Meet Mary Garthwaite, the new Chair

Seeing it from both sides now, an interview with consultant Mo Belal
I’m delighted to welcome you to the latest edition of TUF Matters, the newsletter of The Urology Foundation.

In this edition we feature our latest research news, education and training programmes, fundraising events and campaigns and share with you some of our plans for 2023.

As we look forward to an exciting year ahead, we also reflect on 2022 being an exceptionally busy and successful year. We were pleased to be able to award seven new Research and Innovation Projects, four Small Project Grants and eight Travel Fellowships. Our training and education programmes supported healthcare professionals from across the UK – a highlight was the ‘Power of Successful Communication’ course which due to its popularity with nursing professionals will run again in 2023.

Throughout the year we took part in campaigns and awareness events, spoke at conferences and teaching days, met with decision makers and influencers and worked with a wide range of stakeholders to raise awareness of urological conditions and drive change in patient care. Highlights included a Parliamentary Reception and an Early Day Motion for MPs.

I hope you enjoy reading about our work. It is thanks to your generosity, support and commitment that we have achieved so much and will continue to do so in the year ahead.

With best wishes

Rebecca Porta, Chief Executive

Front cover image courtesy of Chris Meixner
What is your background?

“Until 2018 I was a working as a Consultant Urological Surgeon specialising in functional, reconstructive and neuourology. Following on from my PhD in Molecular Biology I retained a career long specialist interest in the treatment of benign conditions of the lower urinary tract, including incontinence and urinary tract infection.

After a personal encounter with cancer, I had to make the difficult decision to relinquish my clinical career. However, there is always a silver lining to every situation. I now have the time to be able to devote my energy and expertise to working on behalf of urology healthcare professionals, patients and their families, through my new role with The Urology Foundation. In a way this allows me to give something back in return for the invaluable support I received from The Urology Foundation throughout my career.”

Why is the work of The Urology Foundation so important?

“The Urology Foundation is uniquely positioned as the only charity concerned with advancing care across the entire spectrum of urological disease. We work to support both the patient and the healthcare professionals delivering their care, thereby aiming to improve outcomes, end suffering and save lives.

From the perspective of both a medical professional and a patient, I firmly believe that high quality research, cutting-edge clinical skills and clear communication are fundamental to the delivery of successful healthcare. The Urology Foundation already has an outstanding track record in supporting high quality urological research, skills training and patient education, but we are ambitious to do more. It’s therefore an immense privilege to help guide The Urology Foundation in its ongoing quest to reach further and achieve even more.”
Our kidneys have many functions and are vital in filtering toxins. However, when things go wrong, it has a severe effect on the rest of our bodily functions and signs can include high blood pressure, breathlessness, fluid retention and headaches, among others. It is estimated that more than 3 million people in England have chronic kidney disease. Kidney stones are more common and affect more than 1 in 10 of us, can be very painful and often result in unexpected hospitalisation. Kidney cancer is the 7th most common cancer in the UK with around 13,300 new cases in the UK every year.

Below is snapshot of some of the projects TUF is currently supporting.

SEARCHING FOR A DRUG FOR KIDNEY STONE DISEASE

Sarah Howles (Oxford University) is looking at genetic responses to the protein that is a main cause of kidney stones with a view to developing new treatments to prevent stones forming. She has identified 12 rare genetic variants that may have an impact on stone formation. Once she has completed her initial investigations on the effects, she will test the cell lines with different drugs to see how they respond.

IMPROVING DIAGNOSIS AND TREATMENT OF SMALL KIDNEY TUMOURS

Hannah Warren (Royal Free Hospital, London) is investigating whether we can improve the diagnosis of small, benign, kidney tumours.
Thousands of kidney lumps are picked up in scans each year but not all are cancerous. However, treatment for these is usually surgery removing all or part of the kidney (itself bringing risks), which then turns out to have been unnecessary if the lump was benign. Dr Warren is conducting a pilot study to see whether a nuclear medicine scan (injecting patients with low levels of a radioactive tracer) can make it easier to distinguish benign from cancerous kidney tumours. If successful, this could mean a reduction in unnecessary surgery and a better management plan for these patients.

