September is Urology Awareness Month

So much news to share ....
I’m delighted to welcome you to the latest edition of TUF Matters, the newsletter of The Urology Foundation.

Throughout the magazine, you can read about how we’re supporting and funding world class research, providing expert information and training programmes for professionals and working towards improving outcomes for patients and their families through our campaigns and awareness activities.

We welcome new members to the TUF Team and learn more about their exciting plans for the future. There are stories from our incredible and inspiring supporters including Ottilie Quince, who has been raising funds and awareness through her cycle ride from Luton to Mallorca – totalling over 2,600km.

We also feature lots of ways you can support us, from our annual Urology Awareness Month, to fundraising at work, to taking part in one of our events – such as newly launched skydives - or leaving a gift in your Will.

TUF is committed to improving outcomes, quality of life and saving lives. We need people like you to join us and take action. Your support and commitment truly makes a difference.

With best wishes

Rebecca Porta, Chief Executive

TUF WELCOMES NEW TRUSTEES

We are pleased to welcome new Trustees to our Board. **Ms Jo Cresswell**, Consultant Surgeon at The James Cook University Hospital in Middlesbrough and President of The British Association of Urological Surgeons (BAUS) and **Professor Alan McNeil**, Consultant Surgeon at the Western General Hospital, Edinburgh and Chairman of BJU International. We say farewell to Trustees Mr Krishna Sethia and Mr Tim O’Brien who, in his time at TUF, helped to introduce and steer the TUF Trials Unit. We thank him for his enormous contribution and support.
Together with the Urology Trade Association (UTA), The Urology Foundation was delighted to host a Parliamentary Reception “Working together to support innovation in the MedTech sector” at the House of Commons on Wednesday 25 May. Over 70 policymakers, patients, clinicians and industry attended the event.

In May 2021, the Department for Health and Social Care (DHSC) announced that it was in the process of establishing a new Medical Technologies Directorate, which will sit within the NHS Policy and Performance Group. The Directorate is aiming to cement Britain’s position as a world leader in med-tech research and innovation, looking at the increasingly important role medical technologies are playing in the prevention of ill health and the diagnosis and treatment of disease.

Guests came together on the night to discuss how best to guarantee an innovative and sustainable future for the urology sector. Dave Bracher from the Spinal Injuries Association, spoke about his experience of being spinal-cord injured and the impact this has had on his life. He said that there should not be a ‘one size fits all’ approach for items such as catheters. Anne Marie Morris MP spoke about the work of the APPG on Access to Medicines to Medical Devices and the importance of ensuring access to medicines and medical devices post-Brexit and the role of bodies such as NICE and the MHRA.

At the end of the Reception guests were encouraged to sign up to the UTA-TUF joint Commitment.

You can sign up too by scanning this QR code with your mobile phone.

Mr Ben Challacombe, consultant urological surgeon and Trustee of The Urology Foundation talks about the impact of urological disease at the Parliamentary Reception

- Patient safety and outcomes should remain of primary importance to industry and government.
- Patients have a right to be involved in decisions about their care or treatment. Shared decision making between the clinician and patient should be promoted.
- Patients and clinicians should be able to choose from a wide range of products and services to suit their individual needs.
- Every patient is unique in their own right, and their product preferences should be respected.
- No patient should have to worry about accessing a product that effectively manages their condition and helps them to maintain independence.
An estimated 1 in 2 of us will be diagnosed with a urological condition at some stage in our lives. This includes prostate, bladder, kidney and male reproductive cancers and non-malignant conditions including incontinence, urinary tract infections (UTIs), erectile dysfunction and kidney stones.

Thursday 1st September sees the launch of Urology Awareness Month 2022. This important campaign is an opportunity to bring together the 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. Throughout the Month a range of activities will be taking place. There are also opportunities to get involved.

Here are a few......

- **Survey.** An independent survey has been commissioned to gain insight into urological conditions. Despite increased awareness and advances in treatment and prognosis there are still many misconceptions about these conditions. The results of the survey will be launched on our website and to the media at the start of the Month.

- **Video for healthcare professionals.** As a healthcare professional do you wonder how patients listen and remember? How to strike the right balance of information and understanding? Our new video will give you an insight into what works and why and will help you to think about making a lasting impact.

- **Launch of our Small Project Grant Round.** Grants of up to £10,000 are available for ideas that will improve the quality of clinical services and patient treatments and care.
Post a message of support. Post a supporting message with our social graphics on your social media channels or create a short video message which we can share on our website and social channels. We have tips to help you on our website.

