A surgical revolution

Experience: surviving cancer in both kidneys

Powering prostate cancer recovery through exercise
Hello and welcome to TUF matters.

The Urology Foundation has headed into 2019 with huge enthusiasm following a year of exciting moments and great progress.

2018 saw us invest over £360,000 into research, it saw us train 22 new urologists to perform robotic surgery, launch a new campaign to fight testicular cancer (p.18), and we had more people than ever before learn about their urology health on our website (120,000 people in 2018, compared to 7,000 in 2017).

On top of this, we hosted the most successful Urology Awareness Month ever, with a digital campaign led by urology patients, articles in the Huffington Post and The Guardian, radio interviews that reached just under 5 million people, and support from the wonderful Stephen Fry on Twitter.

All of this, as well as our refined strategy (p.3), has provided us with a huge momentum as we have headed into 2019.

I’d also like to take a moment to thank a number of our trustees who have reached the end of their tenure in office. Roger Plail stepped down in late 2018, as well as Christopher Smith, our Treasurer, and in 2019 John Tiner, our excellent Chair of Trustees, will chair his final TUF meeting.

My thanks to each of these gentlemen for all they’ve done for TUF and urology patients. They have been excellent advocates and trustees and I am personally grateful for all their support. I’d like to also extend a warm welcome to our incoming Chair, Paul Fletcher, and our new Treasurer, Angela Daniel, both of whom make fine additions to our Board of Trustees.

With warmest wishes

Louise de Winter, Chief Executive
How do we end the suffering?

As with any organisation, The Urology Foundation is in a state of constant evolution as we look to most effectively achieve our goal of ending the suffering caused by urology disease and save lives.

Our goal has not changed since our inception in 1995, and nor will it change any time soon. What has evolved, however, is how we seek to reach our goal.

From 2019, our goal will be achieved only by work that fits into one of these three categories:

**Prevention:** ensuring the public know about the signs and symptoms of urology disease and ensuring that no one feels too embarrassed to talk about their health.

**Treatment:** equipping doctors and nurses with the latest skills and knowledge, and sending them to the front lines with everything they need to offer patients the best treatment the world has to offer.

**Cures:** investing in the best and brightest researchers in the UK and Ireland, so they can find new ways to treat and ultimately cure these devastating cancers and conditions.

By concentrating our work within these three areas, we believe that we will bring change to patients faster than ever before.

To complement this latest evolution in the life of The Urology Foundation, we are happy to announce that Paul Fletcher will be taking over as Chair of The Urology Foundation when John steps down. With a background of steering big businesses to big successes, Paul is an excellent addition to our board as Chair.

Paul has been a supporter of The Urology Foundation for several years, having taken part in numerous cycling fundraisers. Having had prostate cancer himself, Paul knows what urology disease can mean for families across the country.

Under Paul’s leadership, and with our new strategy, we are excited to begin 2019 and embrace all the opportunities it brings to end the suffering caused by urology disease and save lives.
Ending the suffering caused by urology disease

RESEARCH SCHOLARSHIP GRANTS

In 2018 The Urology Foundation funded more vital research to the tune of £200,000. In our last newsletter we told you about David Eldred-Evans, who is looking at new screening opportunities for prostate cancer, and Pramit Khetrapal, who is researching how surgeons can monitor patients once they have returned home.

Here is a little look at where else your money has gone.

NICHOLAS BULLOCK
European Cancer Stem Cell Research Institute, Cardiff University

Nicholas’ research is focused on aggressive forms of prostate cancer, particularly on treatment for prostate cancers that have metastasised, meaning the cancer has spread to other parts of the body and is more deadly.

There are currently a number of successful treatments for men with prostate cancers that haven’t spread throughout the body, but the options for men with cancers that have spread are limited. Nicholas is looking at one of our body’s natural mechanisms for repairing damaged DNA. This mechanism relies on a protein that is known as PARP, which repairs cancer cells. Nicholas hopes to explore whether PARP inhibitors could stop the cancer cells being repaired and provide new treatments for those with prostate cancer.