**IMPROVING MANAGEMENT OF PEOPLE AT HIGHER RISK OF DEVELOPING KIDNEY CANCER**

People genetically predisposed to developing kidney cancer have to endure lifelong, frequent, and invasive surveillance to monitor for the disease, which is distressing for the patient, time consuming and costly. Even then, cancers can still present at a more advanced stage. So other techniques which are quicker, less invasive and cheaper are needed. *Dr James Whitworth (Cambridge University)* is trying to identify a biomarker that can detect early-stage kidney cancer in urine.

**FINDING TREATMENTS FOR POSTERIOR URETHRAL VALVE (PUV) DISEASE**

TUF is proud to continue its research into this rare but devastating and life threatening condition that affects neonatal boys, causes damage to the bladder (scar tissue), can lead to long term kidney failure and potentially multiple transplants. *Dr David Long (Great Ormond Street Hospital, London)* is researching whether scar tissue reducing drugs will work in cases of PUV damaged bladders, and ultimately whether novel treatments can be developed for this condition.

If you would like more information on the projects, or wish to support our kidney research, please contact Louise de Winter: ldewinter@theurologyfoundation.org
Changes to our Scientific and Education Committee

The current TUF Scientific & Education Committee (SEC) Chair, Professor Grant Stewart, ends his highly successful tenure this April. We received a strong field of candidates to replace him, and are very pleased to announce the appointment of a Chair and Vice Chair:

Professor Rakesh Heer, incoming TUF SEC Chair
Professor Heer is Urology Chair at Imperial College London and leads a large portfolio of national and international research in urological cancers. He treats patients with prostate, kidney & bladder cancer. He holds a number of National leadership roles, including NICE Clinical Guidelines Chairman. His NHS work has been recognised with a National Clinical Excellence award from the Department of Health (2021).

TUF is delighted at Rakesh’s appointment and he will be responsible for developing the new TUF Research Strategy and for expanding TUF’s international connections.

Mr Imran Ahmad, incoming TUF SEC Vice Chair
Mr Ahmad is a Surgeon-Scientist at the University of Glasgow, with an interest in translational prostate and bladder cancer research. He successfully set up the Robotic Pelvic Cancer Service in the West of Scotland and has been responsible for delivering several practice-changing clinical surgical trials over the last 5-years.

As SEC Vice Chair, Imran will strengthen TUF’s network across the regions, in particular championing and encouraging urology departments across the UK to take part in research and professional development opportunities.
The Urology Foundation is committed to transforming urology care. Our investment in research, training and education programmes has led to significant breakthroughs and improvements in the delivery of care. These include:

- **Predict:Prostate**, an NHS-approved tool for the staging of prostate cancer patients
- **Prostagram**, developing the concept of a rapid MRI scan as a potential mass screening tool for prostate cancer
- **The use of Botox worldwide for an overactive bladder and incontinence**
- **Identification of urinary biomarkers for bladder cancer**
- **Developing potential new bio-materials for the surgical treatment of urinary incontinence**
- **Through our focus on training we pioneered the introduction of robotic urological surgery, enabling its safe and swift adoption by the NHS which has changed the face of urology cancer surgery.**

Building on these achievements, 2022 saw us award seven new Research and Innovation Projects covering kidney, bladder, penile and prostate cancers, congenital bladder and kidney disease in boys and urinary tract infections. We also awarded four Small Projects covering kidney, cancer, the use of stents, female reconstructive surgery and recovery after paediatric urology surgery. A further eight Travel Fellowships enabled trainee urologists to further their own development and to undertake teaching opportunities across the globe.

The TUF Trials Unit (TTU) at the University of Aberdeen continues to encourage more research ideas from the urology community and accelerate research that can drive improvements in treatment and care. There are three urological trials being run under the TTU: comparing the efficacy of treatment and surgery techniques in kidney cancer, bladder cancer and evaluating robotic surgery in the NHS. There are a further 11 research trial ideas being nurtured through the development process.
Sincere thanks to Paul Fletcher, Chair

In August 2022, Paul Fletcher stood down as Chair of The Urology Foundation. Paul brought invaluable experience, expertise and leadership to the charity during his time as Chair and we are incredibly grateful for his dedication and commitment. TUF wish him every success for the future. He is succeeded by Mary Garthwaite who will steer the Foundation into its next chapter.