Health information stands and events will be taking place across the UK. If you would like to hold your own event please get in touch. We have posters, leaflets and other resources.

Why not hold a talk or “health and well-being” session in your workplace? Get in touch if you would like more information on how to do this or would like a speaker.

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.

Hold a fundraising event 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!

Support our team of cyclists taking part in the Slovenia Cycle Ride from the 10-16 September.

Take to social media – post a message or a short video of support.

Like, retweet, follow and comment our social media messages, infographics and stats.
This year TUF has already made a bumper number of research and fellowship awards. Our annual Innovation & Research Awards (worth £60,000 each) once again attracted a wide variety of entries covering the major urological cancers as well as chronic and debilitating conditions such as urinary tract infections (UTIs) and bladder problems. We have made a record seven Innovation & Research Awards this year, covering the following topics:

- Exploring different treatments for UTIs to reduce antibiotic usage
- Studies into Prostate, penile, bladder and kidney cancer treatments
- Further research into Posterior Urethral Valves (a condition affecting neonatal boys that leads to bladder and kidney failure)

Our congratulations to Samantha Conroy, Ana Sofia Da Silva, Alejandro Granados, David Long, Karl Pang, Taimur Shah and James Whitworth on their success. We were only able to award so many grants because of the generosity of our supporters and specific funders who sponsored some of the research awards. Our thanks go to Mr & Mrs Miskin, the Champniss Foundation and the John Black Charitable Foundation.

Your support makes these important projects possible – thank you.
TRAVELLING FELLOWSHIPS

We are also pleased to announce three successful applicants of this year’s TUF Urolink Fellowships. Simon Huf, Angus Luk and Matthew Trail have been awarded £1,500 each to visit a urology unit in a low to middle income country. These Fellowships provide an opportunity for senior trainees to hone their skills by providing training and support to their counterparts in these countries. Often, there is a concentration of particular urological diseases or conditions in particular areas, so the Fellows have an opportunity to enhance their surgical skills, often using equipment and in theatre conditions that are less than optimal (for example power cuts in the middle of operating). This helps them to develop their ingenuity, coping mechanisms and resourcefulness, which will stand them in good stead during their career.

SMALLER PROJECTS FUND

Our next grant call this year (deadline 31 October) is for our Smaller Research Projects Fund, aimed at projects that can be delivered quickly and that are focused on projects that seek to improve the quality of clinical services and patient treatments and care. Since we introduced this grant stream in 2015 we have made 24 awards, which have covered almost every area of urology, from catheters to childhood conditions, gender surgery to male infertility, kidney and urinary stones to UTIs, as well as projects looking into urological cancers and improvements for recovery.

Applicants should be able to show how their research is beneficial to patient care and how it might improve practice. This popular fund is also open to applications from nurses, as well as clinicians and researchers.

Keith Yeates Medal Winners

Congratulations to this year’s bumper crop of Keith Yeates Medal winners!

This award goes to those who achieve over 90% in their FRCS (Urol) exams. (Must be something in the water this year!) Craig Jones, Joshua Hemmant, Flora Rodger, Neha Sirha and Ross Warner all receive a Ralph Shackman travelling fellowship from TUF worth £2,000 each.
The Urology Foundation, alongside funding research and raising awareness, invests in the training and development of urology professionals. We see this as an important and effective route towards achieving world class urological treatment and care for all.

Therefore, we were delighted to run our first course specifically for urology nurses this May. The course originated from successful courses we have previously held for urology specialist registrars and consultants, but the content for the nurse’s course was specifically shaped with input and advice from trustees of The British Association of Urology Nurses (BAUN).

This course was focused on developing communication and influencing skills, a critical but often neglected part of a nurse’s training and career development.

Delegates worked with professional trainer Alex Turk and cameraman David Savva along with past BAUN President Julia Taylor and current BAUN President Clare Waymont on a very interactive agenda covering areas such as the importance and impact of communication, judging tone and pace and language, clear messaging, presenting skills, how to communicate your message successfully to a team or in a meeting environment.

We are grateful to Peak Medical who made this course possible with an unconditional education grant.