Nicholas’ research has been supported by the John Black Charitable Foundation, who fund research into prostate cancer.

PROFESSOR TOBY JENKINS
University of Bath

Toby was awarded a small research project grant in December 2018. Toby’s research is looking for a new method of detecting catheter-associated UTIs in patients. Around 40% of infections acquired in hospital are as a result of having a catheter and these infections increase hospital stays for anywhere between half a day and five days and cause serious health risk from catheter blockage, which can cause kidney damage and even death.

If you need to use a catheter, you’ll most likely be given a leg bag, which is where the urine will go. Toby is looking at introducing a small capsule to this leg bag. In the event of a possible UTI, this capsule will release a bright green dye that can act as an early warning of catheter blockage, allowing the catheter to be changed before damage occurs. It’s hoped that this solution will dramatically reduce complications with UTIs as a result of having a catheter.
Online health clinics

This year we are providing three new online clinics on the topics of female urological issues, penile health, and kidney issues.

These online clinics are run in conjunction with talkhealth and provide members of the public the opportunity to ask questions of medical experts. So, if you have any questions on the above issues, please keep an eye out on our website for details.

We want your stories

In 2020, TUF is turning 25 years old. To celebrate this milestone we would like to hear your stories about The Urology Foundation.

Were you operated on by a TUF-trained surgeon? Perhaps you are the TUF-trained surgeon. Maybe you received funding for your research, or have cycled all over the world to raise money for us. Have you been part of a TUF fundraising evening? Maybe you’ve only just heard of us. You are an important part of The Urology Foundation.

Whatever your story, we’d love to hear from you. If you would like to share your story as part of our 25 year anniversary celebrations call Sayara or Tim on 020 7713 9538 or email sayara@theurologyfoundation.org

Ms Helen Johnson, of Christie Hospital in Manchester, has won The Urology Foundation and British Association of Urological Nurses’ ‘Urology Nurse of the Year’ award at the Conference of the British Association of Urological Nurses in Bournemouth. Helen was nominated by her manager, Jane Booker, for her contribution to working with groups across Manchester to improve the patient experience for prostate cancer patients in the city.

Helen saw that prostate cancer patients in Manchester were each having a very different experience of prostate cancer treatment because they were each meeting different GPs, consultants, and nurses. Helen and her small team have been working to create one standard path for patients so that they won’t receive mixed messages. She wants to make Manchester the gold standard for prostate cancer after care.

The Urology Nurse of the Year
Tom Maples’ dad, John, had a very aggressive strain of prostate cancer that spread very quickly. Now, 6 years on from his dad’s death, Tom is taking on a huge challenge in his honour.

In April I’m doing the Marathon des Sables, which will see me run 150 miles across the Sahara Desert in under a week. This will mean that I will run a marathon every day, apart from one day, when I’ll run a double marathon instead.

Why, you ask, do I not just run a normal marathon? Well, I was talking to a friend of mine who is a doctor. We were discussing raising money for charity through races and he told me that he’d only sponsor someone if the thought of that particular person undertaking that challenge made him laugh derisively. As a young man, and a former soldier, I thought I should undertake something a little more arduous than a usual marathon.

In 2010, Tom’s dad was diagnosed with prostate cancer. Tom and his mum thought they would have another 10 years with him. In the end, he died within two years.
So that’s how I ended up signing up for an ultra-marathon through the desert.

**What makes a marathon ultra**

Well, you have to carry all your belongings with you. That means all of your food, your clothes, and your medical supplies. This will probably mean that I’ll be carrying a 10kg bag with me each day. We’ll run for more than 12 hours a day and, on the double marathon day, we’ll run for almost the full 24 hours.

At the end of each day, we finish up by sleeping on the desert floor under some tarpaulin. I’m going to have some ex-army pals running alongside me and, through our time in the army, we’ve all experienced things that have required us to be very mentally tough. That being said, I think this is going to challenge us more than anything we’ve encountered before.

**Getting Desert Ready**

I’ve already been doing some heat training in Iraq. That was quite an experience as, in a land of IEDs (explosives that have been planted into the ground) you have to be very careful where you’re putting your feet.

