HULL AND EAST RIDING BREAST FRIENDS

England & Wales · Charity number 1114143

Details

Status	Registered
Legal form	Other
Registered	2006-05-10
Register	View on the Charity Commission register

Contact

Address	Floor 8 K2 Tower Block 60 Bond Street Hull
Phone	01482221368
Email	generalenquiries@herbreastfriends.org.uk
Website	www.herbreastfriends.org.uk

Activities

Objects: THE PREVENTION OF SICKNESS AND PROMOTION OF HEALTH PARTICULARLY WITH REGARD TO BREAST CANCER BY:I) PROMOTING AWARENESS OF THE AVAILABLE RELEVANT SUPPORT AND ADVICE NETWORKS SERVING YORKSHIRE AND LINCOLNSHIREII) RAISING FUNDS FOR BREAST CANCER RESEARCH AND TREATMENTIII) HELPING CREATE A POSITIVE VIEW AND ENVIRONMENT FOR ALL AFFECTED BY BREAST CANCER

Activities: We are local pro-active charity serving those affected by Breast Cancer in Hull and the East Riding of Yorkshire and North East Lincolnshire.

Classification

- **How:** Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups

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Geography

- **Area of benefit:** SERVING YORKSHIRE AND LINCOLNSHIRE
- East Riding Of Yorkshire
- Kingston Upon Hull City
- North East Lincolnshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-10-31	£140,800	£118,709	-	-
2024-10-31	£80,179	£79,816	-	-
2023-10-31	£85,471	£44,638	-	-
2022-10-31	£48,500	£46,229	-	-
2021-10-31	£48,723	£35,238	-	-
2020-10-31	£39,176	£39,302	-	-

Trustees

Name	Role	Appointed
Lynda Whincup	Chair	2026-01-24
Colleen Barber		2020-01-25
DE HEMPSTOCK		2012-01-31
Lynne Joy Maskell		2022-01-29
Melanie Clark		2025-01-25
PAM TRAYS		2013-01-22
SANDRA COOPER		2018-02-10
Simon Trays		2018-02-10
Stephen Henderson		2020-01-25

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HULL AND EAST RIDING BREAST FRIENDS

England & Wales - Charity number 1114143

Accounts

Hull & East Riding Breast Friends

Annual Report

1st November 2024 – 31st October 2025

The King's Award for Voluntary Service

The MBE for volunteer groups

Patron: HRH The Duchess of Kent

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

Board of Trustees 2024 – 2025

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Mission Statement

Our aim is to help create a supportive environment for those affected by breast cancer, by promoting a positive approach to living with the disease, offering encouragement and inspiration, and by raising funds for breast cancer treatment and research.

Our Vision

To develop a long term strategy for the development of HER Breast Friends as an organisation, offering real solutions for those affected by breast cancer in a positive and supportive environment.

Our Values

Every member will feel welcomed and valued. We will aim to maintain professionalism and confidentiality at all times. We will promote laughter, happiness, self-esteem and we will move the group forward with confidence.

Welcome & Chair's Report:

It is my pleasure to once again welcome you to the Hull & East Riding Breast Friends Annual Report for 2024/2025.

Another year of unprecedented achievements in our history, starting in November when we received the amazing news that HER Breast Friends had been chosen as a recipient of The King's Award for Voluntary Service. The equivalent to an MBE! An unbelievable achievement, a very proud moment and I believe, justified recognition of the tremendous hard work and dedication of all our volunteers since 2005. Volunteers are the backbone of the Charity, whether being part of our Board of Trustees, assisting in Wig or Bra Fittings, donating their skills as a Therapist or Counsellor, helping spread the breast awareness message, creating items for our Patient Gift Packs or to sell and raise funds, putting together information packs, providing raffle and tombola prizes, the list goes on. To those amazing set of individuals who give their time and energy freely, a huge THANK YOU. Together we really do make a difference.

2025 saw the beginning of celebrations for our 20th year supporting local people affected by breast cancer. 20 years in the community relying on fundraising, donations and support from businesses, without which we could not provide the first class service that we do.

Since moving to our new home in March 2024, we have seen a vast uptake in our services which put more pressure on the office and our volunteers. Thanks to a grant received from a local business, this year we have employed a part time administrator, Rebecca, to assist our Charity Manager, Jayne, in the day to day running of the Charity.

Also, this year, we were excited to receive a grant from the Pink Ribbon Foundation to purchase a van. This will help us not only in our numerous daily activities but also fulfil a dream of expanding our services to reach the rural communities within the County which we will roll out next year.

In September we received the sad news of the passing of HRH Katharine, The Duchess of Kent, who has been our Patron since 2015. A firm supporter of the Charity she will be sadly missed.

2024/2025 has been another good year financially for HER Breast Friends thanks to outstanding fundraising efforts, donations and grants received. A huge thank you to everyone for your support in whatever form that may have taken from attending one of our Charity events to cake sales, individual and team challenges, choosing us as a Charity of the Year for your company or group or purchasing Charity Merchandise. Everything, whether big or small, has helped someone local in need of support whilst going through breast cancer, including their family, friends or colleagues.

After 5 years as Chair, I am stepping down as Chairman of this amazing Charity which I have been a part of since 2010. The memories, friends and support I and my family have received, has been phenomenal and I wish HER Breast Friends every success over the forthcoming years, continuing to give strength, hope and friendship to all those in need of our services.

"There are no strangers here, only friends you haven't yet met."

WB Yeats

I hope you will enjoy reading about all that the Charity has been involved in and achieved this year. Your continued support is so gratefully appreciated and means everything to us.

Forever forwards,
Take care and keep smiling,

Pam Trays
Chair

2024–2025 in pictures

Charitable objectives

The prevention of sickness and promotion of health particularly with regard to breast cancer by...

Objective 1

Promoting awareness of the available relevant support and advice networks serving Yorkshire and North East Lincolnshire.

Objective 2

Raising funds for breast cancer research and treatment.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Objective 1

Promoting awareness of the available relevant support & advice networks serving Yorkshire & North East Lincolnshire.

Providing support for people affected by breast cancer by promoting awareness of relevant support and advice networks in our defined area and of some of the more national help lines available is very important to us. We have an information library within our Charity premises for anyone to access. We also supply this information in our Patient Gift Packs as well as being available at all our events such as the Pink Pamper Day and Breast Awareness Talks. Our own Charity information folders are distributed around the local hospitals, Drs surgeries and libraries. As they travel around the County our volunteer Breast Awareness Team deliver the important message of the signs and symptoms of primary and secondary breast cancer to both men and women, how to check your breasts, help dispel some of the myths and fears and how an early diagnosis could make a difference. Also encouraging the importance of attending for breast screening whilst promoting what support we can give to those diagnosed and other facilities available in and beyond our area. Our Website and Social media networks help spread this information even further.

Objective 2

Raising funds for breast cancer research and treatment.

Since the Charity was founded in 2005, how we raise and spend our funds has changed.

However, each year we set aside funds for any requests or suggestions that maybe brought to the Board of Trustees for consideration which in turn are brought to our members at the AGM to help decide on what funds may be spent.

HER Breast Friends is not a research or medical charity however we are often approached by study and research facilities for participation and feedback to help improve treatments and services for those going through breast cancer. For instance, The University of Leeds researching women with advanced breast cancer and The Rosetta Study. The University of Hull Faculty of Health research on Advising Trainee Clinical Psychologists on 'lived' experience of Secondary Breast Cancer.

We also worked with Leo Cancer Care testing a prototype radio therapy chair.

In house, ensuring our volunteer Buddleia therapists receive up to date training to provide the best possible treatments in order to boost someone's wellbeing, on, during and after treatment.

Likewise, our Person-Centred Counselling provides extra support for those who require it.

"I love what the Charity does, what it stands for, how it helps people, the friendly welcome, the support... just everything! Whilst going through, my own breast cancer journey, getting the lovely gift pack in the hospital, I have found solace and so much positivity and support from HER Breast Friends – Thank you xx."

Patient Gift Packs

Likewise, our Patient Gift Packs that we deliver to the local hospitals, which contain our information folder of all we can provide, plus a beautiful heart cushion and fun stress busting dammit doll made by our Wednesday Crafters and supporters, let people know they are not alone, we are here if they need us.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

The ethos of HER Breast Friends focuses on positivity. Providing friendship and support with understanding that comes through knowing the road someone may be travelling on.

That support begins at the very start of someone's treatment when they receive our information booklet, a seat belt cushion and Patient Gift pack. During 2024/2025 we gave out 500 of these.

This support continues for as long as is needed through our services and activities such as coffee mornings and Pink Pamper Day. Just knowing there are people who understand is such a comfort for many.

Bra Service

Our Bra Service is housed in a dedicated, comfortable, and private room offering the best possible individual service including a FREE Bra Measuring and Fitting Service by fully trained volunteers. Fittings are by appointment only. Our Knitted Boobies and Aqua Boobies are FREE for anyone who wishes to try them. Unlike the traditional prosthesis which can only be worn from about 6 weeks after surgery, our Knitted and Aqua Boobies can be worn straight away and pop into any bra or swimsuit.

Buddleia Complementary Therapies

A full range of complementary and beauty therapies are offered in our dedicated, comfortable, and private therapy rooms by therapists all fully qualified, insured, DBS checked and who know how to adapt therapies for cancer patients, so you can be assured the treatment you receive is safe for you, delivered in a welcoming and supporting environment. Therapies given are by appointment only.

Second Friends

Second Friends provides a supportive environment for those living with secondary breast cancer in our local area, by people who appreciate and understand some of the challenges it brings. Our group meets on the second Saturday each month and provides an opportunity to share information, to chat and to gain support from those with similar experiences.

The Wig Bank

The Wig Bank has a large selection of donated and new wigs in various styles and colours, plus scarves, bandanas and other accessories. Open to all cancer and hair loss clients. Run by volunteers, all our wigs are washed and prepared to ensure they are in tip top condition before being presented for viewing. A FREE care pack including shampoo, conditioner, hair spray plus wig stand, brush and wig cap is given to every client who selects a wig.

Wednesday Crafters

The therapeutic benefit of arts and crafts for those affected by illness is well documented and the group engage in various activities from knitting and sewing to card making. Our group also supports the Patient Gift Packs given to the hospitals, by making the Heart Cushions and Dammit Dolls as well as knitting the Knitted Boobies and Aqua Boobies. EVERYONE is welcome to join in and learn a new skill, or just sit, watch, and chat over a drink.

Person Centred Counselling

Our Person-centred Counselling offers the opportunity to talk in confidence with someone who is trained to listen. By appointment only, our Counsellors can help you understand what you are feeling and through discussions help reduce any pain or distress these feelings may cause.

Pink Pamper Day

Our fabulous signature event, the Pink Pamper Day caters for up to 100 local people affected by breast cancer, providing a free day of beauty and complementary therapies, inspiring workshops, lunch, relaxation, encouragement, fun and laughter. Many lasting friendships have been formed on these days. We are always looking for sponsors to support this event, whether by providing a raffle prize, an item for our gift bags or maybe sponsor a place for someone.

MONTHLY COFFEE MORNING

Held on the 1st Saturday of each month on Floor 8, K2 Tower between 10am and 12noon. ALL WELCOME, members and non-members.

SECOND FRIENDS COFFEE MORNING

Held on the 2nd Saturday of each month on Floor 8, K2 Tower between 10am and 12noon. All those with secondary breast cancer diagnosis welcome. Members and non-menmbers.

HER Breast Friends

1st Nov 2024 – 31st Oct 2025

November: The Charity's 20th Anniversary year and what a way to start with the announcement that the Charity had WON The King's Award for Voluntaryr Service – what an honour and achievement for our amazing volunteers! December Our beautifully decorated Christmas Trees were unveiled in Beverley Minster and Hull Minster for all to enjoy. Our Volunteers were treated to a theatre visit and party as a thank you for all their efforts over the year. We welcomed Leo Cancer Care, who were trailing a new prototype chair for radiotherapy. Volunteers were invited to try the chair and offer Leo Cancer Care much needed and important feedback.

January arrived and we held our AGM in our new premises! Our Board of Trustees was re-elected with the addition of 2 new Trustees – ready for the coming year. February saw many social and fundraising events take place including Quiz Night, talks and more. We also had a visit from Big Picture, funded by The Matthew Good Foundation to produce a promotional video of HER Breast Friends. Filming took all day – a very exciting time! March and the Charity attended the Social Prescribing event in Princes Quay, raising awareness of the services, activities and support we offer. April saw the first of what would be four Royal invitations. Our Vice Chair attended a reception at Buckingham Palace by invitation of the King and Queen. Thanks to a grant received, we welcomed our new Charity Administrator Rebecca to the team. May and VE Day celebrations ensued with our Afternoon Tea. The Pink Pamper Day welcomed 97 guests affected by breast cancer who enjoy a free day of pampering, workshops, entertainment, lunch and friendship. The second of our four Royal appointments saw the Chair and Charity Manager attend the Garden Party at Buckingham Palace. June soon arrived with our 148ft – K2 Tower Abseil Challenge. 27 people braved the drop, with more than 120 people supporting on the day, raising a magnificent £7341.14 for the Charity. Big Picture delivered an incredible promotional video, showcasing all the fantastic work the Charity does. July and August were upon us and we gave talks, attended more events and raised awareness. Withernsea Golf Club held their annual Am-Am raising funds for the Charity, and lots of fun was had by all.