The next “Unlocking Potential – the Power of Successful Communication” course for nurses will run in May 2023. If you are interested in attending and would like to learn more about the course, please contact us at info@theurologyfoundation.org
New members of the TUF Team

WELCOME TO OUR NEW BUSINESS DEVELOPMENT MANAGER, LUCY NOAKES

Lucy has worked across a range of health and medical research charities and brings a wealth of experience from developing Charity of the Year partnerships and staff fundraising to innovative campaigns and marketing initiatives. Her highlights include partnerships with Next, Paperchase, ICAP Charity Day and Asda – the latter generated over £1.3 million. She also successfully developed relationships across the pharmaceutical industry and secured funding for reports, leaflets, campaigns and video based content. At Muscular Dystrophy Campaign, Lucy secured the Tesco Charity of the Year partnership which raised over £5.5 million.

“I’m thrilled to be joining the Foundation at such an exciting and pivotal time. I’m looking forward to working with our current partners and supporters and to developing new and innovative partnerships with the business community. Working together, we can significantly change the outlook for patients and their families,” Lucy.

If you have an idea for a partnership or staff fundraising initiative or would like to talk about how your company can support us please contact Lucy: lnoakes@theurologyfoundation.org

WELCOME TO OUR NEW TRUST MANAGER, FERHA FAROOQUI

We are pleased to welcome Ferha Farooqui, Trust Manager. Ferha has worked across a range of health and medical research charities including Mencap, The British Lung Foundation, Maggie’s Cancer Caring Centres, Orchid Cancer Appeal and Tackle Prostate Cancer where she has raised significant funds from trusts, foundations, statutory sources, and the National Lottery. Her highlights include £4 million from the National Lottery and statutory sources, two grants of over £200,000 from the Garfield Weston Foundation as well as securing multi-year grants from a range of large trusts and foundations. Funding has supported a range of projects and activities from community based programmes and nurses to awareness campaigns, research studies and training for healthcare professionals.

“We’re really excited to welcome Lucy and Ferha to the team. Their experience, skills and energy will help us to move one step closer to achieving our ambitions and commitment to improving the nation’s urology care” Rebecca, CEO TUF

If you are a Trustee or have links to charitable trusts, foundations or other voluntary funding bodies and would like to support our vital work, please contact Ferha: ffarooqui@theurologyfoundation.org

For more information on how companies and trusts can support TUF please visit page 14-15
At 24 Ottilie was a sports therapist and playing for Luton Ladies Football Club when a routine check-up showed high blood pressure. Tests found that both of her kidneys had barely developed from when she was a child. Shockingly she was told she was now suffering end stage kidney failure.

Luckily her mother proved to be a match and donated a kidney that Ottilie affectionately refers to as Poppet because “they just popped her in”.

With football no longer an option and inspired by watching cyclists Laura Kenny and Joanna Rowsell she took up cycling. She now holds 35 gold medals in World, European and British
championships at the World Transplant Games in Road Racing and Time Trials.

Six years on from her transplant she started to experience pain in the abdomen over the transplant site. The news was not good; it was caused by a cancerous 4cm tumour on the transplanted kidney. As Ottilie was unwilling to undergo another transplant her doctor found a urology surgeon, Dr David Cranston, who agreed to undertake what turned out to be successful surgery, although this kind of operation on a transplanted kidney is rare and complicated.

In 2019, whilst in Mallorca where she was now running her own successful cycle business, Ottilie collapsed. The cancer was back, this time deep inside her transplanted and only kidney.

Surgeons in Spain said a second operation was not an option. Undeterred Ottilie was put in touch with Tim O’Brien a senior consultant surgeon based at Guy’s Hospital, London. In 2020, at the height of the COVID pandemic, Tim and his team operated, once more successfully, on Poppet.

With check-up appointments in the diary Ottilie devised the London Square OQ Vuelta A Casa to raise money for urology research. Put simply she would cycle back from the UK to her home in Mallorca. A ride of 2,600km, travelling through 7 countries in just 21 days.

With sponsors in place, and joined by her fantastic support crew of Patti, Simon and Kate, she set off from Luton on 10 June 2022 and, having traversed terrain as diverse as dirt tracks through vineyards, major trunk roads, and let us not forget the small feat of cycling the iconic Tour de France route up Alpe d’Huez, they arrived back in Mallorca 21 days later.

Ottilie and her supporters have raised an amazing £20,230.67 for her two charities, TUF and UCARE Oxford, to fund future urology research and training, and to thank the two remarkable surgeons who saved her life.

Patient stories such as Ottilie’s provide insight, hope and support, and can inspire those going through a similar experience. If you or a loved one have experience of a urology condition, whether ongoing or resolved, we’d love you to share your stories. Please email info@theurologyfoundation.org
Whilst many urology surgeons believed that there were significant short terms benefits of robotic surgery over open surgery, there was no definitive data. So TUF set out to test this theory, and bring certainty to hospitals and trusts looking to commission bladder cancer surgery in future.