Launch of our Patient and Public Involvement Programme (PPI)

As part of our commitment to fund and promote world class research, TUF is launching a Patient and Public Involvement Programme (PPI) to bring together researchers, patients, carers and anyone with an interest in urological disease.

As a member of our PPI Programme, you can choose which events and activities to get involved in. This might include:

- Helping to plan, design and develop a research study
- Joining a discussion forum or raising awareness about a specific issue or urological condition
- Sharing your experience with an early career researcher
- Helping to identify future research priorities.

By working together, we can improve and accelerate research.

For more information about our PPI Programme please contact ppi@theurologyfoundation.org

WHAT IS PPI

Patient and Public Involvement (PPI) is when researchers, patients, carers and the public work in partnership to plan, design, manage, evaluate and communicate about research. It leads to research that is impactful, relevant, appropriate, better designed, with clearer outcomes and a faster update of new evidence. It accelerates innovations and developments.
We need to talk about incontinence

Urinary incontinence is the inability to control urination, resulting in leakage of urine.

It is a common medical condition, with estimates suggesting that it affects approximately 25-45% of adult women and 5-17% of adult men.

The incidence increases with age and is higher in women due to factors such as pregnancy, childbirth, and menopause.

It can be caused by a variety of factors, including weak pelvic muscles, nerve damage, bladder or prostate problems, neurological conditions, certain medical conditions, and certain medications.

There are several types of incontinence including stress, urge, mixed and overflow incontinence and determining the type of incontinence will be helpful in the ultimate treatment.

Urinary incontinence can have a significant impact on an individual’s quality of life. It can cause embarrassment, social isolation, and decreased self-esteem. It may also limit physical activities and affect daily routines, leading to increased dependence on others. In severe cases, it can also lead to skin irritation, infections, and loss of sleep. All of these factors can contribute to depression and decreased overall life satisfaction.

However, it’s important to remember that urinary incontinence can be a treatable condition and there are a variety of management options available. From pelvic floor muscle exercises, medication, botulinum toxin injections, sacral and tibial nerve stimulation, there are many ways to manage incontinence.

Support groups and therapy are also useful for people dealing with the emotional impact of incontinence. With appropriate management and support, many people are able to improve their quality of life despite their incontinence.
On February 17th 2021 I went cycling with a friend in the countryside. A dry cold day with no wind. A tree fell at the exact moment I was cycling by. This resulted in a life changing spinal cord injury and broken ribs and scapula. I remember waking up and trying to move and realising that I was paralysed. I was admitted to the closest trauma unit and underwent emergency surgery that night. After two weeks I was then transferred to the London Spinal Unit and underwent further spinal surgery and several months in hospital. Several months of inpatient stints were required for rehabilitation.

I was fortunate to transit back to work as a surgeon in the NHS after intensive rehabilitation and with a drive to return to help those in need. It took over 1000 hours of rehabilitation and a willing NHS employer who provided the adaptations necessary to allow me to return back to surgery. Experiencing significant issues with my bladder and bowels while an inpatient intensified my passion for helping those with incontinence and gave me a different perspective on incontinence and its treatment.
My specialist interest in urinary incontinence could not prepare me for the real impact of this experience. Having an indwelling catheter for 6 weeks, commencing intermittent clean catheterisation, having video urodynamics and suffering from urinary tract infections made me understand the true burden that patients suffer from urinary issues.

Living in the Spinal Unit I found that for many the loss of bladder and bowel function could be more impactful and harder to come to terms with than even mobility issues. Physically, incontinence causes skin irritation, catheterisation can be painful and has significant long term health implications, especially if not taught or practiced carefully. Practically, patients limit themselves because of the constraints of this condition. Some limit their social lives or don’t return to work.