September brought the sad news that our Patron: HRH The Duchess of Kent had passed. Two of our volunteers were invited to attend the Requiem Mass at Westminster Cathedral. Later in the month the Charity welcomed HM Lord-Lieutenant of the East Riding of Yorkshire, Mr Jim Dick OBE to present the Kings' Award for Voluntary Service to the Charity. Volunteers were invited to receive the award and enjoy a wonderful and memorable evening. Our Buddleia Therapists undertook training in 'Massage for Cancer Care – Professional Practice', ensuring the continuation of our caring and professional service offered. Chair Pam Trays won the BBC Make a Difference Award for Volunteer of the Year! The Charity launches its 'Your Charity Lottery' – a suggestion made by volunteers at this year's AGM.

October and our annual Breast Awareness Event in St Stephens took place. This year our volunteers were joined by the Honley Ladies Choir as part of their Abreast the M62 event. A van was purchased through a grant kindly donated by The Pink Ribbon Foundation, allowing the Charity to fulfil the long-term goal of taking our services and support to remote and rural areas within our area of operation. The month ended with a fourth Royal invitation for nine of our volunteers to attend The Princess of Wales Annual Carol Service at Westminster Abbey, in December.

With a remarkable and very exciting year over, the Charity looks forward to another year, with hope enthusiasm, positivity, determination and above all else… friendship!

Volunteers

Our wonderful volunteers continue to be a vital and essential part of the Charity and all that we offer. Coming from all walks of life and with their own reasons to help, our volunteers are an integral part of the Charity and its success. The Charity is blessed to have such a dedicated team of volunteers who share and support the Charity's vision and values and who gave 5180 hours to the Charity this year! Our volunteers really are the very best of the best, and we are extremely proud to have them as part of the team!

Thank you xx

Structure, Governance and Management

Hull & East Riding Breast Friends is a registered Charity and a member of the Fundraising Standards Board. The Charity is an unincorporated association and its governing document is a constitution.

Applications from prospective trustees are put forward to trustee meetings and then elected by the membership at the AGM.

Organisational Structure

The board members are all trustees and include officers of the Charity. All have a duty to act in the best interests of the Charity. The board meets every 6 – 8 weeks and any sub-committees meet regularly during the year. All members of the board and sub-committees are volunteers. The board delegates the day-to-day running of the affairs of the Charity to the Charity Manager, Jayne Beck who is employed by the Charity, and is assisted by a small team of volunteers.

Trustees' Transactions and Declarations of Interest

The group has a duty to disclose any material transactions between the group and the trustees; this would include payments received by themselves for goods and services provided by the group. None of the trustees have had any transactions with the group other than to give their time and skills freely.

Risk Management

The trustees assess the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and continue to take measures to reduce those risks to an acceptable minimum.

Public Benefit

The trustees believe they have complied with the duty of the Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit. This is known as the 'public benefit requirement' and the beneficiaries of the Charity must be appropriate to its aims. The trustees have paid due regard to this in deciding which activities the Charity should undertake and how funds are used.

Statement on Policy of Reserves

The Charity holds a level of accrued funds because its income is almost entirely dependent on donations. Our policy is to hold sufficient resources to continue the charitable activities of the group for one year.

Who's Who

HER Breast Friends

Founder
Jan Jones

Chair
Pam Trays

Vice Chair
Sandra Cooper

Treasurer
Stephen Henderson

Trustees
Colleen Barber
Lynne Maskell
De Hempstock
Eric Jones
Simon Trays
Melanie Clark
Lynda Whincup

Charity Manager
Jayne Beck

Charity Administrator
Rebecca Davison

Administrative & Reference Details

Bank
HSBC 3 – 54 Jameson Street,
Kingston upon Hull, HU1 3JX

HER Breast Friends address
Floor 8 – K2 Tower
60 Bond Street
Hull
HU1 3EN

Fundraising & Support

£600.00
could keep our Buddleia Complementary Therapy room open for a month.

£25.00
provides a patient gift pack for those who have undergone surgery for breast cancer.

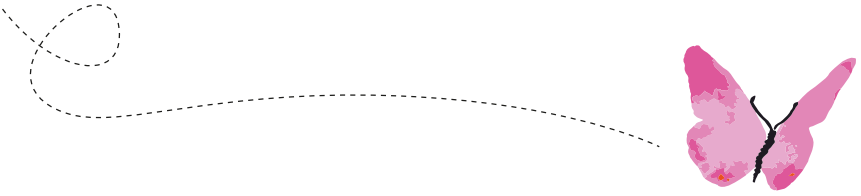
£35.00
provides a wig starter pack to help care for a wig whilst required.

The Charity has been overwhelmed with the generosity received in 2024-2025. During these continued difficult times, people have continued to support our work. Here is just a snapshot of the overwhelming support received:

- The Prink Ribbon Foundation donated £21,500 for the purchase of van.
- Lisa Davison collected and donated £13.32 in one of our Pink boxes.
- Jenny & Terry Watts for their donated raffle, tombola, homemade cards and sweet cups.
- Matthew Good Foundation, who funded Big Picture to produce a promotional film of the Charity.
- Judith Hotham who donated £155 plus gift aid from the sale of her amazing, handmade crocheted dolls and animals at David Lloyds Health Club.
- Becki Winter & Danholme Good Logistics who donated £750.
- Kalem Bennett who completed the Hull 10K in his racing chair, raising a fabulous £205.00.
- Cllr Pat Smith who donated £845.20 in her civic year, as one of her chosen charities.
- De Hempstock for donating £100 from the sale of her beautiful Christmas wreaths.
- Jackie Read for donating £450 from her skydive!
- Knit One Stitch One for donating £33.70 from having one of our Pink tubs on their counter.
- Ladies in Red for their donation of £200 collected during a talk given..
- Mally Fortnum who donated a whopping £811.42 from his retirement party.
- 27 Daredevils who took part in our 148ft K2 Tower Hull Abseil Challenge, collectively raising £7371.
- Martin Howman and Family for their gift of £389.15 in memory of their wonderful Wife and Mum – Shirley.
- Phillips 66 Humber Refinery for donating £1000 and a wonderful raffle prize.
- Breast Care Unit, Castle Hill Hospital for sale of HBF merchandise in their unit.
- Sitta Ladies for making and donating beautiful Heart cushions and Dammit Dolls to go into our Patient Gift Packs.
- Stella Colyer for her donation of £100 plus lots of raffle and craft items.
- Mrs Whitehead for her £5 monthly standing order.
- School Nursing & Health Visiting Team for donating £180.12 from their bake sale.
- Ben Parry & The Avenues Pub for holding a Charity Fun Day and raising £155.80 for HBF.
- Hudgell Solicitors for donating £64.06 raised from their bake sale day.
- Hollie & Family for their whopping donation of £2000 from their amazing Lavender Ball.
- Eileen Hodgson who held a coffee morning raising a huge £800.00.
- Charity Manager Jayne for taking on the Great North Swim, raising £160.
- Karen Okra for her donation of £20.
- The Kerry Key Foundation for their donation of an incredible £5000.
- Beverley RUFC ladies Day for raising £2005.
- Neil Baxter & Family, and all at Withernsea Golf Club for their incredible donation of £2500 from their Charity Am-Am.
- De La Pole Lodge Ladies Night for donating £555 in lieu of gifts on the night.

- Nicola King for donating £354 from her Pamper & Tropic fundraising day.
- Richard and Steph for giving their time to teach a 'Flash Mob' dance routine to our volunteers for the 20th Anniversary Ball.
- Maria & Michael Sissons for their donations of £372.84 from their Tea Party.
- Bridbeat Charity Singers for raising £252 from their concert.
- Hedon Craft Club for their donation of £75.
- Provincial Grand Mark Lodge of North & East Yorkshire for their donation of £1000.
- Hull 4 Heros for donating £80.15 from their bake sale.
- Derringham Bank Methodist Church for raising and donating £100.

This is only a snapshot of the unbelievable support given to the Charity over the past 12 months. Without the continued support from wonderful individuals, companies and organisations, the Charity could not continue to support local people affected by breast cancer. As always, THANK YOU never seems quite enough, but from everyone who has gained support from HER Breast Friends – A huge heartfelt thank you!



Statement of Account

Financial Year End – 31st October 2025

	2025 £	2024 £
Reserves as at 1st November 2024	31,229.72	56,866.79
Contingency Funds for 2024/25	-100,000.00	-74,000.00
Income During Year	140,799.52	80,181.92
Expenditure During Year	118,708.33	79,818.99
Net Increase in Funds for Year	22,091.19	362.93
Adjustment for Historic Reserve Movement		
Contingency Funds for 2024/25	-110,000.00	-100,000.00
Current reserves as at 31st October 2025	43,320.91	31,229.72

Statement of Policy on Reserves

The Charity holds a level of contingency funds because its income is almost entirely dependent on donations. HER Breast Friends policy is to hold contingency funds to continue the charitable activities of the group for 12 months. The current accrual increased to £110,000 to reflect the envisaged annual costs; increased rent and property costs of new premises, salaries, major events, and activities etc., that are needed to allow the Charity to function at its' normal levels.

How you can help

Membership
By joining HER Breast Friends you are not only showing your support for the Charity but your fees help toward our running costs.

Gift Aid
If you are a tax payer complete a Gift Aid form and the Government donates money back in return, currently 25p for every pound.

Merchandise/Collection Boxes
If you are interested in having any merchandise to sell or a collection box, please contact us.

Webshop
All Charity merchandise and other purchases can be made online via our Webshop at https://herbreastfriends.org.uk/shop/

Volunteer
Offer your time as a volunteer.

Raffle/Tombola Prizes
Donate any unwanted gifts for us to use as raffle or tombola prizes.

Donations
If you would like to donate online, please visit our website www.herbreastfriends.org.uk and click on the 'donate now' button on our homepage. We also accept card payments in the office.

If you would like to make a regular donation, please contact us for 'Standing order' details or download the form, from our website https://herbreastfriends.org.uk/downloads/

Just Giving at:
HER Breast Friends – JustGiving

Easyfundraising at:
www.easyfundraising.org.uk/herbreastfriends

Room Hire
Hire one of our fully AV equipped meetings rooms. Call 01482 221368 for more details.

CAF QR Donation Code

Your Charity Lottery
https://www.yourcharitylottery.org.uk/who-we-help/our-beneficiaries/community-groups/her-breast-friends

Hull & East Riding Breast Friends

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

The King's Award for Voluntary Service

The MBE for volunteer groups

How to contact us

For further help or information please get in touch with us via the following...

Address:
HER Breast Friends, 60 Bond Street, Hull, HU1 3EN

Opening hours:
Monday - Friday, 10am - 4pm

Telephone:
01482 221368

Email:
generalenquiries@herbreastfriends.org.uk

Follow us on social media:
Facebook: Hull & East Riding Breast Friends
X: @HERbreastfriend
Instagram: HER Breast Friends

ANDREA HALL DESIGN

print+
t: 01757 611175
e: info@printplusltd.co.uk

FUNDRAISING REGULATOR

ico.
Information Commissioner's Office

Hull & East Riding
Breast Friends
Registered Charity No.1114143
www.herbreastfriends.org.uk

HER Breast Friends

Management Report

27th January 2026

Prepared by Jayne Beck

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Profit & Loss

Report comparing FY 2024 and FY 2025

	FY 2025 (£)	FY 2024 (£)	Variance
Revenue			
Membership	604.39	448.69	34.7%
Monthly Meeting	66.18	143.20	(53.8%)
Gift Aid	310.11	417.12	(25.7%)
Donations	59,873.72	51,463.70	16.3%
Interest	156.56	767.03	(79.6%)
Grants	23,200.00	1,100.00	2009.1%
Donation - Wig Bank	543.41	910.59	(40.3%)
Donation - Budleia	2,009.00	1,222.35	64.4%
Donation - Craft Club	676.74	795.74	(15%)
Donation - Breast Awareness	1,173.10	537.00	118.5%
Herbf Activities Income	5,906.42	17,343.70	(65.9%)
Sales of Merchandise	2,980.79	2,854.20	4.4%
Bra Bank	(112.50)	127.82	(188%)
Annual Ball income	6,191.41	0.00	-
eBay	22.50	6.00	275%
Second Friends	(226.60)	(90.34)	(150.8%)
PCC	300.00	655.70	(54.2%)
Napoleons Charity Night 2023	0.00	225.00	(100%)
Identities Nov 2023	0.00	202.00	(100%)
Christmas Raffles	0.00	379.19	(100%)
Volunteers Lunch	(561.45)	(123.68)	(354%)
Napoleons Charity Night 2024	0.00	210.00	(100%)
Swap Shop	92.77	583.51	(84.1%)
Stadium Charities	28,829.00	0.00	-
Donatin - Abseil	8,525.10	0.00	-
Vintage Tea	(10.08)	0.00	-
Website income	(217.20)	0.00	-
Room Booking	458.95	0.00	-
Donatin - Unique Salon	2.40	0.00	-
Your Charity Lottery	4.80	0.00	-
Total Revenue	**140,799.52**	**80,178.52**	**75.6%**
Gross Profit	**140,799.52**	**80,178.52**	**75.6%**
Administrative expenses			
Salaries			
Salaries	(38,379.27)	(28,299.59)	(35.6%)
Total Salaries	**(38,379.27)**	**(28,299.59)**	**(35.6%)**
Rent and rates			
Rent	(24,996.00)	(15,338.53)	(63%)
Heat and lighting	(1,080.00)	(600.00)	(80%)
Insurance	(539.03)	(521.99)	(3.3%)
Rates	(2,847.00)	0.00	-
Total Rent and rates	**(29,462.03)**	**(16,460.52)**	**(79%)**
Communications			
Telephone	(791.76)	(1,048.41)	24.5%