With generous financial support from the Champniss Foundation, TUF funded a first of its kind 3 year clinical trial to look at the issue. The trial involved 29 surgeons at nine UK hospital trusts working with 338 patients with non-metastatic bladder cancer. The patient cohort was split into two equal groups of 169 people, one group assigned to open surgery and the other half having robot-assisted bladder removal and reconstruction.

Robotic assisted surgery allows surgeons to operate on the patient using minimum invasive instruments that are operated by surgeons using a remote console and 3D view screen, where with open surgery the surgeon is required to make larger incisions in the skin and muscle of the patient – a more invasive operation which brings greater risk of infection and complications.

Professor John Kelly, co-chief investigator and Professor of uro-oncology at University College London, said: “It’s one thing to think you know something, but quite another to prove it …..”
London hospitals, said “Despite robot-assisted surgery becoming more widely available, there has been no significant clinical evaluation of its overall benefit to patient recovery.”

The study, published this year, showed that patients who received the robot-assisted bladder cancer surgery recovered faster and were sent home on average 2 days sooner than those who had undergone open surgery.

In the study it was found that the chance of readmission was reduced by 52% and that there was a four-fold (77%) reduction in the prevalence of blood clots which are a significant cause of health decline and even morbidity.

James Catto, co-chief Investigator and Professor of Urological Surgery at Sheffield University said “This is an important finding. Time in hospital is reduced and recovery is faster when using this advanced surgery.

“Ultimately, this will reduce bed pressures on the NHS and allow patients to return home more quickly. We see fewer complications from the improved mobility.”

Those running the trial say it is the strongest evidence so far of the patient benefit of robotic surgery and are calling for NICE to make robotic surgery available as a clinical option across the UK for all major abdominal surgery.

Rebecca Porta, TUF CEO, said “we hope the outcome of this important trial will improve bladder cancer patients’ treatment and care going forward. We are very grateful that the funding for this key study was made possible through a generous grant from the Champniss Foundation.”
Could TUF be your next charity partner?

Does your company support charities through donations, sponsorship, staff fundraising, matched giving or Charity of the Year?

You can help us by nominating TUF as a charity partner. Whatever the size of your company, we make sure that we deliver a fun, inspiring and mutually-beneficial partnership that makes a real difference.

Partnerships are hugely beneficial to us, they not only raise vital funds, they help to grow our profile and raise awareness of urological conditions from prostate and bladder cancer to kidney stones and incontinence.

“LUNCH AND LEARN” AT WORK

We are on a mission to help the population understand what urology health is. We want to reach more people with our important health messages and have a dedicated team who can provide companies with interactive talks and “health and well-being” sessions. These cover signs and symptoms, risk and the importance of an early diagnosis, treatment and management and the latest research developments. As we know, early detection of cancer is vital, leading to better treatment options, improved survival rates, as well as making a direct and positive difference to people’s lives. Please get in touch if you would like more information: Inoakes@theurologyfoundation.org

To discuss starting a corporate charity partnership with us, or for more information on ways to support us through your company, please contact Lucy: Inoakes@theurologyfoundation.org
Grant-making trusts and foundations play a crucial role in the work of The Urology Foundation. We are funded entirely by voluntary donations and grants. With the invaluable help of charitable trusts, foundations and other grant givers, we have been able to invest in the highest calibre research which is transforming the lives of thousands of people living with urological cancers, as well as supporting the healthcare professionals who care for them through vital training and support.

Some of our most transformative programmes such as our Robotic Surgery Training programme and our Education in Quality Improvement Programme (EQUIP) were almost entirely funded by trusts and foundations who made these important initiatives possible. Other charitable trusts have chosen to support our core aims by providing funds for our general research and training programmes.

If you are a trustee or have links to charitable trusts, foundations or other voluntary funding bodies, we would be very grateful for your support. We can work closely with you to explore areas of interest for support. Please get in touch with our CEO Rebecca Porta via rporta@theurologyfoundation.org
In other news

Joining forces to raise awareness and improve outcomes of rare and less common cancers

TUF is delighted to have become a member of Cancer52, an alliance of over 100 organisations that provides a collaborative voice for rare and less common cancers. Rare and less common cancers account for more than half of all cancer deaths in the UK and are severely under represented and underfunded across all areas including research and policy.