The largest impact is to self esteem and body image. Stigma and shame are significant and likely to significantly impact on mood, especially if patients don’t feel able to openly discuss these concerns. Having to catheterise or manage bladder and bowel problems is a constant reminder of their difficulties and loss of function. The psychological fear of being wet can be overwhelming and curtail social and travels plans.

However, there is light at the end of the tunnel. Open discussions between patients and medics can have an impact on the health and wellbeing of sufferers. Normalising and informing patients, as well as offering practical care ideas to manage their difficulties, are simple and effective interventions. With the appropriate treatment incontinence can be managed so that patients can have a good quality of life and escape the significant medical and psychological impacts of the condition.

Help us to invest in researchers working in the field of urology and work together to save lives. Please donate at theurologyfoundation.org/donate
Working with corporate partners to improve the lives of patients

Peak Medical Ltd
The Urology Foundation with the support of Peak Medical, who specialise in continence care products and services, have designed a card to help those that need to gain quick access to a toilet when the urge comes.

Peak Medical have also awarded TUF an unconditional educational grant enabling us to run a ‘Unlocking Potential – The Power of Successful Communication’ course designed specifically for urology nurses in May 2023.

Astellas Pharma and Over Active Bladder

An estimated 6 million people in the UK are affected by continence problems.

TUF is committed to understanding and improving continence care. With support from Astellas Pharma we are undertaking research into continence services across the UK. We want to learn more about the experiences of those involved in continence care including issues such as resourcing, training, decision making, management and care delivery.

Rebecca Porta, said “Living with an Over Active Bladder (OAB) and continence issues can impact every aspect of patients’ lives, including work, social life and relationships, as well as causing stress, embarrassment, and anxiety. The Urology Foundation wants to ensure continence care services remain a high priority and that patients’ needs are being met. We are grateful to all our corporate partners who support our projects to improve urology care and help make patients’ lives better.”

To order your Need to Pee card please visit theurologyfoundation.org
Peppy Partnership

TUF is delighted to announce its partnership with Peppy to help transform awareness of urological conditions and specifically men’s health.

Peppy is the leading health app that connects employees to real, human health experts. With Peppy, employees can chat, attend video consultations, join live events or watch videos from specialist nurses, counsellors, consultants, or other health professionals.

“I am thrilled to be working alongside Peppy, we are both passionate about raising awareness of urological diseases, providing much needed support and information and breaking down taboos that surround men’s health. We have some really engaging activities planned,” said Rebecca Porta.

To celebrate partnership, we jointly hosted a ‘Lunch and Learn’ session during ‘Urology Awareness Month’. This virtual event was attended by Peppy’s clients.

Some of the organisations that support their employees with Peppy are Santander, Vitality, Aviva, Novartis, BNP Paribas, NHS, Wickes and Edelman – collectively Peppy supports over one million employees.

Awareness Raising with Lloyds Pharmacy Online

One of TUF’s goals is to reach more people with vital health messages from raising awareness of signs and symptoms of urological conditions to encouraging people to visit their GP, pharmacist or healthcare provider if they have concerns or questions about their health.

Last year, TUF was pleased to team up with Lloyds Pharmacy Online Doctor, which offers on-demand online healthcare, to highlight key stats on erectile dysfunction. It is a common condition in men over the age of 40 and has a variety of causes. Whilst often treatable, many men suffer in silence – we need to get more men talking about this taboo topic.

Together we are working to educate and inform more people about their urological health.

TUF offers a range of corporate charity partnership opportunities. These include Charity of the Year, commercial opportunities, events, staff fundraising, campaigns, volunteering and payroll giving.

To discuss a corporate charity partnership please contact Lucy at lnoakes@theurologyfoundation.org
“Leadership is not just taking charge of staff and managing budgets; leadership is also about effecting change for the benefit of the patients and your institution,” she says.

The uro-oncology clinical nurse specialist had tried taking the management career path but realised that she missed the patient contact too much. However, that hasn’t stopped her from innovating and improving the service for men with prostate cancer at Royal Cornwall Hospital.