I’m no longer in Iraq, however, as I’ve uprooted my life and am currently settling myself into a very wintery Washington DC. So, to prepare myself for the heat that I’m going to be facing in the Sahara, I shall be training in special heat chambers at the university here. I’ll be doing lots of sprint training, so that I’ll be used to the hills, and I’ll be doing a lot of core training, to make sure that I’ll be strong enough to carry 10kg of luggage with me each day.

**Helping others like my dad**

I have seen how brutal prostate cancer is but I have also seen what a difference TUF makes. The urologist who looked after my father was a big supporter of The Urology Foundation. After he died, this urologist showed my mum and I how the charity is working hard, through research and through training new surgeons, to make sure that no more men have to die the way that my father did. That’s something I can get behind.
Experience: surviving cancer in both kidneys

This is how Rafael, NHS IT whizz, and 18 year resident of London, started his journey with kidney cancer. At only 39 years old, it was hard to believe that it would be cancer, but after a series of scans it was revealed that Rafael had two tumours, one on each kidney.

The tumour on his left kidney was 13cm (a kidney is about 9 cm) and the tumour on the right was 8cm. As there were large tumours on both kidneys, preserving as much normal kidney tissue was as important for Rafael as treating the tumours effectively. TUF-trained surgeon, Mr Ravi Barod, told Rafael that it was likely he would have to remove the whole left kidney but he could try to save some of it using an ‘ice-cooling’ technique he learned during his TUF funded fellowship in the USA. The tumour on his right kidney, although smaller, was still very large and Ravi wasn’t sure how much of the normal kidney he could save.

Robotic Surgery and the TUF-funded surgeon

Ravi Barod received robotic surgery training that was funded by donors to The Urology Foundation and now robotic surgery is a part of his day to day work.

Robotic surgery is different from open surgery; by creating small incisions and using robotic instruments with greater agility than the human hand, Ravi is able to perform life changing surgery that simply wasn’t possible a few years ago.

All this allows Ravi and his team to perform more complex robotic surgery than before and send patients home in less pain and back to work far sooner than they could do with patients who underwent open surgery.

Bringing unique skills to the UK

“Ravi had told me that I might lose one of my kidneys and the chances for the other kidney weren’t great, either.

“On its own, that comment was enough to make me nervous about going into surgery, but I was also quite overweight and had been on the waiting list to have stomach reduction surgery done only to be told it was too risky to perform.”
“The first operation was in early April, it took 5 hours and I was in Intensive Care Unit the next night. It took me a little while to recover, but I was back in work a month later. By early August I was ready for the next operation, which only took 4 hours and required no ICU.”

The funding that Ravi received from The Urology Foundation allowed him to travel to Detroit to learn a surgical technique that allows him to perform robotic surgery on large and complex kidney tumours. This involves introducing ice to cool the kidney during Rafael’s robotic procedures which allowed him to keep the normal part of both of his kidneys. Using this technique, he was able to operate for longer and completely remove the tumours while preserving as much normal tissue as possible in both kidneys.

Ravi told us, “This skill is unique in the UK and it’s thanks to TUF that I am able to perform it. In the end, we were able to completely remove both tumours and preserve the normal part of each kidney. Elsewhere, Rafael would have had open surgery and would have almost certainly lost his entire left kidney, which would have dramatically affected his kidney function for the rest of his life. He would have faced a much longer period of recovery and a higher chance of complications afterwards. With robotic surgery he only needed to stay in hospital for 2 nights after each operation. Overcoming two open operations would have been difficult for him.”

From Getting By to Living

Rafael told us, “At the end of this process, incredibly, I have one and a quarter kidneys left. I had some initial pain in February and now, 6 months later, I’ve faced a kidney cancer diagnosis, had surgery twice, and I’m now free of cancer. I’m perfectly fine now.

“Ravi is a really nice guy. He was always very straight with me and didn’t try to provide me with more hope than was realistic. He’d give me a reality check if I needed it, and I really appreciated that. He always explained what was going to happen so clearly.