Profit & Loss

	FY 2025 (£)	FY 2024 (£)	Variance
Total Communications	(791.76)	(1,048.41)	24.5%
General administration			
General admin	(1,761.56)	(895.83)	(96.6%)
Subscriptions	0.00	30.00	(100%)
Printing and stationery	(3,743.07)	(1,499.66)	(149.6%)
Cleaning	(1,769.41)	(688.44)	(157%)
Postage and packaging	(1,326.01)	(881.83)	(50.4%)
Purchase of Merchandise	(2,529.65)	(1,882.56)	(34.4%)
Pamper Day	3,351.25	(3,119.06)	207.4%
AGM	(114.59)	(406.10)	71.8%
Patient Packs	(805.86)	(380.07)	(112%)
Goodwill - Flowers	(955.15)	(492.20)	(94.1%)
Members Support Scheme	0.00	(100.00)	100%
Event	(2,177.29)	(316.04)	(588.9%)
Craft Club Expenses	(824.72)	(1,397.43)	41%
Wig Bank - Expenses	(1,141.65)	(1,059.44)	(7.8%)
Budleia - Expenses	(4,140.68)	(1,316.89)	(214.4%)
Purchase of Equipment	0.00	(1,400.00)	100%
Breast Awareness Expenses	(3,004.86)	(840.00)	(257.7%)
Charity Move	0.00	(9,576.83)	100%
Travel	(283.13)	(25.48)	(1011.2%)
Accounting fees	(377.28)	(310.32)	(21.6%)
Dance Class	(1,275.00)	(497.00)	(156.5%)
Herbf Ball	(1,284.67)	0.00	-
Website & IT costs	(4,342.47)	(5,541.65)	21.6%
Sundry costs	(2,081.47)	(137.08)	(1418.4%)
Photocopying	0.00	(1,273.16)	100%
Van	(19,488.00)	0.00	-
Total General administration	(50,075.27)	(34,007.07)	(47.2%)
Total Administrative Expenses	(118,708.33)	(79,815.59)	(48.7%)
Operating Profit	22,091.19	362.93	5986.9%
Profit Before Tax	22,091.19	362.93	5986.9%
Net Profit	22,091.19	362.93	5986.9%

Balance Sheet

Report comparing FY 2024 and FY 2025

	FY 2025 (£)	FY 2024 (£)	Variance
Current assets			
Trade debtors			
Trade debtors	0.00	3,557.67	(100%)
Total Trade debtors	**0.00**	**3,557.67**	**(100%)**
Cash			
Bonus Saver	9,268.92	9,112.36	1.7%
Shawbrook	80,000.00	80,000.00	0%
Current Account	63,884.12	38,189.07	67.3%
Petty Cash	124.90	407.62	(69.4%)
HBF Credit Card	0.00	0.00	0%
Total Cash	**153,277.94**	**127,709.05**	**20%**
Current liabilities			
Trade creditors			
Trade creditors	42.97	(37.00)	216.1%
Total Trade creditors	**42.97**	**(37.00)**	**216.1%**
Net Assets	**153,320.91**	**131,229.72**	**16.8%**
Equity			
Retained earnings	131,229.72	130,866.79	0.3%
Net profit	22,091.19	362.93	5986.9%
Total Equity	**153,320.91**	**131,229.72**	**16.8%**
Shareholders Equity	**153,320.91**	**131,229.72**	**16.8%**

Cash Flow

Report comparing FY 2024 and FY 2025

	FY 2025 (£)	FY 2024 (£)	Variance
Revenue			
Christmas Raffles	0.00	379.19	(100%)
Donations	59,836.72	51,463.69	16.3%
Donation - Wig Bank	543.41	910.59	(40.3%)
Donation - Budleia	2,009.00	1,222.35	64.4%
Membership	604.39	448.69	34.7%
Sales of Merchandise	2,980.79	2,854.20	4.4%
Gift Aid	310.11	417.12	(25.7%)
Herbf Activities Income	20,335.42	17,343.70	17.2%
Bra Bank	(112.50)	122.10	(192.1%)
Identities Nov 2023	0.00	202.00	(100%)
Donation - Craft Club	676.74	795.74	(15%)
Monthly Meeting	66.18	143.20	(53.8%)
Donation - Breast Awareness	1,173.10	537.00	118.5%
Volunteers Lunch	(561.45)	(123.68)	(354%)
eBay	22.50	6.00	275%
Second Friends	(226.60)	(90.34)	(150.8%)
PCC	300.00	655.70	(54.2%)
Grants	37,600.00	1,100.00	3318.2%
Napoleons Charity Night 2023	0.00	225.00	(100%)
Swap Shop	92.77	583.51	(84.1%)
Napoleons Charity Night 2024	0.00	210.00	(100%)
Interest	156.56	767.03	(79.6%)
Annual Ball income	6,191.41	0.00	-
Donatin - Abseil	8,525.10	0.00	-
Website income	2,260.80	0.00	-
Room Booking	458.95	0.00	-
Vintage Tea	(10.08)	0.00	-
Donatin - Unique Salon	2.40	0.00	-
Your Charity Lottery	4.80	0.00	-
Vehicle	(19,488.00)	0.00	-
Total Revenue	**123,752.52**	**80,172.79**	**54.4%**
Total Income	**123,752.52**	**80,172.79**	**54.4%**
Administrative expenses			
General administration			
Event	(2,177.29)	(316.04)	(588.9%)
Printing and stationery	(3,743.07)	(2,811.87)	(33.1%)
Budleia - Expenses	(4,140.68)	(1,327.97)	(211.8%)
AGM	(114.59)	(406.10)	71.8%
Accounting fees	(377.28)	(310.32)	(21.6%)
Website & IT costs	(3,262.80)	(9,041.65)	63.9%
General admin	(1,761.56)	(895.83)	(96.6%)
Craft Club Expenses	(824.72)	(1,397.43)	41%
Wig Bank - Expenses	(1,141.65)	(1,059.44)	(7.8%)
Purchase of Merchandise	(2,529.65)	(1,882.56)	(34.4%)
Postage and packaging	(1,326.01)	(881.83)	(50.4%)
Cleaning	(1,769.41)	(688.44)	(157%)

Cash Flow

	FY 2025 (£)	FY 2024 (£)	Variance
Purchase of Equipment	0.00	(1,400.00)	100%
Goodwill - Flowers	(955.15)	(492.20)	(94.1%)
Charity Move	0.00	(9,576.83)	100%
Pamper Day	3,351.25	(3,119.06)	207.4%
Patient Packs	(805.86)	(380.07)	(112%)
Dance Class	(1,275.00)	(497.00)	(156.5%)
Subscriptions	0.00	30.00	(100%)
Members Support Scheme	0.00	(100.00)	100%
Breast Awareness Expenses	(3,004.86)	(840.00)	(257.7%)
Photocopying	0.00	(58.16)	100%
Sundry costs	(2,081.47)	(137.08)	(1418.4%)
Travel	(283.13)	(25.48)	(1011.2%)
Herbf Ball	(1,284.67)	0.00	-
Total General administration	**(29,507.60)**	**(37,615.36)**	**21.6%**
Rent and rates			
Rent	(24,996.00)	(15,838.34)	(57.8%)
Insurance	(539.03)	(521.99)	(3.3%)
Heat and lighting	(1,080.00)	(600.00)	(80%)
Rates	(2,847.00)	0.00	-
Total Rent and rates	**(29,462.03)**	**(16,960.33)**	**(73.7%)**
Salaries			
Salaries	(38,379.27)	(28,299.59)	(35.6%)
Total Salaries	**(38,379.27)**	**(28,299.59)**	**(35.6%)**
Communications			
Telephone	(791.76)	(1,048.41)	24.5%
Total Communications	**(791.76)**	**(1,048.41)**	**24.5%**
Funds Generated From Operations	**25,611.86**	**(3,750.90)**	**782.8%**
Financing Cash Flow	**25,611.86**	**(3,750.90)**	**782.8%**
Investing Cash Flow	**25,611.86**	**(3,750.90)**	**782.8%**
Total After Drawings	**25,611.86**	**(3,750.90)**	**782.8%**
Adjustment			
Adjustment	(42.97)	10.00	(529.7%)
Net Cash Movements	**25,568.89**	**(3,740.90)**	**783.5%**
Cash Balance			
Cash Flow	25,568.89	(3,740.90)	783.5%
Total Cash Balance	**153,277.94**	**127,709.05**	**20%**

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name HULL AND EAST RIDING BREAST FRIENDS		
On accounts for the year ended	31st October 2025	**Charity no (if any)**	1114143
Set out on pages	(remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 /10 /2025

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete* [ ] *if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed:	SL Tate		28/03/2026
Name:	SARAH LOUISE TATE		
Relevant professional qualification(s) or body	CIMA		

(if any):	

Address:	18 ALBEMARLE ROAD
	BILTON
	HU11 4DR

Section B	**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.	

HULL AND EAST RIDING BREAST FRIENDS

England & Wales - Charity number 1114143

Accounts

Hull & East Riding Breast Friends

Annual Report

1st November 2023 – 31st October 2024

Patron: HRH The Duchess of Kent

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

Board of Trustees 2023 – 2024

Founder
Jan Jones

Chair
Pam Trays

Vice Chair
Sandra Cooper

Treasurer
Steve Henderson

Trustee
Colleen Barber

Trustee
Derek Grantham

Trustee
De Hempstock

Trustee
Lynne Maskell

Trustee
Simon Trays

Honorary
Trustee
Eric Jones

Charity Manager
Jayne Beck

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Mission Statement

Our aim is to help create a supportive environment for those affected by breast cancer, by promoting a positive approach to living with the disease, offering encouragement and inspiration, and by raising funds for breast cancer treatment and research.

Our Vision

To develop a long term strategy for the development of HER Breast Friends as an organisation, offering real solutions for those affected by breast cancer in a positive and supportive environment.

Our Values

Every member will feel welcomed and valued. We will aim to maintain professionalism and confidentiality at all times. We will promote laughter, happiness, self-esteem and we will move the group forward with confidence.

Welcome & Chair's Report:

It is my pleasure to welcome you to the HER Breast Friends Annual report for 2023-2024. Once more a year of new beginnings!

Since becoming Chair of HBF in 2021 I have used that phrase often, as we adjusted from the pandemic, as we introduced new services and during our search for new premises which finally came to an end in March of 2024 when we moved to our beautiful new home at the K2 Tower, Bond Street, Hull.

We are in an ideal location in the centre of the city with various transport links close by. Our new premises enable us to grow and develop, to widen our charitable services and activities to support and help more people affected by breast cancer in the local community.

I must give a special mention to Trustee Colleen for the fabulous work that she put into designing our new home, it was by no means an easy job, but we now have amazing rooms for those services and activities to flourish. Also, to The Butters family for their support and especially Sarah, Mike and his team at the K2 for their incredible hard work making those designs come to life. Our new home looks fabulous.

"There are no strangers here, only friends you haven't yet met."

WB Yeats

Also, without the hard work and dedication of our volunteers, who every year never cease to amaze me. They are the backbone of the Charity, giving their time freely and without whom the Charity could not function. Whether helping with wig or bra fittings, our therapists and counsellors, our new receptionists, cutters, stuffer of booklets, pillows and cushions. Standing at stalls helping promote the breast awareness message and so so much more. You know who you are, and you are incredible. Thank you for your continued support, not just to me but to everyone who has benefited in the slightest way from your kindness and support.

This vote of thanks also goes to our Board of Trustees, whom themselves are all volunteers, and of course to our Charity Manager Jayne, for another fabulous year keeping us on track.

As you will see in the report, we have had a good year financially thanks to some amazing fundraising efforts by both individual supporters and corporate benefactors. Plus, various organisations choosing us as their Charity of the Year. As a charity reliant on fundraising and donations, we could not provide what we provide without this support.

HER Breast Friends is in a strong position moving into 2025. A year we are looking forward to with great excitement and anticipation, celebrating 20years in the community! Something we are very proud of.

I hope you enjoy reading the report and some of our events and achievements over the year. Your continued support means everything to us.

Take care, keep smiling and in words that have been quoted a lot this year, 'Stay strong and fight on'

Pam Trays
Chair

2023–2024 in pictures

Charitable objectives

The prevention of sickness and promotion of health particularly with regard to breast cancer by...

Objective 1

Promoting awareness of the available relevant support and advice networks serving Yorkshire and North East Lincolnshire.

Objective 2

Raising funds for breast cancer research and treatment.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Objective 1

Promoting awareness of the available relevant support & advice networks serving Yorkshire & North East Lincolnshire.

There are many ways in which we promote awareness of relevant support and advice networks in our defined area and of some of the more national help lines. The use of our Website and Social media networks are very useful tools. Our own information folders that we distribute around the hospitals, Drs surgeries, libraries and in our Patient Gift Packs as well as being available at events such as the Pink Pamper Day, breast awareness talks and other occasions, provide details of the support available.

Our volunteer breast awareness team travel around the County spreading the important message of signs and symptoms to look out for and how an early diagnosis could make a difference, plus the importance of breast screening.

Objective 2

Raising funds for breast cancer research and treatment.

Each year we ensure we have funds available for any requests or suggestions that maybe be brought to the Board of Trustees for consideration which are then brought to our members at the AGM to help decide on where any funds may be spent.

Things have changed significantly since the Charity was founded and although our objectives have not changed, how we spend our funds has. Although HER Breast Friends are not a research or medical charity, we do take part in trials and surveys organised by research and medical bodies.

Through funding our Buddleia Therapies, we provide various treatments to assist in someone's cancer journey, all aimed at boosting wellbeing. Likewise, the Person-centred Counselling provides extra support for those that require it.