Together with a consultant, she set up a local anaesthetic transperineal prostate biopsy service – the first in Devon and Cornwall. She also helped to launch a nurse-led clinic for men on hormone therapy tablets for advanced
prostate cancer and a supported self-management programme for men who have finished their prostate cancer treatment.

The self-management programme has moved over 2000 patients out of follow-up clinics into a virtual programme that a support worker manages under the direction of a nurse specialist. These changes have offered better care and support for men while freeing up consultants and nurses.

“You don’t have to work in a big university hospital or cancer centre to make a difference – I work in a district general hospital in Cornwall,” Debbie says.

In recognition of her efforts, Debbie was awarded the ‘TUF/BAUN Urology Nurse of the Year in 2021’. “Knowing that somebody took the time to nominate me, and I was then selected as the winner was a real pat on the back. It was wonderful. I would encourage anyone, if they see examples of good practice, to consider nominating people because it really reinvigorates you,” she says.

After her award, Debbie was a keynote speaker at the 2022 BAUN conference, where she shared her successes in introducing new services and the difficulties due to the impact of the pandemic.

“I ended up having three months off because of stress,” she said. “As a CNS, we’re very often the only people that patients have contact with – they might not be able to get in touch with their GP or a specialist. Throughout COVID and since, patients contacted me about things that they should discuss with their GP or another health care professional. So staffing shortages and the situation in the NHS contributed to me trying to be all things to all people and neglecting myself.”

After taking time off, Debbie has changed her focus at work to make sure that she is doing right by her patients and herself: “Before, I felt that I was not giving my patients the best of me. Now, I’m not worrying about things that I know are beyond my control.”

TUF offers a range of programmes and grants to support nurses in their further education and career, none of which is possible without your generous support. Please donate at theurologyfoundation.org/donate
Welcome to the newest member of the TUF Team

Ruby Ali has joined as our Senior Administrative Officer and will be providing administrative and finance support to the Chief Executive and the wider team and ensuring the smooth running of the TUF office on a day to day basis.

Ruby’s previous work experience includes many years within NHS England as Personal Assistant to the National Clinical Directors and first point support for the Senior Management Team, and over ten years in the private sector.

Ruby has also worked in the charity sector for over three years and joined the TUF Team in September 2022.

Blood in Pee Campaign

As part of the NHS England ‘Help Us, Help You’ symptom awareness campaign, The Urology Foundation and the charity UCARE* joined forces to deliver a series of community based events encouraging anyone concerned by ‘blood in pee’ to contact their GP practice. Blood in pee – even just once - can be a sign of urological cancers, including bladder or kidney cancer.

These community based events offered visitors the opportunity to learn more about ‘blood in pee’ as a possible warning or symptom in a relaxed, informal setting and to get further information. The events took place across Oxfordshire and London from January to March. For more information please visit our website.

*UCARE are a charity based in Oxford committed to improving the treatment and care of urological cancer patients through research and education.
The Malcolm Coptcoat Travelling Fellowship

Following the incorporation of The Malcolm Coptcoat Trust into The Urology Foundation, TUF were pleased to announce the creation of The Malcolm Coptcoat Travelling Fellowship. The Fellowship aims to enhance training, education, knowledge transfer and collaboration, thereby developing and supporting outstanding surgical leaders in their field. It is a fitting memory to Malcolm Coptcoat, a pioneer in laparoscopic surgery and who was committed to advancing surgical technology and innovation in urology.

The annual Fellowship, worth up to £5,000, will support travel to international centres of excellence for a period of four to six weeks to enable candidates to gain invaluable experience and skills in urology care and best practice. Successful candidates will act as Ambassadors promoting best practice and sharing knowledge amongst their team, hospital and wider urology community.

The deadline for 2023 applications was 3rd February, and we hope to be able to announce the successful candidate in May, following a review and interview process.

Working with Trusts and Foundations

The Urology Foundation is the UK’s only charity representing all urological diseases and conditions and is committed to improving patient outcomes and saving lives through:

- Investment in ground-breaking, innovative research
- Supporting and equipping urology professionals to develop skills, knowledge and expertise
- Working with patients and their families, decision makers, influencers, healthcare professionals, industry and the media to raise awareness and campaign for improvements in the delivery of urology care.