Cancer52 campaigns to raise awareness and improve outcomes of these cancers through publishing reports, consultation documents, networking and discussions with a range of stakeholders including NHS England, Public Health England, Ministers and Parliamentarians and Cancer Alliances.

TUF’s Chief Executive, Rebecca Porta is a Trustee and Acting Chair of Cancer52.

NHS Infection Prevention and Control Conference

Our CEO Rebecca Porta was invited to present at the NHS Infection Prevention and Control Conference in April. The topic “Joining the Dots….should urologists be more directly involved in catheter care” examined catheter associated UTIs, symptoms, causes, treatments, reducing infection and referrals. Over 500 healthcare professionals attended the conference. Thanks to Knowlex for the opportunity to present at the event. For more information on their events and conferences visit https://knowlex.co.uk

BAUN Conference

The British Association of Urological Nurses (BAUN) are hosting their annual meeting from the 6-8 November in Edinburgh. TUF will have a stand at the event and will be speaking on the subject of UTIs on Tuesday 8 November at 2.45pm. For more information and to register for the event please visit https://www.baun.co.uk/baun-conference
The TUF team were really pleased to attend the Annual Meeting of the British Association of Urological Surgeons in Birmingham this year, the first face-to-face meeting since 2019. The academic conference provides plenty of opportunities to catch up on what is happening in the world of research, and to learn more about advances in care or novel treatments.

Needless to say, with so much to catch up on, we had a packed programme. The Urology Foundation Guest Lecture was delivered by Professor Graeme MacLennan, head of TUF’s Urological Trials Unit at the Centre for Healthcare Randomised Trials in Aberdeen. Graeme gave an excellent overview of what constitutes a good research Trial and provided some tips for future applicants to TUF Trials Unit.

On Tuesday morning we were all up with the lark for a 07.30 am breakfast meeting of the Dragon’s Den. Four potential trial ideas were selected from submissions to pitch to the Dragons (eminent professors and surgeons in urology), with the successful ideas being taken forward for further development into a robust urological trial application. The competition was hotly contested and in the end two projects were chosen for the potential impact they could make to patient treatment and care:

- **REDUCE**: Run-in vs Eradication for Directed Urinalysis Culture before Endourological Surgery.
- **MVAS**: The Manchester Visual Analogue Score for Penile Curvature.

The TUF Trials Unit has only been operational for a year, and in that time, it is now supporting trainees and urologists by nursing eight clinical trial proposals through the competitive national application and funding process. If successful, this could lead to millions of pounds more funding for game changing urology research that will improve patient treatment and care.
There are many ways that you can help us to ensure that we can continue our vital world class research, training and education programmes and awareness campaigns.

You might consider making a donation or a regular monthly gift, joining a trek or organising an event. You might also consider leaving us a gift in your Will. It's your chance to do something exceptional for those affected by urological conditions and to ensure a better outlook for future generations.

Why make a Will?

With a Will, you can make it clear what you want to happen to your money and possessions after you pass away. You can also nominate guardians for dependants under the age of 18 and make your wishes about specific funeral arrangements known. 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 a Will, especially one written by a solicitor, ensures that your family and loved ones, your chosen charities and organisations will be remembered as you wish.

We have recently launched a new guide to making or updating your Will. It includes information on
how to make or update your Will, inheritance tax, leaving a gift to charity and a glossary of common terms. To order your free copy please email info@theurologyfoundation.org

Our Legacy Commitment

- Your family and loved ones comes first but we hope that, once you have provided for them, you will also remember TUF.
- We respect your privacy - we’d love to know if you’ve decided to support us in your Will. We will keep any details you share with us 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.

New partnership with The Goodwill Partnership

We are pleased to announce our new partnership with The Goodwill Partnership. The Goodwill Partnership provide Wills at a low fixed price via home appointments in England and Wales or telephone in England, Wales and Northern Ireland. They are the largest distributor of home-visit solicitor-provided Wills in England and Wales. Participating charities include the Multiple Sclerosis Society, Oxfam, V&A, Hospice UK, Macmillan Cancer Support, Epilepsy Society, The Brain Tumour Charity and Medical Detection Dogs.

Once you have registered with The Goodwill Partnership, they will contact you to arrange your Will writing appointment. During your appointment, a trained counsellor will ask you questions and take your Will instructions. Following this, your Will is drafted and then checked by a solicitor, before it is sent to you in the post for your review along with instructions for signing. For more information visit our website www.theurologyfoundation.org

We hope that in leaving a gift in your Will, however large or small, you will remember The Urology Foundation.
OUR TUFheroes THANK YOU!