"The day I went into Castle Hill for my second breast cancer surgery, I was a mess, frightened and crying. Then one of the nurses brought me a gift bag from HER Breast Friends.

The first thing I took out was the heart shaped cushion, and I read the sentiment attached. Then I pulled out the Dammit Doll, read the little verse, and my tears stopped, and a smile spread across my face. The contents of those patient gift bags are so well thought out, each item useful and comforting, and I realised there are kind people out there who really understand and care."

Patient Gift Packs

Our Patient Gift Packs that we deliver to the local hospitals, which contain our information folder of all we can provide, plus a beautiful heart cushion and fun stress busting dammit doll made by our Wednesday Crafters and supporters, let people know they are not alone, we are here if they need us.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

On receiving a diagnosis of breast cancer, the word 'journey' is often used. A journey no one wishes to take, and no two journeys are the same. However, we can encourage and support each other each step of the way. The ethos of HER Breast Friends is based on positivity. Turning some of the negative aspects of the disease into real and lasting positives.

When you enter our premises in Hull you will be greeted with a warm welcome and a smile. Whether attending one of our services or activities or simply popping in for a chat. Knowing there are people who understand how you may be feeling is a comfort for so many.

Bra Service

Our Bra Service is housed in a dedicated, comfortable, and private room offering the best possible individual service including a FREE Bra Measuring and Fitting Service by fully trained volunteers. Fittings are by appointment only. We have a range of Amoena mastectomy bras and swimwear at affordable prices. Our Knitted Boobies and Aqua Boobies are FREE for anyone who wishes to try them. Unlike the traditional prosthesis which can only be worn from about 6 weeks after surgery, our Knitted and Aqua Boobies can be worn straight away and pop into any bra or swimsuit.

Buddleia Complementary Therapies

A full range of complementary and beauty therapies are offered in our dedicated, comfortable, and private therapy rooms by therapists all fully qualified, insured and DBS checked. Therapies given are by appointment only. All our therapists know how to adapt therapies for cancer patients, so you can be assured the treatment you receive is safe for you, delivered in a welcoming and supporting environment.

Second Friends

Second Friends provides a supportive environment for those living with secondary breast cancer in our local area, by people who appreciate and understand some of the challenges it brings. Our group meets on the second Saturday each month and provides an opportunity to share information, to chat and to gain support from those with similar experiences.

The Wig Bank

The Wig Bank has a large selection of donated and new wigs in various styles and colours, plus scarves, bandannas and other accessories. Open to all cancer and hair loss clients. Run by volunteers, all our wigs are washed and prepared to ensure they are in tip top condition before being presented for viewing. A FREE care pack including shampoo, conditioner, hair spray plus wig stand, brush and wig cap is given to every client who selects a wig.

Wednesday Crafters

The therapeutic benefit of arts and crafts for those affected by illness is well documented and the group engage in various activities from knitting and sewing to card making and glass engraving. Our group also supports the Patient Gift Packs given to the hospitals, by making the Heart Cushions and Dammit Dolls as well as knitting the Knitted Boobies and Aqua Boobies. EVERYONE is welcome to join in and learn a new skill, or just sit, watch, and chat over a drink.

Person Centred Counselling

Our Person Centred Counselling offers the opportunity to talk in confidence with someone who is trained to listen. By appointment only, our Counsellors can help you understand what you are feeling and through discussions help reduce any pain or distress these feelings may cause.

Pink Pamper Day

Our fabulous signature event, the Pink Pamper Day caters for up to 100 local people affected by breast cancer, providing a free day of beauty and complementary therapies, inspiring workshops, lunch, relaxation, encouragement, fun and laughter. Many lasting friendships have been formed on these days. We are always looking for sponsors to support this event, whether by providing a raffle prize, an item for our gift bags or maybe sponsor a place for someone.

MONTHLY COFFEE MORNING

Held on the 1st Saturday of each month on Floor 8, K2 Tower between 10am and 12noon. ALL WELCOME, members and non-members.

SECOND FRIENDS COFFEE MORNING

Held on the 2nd Saturday of each month on Floor 8, K2 Tower between 10am and 12noon. All those with secondary breast cancer diagnosis welcome. Members and non-menmbers.

HER Breast Friends

1st Nov 2023 – 31st Oct 2024

November: The start of the new financial year and we were very excited to have 'Close to Home – Identities' perform for HER Breast Friends, whilst touring the region. Our Christmas with Friends fundraising event took place at St Stephens Shopping Centre, where volunteers dressed as all sorts of Christmas characters. The Charity were also informed that we had been nominated for a King's Award for Volunteer Services – very exciting news! December: Our beautifully decorated Christmas Trees were unveiled in Beverley Minster and Hull Minster for all to enjoy. Adorned with hand crafted ornaments, the trees looked spectacular! January: The New Year offered some wonderful things for the Charity, including a move to new premises. Our Breast Awareness and Charity talks started at Bransholme Health Centre and East Riding College. Second Friends met at Woodmansy Garden Centre for their monthly Coffee Morning. February: saw a visit from two Deputy Lord Lieutenants, to carry out the due diligence on the Charity's nomination for the King's Award. The Charity closed its doors at The Octagon, our home since 2018, for the final time on 26th February 2024. March: 1st and the Charity opened its' doors in our new home on Floor 8 - K2 Tower, 60 Bond Street, Hull, with all services and activities in full swing. April: Our annual signature event the Pink Pamper Day saw 99 guests, affected by breast cancer, enjoy a free day of pampering, workshops, entertainment, lunch and friendship. A truly fabulous day was had by all, supported by our amazing volunteers, therapists and workshop facilitators. May: Our weekly exercise classes resumed in our wonderful studio. Refresher training took place in the Bra Service, where volunteers were able to reaffirm their measuring and fitting skills. More Breast Awareness and Charity talks were held at the Technical Chapter Masonic Lodge Dinner and Sutton Methodist Church. June: soon arrived with our Pink Butterfly Month; Bake sales, charity fun days and Hull 10K Run were just some of the fundraising events that took place. The official Open Day of the Charity's new premises was held with more than 100 supporters and dignitaries arriving to marvel at our new home. July and August: were upon us and with it our Open House event, where our doors were opened for everyone to come along and see what HER Breast Friends is all about. Withernsea Golf Club hosted a Charity AmAm to raise funds for the Charity, and with the sun shining, lots of fun was had by all. September and October: Napoleons Casino once again held their Charity Night, in aid of the Charity, where 40 guests enjoyed a meal, raffle and a cheeky bet! Hudgells Solicitors came along to our Volunteers Day to help with Patient Gift Packs, Information Packs and more. The Breast Care Unit invited the Charity to join them on their fundraising day at Castle Hill Hospital. And another fabulous Vanity Fayre was held at Bilton Village Hall in support of the Charity. The Swap Shop, our first FUNdraising event took place in our new home, which was a raging success!

With a very busy but exciting year over, the Charity looks forward to another hugely successful year, with hope enthusiasm, positivity, determination and above all else… friendship, plus the hope of a very special award!

Volunteers

Our wonderful volunteers continue to be a vital and essential part of the Charity and all that we offer. Coming from all walks of life and with their own reasons to help, our volunteers are an integral part of the Charity and its success. The Charity is blessed to have such a dedicated team of volunteers who share and support the Charity's vision and values and this year we are delighted for them to have received deserved recognition with a nomination for the King's Award for Voluntary Services – The MBE for volunteer groups! Our volunteers really are the very best of the best, and we are extremely proud to have them as part of the team! Thank you xx

Structure, Governance and Management

Hull & East Riding Breast Friends is a registered Charity and a member of the Fundraising Standards Board. The Charity is an unincorporated association and its governing document is a constitution.

Applications from prospective trustees are put forward to trustee meetings and then elected by the membership at the AGM.

Organisational Structure

The board members are all trustees and include officers of the Charity. All have a duty to act in the best interests of the Charity. The board meets every 6 – 8 weeks and any sub-committees meet regularly during the year. All members of the board and sub-committees are volunteers. The board delegates the day-to-day running of the affairs of the Charity to the Charity Manager, Jayne Beck who is employed by the Charity, and is assisted by a small team of volunteers.

Trustees' Transactions and Declarations of Interest

The group has a duty to disclose any material transactions between the group and the trustees; this would include payments received by themselves for goods and services provided by the group. None of the trustees have had any transactions with the group other than to give their time and skills freely.

Risk Management

The trustees assess the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and continue to take measures to reduce those risks to an acceptable minimum.

Public Benefit

The trustees believe they have complied with the duty of the Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit. This is known as the 'public benefit requirement' and the beneficiaries of the Charity must be appropriate to its aims. The trustees have paid due regard to this in deciding which activities the Charity should undertake and how funds are used.

Statement on Policy of Reserves

The Charity holds a level of accrued funds because its income is almost entirely dependent on donations. Our policy is to hold sufficient resources to continue the charitable activities of the group for one year.

Who's Who

HER Breast Friends

Founder
Jan Jones

Chair
Pam Trays

Vice Chair
Sandra Cooper

Treasurer
Stephen Henderson

Trustees
Colleen Barber
Lynne Maskell
Derek Grantham
De Hempstock
Eric Jones
Simon Trays

Charity Manager
Jayne Beck

Administrative & Reference Details

Bank
HSBC 3 – 54 Jameson Street,
Kingston upon Hull, HU1 3JX

HER Breast Friends address
Floor 8 – K2 Tower
60 Bond Street
Hull
HU1 3EN

Fundraising & Support

£600.00
could keep our Buddleia Complementary Therapy room open for a month.

£25.00
provides a patient gift pack for those who have undergone surgery for breast cancer.

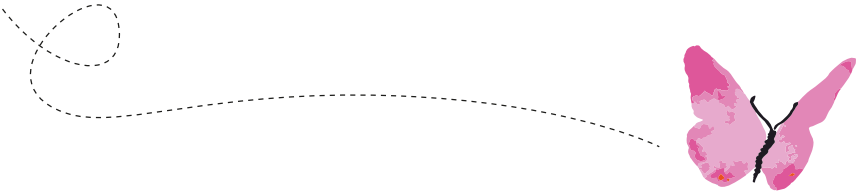
£35.00
provides a wig starter pack to help care for a wig whilst required.

The Charity has been overwhelmed with the generosity received in 2023-2024. During these continued difficult times, people have continued to support our work. Here is just a snapshot of the overwhelming support received:

- Deborah & Bilton Wives who raised £54 from a scrumptious bake sale.
- Hugh Rice for putting one of our Pink tub on their counter, raising £10.55.
- Jenny & Terry Watts for all their raffle, tombola, homemade cards and sweet cups donated.
- Segal's Jewellers who donated £300 from the sale of beautiful butterfly earrings.
- Judith Hotham who donated £147.50 plus gift aid from the sale of her amazing, handmade crocheted dolls and animals at David Lloyds Health Club.
- Nafferton Garden Club for donating £50 from a talk given by John Mabbett.
- South Cave WI who donated £150 from their raffle.
- Christine Crawforth plus family and friends who raised a staggering £1232.31 from their Vanity Fayre at Bilton Village Hall.
- Kalem Bennett who completed the Hull 10K in his racing chair, raising a fabulous £330.
- Dr. S Nandi who donated a wonderful £100 in support of all we do.
- Barely Awake Ukulele Band for entertaining us at our June Coffee Morning.
- Trev's Heel Bar for having our Pink tub on the counter and raising £38.15.
- Andy Coulson, Andy and Marc for donating and fitting shelving into our new premises.
- The Matthew Good Foundation for their surprise visit and a whopping £5000 donation.
- Billie Rhodes who knitted and sold sports dolls and snowmen, raising a fabulous £715.
- Diane Knight who donated some beautiful hair pieces to our Wig Bank.
- Mrs. Doreen Dodsworth and Family for their gift of £450 in memory of their wonderful Husband and Dad – Brian.
- Elizabeth Skipsea for holding a Christmas Make-up event, raising £120.
- H. Kemp & Sons Ltd who donated £346.59 in support of the work we do.
- Jean Robinson – Hornsea Lions for an incredible £2000 donation.
- St John's Thursday Group & Karen Okra for their wonderful donation of £48.
- Richard Tempest for supplying and fitting the beautiful welcoming sign and window butterflies in our new premises.
- Katie Rawlinson for donating £115 from her school reunion.
- Ben Parry & The Avenues Pub for holding a Charity Fun Day and raising £240 for HBF.
- Hudgell Solicitors for coming along to one of our monthly Volunteers Days to help.
- Hollie & Family for their whopping donation of £2500 from their amazing Lavender Ball.
- Laura Pinder, Maxine & Paula who held a Funday in Hessle in memory of Julia Braithwaite, raising a huge £712.76.
- Penny, Indie, Keighley & Molly-Rae for holding a 'doggy' raffle and raising £368.
- Sally Hill and all at the Breast Care Unit, Castle Hill Hospital, for their donation of £150 from their fundraising day and raffle.
- Stella Colyer for her £60 donation.
- Sue Sutton & Humberside Police FCR Team 2 for raising £201.26 through a 'Bake Off' event.
- Neil Baxter & Family, and all at Withernsea Golf Club for their incredible donation of £2500 from their Charity AmAm.