“Thanks to Ravi and his team I’m now back doing the things I love; I’m working with computers and plunging myself into movies, music, and iRacing!”

Ravi is a TUF-trained surgeon who, thanks to his training, has been able to make a huge difference for Rafael and his family. However, Ravi’s influence doesn’t end there. Ravi uses the surgical skills that he gained with TUF to train other surgeons in the UK so that operations like Rafael’s can become a regular part of treating kidney cancer in the UK.

• Every year, nearly 8,500 people are diagnosed with kidney cancer, and more than 3,500 people die from the disease.

• It is the 8th most common cancer in the UK.

• Only 1 in 3 kidney cancers is diagnosed at an early stage.

• Blood in pee is a common symptom of kidney cancer.

Your donation today can train a surgeon so more people like Rafael can survive.
Fifteen years ago, surgery in urology departments across the country looked very different compared with what we see today. Back in the 90s and early noughties, urology surgery was traditional surgery. But a surgical revolution has taken place in the intervening years and it has been a boon for patients, families and surgeons alike. This is the power of robotic surgery.

By Professor Prokar Dasgupta

There has been no one single cause of this transformation. As with anything, there have been several reasons: we’ve seen technology not only advance, but also become far more readily available for surgeons. What was once only available in specialist hospitals in the USA, is now available throughout the UK.

To complement this advancement in technology, we’ve seen urology departments embracing the new technology. Urological surgeons have become trend setters and, as their success with robotic surgery has become clear, other specialities have started to replicate them.

But, underpinning this unprecedented transformation has been The Urology Foundation.

Transforming surgery in the UK

Back in 2004 I was one of the only people in the UK to perform robotic surgery. TUF started to dip their toes in the water in those early years by funding my travel around the country so that I could train new surgeons.
Since those early days, TUF’s investment has expanded hugely so that now they are among the nation’s leading investors. They initially funded UK training at King’s College London and overseas training for urologists by sending them to work with the world’s best surgeons. Then they began to fund fellowships inside the UK, so that surgeons could learn from those that had travelled abroad.

Now, in 2019, TUF has 5 centres of excellence in the UK. Trainees can travel to these centres for intensive three day training courses where they are able to practice robotic surgery on cadavers.

All this means that the number of robotic surgeons in the UK has expanded dramatically and it is thanks to this investment from The Urology Foundation.

Why is robotic surgery better?

It’s better for patients, it’s better for families, it’s better for employers, it’s better for surgeons, it’s better for hospitals and it’s better for urology.

For the patients, surgery is a completely different experience with robotic surgery. They lose less blood, experience far less pain, and recover better than they would have done with open surgery. Instead of creating a large incision, surgeons are able to use robots to perform complex surgical procedures through the smallest of incisions.

If a patient undergoes open surgery, they can find themselves off work for several months, as well as being more prone to infection. With robotic surgery, patients often return to work within a matter of days or weeks. Inevitably, as well as being great for the wellbeing of the patient, it’s also better for employers and for families.

For surgeons such as myself, the beauty of robotic surgery is that you can take part in procedures for far longer than you could with open surgery. If you are performing open surgery you will be standing up, you’ll be hunched over and it won’t be long before you find that you’re too fatigued to reliably perform a complex operation. Robotic surgery is quite different from this.

It might look a little strange, but surgeons sit down during robotic surgery and will be engaging with an interface that operates the robot. It means that a surgeon’s head will be buried in a console, allowing them to operate for far longer before they become physically fatigued.

The Positive Ripple Effect

As for hospitals, they now see a much quicker turnover of patients, with a patient using bed space for far less time than they would have done with open surgery. This means that we now have hospitals that serve huge numbers of patients every year.

Advanced usage of robotic surgery is also attracting the next generation of trainees to urology where they can see exciting opportunities for them to be at the forefront of what technology means for health care. Having the most enthusiastic and talented surgeons in urology is going to mean good things for the future of the specialty.

