and patient treatments and care.

What is Erectile Dysfunction (ED) and how is it managed?

We have launched a new Factsheet on Erectile Dysfunction. Written by Mr Hussain M Alnajjar, Consultant Urological Surgeon and Andrologist and Honorary Associate Professor at University College London (UCL), the Factsheet examines the causes, diagnosis and treatment options for the condition. **You can download the factsheet from our website.**



erectile dysfunction is a common condition that affects the ability to achieve and maintain an erection sufficient to allow for a satisfactory sexual experience. It is a condition that can affect men of all ages and is often associated with other health conditions such as diabetes, high blood pressure, and heart disease. It is a condition that can be managed with a variety of treatments and lifestyle changes. The factsheet provides information on the causes, diagnosis, and treatment options for ED. It also includes a list of resources for further information and support.

Thanks to:

Professor Grant Stewart who stood down as Chair of our Scientific & Education Committee in April.

During his tenure we expanded our research and grants programmes and opened up more opportunities for urologists, trainees and nurses to take up training awards and research. Grant recently became Professor of Surgical Oncology at Cambridge and we wish him every success for the future.

David Nicol stood down as Trustee of The Urology Foundation at the end of 2022. We would like to thank David for his experience, generosity and commitment during his time with the Charity. TUF wish him every success for the future.

A Warm Welcome to:

Mike Griggs who has joined the Board of Trustees.

Mike has over 40 years working in Business Transformation delivering Change Projects that take large organisations from their current position to a place they want to move to. He has worked for consultancies and in the Financial Services sector. A former CEO at a start-up IT services company, he has been freelance for the last 20 years. Mike's specialisation is strategy, business transformation, marketing, portfolio planning, project planning and delivery, project accounting, stakeholder management and governance. Born and brought up in the South East of England, he now lives in the Scottish Borders where he enjoys the outdoor life - playing golf, cycling, walking and fishing.

BAUN (British Association of Urological Nurses) Annual Conference 2023

The British Association of Urological Nurses (BAUN) Annual Conference will take place on the 20-21 November at the ACC, Liverpool, with pre-conference workshops available on Sunday 19th November. The Urology Foundation is proud to be exhibiting at the event and looks forward to meeting delegates. For more information on the event visit <https://www.baun.co.uk/baun-conference>

Urology Awareness Month 2023



THE UROLOGY FOUNDATION

Do you think incontinence only affects women?

Men, let's talk about incontinence. As many as one in four men over the age of 40 experience leakage issues.

If you find yourself experiencing incontinence issues, don't suffer in silence. Speak to your GP or healthcare provider.

Find out more by visiting theurologyfoundation.org

Urology Awareness Month

The Urology Foundation is a registered charity in England and Wales (no. 1128825) working to improve the lives of people with a cancer or condition of the bladder, bladder, prostate or male reproductive system. By investing in the research, training and education into all urological diseases, including cancer, incontinence and cancers, and raising public awareness of all urology conditions, we are striving to end the suffering caused by these diseases and save lives.



THE UROLOGY FOUNDATION

Did you know one in three women over the age of 35 experience urine leakage?

Whether it's the occasional bladder leak when coughing or sneezing, not reaching the toilet in time when you feel you need to go or frequent leaking, don't suffer in silence, speak to your GP or healthcare provider.

Find out more by visiting theurologyfoundation.org

Urology Awareness Month

The Urology Foundation is a registered charity in England and Wales (no. 1128825) working to improve the lives of people with a cancer or condition of the bladder, bladder, prostate or male reproductive system. By investing in the research, training and education into all urological diseases, including cancer, incontinence and cancers, and raising public awareness of all urology conditions, we are striving to end the suffering caused by these diseases and save lives.

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

This year's theme is bladder health and in particular urinary tract infections (UTIs), urinary incontinence and bladder cancer. Throughout the Month we will be highlighting stats and facts on bladder health alongside launching new videos, delivering webinars, holding Roadshows and health and well-being sessions. There are lots of ways you can get involved and support the Month.