- Mike & Staff at Ye Olde White Heart for holding an Easter Raffle and raising £175.
- Martin Swann who took on the Great North Run, raising an incredible £3601.
- The Technical Chapter Lodge No 5666 (Hull) for choosing the Charity as their Charity of the Year.
- Pam Thompson and Family for their donations of sweets, toys, diamond art sets and more.
- Steve, Rob, Paul & Dan AKA the Humber Ramblers who took on Hadrian's Wall – Coast to Coast, raising an astounding £4561.
- Ray & Men in Sheds for the beautifully made pink butterflies.
- Provincial Grand Mark Lodge of North & East Yorkshire for their donation of £500.
- All those who supported, donated and helped with the refurbishment of the Charity's new home. There are too many to mention individually, but you all know who you are.

This is only a snapshot of the unbelievable support given to the Charity over the past 12 months. Without the continued support from wonderful individuals, companies and organisations, the Charity could not continue to support local people affected by breast cancer. As always, THANK YOU never seems quite enough, but from everyone who has gained support from HER Breast Friends – A huge heartfelt thank you!



Statement of Account

Financial Year End – 31st October 2023

	2023 £	2022 £
Reserves as at 1st November 2023	56,866.79	16,033.58
Contingency Funds for 2023/24	-74,000.00	74,000.00
Income During Year	80,181.92	85,471.18
Expenditure During Year	79,777.89	44,637.97
Net Increase in Funds for Year	404.03	40,833.21
Adjustment for Historic Reserve Movement		
Contingency Funds for 2023/24	-100,000.00	74,000.00
Current reserves as at 31st October 2024	31,270.82	56,866.79

Statement of Policy on Reserves

The Charity holds a level of contingency funds because its income is almost entirely dependent on donations. HER Breast Friends policy is to hold contingency funds to continue the charitable activities of the group for 12 months. The current accrual increased to £100,000 to reflect the envisaged annual costs; increased rent and property costs of new premises, salaries, major events, and activities etc., that are needed to allow the Charity to function at its' normal levels.

How you can help

Membership
By joining HER Breast Friends you are not only showing your support for the Charity but your fees help toward our running costs.

Gift Aid
If you are a tax payer complete a Gift Aid form and the Government donates money back in return, currently 25p for every pound.

Merchandise/Collection Boxes
If you are interested in having any merchandise to sell or a collection box, please contact us.

Webshop
All Charity merchandise and other purchases can be made online via our Webshop at https://herbreastfriends.org.uk/shop/

Volunteer
Offer your time as a volunteer.

eBay for Charity
We are registered with eBay so when selling items on eBay you can choose to donate a percentage, or all, of the sale price to us.

Raffle/Tombola Prizes
Donate any unwanted gifts for us to use as raffle or tombola prizes.

Donations
If you would like to donate online, please visit our website www.herbreastfriends.org.uk and click on the 'donate now' button on our homepage. We also accept card payments in the office.

If you would like to make a regular donation, please contact us for 'Standing order' details or download the form, from our website https://herbreastfriends.org.uk/downloads/

Just Giving at:
HER Breast Friends – JustGiving

Easyfundraising at:
www.easyfundraising.org.uk/herbreastfriends

Sharing your Story
If you have a story we would love to hear it. Talking to people about the work of the Charity and what it has done for you can make a positive difference that can be translated not only into raising funds, but awareness.

Hull & East Riding Breast Friends

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

How to contact us

For further help or information please get in touch with us via the following...

Address:
HER Breast Friends, Floor 8 – K2 Tower, 60 Bond Street, Hull, HU1 3EN

Opening hours:
Monday - Friday, 10am - 4pm

Telephone:
01482 221368

Email:
generalenquiries@herbreastfriends.org.uk

Follow us on social media:
Facebook: Hull & East Riding Breast Friends
X: @HERbreastfriend
Instagram: HER Breast Friends

ANDREA HALL DESIGN

print+
t: 01757 611175
e: info@printplusltd.co.uk

FUNDRAISING REGULATOR

ico.
Information Commissioner's Office

Hull & East Riding
Breast Friends
Registered Charity No.1114143
www.herbreastfriends.org.uk

HER Breast Friends

Management Report

12th June 2025

Prepared by Jayne Beck

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Profit & Loss

Financial year report for FY 2024

	FY 2024 (£)
Revenue	
Membership	448.69
Monthly Meeting	143.20
Gift Aid	417.12
Donations	51,463.70
Interest	767.03
Grants	1,100.00
Donation - Wig Bank	910.59
Donation - Budleia	1,222.35
Donation - Craft Club	795.74
Donation - Breast Awareness	537.00
Herbf Activities Income	17,343.70
Sales of Merchandise	2,854.20
Bra Bank	127.82
eBay	6.00
Second Friends	(90.34)
PCC	655.70
Napoleons Charity Night 2023	225.00
Identities Nov 2023	202.00
Christmas Raffles	379.19
Volunteers Lunch	(123.68)
Napoleons Charity Night 2024	210.00
Swap Shop	583.51
Total Revenue	**80,178.52**
Gross Profit	**80,178.52**
Administrative expenses	
Salaries	
Salaries	(28,299.59)
Total Salaries	**(28,299.59)**
Rent and rates	
Rent	(15,338.53)
Heat and lighting	(600.00)
Insurance	(521.99)
Total Rent and rates	**(16,460.52)**
Communications	
Telephone	(1,048.41)
Total Communications	**(1,048.41)**
General administration	
General admin	(895.83)
Subscriptions	30.00
Printing and stationery	(1,499.66)
Cleaning	(688.44)
Postage and packaging	(881.83)
Purchase of Merchandise	(1,882.56)

Profit & Loss

	FY 2024 (£)
Pamper Day	(3,119.06)
AGM	(406.10)
Patient Packs	(380.07)
Goodwill - Flowers	(492.20)
Members Support Scheme	(100.00)
Event	(316.04)
Craft Club Expenses	(1,397.43)
Wig Bank - Expenses	(1,059.44)
Budleia - Expenses	(1,316.89)
Purchase of Equipment	(1,400.00)
Breast Awareness Expenses	(840.00)
Charity Move	(9,576.83)
Travel	(25.48)
Accounting fees	(310.32)
Dance Class	(497.00)
Website	(5,541.65)
Sundry costs	(137.08)
Photocopying	(1,273.16)
Total General administration	(34,007.07)
Total Administrative Expenses	(79,815.59)
Operating Profit	362.93
Profit Before Tax	362.93
Net Profit	362.93

Balance Sheet

Financial year report for FY 2024

	FY 2024 (£)
Current assets	
Trade debtors	
Trade debtors	3,557.67
Total Trade debtors	**3,557.67**
Cash	
Bonus Saver	9,112.36
Shawbrook	80,000.00
Current Account	38,189.07
Petty Cash	407.62
HBF Credit Card	0.00
Total Cash	**127,709.05**
Current liabilities	
Trade creditors	
Trade creditors	(37.00)
Total Trade creditors	**(37.00)**
Net Assets	**131,229.72**
Equity	
Retained earnings	130,866.79
Net profit	362.93
Total Equity	**131,229.72**
Shareholders Equity	**131,229.72**

Cash Flow

Financial year report for FY 2024

	FY 2024 (£)
Revenue	
Christmas Raffles	379.19
Donations	51,463.69
Donation - Wig Bank	910.59
Donation - Budleia	1,222.35
Membership	448.69
Sales of Merchandise	2,854.20
Gift Aid	417.12
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Volunteers Lunch	(123.68)
eBay	6.00
Second Friends	(90.34)
PCC	655.70
Grants	1,100.00
Napoleons Charity Night 2023	225.00
Swap Shop	583.51
Napoleons Charity Night 2024	210.00
Interest	767.03
Total Revenue	**80,172.79**
Total Income	**80,172.79**
Administrative expenses	
General administration	
Event	(316.04)
Printing and stationery	(2,811.87)
Budleia - Expenses	(1,327.97)
AGM	(406.10)
Accounting fees	(310.32)
Website	(9,041.65)
General admin	(895.83)
Craft Club Expenses	(1,397.43)
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Purchase of Merchandise	(1,882.56)
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Dance Class	(497.00)
Subscriptions	30.00
Members Support Scheme	(100.00)

Cash Flow

	FY 2024 (£)
Breast Awareness Expenses	(840.00)
Photocopying	(58.16)
Sundry costs	(137.08)
Travel	(25.48)
Total General administration	**(37,615.36)**
Rent and rates	
Rent	(15,838.34)
Insurance	(521.99)
Heat and lighting	(600.00)
Total Rent and rates	**(16,960.33)**
Salaries	
Salaries	(28,299.59)
Total Salaries	**(28,299.59)**
Communications	
Telephone	(1,048.41)
Total Communications	**(1,048.41)**
Funds Generated From Operations	**(3,750.90)**
Financing Cash Flow	**(3,750.90)**
Investing Cash Flow	**(3,750.90)**
Total After Drawings	**(3,750.90)**
Adjustment	
Adjustment	10.00
Net Cash Movements	**(3,740.90)**
Cash Balance	
Cash Flow	(3,740.90)
Total Cash Balance	**127,709.05**

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name HULL AND EAST RIDING BREAST FRIENDS		
On accounts for the year ended	31st October 2024	**Charity no (if any)**	1114143
Set out on pages	(remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 /10 /2022**.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete* [ ] *if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed:	SL Tate		06/06/2025
Name:	SARAH LOUISE TATE		
Relevant professional qualification(s) or body	CIMA		

(if any):	

Address:	18 ALBEMARLE ROAD
	BILTON
	HU11 4DR

Section B	**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.	

HULL AND EAST RIDING BREAST FRIENDS

England & Wales - Charity number 1114143

Accounts

Hull & East Riding Breast Friends

Annual Report

1st November 2022 – 31st October 2023

Patron: HRH The Duchess of Kent

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

Board of Trustees 2022 – 2023

Chair
Pam Trays

Vice Chair
Sandra Cooper

Treasurer
Steve Henderson

Trustee
Colleen Barber

Trustee
Maggie Farmer

Trustee
Derek Grantham

Trustee
De Hempstock

Trustee
Eric Jones

Trustee
Lynne Maskell

Trustee
Simon Trays

Charity Manager
Jayne Beck

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Welcome & Chair's Report:

Welcome to the HER Breast Friends Annual report for 2022-2023, a year that has once again brought its challenges, but which we have faced head on, together, as is the custom of HER Breast Friends.

Our focus this year has been on new premises for our ever expanding services and activities. Of course, bigger premises mean bigger costs! As a Charity reliant on donations and fundraising for 100% of our income, I once again give a huge thank you to all our supporters for their fundraising efforts in whatever form that took.

The Trustees and our Charity Manager have worked extremely hard securing some amazing grants to ensure we have the premises that those who come to the Charity deserve. Premises, I believe we have found and at the time of writing believe we

have secured. However, for now we continue as we are with a positive attitude, a solidarity of friendship, giving strength, hope and comfort to those that need us.

Earlier this year our founder, Jan Jones, was honoured with a fabulous Special Recognition Award at the Time 2 Volunteer Awards hosted by HEY Smile Foundation and supported by Making a Difference Locally, Hull CVS, East Riding of Yorkshire Council and Hull City Council.

A special award for a very special lady who saw the need for a support group, that didn't just focus on the disease, but on the practical, and emotional needs of local people affected by breast cancer. Services which have gone from strength to strength and continue today due to our invaluable volunteers, without which the Charity would not be able to function. My gratitude to them is immeasurable.

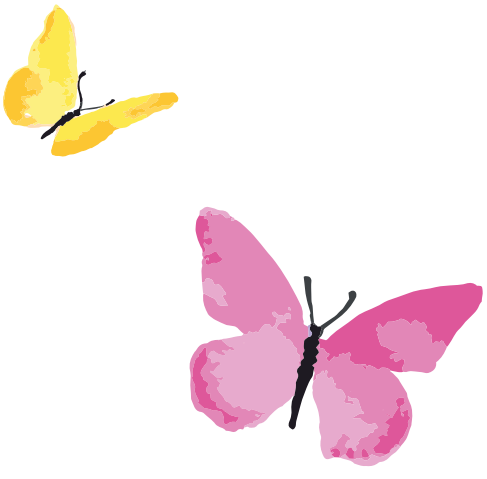
2024 is shaping up to be an exciting year. A year in which I hope you will join with us on our journey, as together we are stronger.

To new beginnings.

Take care and keep smiling.
Pam

"There are no strangers here, only friends you haven't yet met."

WB Yeats



On 5th October 2023, our Founder Jan Jones was awarded a posthumous, Time 2 Volunteer HEY Smile Special Recognition Award, for her legacy which is Hull & East Riding Breast Friends. The award, the first of its kind from HEY Smile, was accepted by Jan's Family, Charity Manager and HER Breast Friends Volunteers, in front of over 300 distinguished guests at the Double Tree by Hilton, Hull.

To watch the tribute video please visit:
https://www.youtube.com/watch?v=suTHQpx9gsw

"Smiles are impossible to measure, yet it is the true measurement of all we do."

Jan Jones, Founder

Mission Statement

Our aim is to help create a supportive environment for those affected by breast cancer, by promoting a positive approach to living with the disease, offering encouragement and inspiration, and by raising funds for breast cancer treatment and research.

Our Vision

To develop a long term strategy for the development of HER Breast Friends as an organisation, offering real solutions for those affected by breast cancer in a positive and supportive environment.

Our Values

Every member will feel welcomed and valued. We will aim to maintain professionalism and confidentiality at all times. We will promote laughter, happiness, self-esteem and we will move the group forward with confidence.

 For further help and information please can you call **01482 221368**. Our office is open **Monday – Friday, 10am – 4pm.**

Charitable objectives

The prevention of sickness and promotion of health particularly with regard to breast cancer by...

Objective 1

Promoting awareness of the available relevant support and advice networks serving Yorkshire and North East Lincolnshire.