For fifteen years I have watched robotic surgery grow around me and whilst it will never be used for all types of urological surgery (it’s simply not needed in some circumstances) it has had, and will continue to have, a profound impact throughout urology for some time to come.

TUF may not be the only contributors to the expansion of robotic surgery in UK urology, but it has been a catalyst for making it happen. We wouldn’t be where we are today without TUF.

Donate today so that more surgeons can be trained to perform surgery that will revolutionise urology cancer treatment in the UK and Ireland.
Mr Hrishi Joshi is working on a new patient reported outcome measure that will help us understand the impact of stone disease and treatments on the patient’s health and quality of life, and change the way kidney stone patients and their doctors make decisions about how they should be treated.

He believes it would help offer patient-centric treatments that will make life better for kidney stone patients.

What’s wrong with the current tool?

Hrishi is a urologist who has been working with kidney stone patients for years. He realised that the outcome tools he was using to look at whether a treatment was working for a patient were not robust enough.

“We use patient questionnaires to determine whether a treatment option is working for a patient. Hearing how a patient feels is a good way to complement the medical tools we use to examine them.

“What I realised, though, was that the questionnaires were not looking at a patient’s whole life. In that sense, the tools available to us weren’t allowing us to give patients the best possible care. They needed to ask more questions that were pertinent to a person’s day to day life.”

The solution

Using funding from The Urology Foundation, Hrishi is looking at developing a new questionnaire, known as ‘Urinary stones and intervention quality of life – A Patient Reported Outcome Measure’ (PROM).

“This new PROM is being tested thoroughly on 550 patients with kidney stones. We’re currently in the final stages of validating our PROM and the evidence suggests that it is a big improvement on the current PROMs.

“Our PROM will take into account a variety of domains that are important to patients. We look at issues like pain, physical symptoms, how kidney stones effect a person’s mental health, how they impact on a social life, on family members, how often they need to see a medical professional (which could be anything from a GP to the emergency services).

“A lot of kidney stone patients are at an age where they are reaching the pinnacle of their careers, so we’ve made sure that our survey takes into account how a kidney stone would impact on their working life and on their finances.

“Compared to the current PROM questionnaires that we are using with patients, this one is a vast improvement.”

The impact on patients

This new PROM questionnaire is expected to be ready for use with patients in around 6 months.

“Once we’ve confirmed that the PROM is as good as possible, we’ll make it available to urologists across the country. It should have an almost immediate impact on treatment for patients with kidney stones.

“Now urologists will be looking at what kidney stones means for a person’s whole life. This means that they can choose treatment options that will cause the least damage to a person’s wellbeing, whilst the kidney stone is resolved.

“It should also aid those who are researching new treatment options for kidney stones. By looking at the data that this PROM provides, they will be able to focus their research on treatment options that are the most useful to patients.

“Ultimately, it will aid a patient and their urologist as they decide which treatment is right for them. It will make life for kidney stone patients better.”

Hrishi’s PROM will soon be ready for use with patients across the country and, because the questions are relevant to all patients, it will be available for use across the world.
Battling an ocean for The Urology Foundation

At the time of writing, four middle aged men from Cornwall are in the middle of a 3,000-mile-wide ocean in a 28-foot rowing boot. They are battling 30-foot waves, and temperatures of up to 40 degrees.

Covered in salt crystals, completely exposed to the elements, and sleeping in shifts for only two hours at a time for more than a month, Jon, Bez, Andy, and Alex are rowing the Talisker Whisky Atlantic Challenge to raise money for The Urology Foundation.

They are rowing for all urology patients and their families. They are rowing so that we can prevent more disease, treat more patients, and cure more people.

These four men set off from La Gomera in the Canary Islands on Wednesday 12 December. Their destination is 3,000 miles west of there, in Antigua. Until they arrive in Antigua, they will take turns in pairs to row for two hours and sleep for two hours every day.

The money they raise will be invested into funding today’s research to find tomorrow’s cures. It’ll be invested into funding more surgeons to perform life-changing robotic surgery. It will be invested into ending suffering and saving lives.