- As a researcher you can apply for a Small Project Grant. Grants of up to £10,000 are available to researchers with an idea that will improve the quality of clinical services and patient treatments and care.
- You can hold a talk or "health and well-being" session in your workplace, community centre, library or gym. Get in touch if you would like more information on how to do this or would like a speaker.
- Order a resource pack which includes a range of new posters, leaflets and t-shirts.
- Take to social media – post a **"Message of Support"** or a short video.
- Like, retweet, follow and comment on our social media messages, infographics and stats.
- Make September the month you appoint a Urology Ambassador to help raise awareness of urological conditions.
- Does your workplace, gym or community centre have a newsletter? Why not include information on the Month or put up a poster.
- Add our dedicated Urology Awareness Month e-banner to your email sign off.
- Visit our Community Roadshow and learn more about urological cancers and conditions. We will be at the following sites:
 - 28th September 2023 at the ASDA Superstore, 151 E Ferry Rd, London E14 3BT from 9:30am-12:30pm
 - 4th October 2023 at the ASDA Superstore, Genoa Building, 2 Short Blue Pl, Barking IG11 8FJ from 10am-3pm

- Get cheering! Come along and support Jo Creswell, TUF Trustee and President of BAUS and our team of dedicated runners taking part in the Great North Run on the 10 September.
- Hold a fundraising event and bring family, friends and colleagues together. You could organise a **“Wear Purple” for TUF Day, a Purple Bake Sale, a Quiz Night, Sponsored Swim** or a **Purple Pooch event** with our much loved four legged friends wearing a purple bandana.
- Or sign up to one of our events (why not sign up in teams with friends and make it competitive!)
- Sign up to a tandem skydive and take the adrenalin challenge!

All the information you need is on our website or get in touch at info@theurologyfoundation.org



Post a Message of Support or Short Video

You can support Urology Awareness Month via one or both of the following:

1. Throughout the Month, post our social graphics on your social media channel with a supporting message. Feel free to write your own message. We have also included a draft of what this could be below:

I am proud to support Urology Awareness Month and the work of The Urology Foundation, the UK's only charity dedicated to all urological conditions.

2. Provide us with a written or short video support message that we can share on our website and/or social channels throughout September. We would be very happy for you to provide a statement in your own words. You might also wish to include one or more of the following:
 - a. 1 in 2 of us will be diagnosed with a urological condition at some stage in our lives.
 - b. Over 78,000 people in the UK will be diagnosed with prostate, bladder, kidney and male reproductive cancers in the next 12 months.
 - c. An estimated 6 million people in the UK are affected by incontinence problems.
 - d. The need to understand and raise awareness of urological conditions, risk factors and potential causes alongside identifying new ways to diagnose, treat and manage them has never been more urgent.
 - e. As well as raising awareness, The Urology Foundation invests in research, education and training programmes. Join us in sharing and supporting their message today.

Remember to include your name and connection to The Urology Foundation
Please send your video or written message to info@theurologyfoundation.org

Working with corporate partners to improve the lives of patients



THE UROLOGY FOUNDATION

Are you a regular here?
One in eight of us live with an overactive bladder.

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

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

Find out more by visiting theurologyfoundation.org

World Continence Week 2023

UROLOGY FOUNDATION The Urology Foundation (charity no. 1126482) is working to improve the lives of people with a urological condition. We fund research, training and education into all urological conditions and diseases including urinary incontinence and cancers.

Erectile Dysfunction Campaign with TRTed

During **Men's Health Week** we teamed up with Male Health platform **TRTed** to raise awareness of the underlying symptoms of Erectile Dysfunction and get men to talk about this important issue. Our survey revealed that 1 in 2 men wouldn't visit their GP if they experienced or were worried about erectile dysfunction and 78% of men are not aware that erectile dysfunction may be a sign of heart disease. The stigma associated with erectile dysfunction can result in a reluctance by many men to seek medical advice and treatment for this condition.

The campaign was featured in the Daily Mail, Huffington Post and Daily Star online.