Objective 2

Raising funds for breast cancer research and treatment.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Objective 1

Promoting awareness of the available relevant support & advice networks serving Yorkshire & North East Lincolnshire.

Within our premises in Hull, we hold numerous booklets and information on services both local and national that can provide support or advice, as well as our own information booklet that we distribute around the hospitals and local area and can also be found in our Patient Gift Packs, giving details of all our services which are there to try and improve someone's journey with breast cancer.

This year we engaged with several social prescribers attached to various surgeries and gave on line talks to Drs and staff with regard to the services and activities that we can provide.

Our information has also been distributed to all static and mobile libraries in the Hull & East Riding area, thus ensuring a much wider reach of people can be made aware of what we can provide.

Our volunteer breast awareness team have travelled around the local area spreading the important message of the signs and symptoms to look out for, plus the importance of breast screening and how an early diagnosis could make a difference.

Connections with the local hospitals and community groups remain strong.

Objective 2

Raising funds for breast cancer research and treatment.

Since the Charity was founded, things have significantly changed especially within the hospital environment and our objectives have adapted with them.

Although our objectives have not changed, how we spend our funds has.

Since Covid in 2020, we have concentrated on how we can best help those that come to the Charity for support.

Our Second Friends Group, set up last year to give those with secondary breast cancer a safe space to voice their feelings and needs with people who could fully appreciate and understand the challenges they face, has gone from strength to strength. A much needed group ensuring that no one feels alone.

"Dear HER Breast Friends, having my second operation for breast cancer and I was feeling very upset, anxious, and scared. One of the nurses brought me one of your gift bags and the brilliant Damit Doll immediately made me smile! Thank you for such a thoughtful and kind gesture – it really got me through the day, and I felt stronger knowing there is support out there for me."

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Of all our objectives, this is probably what HER Breast Friends is best known for.

Patient Gift Packs

Our Patient Gift Packs, delivered to the hospitals or individuals, containing our information folder of all our services and activities, plus a little bag of practical items, which can be forgotten in the turmoil of going for surgery, and treats such as our beautiful handmade heart cushions and fun stress busting Dammit Dolls, made by our Wednesday crafters and supporters, help people know that they are not alone, there is a group that fully understand what they are going through and the challenges they may face. This is such a confidence booster.

Last year we saw the need for an extra support system in the form of counselling. This year we recruited a second Person Centred Counsellor to the HER Breast Friends team, giving people positive support in a safe and private environment.

Bra Service

Our Bra Service is housed in a dedicated, comfortable, and private room offering the best possible individual service including a FREE Bra Measuring and Fitting Service by fully trained volunteers. Fittings are by appointment only. We have a range of Amoena mastectomy bras and swimwear at affordable prices. Our Knitted Boobies and Aqua Boobies are FREE for anyone who wishes to try them. Unlike the traditional prosthesis which can only be worn from about 6 weeks after surgery, our Knitted and Aqua Boobies can be worn straight away and pop into any bra or swimsuit.

Buddleia Complementary Therapies

A full range of complementary and beauty therapies are offered in our dedicated, comfortable, and private therapy rooms by therapists all fully qualified, insured and DBS checked. Therapies given are by appointment only. All our therapists know how to adapt therapies for cancer patients, so you can be assured the treatment you receive is safe for you, delivered in a welcoming and supporting environment.

Second Friends

Second Friends provides a supportive environment for those living with secondary breast cancer in our local area, by people who appreciate and understand some of the challenges it brings. Our group meets on the second Saturday each month and provides an opportunity to share information, to chat and to gain support from those with similar experiences.

The Wig Bank

The Wig Bank has a large selection of donated and new wigs in various styles and colours, plus scarves, bandannas and other accessories. Open to all cancer and hair loss clients. Run by volunteers, all our wigs are washed and prepared to ensure they are in tip top condition before being presented for viewing. A FREE care pack including shampoo, conditioner, hair spray plus wig stand, brush and wig cap is given to every client who selects a wig.

Wednesday Crafters

The therapeutic benefit of arts and crafts for those affected by illness is well documented and the group engage in various activities from knitting and sewing to card making and glass engraving. Our group also supports the Patient Gift Packs given to the hospitals, by making the Heart Cushions and Dammit Dolls as well as knitting the Knitted Boobies and Aqua Boobies. EVERYONE is welcome to join in and learn a new skill, or just sit, watch, and chat over a drink.

Person Centred Counselling

Our Person Centred Counselling offers the opportunity to talk in confidence with someone who is trained to listen. By appointment only, our Counsellors can help you understand what you are feeling and through discussions help reduce any pain or distress these feelings may cause.

Pink Pamper Day

Our fabulous signature event, the Pink Pamper Day caters for up to 100 local people affected by breast cancer, providing a free day of beauty and complementary therapies, inspiring workshops, lunch, relaxation, encouragement, fun and laughter. Many lasting friendships have been formed on these days. We are always looking for sponsors to support this event, whether by providing a raffle prize, an item for our gift bags or maybe sponsor a place for someone.

MONTHLY COFFEE MORNING

Held on the 1st Saturday of each month at The Octagon, between 10am and 12noon. ALL WELCOME, members, and non-members.

HER Breast Friends

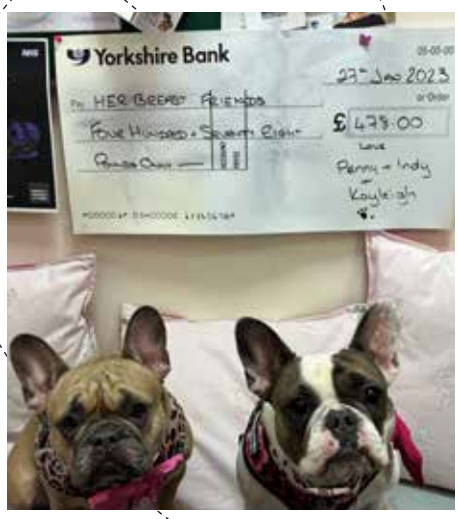
1st Nov 2022 – 31st Oct 2023

November and our much awaited Butterfly Ball plus Butterfly Effect Competition presentation was held at The Double Tree by Hilton. Everyone had a wonderfully good time! The Charity introduced a new service - Person Centred Counselling, offering the opportunity to talk in confidence with someone who is trained to listen. December and fabulous entries into the Beverley Christmas Tree Festival, the Hull Minster Lord Mayors Festival plus St Mark's Church in Bilton. Our amazing Volunteers were treated to a fabulous trip to the theatre followed by Afternoon Tea, as a huge thank you for all their help and support.

January arrived with Breast Awareness and Charity Talks in our community. The Charity AGM and Luncheon was held on 28th January at The Village Hotel, where legal and proper matters of the Charity were presented and documented. With the new Board of Trustees in place, the Charity was excited for the coming months ahead.

February brought our fabulous Fashion Show at All Saints Church, Hessle. A 'Vision Day' was held by the Board of Trustees to discuss future plans for the Charity. In March Our Second Friends Group joined the METSUP – Darker Side of Pink Exhibition in the City Centre. April and our friends from Hudgell's Solicitors joined us at our monthly Volunteers Day to lend a helping hand. The Charity joined the Hull CCG Champions Wellbeing event at the North Point Shopping Centre. May was the month of this year's signature event, the Pink Pamper Day. 94 guests who have been affected by breast cancer, enjoyed a free day of pampering, workshops, entertainment and lunch. It was a fabulous day, supported by our amazing volunteers, therapists, and workshop facilitators.

June soon came along, and with it the Charity's Pink Butterfly Month where our supporters held challenges/events to provide much needed funds for the Charity. Breast Awareness Campaign, Wig Bank and Bra Service in-house training was given to those wanting to volunteer in those much needed services. July saw the first of our fundraising days at the Breast Care Unit, Castle Hill Hospital, to raise awareness of HER Breast Friends services and activities. Our Second Friends Group welcomed guest speakers from Macmillan to their monthly meeting, whilst the Barely Awake Ukelele Band entertained us all at the Monthly Coffee Morning in August.



September and October were upon us in no time and with it the first Charity presentation to the Holderness Health Medical Group with agreement reached for the Charity information to be held in all the East Riding Libraries and mobile libraries. The charity celebrated the National Secondary Dedicated Day in St Stephens Shopping Centre, whilst also supporting the Menopause 'Ull day in Princes Quay. Our Founder, Jan was awarded a posthumous Special Recognition Award from HEY Smile Foundation Time2Volunteer Awards.

With this year done and dusted, the Charity looks forward to another year, with hope enthusiasm, positivity, determination and above all else… friendship!

Volunteers

Our wonderful volunteers continue to be a vital and essential part of the Charity and all that we offer. Coming from all walks of life and with their own reasons to help, our volunteers are an integral part of the Charity and its success. The Charity is blessed to have such a dedicated team of volunteers who share and support the Charity's vision and values. Our volunteers really are the very best of the best, and we are extremely proud to have them as part of the team! Thank you xx

Structure, Governance and Management

Hull & East Riding Breast Friends is a registered Charity and a member of the Fundraising Standards Board. The Charity is an unincorporated association and its governing document is a constitution.

Applications from prospective trustees are put forward to trustee meetings and then elected by the membership at the AGM.

Organisational Structure

The board members are all trustees and include officers of the Charity. All have a duty to act in the best interests of the Charity. The board meets every 6 – 8 weeks and any sub-committees meet regularly during the year. All members of the board and sub-committees are volunteers. The board delegates the day-to-day running of the affairs of the Charity to the Charity Manager, Jayne Beck who is employed by the Charity, and is assisted by a small team of volunteers.

Trustees' Transactions and Declarations of Interest

The group has a duty to disclose any material transactions between the group and the trustees; this would include payments received by themselves for goods and services provided by the group. None of the trustees have had any transactions with the group other than to give their time and skills freely.

Risk Management

The trustees assess the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and continue to take measures to reduce those risks to an acceptable minimum.

Public Benefit

The trustees believe they have complied with the duty of the Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit. This is known as the 'public benefit requirement' and the beneficiaries of the Charity must be appropriate to its aims. The trustees have paid due regard to this in deciding which activities the Charity should undertake and how funds are used.

Statement on Policy of Reserves

The Charity holds a level of accrued funds because its income is almost entirely dependent on donations. Our policy is to hold sufficient resources to continue the charitable activities of the group for one year.

Who's Who

HER Breast Friends

Patron & Founder
Jan Jones

Chair
Pam Trays

Vice Chair
Sandra Cooper

Treasurer
Stephen Henderson

Trustees
Colleen Barber
Lynne Maskell
Maggie Farmer
Derek Grantham
De Hempstock
Eric Jones
Simon Trays

Charity Manager
Jayne Beck

Administrative & Reference Details

Bank
HSBC 3 – 54 Jameson Street,
Kingston upon Hull, HU1 3JX

HER Breast Friends address
Pod 6, The Octagon
Walker Street
Hull
HU3 2RA

Fundraising & Support

£600.00
could keep our Buddleia Complementary Therapy room open for a month.

£20.00
provides a patient gift pack for those who have undergone surgery for breast cancer.

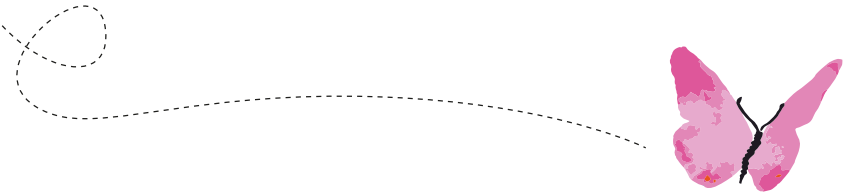
£30.00
provides a wig starter pack to help care for a wig whilst required.

The Charity has been overwhelmed with the generosity received in 2022-2023. During these continued difficult times, people have continued to support our work. Here is just a snapshot of the amazing support received:

- Andrea Jolly & Team, Chanterlands Crematorium for raising £85.66 through their bake and Charity merchandise sale.
- Andrea Curran-Smirk for donating wigs, caps, and accessories to our Wig Bank.
- Ann Richardson for donating £9.76 in our pink collection box.
- ASDA Mt Pleasant Hull for donating a fabulous hamper to our Butterfly Ball Raffle
- Beverlac Keystone Mark Lodge & The Mark Provincial Charity donated £1095.11 plus Gift Aid from their Carole Service at All Saints Church in Hessle.
- Bilton Choir for donating £63.05 from their concert.
- The Blue Bell Gastro Pub, Cottingham for welcoming and allowing our Second Friends Group to hold a monthly meeting there.
- Dr Dave & Dr Kamal donated £480 at Haltemprice Lions 50th Anniversary dinner.
- Emily Atkinson for organizing a Humberside Police Christmas Sweepstake raising £60.
- The Gift Shop, Driffield, had one of the Charity pink tubs in the shop, raising £50.87.
- Gill Stevens who donated bras to our bra service.
- Hollie Westley, Family & Friends held a Lavender Ball and donated £2000!
- Jenny Dickinson who donated some beautiful handmade cards.
- Jenny & Terry Watts for donating the many fabulous hampers, raffle prizes and more!
- Jo Roos & Segals Jewellers raised a staggering £4408 though their beautiful butterfly earring raffle at the Woman of Achievement Awards.
- Jo Fieldsend & The Highway for holding many fundraising events, donating £596.15.
- Christine Crawforth, Family & Friends held their annual Vanity Fair, raising a massive £1485!
- Sally Hill & all at The Breast Care Unit for inviting the Charity to join in their fundraising days and donating £250, plus selling our merchandise throughout the year.
- Sandra Thompson and the Just Because Charity for their wonderful donation of £500.
- Thelma & Dave Horner for their wonderful donation of £1000 towards the Pink Pamper Day.
- Tony O'Connor, Ortica Professional Ltd, for donating wigs to our Wig Bank.
- Liz Beatham for her wonderful £150 donation.
- Liz Trowill for her fabulous £20 donation.
- Lorraine Styles who had a cheeky win at Bingo and donated £50.
- Mike & Maria Sissons for holding another Tea Party, raising £405.
- Matthew Good Foundation and Tracy Keenan Smith for their amazing donation of £2000 through their Champion a Charity Scheme.
- Mr Richards donated £225!
- Penny, Indie & Kayliegh donated £478 to the Charity.
- Preston WI donated £344.41 from their fundraising afternoon, and who also made heart cushions for our Patient Gift Packs, plus Knitted Boobies for our Bra Service.