Find out how the Atlantic Seamen get on at theurologyfoundation.org/atlanticseamen

Show your support for the Atlantic Seamen and power them across the ocean at justgiving.com/fundraising/safeseamen
Studies across the world have reached this conclusion time and time again: one of the simplest ways to help combat prostate cancer is exercise.

A review of randomised controlled trials was conducted by academics in Cologne. It showed that incontinence, fitness, fatigue, body constitution, and also quality of life can be improved by clinical exercise in patients during and after prostate cancer.

There isn’t much doubt about it, exercising is important for prostate cancer patients. But given that a common symptom of the disease is fatigue the real question is, how do we get patients exercising?

The problem
If you’ve been recently diagnosed with prostate cancer, you’re perhaps not well motivated to start exercising. For one thing, a common symptom of prostate cancer is fatigue. On top of that, we have a rising problem with obesity in the UK and being overweight is a common cause of prostate cancer, as is being over the age of 50. If you combine each of those factors, you’ll find that a lot of prostate cancer patients will find it hard to start exercising. This is without even considering that most of these patients will have a full time job or other commitments that keep them busy throughout the week.
Whilst exercise is crucial for prostate cancer patients, there are numerous mental and practical obstacles to overcome. How do we do that?

A solution?

Fee Cahill is a nurse based at Guy’s Hospital and is a former TUF Urology Nurse of the Year. She undertook a TUF-funded study that found that structured physical exercise classes and training for prostate cancer patients led to many patients maintaining these healthy habits away from the hospital.

Fee found that exercise classes acted as a potent motivational force, they proved a confidence booster for patients, and they led to positive behavioural changes.

Fee told us, “While the results were not positive for every single patient who took part, the vast majority went on to take exercise much more seriously. In the months that followed our study they were active on a regular basis. We believe this kind of intervention with patients can improve the lives of men with prostate cancer and those men who have been through prostate cancer.”

From Patient to PT

Simon Lord is a former prostate cancer patient who was treated at Guy’s and St Thomas’ Hospital, and has a passion for exercise.

“Around sixteen weeks after my procedure I was running the Bath half-marathon. That wouldn’t have been possible if the procedure I underwent wasn’t performed robotically, but I also believe that my commitment to fitness and exercise made a huge difference to my recovery.

“Three years ago I decided I’d take my interest in exercise to a higher level and I was taken on as an apprentice at the gym in my village. I qualified as a personal trainer earlier this year and will soon start two further courses to qualify me as a cancer rehabilitation specialist trainer by the middle of the year, shortly before my sixtieth birthday. In nine years I will have gone from cancer patient to someone who helps cancer patients in their recovery. From Spring, I’ll be running an exercise project with prostate cancer patients alongside the nurse who supported me after my own prostate cancer.”

For patients like Simon, exercise proved to be a silver bullet. So much so that Simon is now dedicating his time to supporting other prostate cancer patients with their health and fitness.

Whether it’s through support from people like Simon or classes that are provided, like those that Fee studied, we have to find new and interesting ways to get prostate cancer patients exercising.
SPOTLIGHT ON FUNDRAISING AND WAYS TO GET INVOLVED

TUFheroes thank you!

Riding in memory of her father, Sherilyn Sibanda rode 60 miles from London to Cambridge in the Pedal4Cancer sportive raising £175.

Runners and urology core trainees, Peter Grice and Jonathan Lee ran the Birmingham Half Marathon in October and together raised a pavement pounding £872.

The Red Bull Timelaps is the world’s longest one-day road cycling event, taking place on the weekend the clocks go back. Matt Dawson raised an impressive £3,717 taking on the gruelling challenge in aid of TUF.

In the beautiful Vintners’ Hall Jane MacQuitty, with the support of Aslam Merchant, hosted a wine tasting dinner and auction, where guests raised £47,688 and a glass on the night.

The team at the Whitaker Lab raised a fancy £570 for the TUF Big 5 by challenging each team member to do fancy dress for a day through-out the month of September.

The late Roger Mant raised £450 and bravely spoke of his journey with penile cancer during Urology Awareness Month.