World Continence Week 2023

Did you know that over 3 million people in the UK suffer with incontinence? Convatec and The Urology Foundation joined forces to mark World Continence Week 2023. Together we developed a series of posters to raise awareness of continence issues, to challenge the stigma and taboo that surrounds incontinence and to encourage people to seek help and support. We created three posters to appeal to difference audiences as continence can span a vast group of people.

Knowlex – 2023 Infection Prevention and Control Conference

Sincere thanks to Knowlex for the opportunity to present at the 2023 Infection Prevention and Control Conference on the 25-26 April in Birmingham. This is Europe's largest annual Infection Prevention and Control Conference. Roland Morley, Trustee of The Urology Foundation presented on the subject of UTIs.

Knowlex Webinar Series for Healthcare Professionals

Sincere thanks to Knowlex for the opportunity to join their Webinar Series. On the 23 March, Mary Garthwaite, Chair of The Urology Foundation, Mehwash Nadeem, Consultant Urological Surgeon, South Tees University Hospitals Trust and Sarah Hillery, President of British Association of Urological Nurses (BAUN) ran a webinar on the topic of "Female Urinary Incontinence Pathways: The Winding Road". The session explored the question of why continence care still remains a challenge in 2023.

Thanks to Trusts and Foundations



*Miss Samantha Conroy MRCS, BMBS, BMedSci
Honorary Clinical Research Fellow at
The University of Sheffield*

- 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 urological 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. We have a range of projects that require your support. Please contact Ferha Farooqui, Trust Manager via

ffarooqui@theurologyfoundation.org

We are grateful for any support you provide.

Trust & 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 We Use Grants

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.

About The Urology Foundation

1 in 2 people will suffer from a urological disease or condition in their lifetime. The Urology Foundation is the UK's only charity representing urological cancers - prostate, kidney, bladder and male reproductive cancers - and non-malignant conditions including incontinence, urinary tract infections and kidney stones. We are committed to improving outcomes, quality of life and saving lives through investment in world class research, training in technical skills and innovative technologies and practices, education programmes, raising awareness and campaigning for policy improvement.

Making a lasting gift to support The Urology Foundation

There are many ways that 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 urological cancers and conditions and to ensure a better outlook for current and future generations.

Legacy Brochure

We have launched a new legacy brochure which will answer your questions about making a gift to The Urology Foundation. It contains information on how to make or update your Will, leaving a gift to charity, and a glossary of common terms. To order your free copy please contact us at info@theurologyfoundation.org

Why make a Will?

With a Will you can make your wishes about what you want to happen to your money and possessions after you pass away. You can also nominate guardians for dependents under the age of 18 and make known your wishes about specific funeral arrangements. If you don't have a Will, your estate will be divided according to the law when you die. This could mean that your wishes are not carried out as you would want them to be. 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.



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 TUF.
- 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.

If you would like to support a specific area of our work and want further information please visit

<https://www.theurologyfoundation.org/get-involved/gift-in-will> or get in touch.

The Goodwill Partnership

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

For more information, please visit

<https://www.thegoodwillpartnership.co.uk/urology-foundation/>

OUR

SPOTLIGHT ON FUNDRAISING AND WAYS TO GET INVOLVED

TUF heroes THANK YOU!

We are very grateful to all our wonderful friends and supporters who harness their energy, time and commitment to undertake challenges or set up their own fundraising events in support of The Urology Foundation.

We would like to give a special thank you to the following:

Anne Stotesbury who organised a **Rock Choir Concert** on the 11 March in Pretwood, Bromley, and raised **£1,920**.

All the runners who took part in **The London Landmarks Half Marathon**, on the 2 April: **Michael Ellard, Margaret Lyttle, Daniel Slee, Sophie Willit, Reene Krijnen**. They raised an incredible **£4,881**.