- Sarah, The Duchess of York for donating signed books, candles, and diffuser.
- Sheila Hunter who donated £10 in lieu of Christmas cards.
- Skidby Lakes Golf Club – Ladies Section for their amazing donation of £415 from their Pink Day.
- Sonia Little for a great donation of £50.
- South Cave WI for donating £86 from their raffle.
- Unique Salons – Hessle, Beverley & Cottingham for their continued support with our Wig Bank and for raising £3,500 through their Big Walk Weekend.
- Everyone who 'ticked' the Gift Aid box enabling the Charity to claim £417.12!
- To all those who raised funds and donated through Just Giving and Standing Orders.

This is only a snapshot of the unbelievable support given to the Charity over the past 12 months. Without the continued support from wonderful individuals, companies and organisations, the Charity could not continue to support local people affected by breast cancer. As always, THANK YOU never seems quite enough, but from everyone who has gained support from HER Breast Friends – A huge heartfelt thank you!



Statement of Account

Financial Year End – 31st October 2023

	2023 £	2022 £
Income during financial year	85,470	48,500
Expenditure during financial year	44,640	46,230
Net increase in funds for the year	40,830	2,270
Contingency fund*	100,000	74,000
Current reserves excluding contingency fund	30,867	16,033

* The Charity holds a level of contingency funds because its income is dependent on donations and grants. The Charity policy is to hold funds to continue the charitable activities of the group for two years. The increased figure of £100,000 reflects the estimated annual costs, salaries, and activities that are required to allow the Charity to function at a sustainable level.

The significant increase in income is a result of the Trustees and Charity Managers efforts to secure additional funding to enable the Charity to move to larger premises which will enable it to better deliver its objectives.

How you can help

Membership
By joining HER Breast Friends you are not only showing your support for the Charity but your fees help toward our running costs.

Gift Aid
If you are a tax payer complete a Gift Aid form and the Government donates money back in return, currently 25p for every pound.

Merchandise/Collection Boxes
If you are interested in having any merchandise to sell or a collection box, please contact us.

Webshop
All Charity merchandise and other purchases can be made online via our Webshop at https://herbreastfriends.org.uk/shop/

Volunteer
Offer your time as a volunteer.

eBay for Charity
We are registered with eBay so when selling items on eBay you can choose to donate a percentage, or all, of the sale price to us.

Raffle/Tombola Prizes
Donate any unwanted gifts for us to use as raffle or tombola prizes.

Donations
If you would like to donate online, please visit our website www.herbreastfriends.org.uk and click on the 'donate now' button on our homepage. We also accept card payments in the office.

If you would like to make a regular donation, please contact us for 'Standing order' details or download the form, from our website https://herbreastfriends.org.uk/downloads/

Just Giving at:
HER Breast Friends – JustGiving

Easyfundraising at:
www.easyfundraising.org.uk/herbreastfriends

Sharing your Story
If you have a story we would love to hear it. Talking to people about the work of the Charity and what it has done for you can make a positive difference that can be translated not only into raising funds, but awareness.

Hull & East Riding Breast Friends

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

How to contact us

For further help or information please get in touch with us via the following...

Address:
HER Breast Friends, Pod 6, The Octagon, Walker Street, Hull, HU3 2RA

Opening hours:
Monday - Friday, 10am - 4pm

Telephone:
01482 221368

Email:
generalenquiries@herbreastfriends.org.uk

Follow us on social media:
Facebook: Hull & East Riding Breast Friends
X: @HERbreastfriend
Instagram: HER Breast Friends

ANDREA HALL DESIGN

print+
t: 01757 611175
e: info@printplusltd.co.uk

FUNDRAISING REGULATOR

ico.
Information Commissioner's Office

Hull & East Riding
Breast Friends
Registered Charity No.1114143
www.herbreastfriends.org.uk

HER Breast Friends

Management Report

21st March 2024

Prepared by Jayne Beck

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Profit & Loss

Financial year report for FY 2023

	FY 2023 (£)
Revenue	
Membership	312.78
Monthly Meeting	(47.46)
Gift Aid	1,325.08
Donations	27,132.55
Interest	295.85
Donation - Wig Bank	714.45
Donation - Budleia	429.15
Donation - Craft Club	747.31
Donation - Breast Awareness	495.45
Project Income	43,825.81
Sales of Merchandise	2,664.43
Bra Bank	(266.38)
Annual Ball income	3,852.62
eBay	13.05
Butterfly Ball Raffle 2022	1,573.05
Christmas Raffle 2022	139.06
Second Friends	(263.63)
Fashion Show 2023	744.28
Feb Raffle 2023	541.08
Summer Raffle 2023	179.51
PCC	20.00
Napoleons Charity Night 2023	937.14
Identities Nov 2023	106.00
Total Revenue	**85,471.18**
Gross Profit	**85,471.18**
Administrative expenses	
Salaries	
Salaries	(23,501.71)
Total Salaries	**(23,501.71)**
Rent and rates	
Rent and rates	(5,455.44)
Insurance	(395.59)
Total Rent and rates	**(5,851.03)**
Communications	
Telephone	(953.80)
Total Communications	**(953.80)**
General administration	
General admin	(967.74)
Printing and stationery	(2,890.37)
Cleaning	(308.94)
Postage and packaging	(1,339.17)
Purchase of Merchandise	(1,839.02)
Pamper Day	4,114.58
AGM	(656.05)
Patient Packs	(341.73)

Profit & Loss

Goodwill - Flowers	(497.03)
Members Support Scheme	(455.95)
Event	(1,902.98)
Craft Club Expenses	(978.97)
Wig Bank - Expenses	(1,007.28)
Budleia - Expenses	(1,314.20)
Breast Awareness Expenses	(366.18)
Accounting fees	(99.00)
HBF15 - Butterfly Ball	(394.59)
Website	(1,029.60)
Butterfly Effect	(50.00)
Storage Facility	(1,605.00)
eBay	(402.21)
Total General administration	**(14,331.43)**

Total Administrative Expenses	(44,637.97)
Operating Profit	40,833.21
Profit Before Tax	40,833.21
Net Profit	40,833.21

Balance Sheet

Financial year report for FY 2023

	FY 2023 (£)
Current assets	
Trade debtors	
Trade debtors	67.66
Total Trade debtors	**67.66**
Cash	
Bonus Saver	38,345.33
Current Account	91,809.00
Petty Cash	1,313.44
HBF Credit Card	(17.82)
Total Cash	**131,449.95**
Current liabilities	
Trade creditors	
Trade creditors	(650.82)
Total Trade creditors	**(650.82)**
Net Assets	**130,866.79**
Equity	
Retained earnings	90,033.58
Net profit	40,833.21
Total Equity	**130,866.79**
Shareholders Equity	**130,866.79**

Cash Flow

Financial year report for FY 2023

	FY 2023 (£)
Revenue	
Sales of Merchandise	2,664.43
Donation - Wig Bank	714.45
Donation - Budleia	429.15
Butterfly Ball Raffle 2022	1,573.05
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Administrative expenses	
General administration	
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Website	(1,029.60)
Purchase of Merchandise	(1,839.02)
General admin	(967.74)
Postage and packaging	(1,339.17)
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Event	(1,902.98)
Goodwill - Flowers	(497.03)
Accounting fees	(99.00)
eBay	(402.21)
AGM	(656.05)
Members Support Scheme	(455.95)
Budleia - Expenses	(1,303.12)
Printing and stationery	(2,973.53)
Craft Club Expenses	(978.97)
Storage Facility	(1,605.00)
Cleaning	(308.94)
Pamper Day	4,114.58
Patient Packs	(341.73)
Wig Bank - Expenses	(1,007.28)
Breast Awareness Expenses	(366.18)
Total General administration	**(15,703.51)**

Cash Flow

Salaries	
Salaries	(23,501.71)
Total Salaries	**(23,501.71)**
Rent and rates	
Rent and rates	(4,955.63)
Insurance	(395.59)
Total Rent and rates	**(5,351.22)**
Communications	
Telephone	(953.80)
Total Communications	**(953.80)**
Funds Generated From Operations	**39,960.94**
Financing Cash Flow	**39,960.94**
Investing Cash Flow	**39,960.94**
Total After Drawings	**39,960.94**
Net Cash Movements	**39,960.94**
Cash Balance	
Cash Flow	39,960.94
Total Cash Balance	**131,449.95**

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name HULL AND EAST RIDING BREAST FRIENDS		
On accounts for the year ended	31/10/2023	**Charity no (if any)**	1114143
Set out on pages	(remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 /10 /2022**.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete* [ ] *if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed:	S.L Tate	**Date:**	07.03.2024
Name:	SARAH LOUISE TATE		
Relevant professional qualification(s) or body	CIMA		

(if any):	

Address:	18 ALBEMARLE ROAD
	BILTON
	HU11 4DR

Section B	**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.	

HULL AND EAST RIDING BREAST FRIENDS

England & Wales - Charity number 1114143

Accounts

Hull & East Riding Breast Friends

Annual Report

1st November 2021 – 31st October 2022

Patron: HRH The Duchess of Kent

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

"Smiles are impossible to measure, yet it is the true measurement of all we do."

Jan Jones, Founder

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Welcome & Chair's Report:

Welcome to HER Breast Friends Annual report for 2021-2022. A year that has thankfully, been more, can I say, 'normal' than the previous two, with all our services and activities running as they should. Services such as the Wig Bank, Bra Service and Buddleia Therapies which are in more demand each year. Breast Awareness talks, providing information on signs and symptoms to look out for to hopefully ensure that early diagnosis is received and promote the importance of breast screening. It's good to talk but it's much better talking face to face.

This year I am proud to report on two new services to the Charity, Second Friends and Person Centred Counselling, both much needed in our community.

Second Friends, a group for those living with secondary breast cancer. Providing a supportive environment with a chance to meet and chat with people who appreciate and understand the challenges each are going through. A group unique to this area.

Person Centred Counselling, providing a safe and confidential space for those who may need a little bit extra support.

However, with the introduction of these new services it has made us realise we need more space and are therefore looking for larger, affordable premises, not easy in the current climate!

As we rely on donations and fundraising for 100% of our income, I am so grateful and appreciative of those that have raised funds for us. From cake, book, and tombola stalls, to walking the Three Peaks or running a marathon. Without this support what we do would not be possible. Likewise, to corporate benefactors and supporters such as Design Signage Solutions Ltd, and Women in Business Hull who kept us as their Charity of the Year for the third year!

As we head into 2023 and the winter months of uncertainty with the current cost of living, I give thanks to the great work, vision and prudence of our Trustees, and Charity Manager, to ensure we can continue once again doing our utmost to support, encourage and uplift those affected by breast cancer.

"There are no strangers here, only friends you haven't yet met."

WB Yeats

Tasks that we could not do, without our army of fabulous volunteers without whom, the Charity would not function. Volunteers who themselves have been affected in some way by the disease. They have once again pulled out all the stops to ensure whether newly diagnosed or living with or beyond a diagnosis of breast cancer, they and their family and friends, receive the quality of support they deserve.

A breast cancer diagnosis changes and transforms you, just like our symbol, the butterfly. A beautiful symbol with many similar meanings across different cultures. Just like those meanings, the band of friendship that I am proud to say surrounds us at HER Breast Friends remains positive, giving strength, hope and comfort to anyone who needs us.

Whatever comes along next year we will face it together and I hope you will continue to be together with us, after all, together is a beautiful place to be.

Keep smiling
Pam x

Mission Statement

Our aim is to help create a supportive environment for those affected by breast cancer, by promoting a positive approach to living with the disease, offering encouragement and inspiration, and by raising funds for breast cancer treatment and research.

Our Vision

To develop a long term strategy for the development of HER Breast Friends as an organisation, offering real solutions for those affected by breast cancer in a positive and supportive environment.

Our Values

Every member will feel welcomed and valued. We will aim to maintain professionalism and confidentiality at all times. We will promote laughter, happiness, self-esteem and we will move the group forward with confidence.

Charitable objectives

The prevention of sickness and promotion of health particularly with regard to breast cancer by...

Objective 1

Promoting awareness of the available relevant support and advice networks serving Yorkshire and North East Lincolnshire.

Objective 2

Raising funds for breast cancer research and treatment.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Objective 1

Promoting awareness of the available relevant support & advice networks serving Yorkshire & North East Lincolnshire.

Within our premises in Hull, we hold numerous booklets and information on services both local and national that can provide support or advice, as well as our own information booklet that we distribute around the hospitals and local area and can also be found in our Patient Gift Packs, giving details of all our services which are there to try and improve someone's journey with breast cancer.

Our volunteer breast awareness team were also out and about again this year spreading the message of the signs and symptoms to look out for, helping to promote the difference an early diagnosis could make, and the importance of breast screening.