Last March, 7 intrepid TUF supporters undertook a trek to the lost city of Machu Picchu. The main trek took 4 days, with the team walking between 6 and 8 hours a day! They covered terrain as diverse as grassy highland meadows to mountain settlements and the “Tuffers” certainly earnt their magnificent views having climbed the heights. Between them they raised a truly astonishing £90,000.

Congratulations and thanks to Josh Spencer who raised £400 by taking part in a Tough Mudder in April to raise money for research into testicular cancer, having been inspired to do so by seeing a close friend undergo successful treatment for the disease.

Without you, our work into vital urology research and training would cease to exist. Your support enables us to make a difference to thousands of people with urology conditions and improve their quality of life.

To sign up for any of the events, or to find more ways to get involved, visit theurologyfoundation.org or email fundraising@theurologyfoundation.org

June saw the return of Bike4TUF organised by urologist Ben Eddy and TUF supporter David Plummer. 18 riders rode some 250 miles from Bristol to Birmingham. It was great to see old friends and welcome new members to the Bike4TUF club. Between them they raised a fantastic £11,645. Our huge thanks to all the riders and the support crew. 2023 will be the 10th ride and exciting plans are afoot.
TUF Trek 2023

We are delighted that we are now able to announce details of the TUF Trek 2023

NAMIBIA TREK
27 Oct - 5 Nov 2023

Join other TUF supporters in the volcanic sands of the Namib desert in Namibia on an extraordinary 5-day trek following the ancient Ugab riverbed. Rise early to enjoy the cool of the morning and spend your nights under more stars than you’ve seen in your life.

For more information email swyman@theurologyfoundation.org

If you would like details, please email swyman@theurologyfoundation.org

The BAUS Section of Trainees (BSoT) held a 5km fun run on the Tuesday morning at the BAUS meeting in Birmingham. Some 45 runners joined the run, the route of which ran along some of the city’s famous canals, raising a great total of £810. Our thanks to the organising committee and to everyone who came and took part. In addition, BSoT then raised a further £120 for us at their conference dinner.

To Ottilie Quince for her London Square OQ Vuelta A Casa challenge raising over £20,000 – read the full story on pages 10 and 11

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 Ottilie Quince

Bike4TUF - at the Telford Bridge

BSoT Fun Run finishers

Ottilie Quince

For more information email swyman@theurologyfoundation.org
We are delighted to announce that we are partnering with Skyline to enable TUF supporters to undertake a tandem skydive with an experienced and qualified instructor whilst raising much needed for funds for TUF.

A tandem skydive is the easiest and most popular of all skydives, especially for a first jump. It requires only 30 minutes of training before you then jump strapped to your instructor!

The BPA (British Parachute Association) qualified tandem instructor does all of the hard work for you, allowing you to enjoy the exhilarating feeling of flying through the clouds from over 10,000 feet at up to 120 mph! It is a truly unforgettable experience.

When you register with Skyline for a free charity TUF skydive place you will be asked to pay a registration fee of £70 (which counts towards your minimum sponsorship figure) and to commit to raising a minimum sponsorship of £395 for the charity.

Skyline work with 20 participating airfields around the UK, meaning there will be one fairly close to you.

So, whether you are a confirmed adrenaline junkie, or you just want to have a once in a lifetime experience and get a unique view on the world, this is your chance.
Which way will you choose to fundraise for TUF?

LONDON LANDMARKS HALF MARATHON

TUF is delighted to have been allocated charity places for the hugely popular London Landmarks Half Marathon taking place on Sunday 2 April 2023.

Taking place on closed roads through central London, it is the only half marathon to go through both the City of London and City of Westminster.

From cultural landmarks and heritage to the city’s quirky and hidden secrets, runners will get to explore the capital on a route like no other! 10,000 runners will start on Pall Mall and finish by Downing Street and take in fabulous views of London’s most iconic landmarks including Big Ben, St Paul’s Cathedral, Nelson’s Column, the Gherkin, the Shard, the Tower of London and the London Eye along the way.

If you would like to register for a TUF charity place please contact our Fundraising and Events Manager Serena - swyman@theurologyfoundation.org / 01449 737971

For great ideas, challenges, fundraising tips and helpful guides visit theurologyfoundation.org/get-involved/fundraise
Thank You

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

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