Our five riders in the 2018 RideLondon 100, Jim Rice, Jonathan Derry-Evans, Phil Russell, Simon Naylor and Andrew Etherington who together cycled 100 miles through the pouring rain raising an amazing £2,400.

Thirteen plucky fundraisers, led by Roger Kirby, trekked the Simien Mountains, climbing 4,533m up Ethiopia’s highest mountain and raising a staggering £65,000.

The Whipps Cross Does Movember team, Daniel Beder, Sam Folkard, Joe Reason, Ben Kansu and Will Owen embraced their inner Tom Selleck and raised a lip tickling £1,075.

Raising a fantastic £548, Heather Barnett ran the Olympic Park 10k at the incredible grounds of the Queen Elizabeth Olympic Park.

CYCLING CHALLENGES

Realise your inner Geraint Thomas or Laura Kenny and get on your bike to raise much needed funds for The Urology Foundation. From a 60 mile family event in the UK to a breath taking week long cycle, we have a number of challenges to suit any saddle.

PRUDENTIAL RIDE LONDON-SURREY 100
Sunday 4 August

PEDAL4CANCER: LONDON TO CAMBRIDGE
Sunday 8 September

BIKE4TUF: THE LOIRE VALLEY
Thursday 19 – Sunday 22 September

CYCLE COSTA RICE
Monday 18 – Thursday 28 November

RUNNING CHALLENGES

Whether you’re looking for a reason to get off your couch or want to give yourself a challenge this year, give yourself a little extra motivation and run for TUF.

BIRMINGHAM 10K
Sunday 26 May

LONDON LANDMARKS HALF MARATHON
Date TBA, March 2019 register your interest

How you can get involved

Quite simply, without you our work into vital urology research, education and training would cease to exist.

It is thanks to you that we are able to work towards ending the suffering caused by urology disease and make a difference to the thousands of people with a urology condition or cancer. Here are just some of the ways you can get involved to power our work.
CHALLENGES AND EVENTS WHEN IT SUITS YOU

Perhaps the dates of our prearranged challenges don’t suit you, or maybe you just want to take your time. We have a selection of virtual events, (see below) to suit everybody. So whether you make a mean chocolate brownie, know how to persuade your colleagues to bond over a team event, or just want your moussaka to make money, take a look at our suggested events. All these events have a TUF fundraising pack with hints and tips to help you make your challenge a success.

BIG TUF BAKE WEEK
Monday 11 – Sunday 18 March
Whip up a batch of cupcakes, flapjacks and maybe a carrot cake or two and sell them at work or school, or even host your own tea party, during the Big TUF Bake Week.

A TUF EVEREST CLIMB
Throughout June
Using stairs or steps, simulate a mountain as you climb the 50,000 steps from the starting point to Everest’s base camp and then onto the summit. Get your colleagues involved and either conquer the steps together or create your own ‘Everest Off’.

BIG5 CHALLENGE
Throughout September
Raise £500 for the five big urology cancers doing whatever takes your fancy. If you want to give yourself a 30-day physical challenge, or give up your vice, or do a series of mini fundraisers, this is a great way to raise money during Urology Awareness Month

BIG TUF DINNER
Throughout November
Cook up a storm from your very own kitchen and ask guests to donate what they would usually pay for a meal out. It’s a great way to catch up with friends and family before the Christmas Season begins.

THE TUF 5
Throughout the year
With your friends and colleagues walk five miles or run 5k. Perhaps ask people to donate to enter or encourage your local school or youth club to take part.

GIVE A MONTHLY GIFT
Regular donations are extremely important to TUF as it helps ensure we have the funds available when they are needed the most. This gives us the security and confidence to capitalise on opportunities that will make a positive difference in urology health.

If you would like to sign up to any of the above, or to find our more ways to get involved, visit our website or email fundraising@theurologyfoundation.org or call 020 7713 9538

Raise money through your online shopping

Did you know that when you do your weekly food shop or book your next holiday online you can fund urology research and training at no extra cost to you? easyfundraising is a great website where you can help The Urology Foundation raise money simply by doing your everyday online shopping with over 3,300 big name retailers like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Moonpig, and M&S.