Trusts and foundations play a vital role in funding our work and driving change in urological practice. If you are a Trustee or have links to a charitable trust, foundation or other voluntary funding bodies and would like to support our vital work please contact our Trust Manager Ferha: ffarooqui@theurologyfoundation.org

We work closely with our funders to provide regular updates on the impact of your support and to offer opportunities to engage with our research teams and staff.
As part of the annual Infection Prevention and Control Week 2022, The Urology Foundation was invited to present at two conferences - South East Region’s Infection, Prevention & Control (IPC) Event and The Northamptonshire Healthcare Foundation Trust IPC Week Conference. The sessions examined common symptoms, causes, treatments and how teams can work together to reduce and prevent infection.

**2023 Infection Prevention and Control Conference**

The Urology Foundation is proud to be presenting at the Knowlex 2023 Infection Prevention and Control Conference. Trustee and Consultant Urologist Mr Roland Morley will be talking about urological disease at Europe’s largest Infection Prevention and Control Conference which takes place on the 25-26 April in Birmingham. For more information and to register for the conference please visit [infectionpreventioncontrol.net](http://infectionpreventioncontrol.net)

**British Association Of Urology Surgeons (Baus) Annual Meeting, 19-21 June 2023**

TUF is delighted to announce that we will be in Birmingham at the BAUS Annual Meeting. TUF will be hosting an early morning session, presenting a guest lecture and are looking forward to seeing our professional colleagues at our exhibition stand.
The British Association of Urological Nurses was set up in 1995 with the aim to develop urological nursing and support urology nurses through meetings, networking, education and has forged links with others working in the urology field.

TUF is proud of our ongoing association with BAUN, including our support of the annual Urology Nurse of the Year Award.

BAUN President 2022-2024

A warm welcome to new BAUN President Sarah Hillery. Sarah Hillery is Urology Lead Nurse and ANP at York and Scarborough Teaching Hospitals NHS Foundation Trust. She has worked in urology for over 20 years. Sarah is an enthusiastic advocate for advanced practice, professional development, networking, leadership and information sharing.

BAUN (British Association of Urological Nurses) Annual Conference 2022

The British Association of Urological Nurses (BAUN) Annual Conference took place on the 6-8 November 2022 at the EICC, Edinburgh. The event focussed on ‘Showcasing the Impact of Urological Nursing’ and welcomed delegates – uro-oncology nurses, research nurses, urology specialist nurses, advanced urology nurse practitioners and prostate cancer specialist nurses - from across the UK.

Highlights from the conference included presentations from Debbie Victor, Uro-oncology Cancer Nurse Specialist and TUF/BAUN Urology Nurse of the Year, who is also featured in this issue of TUF Matters, prostate cancer patient Alfred Samuels and The Urology Foundation’s new Chair, Mary Garthwaite, who spoke on the challenges around the management of urinary tract infections (UTI’s).

Look out for full details on how to nominate someone for the ‘2023 BAUN / TUF Urology Nurse of the Year’ in the next edition of TUF Matters.
Your support enables us to make a difference to thousands of people with urological conditions and improve their quality of life.

To sign up to events, or to find more ways to get involved, visit theurologyfoundation.org

SPOTLIGHT ON FUNDRAISING AND WAYS TO GET INVOLVED

TUF heroes

Thank you!

Urology Awareness Month 2022

To mark Urology Awareness Month, twenty ‘Tuffers’, undertook a cycle challenge to ride from Italy to Slovenia, a route of some 315km. They reported back that the scenery was quite spectacular but that the mountains where “brutal”! Their determination and pedal power has raised over £62,000. Sincere thanks to the cyclists and all who supported the challenge.

On the 30 September, golfers gathered at the beautiful Royal St George’s Golf Club on the Kent Coast to take part in the Charity Golf Day organised by Club Captain Christopher Kemp. The day, which consisted of a team competition, lunch and charity auction, raised almost £100,000 to support the work of TUF. Sincere thanks to Christopher, the golfers, the staff of the Royal St George’s Golf Club and all who so generously supported this splendid event.