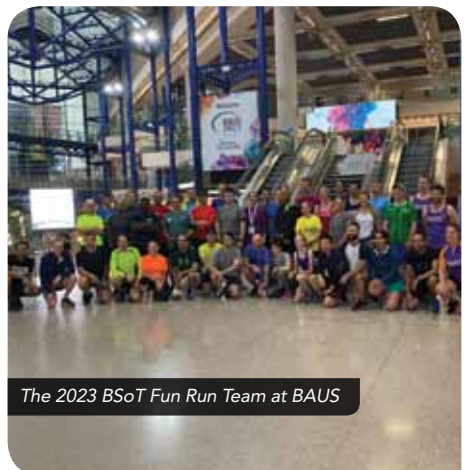
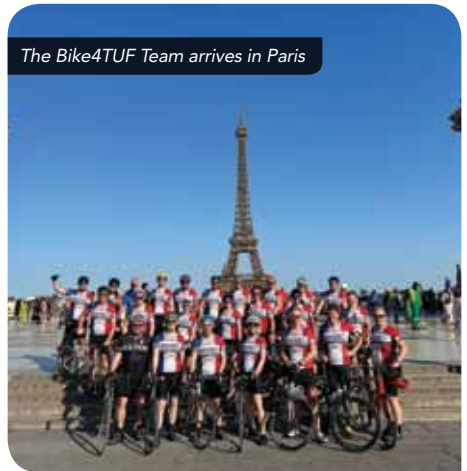
David Hall and **Brian Holme** who took part in **Ride London Essex** on the 28 May and raised **£2,534**.

Bike4TUF organisers and cyclists. To mark its 10th year anniversary participants cycled from **London to Paris**, and raised over **£62,614**. (Look out for our Bike4TUF special feature in the next edition of TUF Matters).

The **BSoT Fun Run at the BAUS Annual Congress**. Over 45 people battled the rain to take part in this fun event which raised over **£1000**.

A special thank you to all our supporters who donate to TUF every month, quarter or year. Your continuing support and regular giving makes a very real difference. To sign up to events, or to find more ways to get involved, visit theurologyfoundation.org

The Bike4TUF Team arrives in Paris



The 2023 BSoT Fun Run Team at BAUS

Fundraising for The Urology Foundation

Fundraising challenges



If you are looking to take part in a challenge event - or want to nominate someone else to take part - we have some great events including:

- The Chilterns 50 on the 23 September. You can walk, run or cycle a 50 km loop through glorious Chilterns countryside.
- Sign up for a Skydive and enjoy the thrill of a lifetime.
- The London Landmarks Half Marathon in April 2024
- Sign up for the Great North Run in September 2024.

For more information visit our events calendar under 'Get Involved' on our website: theurologyfoundation.org



Many of our supporters enjoy organising events to raise funds and awareness of The Urology Foundation.

Whether it's organising a fundraising event at home, in your workplace, at your local community centre or gym, these can be a great opportunity to bring people together, have fun, talk about urological cancers and conditions and raise much needed funds.

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!

What about a **TUF Tea Party** or **Purple Bake Sale**, a **Hiking Challenge** or **Quiz Night**, a **Family Fun Day**, **Treasure Hunt**, **Sponsored Swim** or **Music Event**. And don't forget a **"Wear Purple" for TUF Day**. Take a look at our fundraising pack on our website, which is filled with great suggestions and top tips to help you run a successful event.

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

Getting ready for the Festive Season

We are pleased to announce that we are partnering with 4C, the leading publisher of charity Christmas cards, to offer supporters a wide choice of cards, both printed and e-cards. **Every card or pack of cards will generate at least 10p for the charity.** 4C also offer a personalisation service where you can include your company details.

With a wide range of designs to choose from, it's an easy way to order your cards and raise funds too. For more information, and to place your order, please visit www.charitycards.org

Here is my donation to end the suffering caused by urology disease

Please check that you have given your name and contact details overleaf

1. 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).

2. 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.

TUF registered charity no. 1128683

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.

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

I am a UK taxpayer. Please treat all donations I make or have made to TUF for the past 4 years as Gift Aid donations until further notice.

No, I'm not a UK taxpayer.

Date / /

3. 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



Your support is vital in the fight against urology disease and we'd love to keep you updated with all of our latest research and training news, events, campaigns and opportunities to get involved.

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



Please return this form to:

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

Privacy Notice: Your details will only be used by The Urology Foundation - we will never give or sell your information to other organisations to use for their own purposes. You are free to change your mind at any time. You can see full details of our Privacy Policy at theurologyfoundation.org