Your kidney beans can fight kidney stones, your next book could find a cure for bladder cancer and your new shoes help us shout about incontinence.

Every time you shop, we receive a small donation to say ‘thank you’. It really is that simple!

Register today at easyfundraising.org.uk/causes/urologyfoundation
Taking the power back: #TUFnutsTuesday

Our research shows that men are not taking ownership of their health. Nearly half of all men have not checked their testicles for signs of lumps and bumps in the last year. Doctors recommend once a month. The Urology Foundation has created the campaign #TUFnutsTuesday to encourage men to take control of their health.

Cancer can be a tough nut to crack but if caught early your chances of survival are high. That is particularly true of testicular cancer which has a 98% survival rate provided you check yourself regularly.

That’s why on the first Tuesday of every month we are calling on men everywhere to get tough on cancer and check their nuts for signs of testicular cancer. We hope that through this campaign and our four step guide on to how to check for testicular cancer, we can stop this cancer before it has a chance to take any more men away from us.

Will you be part of the campaign? Will you show your support online using #TUFnutsTuesday and will you check on the first Tuesday of each month or encourage the men in your life to do so?

Check your balls on #tufnutsTuesday

The best time to check yourself is in the shower as the humidity and warmth helps to relax your testicles.

Hold the one testicle between your thumb and fingers. Gently roll it around feeling for lumps and repeat on the other testicle.

If you feel any hard lumps or changes in the texture or size of your scrotum, heaviness or pain make sure you get checked out, if only for peace of mind.

Regular checking of your testicles makes spotting any changes easy. Why not make the first Tuesday of every month your day to check?
Fundraising: Where to start

Hosting your own fundraising event for The Urology Foundation can be very rewarding. Whether you’re thinking of organising a pub quiz, holding a curry night or arranging a football tournament it’s all about having fun while raising money. It doesn’t have to be overly complicated – often it’s the simple ideas that are successful.

The first thing to do is to make a plan. Take some time to think about the type of event you want to hold, how much you would like to raise and how big you would like the event to be. Having a plan in place early will allow you to break down your fundraising into manageable chunks.

Perhaps you’re running a marathon and want to bolster your sponsorship with a fundraising ball. Or maybe you want to ensure that you can manage the organising around your day job. Your plan will help you to host a successful event.

Here are a few things we’ve learnt over the years that you might find useful to consider.

Who?

Consider the people you would like to involve in your fundraising.
1. Write a list of the people you can ask for help or those that you could approach for raffle prizes, donations or sponsorship.
2. Decide on who you like to attend the event, perhaps you would like to open the event to the public or keep it for friends and family.
3. Work out how you will tell them about your fundraising event including ways you could publicise it so more people know about it.

What?

Think about the type of fundraising you would like to do. Make sure that whatever you choose to do it is manageable to organise and one that you will enjoy being part of!
1. Would like to take on a sporting challenge, or maybe you would prefer to hold an event? Take a look at some of the ideas on page 17 for inspiration.
2. What skills do you possess that would benefit your fundraising? Perhaps you’re a dab hand at baking or maybe a fitness instructor or musician.
3. Decide on how much money you want to raise and how big you would like the event to be.

When?

Choose a date, or a time period, for your fundraising. Make sure you avoid public events such as a world cup or televised fundraisers which may compete for your guests and sponsorship.
1. Would your event work best in the evening or during the day?
2. Look at the calendar and arrange your event around different occasions. Perhaps a special birthday or social event can boost your success.

Once you have settled on the type of fundraising activity and numbers of people, you need to find the right location. Remember to ask for the venue for free, or see if you can get a special discount.
1. Should it be an indoor or outdoor venue?
2. It is accessible for people to get to?
3. Do you need any special equipment or insurance?
Thank You

We’re making great progress every day as a result of our investment into preventing, treating, and curing urology diseases.

Your support enables us to keep our work going and improve treatment for the people affected by a urological condition. 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 call:

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