Also in September Helen Foster, who had kidney surgery in February, and a group of some twenty family and friends took part in...
the Reigate Run, running together as a group throughout raising both awareness and £464.

To those who gave in loving memory of Alfred Harris, Steven Osborne and Leona Lawson.

In addition to donations at the funeral Steven Osborne his close friend Simon Bailey undertook in his memory the gruelling challenge of running two back to back marathons. Simon ran the Berlin Marathon on 25 September followed by the London Marathon just one week later and has raised an amazing £10,000.

Cade Hargreaves kindly took part in Movember in aid of TUF raising £185.

To those of you who donate to TUF every month, every quarter or every year, by standing order - your continuing support and regular giving makes a very real difference.

To everyone who has already signed up for a TUF charity place in some great 2023 challenges, from running in the London Landmark Half Marathon, cycling the Ride London 100, taking part in the Great North Run and of course our own TUF Trek in October. We look forward to sharing your stories in the coming year.

Join the Great North Run

The iconic Great North Run is the largest half marathon in the world with a route that sees participants run between Newcastle upon Tyne and South Shields.

This ever-popular event has a unique atmosphere and raises significant funds for a whole range of charities and TUF is delighted that we have been allocated charity places for the 2023 event running on Sunday 10 September 2023.

For more information and to apply for a TUF charity place visit theurologyfoundation.com or email our fundraising manager Serena - swyman@theurologyfoundation.org
Join TUF in the volcanic sands of the Namib Desert in Namibia on this extraordinary charity trekking challenge for The Urology Foundation in 2023!

Join us for the experience of a lifetime

Kicking off at the Burning Mountain (the Brandberg Massif), which glows orange and red in the sunset, we’ll explore the spiritual rock paintings of the San (Bushman) tribes. Then we’ll embark on an epic five-day trek along the Ugab Riverbed.

With soft sand underfoot and acacia trees overhead, we’ll push through hot, sunny stretches and seek shelter at lunchtime.

Along the way, we’ll keep our eyes trained for the majestic desert steenboks.

We’ll rise early to enjoy the cool of the morning and spend our nights under more stars than you’ve seen in your life. We’ll gain insight into the ancient history of the desert, make lifelong friendships with fellow TUF trekkers and most importantly, achieve an epic challenge for a crucial cause.

The funds you raise on your desert adventure will help TUF carry out cutting-edge research into urological cancers and diseases, and support thousands of people affected by them.

For more detailed information about this amazing challenge visit theurologyfoundation.org or contact our fundraising manager Serena Wyman – swyman@theurologyfoundation.org
Ending the suffering from urology disease

We believe that no one should die early from, or have their life blighted by, urology disease.

But cancers and conditions of the kidneys, bladder, prostate and male reproductive organs are becoming more prevalent. The Urology Foundation strives to prevent, treat and find cures so fewer lives are devastated.

Prevent

Raising public awareness of urology health and the signs and symptoms to look out for so people can take active responsibility for their urology health, seeking medical attention at the first sign.

Treat

Supporting the development and training of urologists and nurses so that they have the latest skills and knowledge to provide excellent care and deliver better outcomes for their patients.

Cure

Working with the urology experts to invest in research projects that will find new ways to treat and ultimately cure these devastating cancers and conditions.
By remembering The Urology Foundation in your Will you can be part of future urology research and training, helping millions of people suffering from a urology condition.

TUF has always been funded by the generosity of people like you. With a gift in your Will, no matter how big or small, you can help us continue our vital work so that fewer lives will be devastated by urology disease in the years ahead.

Thank You

We’re making great progress every day as a result of our investment into urology research, training and education.

Your support enables us to keep our work going and improve treatment for the people affected by a urological condition or disease who need it most. This work would simply not be able to happen without you.

Further information

If you would like any further information, or indeed would like to host a fundraiser for The Urology Foundation, please call:

SERENA WYMAN
Fundraising & Events Manager
t: 01449 737 971
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

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 ___/___/____

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.

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

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