Connections with the local hospitals, and various community groups remains strong.

Objective 2

Raising funds for breast cancer research and treatment.

After many years of donating funds for various items used by our local NHS hospitals to help improve the quality of someone's treatment, Last year after two years of unpredictable fund raising, we focused on how we could best help those that came to the Charity for support.

This year we have funded a vital group needed in our area for those diagnosed with secondary breast cancer.

Many with secondary breast cancer can feel forgotten and alone, as their experience with breast cancer is different to those diagnosed with primary breast cancer. They needed a voice. To share their experiences and challenges with people who could fully appreciate and understand the challenges each face. The group meets every second Saturday and have also set up an online connection that can be used at any time, so no one needs to feel alone.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Of all our objectives, this is probably what HER Breast Friends is best known for.

Patient Gift Packs

Receiving a diagnosis of breast cancer is a frightening time for both patient and those around them. To know that there is a group that fully understands what you are going through and the challenges you may face is such a boost to the moral. Through our Patient Gift Packs, described by one recipient as 'a bag of love' information on all our services and activities can be found including those of national organisations. Each pack includes our beautiful handmade cushion, comforting to hug but more useful when travelling home to relieve the pressure of the seat belt on surgery sites and a fun stress busting Dammit Doll made by our Wednesday crafters and supporters.

246 packs were donated to hospitals this year. But just knowing there is someone who understands whether that be just a chat over the telephone, at the Charity or at one of our various activities, it ensures they know they are not alone.

"I have recently had surgery and am currently undergoing chemotherapy. I would like to say thank you so much for the pack that I received after surgery. The cushion was and still is a game changer/ life saver! It has helped so much, and I cannot thankyou enough"

Bra Service

Our Bra Service is housed in a dedicated, comfortable, and private room offering the best possible individual service including a FREE Bra Measuring and Fitting Service by fully trained volunteers. Fittings are by appointment only. We have a range of Amoena mastectomy bras and swimwear at affordable prices. Our Knitted Boobies and Aqua Boobies are FREE for anyone who wishes to try them, and can be worn from approximately 6 weeks after surgery and fit in any bra or swimsuit.

Buddleia Complementary Therapies

A full range of complementary and beauty therapies are offered in our dedicated, comfortable, and private therapy rooms by therapists all fully qualified, insured and DBS checked. Therapies given are by appointment only. All our therapists know how to adapt therapies for cancer patients so you can be assured of a welcoming, safe, and supportive environment.

Second Friends

Recently formed, our Second Friends Group is unique to this area. The group provides a supportive environment for those with a secondary breast cancer diagnosis, by people who appreciate and understand the challenges each are going through. Friendships are formed through shared experiences, and no one needs to feel alone. Our group meets every second Saturday in each month and is funded by donations.

The Wig Bank

The Wig Bank has a large selection of donated and new wigs in various styles and colours, plus scarves, bandannas and other accessories. Open to all cancer and hair loss clients. Run by volunteers, all our wigs are washed and prepared to ensure they are in tip top condition before being presented for viewing. A FREE care pack including shampoo, conditioner, hair spray plus wig stand, brush and wig cap is given to every client who selects a wig.

Wednesday Crafters

Our Wednesday Crafters meet at our premises every Wednesday afternoon. The theraputic benefit of arts and crafts for those affected by illness is well documented and the group engages in various activities from knitting and sewing, to card making and macramé. The group also supports the Patient Gift Packs given to the hospitals, by making the Heart Cushions and Dammit Dolls, as well as knitting the Knitted Boobies and Aqua Boobies. EVERYONE is welcome to join in and learn a new skill, or just sit, watch, and chat over a drink.

Pink Pamper Day

Our fabulous signature event, the Pink Pamper Day caters for up to 100 local people affected by breast cancer, providing a free day of beauty and complementary therapies, inspiring workshops, lunch, relaxation, encouragement, fun and laughter. Many lasting friendships have been formed on these days. We are always looking for sponsors to support this event, whether by providing a raffle prize, an item for our gift bags or maybe sponsor a place for someone.

MONTHLY COFFEE MORNING

Held on the 1st Saturday of each month at The Octagon, between 10am and 12noon. ALL WELCOME, members, and non-members.

HER Breast Friends

1st Nov 2021 – 31st Oct 2022

2021 – 2022 started much brighter than the previous year, as lockdown restrictions eased. The Charity doors re-opened, and the work started to get the services, activities, and much needed support back on track!

November to December The services and activities were soon back up to full strength, re-establishing our contacts with members, volunteers, and supporters. It was wonderful to enter a Christmas Tree in the Beverley Christmas Tree Festival and the Hull Minster, Lord Mayor's Tree Festival once again. The trees adorned with beautiful 'Angels', made by the Wednesday Crafters and Volunteers.

January arrived and with it a new service offered - Second Friends. Unique to this area, our Second Friends Group provides a supportive environment for those with a secondary breast cancer diagnosis, by people who appreciate and understand the challenges faced. The Group meets every second Saturday of each month. The Charity AGM and Luncheon was held on 29th January 2022 at The Village Hotel, where legal matters of the Charity were presented and documented. With the new Board of Trustees in place, the Charity was excited for the coming months ahead.

March and the Monthly Meeting saw guest speaker and member Margaret Wharf discuss and delight in the world of morse code! The Charity also took part in International Women's Week at Hull Central Library. March also saw the re-launch of The Butterfly Effect Competition, which was initially launched in 2020, but scuppered by COVID-19.

May was the month of this year's signature event, the Pink Pamper Day. 89 guests who have been affected by breast cancer, enjoyed a free day of pampering, workshops, entertainment and lunch. It was a fabulous day, supported by our amazing volunteers, therapists, and workshop facilitators.

June soon came along, and with it our 1st of 3 subsidised theatre trips of the year. 15 members went along to the Beverley Memorial Hall to watch The Little Shop of Horrors. June is also the Charity's Pink Butterfly Month; Cake sales, Garden Parties, and sponsored challenges, were undertaken by our supporters, which provided much needed funds for the Charity.

July saw the closing date of The Butterfly Effect Competition. 15 entries were collected, ready to be photographed and prepared for a mini tour around the city, for the public to vote for the winners.

October and the Breast Awareness Month was upon us in no time. The Voting for the Butterfly Effect Competition closed, and the winners would be announced at The Butterfly Ball in November 2022. October also brought along the plans for another new service – Person Centred Counselling, to launch in December 2022.

So, with another year done, the Charity looks forward to a new year, with hope, enthusiasm, positivity, determination and above all else… friendship!

Volunteers

Our wonderful volunteers continue to be a vital and essential part of the Charity and all that we offer. Coming from all walks of life and with their own reasons to help, our volunteers are an integral part of the Charity and its success. The Charity is blessed to have such a dedicated team of volunteers who share and support the Charity's vision and values. Our volunteers really are the very best of the best, and we are extremely proud to have them as part of the team! Thank you xx

Structure, Governance and Management

Hull & East Riding Breast Friends is a registered Charity and a member of the Fundraising Standards Board. The Charity is an unincorporated association and its governing document is a constitution.

Applications from prospective trustees are put forward to trustee meetings and then elected by the membership at the AGM.

Organisational Structure

The board members are all trustees and include officers of the Charity. All have a duty to act in the best interests of the Charity. The board meets every 4 – 6 weeks and any sub-committees meet regularly during the year. All members of the board and sub-committees are volunteers. The board delegates the day-to-day running of the affairs of the Charity to the Charity Manager, Jayne Beck who is employed by the Charity, and is assisted by a small team of volunteers.

Trustees' Transactions and Declarations of Interest

The group has a duty to disclose any material transactions between the group and the trustees; this would include payments received by themselves for goods and services provided by the group. None of the trustees have had any transactions with the group other than to give their time and skills freely.

Risk Management

The trustees assess the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and continue to take measures to reduce those risks to an acceptable minimum.

Public Benefit

The trustees believe they have complied with the duty of the Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit. This is known as the 'public benefit requirement' and the beneficiaries of the Charity must be appropriate to its aims. The trustees have paid due regard to this in deciding which activities the Charity should undertake and how funds are used.

Statement on Policy of Reserves

The Charity holds a level of accrued funds because its income is almost entirely dependent on donations. Our policy is to hold sufficient resources to continue the charitable activities of the group for one year.

Who's Who

HER Breast Friends

Patron & Founder
Jan Jones

Chair
Pam Trays

Vice Chair
Sandra Cooper

Treasurer
Stephen Henderson

Trustees
Colleen Barber
Lynne Maskell
Maggie Farmer
Derek Grantham
De Hempstock
Eric Jones
Simon Trays

Charity Manager
Jayne Beck

Administrative & Reference Details

Bank
HSBC 3 – 54 Jameson Street,
Kingston upon Hull, HU1 3JX

HER Breast Friends address
Pod 6, The Octagon
Walker Street
Hull
HU3 2RA

Fundraising & Support

£500.00
could keep our Buddleia Complementary Therapy room open for a month.

£15.00
provides a patient gift pack for those who have undergone surgery for breast cancer.

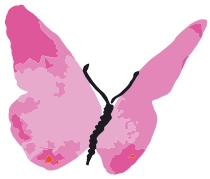
£30.00
provides a wig starter pack to help care for a wig whilst required.

The Charity has been overwhelmed with the generosity received in 2021-2022. During these continued difficult times, people have continued to support our work. Here is just a snapshot of the amazing support received:

- Aimee Fenn raised £241 by holding a bun sale at the Willerby & Kirkella pre-school.
- The ALMONO Group donated £150.
- Amanda Burton and daughter, donated £434.46 in memory of their Mum and Grandma.
- Annette Ford organised a 'Name the Teddy' and raised £50.
- Annette Clayton made some fabulous Dammit Dolls which went into our Patient Gift Packs.
- ASDA Mt Pleasant; Tesco St Stephens and Morrisons Holderness Road, all donated hampers for our Butterfly Ball raffle.
- Billie Rhodes donated another £250 form the sale of knitted dolls, bringing the total raised to £4680.
- Catherine Kirk raised £200 plus Gift Aid, in lieu of presents for her 60th birthday.
- Christie Crawforth, family & friends raised an astounding £1568.73 through their 'Vanity Fair' event in October 2022.
- Clair Green donated some no longer needed beautiful wigs to our Wig Bank.
- The Constable Arms, Sporatley raised £1258.63 from 2 charity events.
- Unique Salons held their 'Big Bra Walk' in August 2022, raising a massive £5232.50, in memory of friend and colleague Caroline Abuelo.
- Tony Beck donated £218, raised in memory of his Mum Ivy.
- Smailes Goldie Group donated £115 as part of their Charity Campaign, £22k in 2022.
- Sue Peck, donated £700 from a charity day held in memory of her daughter Jemma.
- Susie Buybse of Red B4 Bookshop in Australia donated a well travelled £30.
- Mr T Kilcullen donated some beautiful wigs, bras and bra tops to our Wig Bank and Bra Service.
- Skidby Lakes Golf Club held a 'Pink Day' raising £440.
- Our Wednesday Crafters and Volunteers for all the handmade Dammit Dolls, Heart Shaped Cushions and Seatbelt Cushions, for our Patient Gift Packs.
- Anthony Harrison and family for donating £658.50, in memory of Wife, Mum & Grandma Pam.
- Nicky Cooper donated wigs and accessories to our Wig Bank.
- Paul Gillatt sent in a donation of £10 to the Charity.
- The Mayor of Beverley chose the Charity as one of 2 'Charity of the Year' recipients, raising a fabulous £407.
- Janice Connor donated £50 to sponsor the Beverley Festival Christmas Tree.
- Becki Winter & Tracey Keenan-Smith for volunteering at The Pink Pamper Day and donating an incredible £1000.
- Cath Leach for donating £8.97 by filling one of the Charity's pink collection boxes with pennies.
- Jackie Read donated £44 from the sale of homegrown fruit.
- Staff at Hessle Police Station donated a wonderful £86.59.
- Jude Hotham sold her amazing, crocheted items, raising an incredible £124.33.
- Hugh Fitz Baldric placed a Pink Tub on their bar and raised £40.

- Richard Tempest ran the GNR and Hull Half Marathon raising an astounding £500.
- Eileen Hubbard, family, and friends raised a fabulous £650 from holding a tombola at the East Coast Run event, Sewerby Hall and Burton Constable Hall.
- Lorraine Styles donated £50 from a cheeky win at bingo!
- Everyone who 'ticked' the Gift Aid box enabling the Charity to claim £1325.08!

This is only a snapshot of the unbelievable support given to the Charity over the past 12 months. Without the continued support from wonderful individuals, companies and organisations, the Charity could not continue to support local people affected by breast cancer. As always, THANK YOU never seems quite enough, but from everyone who has gained support from HER Breast Friends – A huge heartfelt thank you!



Support Scheme

HER Breast Friends is not a grant giving organisation but does recognise that occasionally a small amount of financial help is the best way the Charity can support people going through breast cancer. A breast cancer diagnosis can mean extra expenses, which may be difficult or impossible to fund for those already on a low or reduced income. The Support Fund is open for applications from anyone who has, or is receiving treatment for breast cancer, resides in the Charity's area of operation and has a specific need for support from this fund.

Statement of Account

Financial Year End – 31st October 2022

	2022 £	2021 £
Reserves as at 1st November 2021	13,973.87	488.87
Contingency Funds for 2020/21	-74,000.00	-74,000.00
Income During Year	48,500. 62	48,723.00
Expenditure During Year	46,229.12	35,238.00
Net Increase in Funds for the Year	2,271.50	13,485.00
Contingency Funds for 2021/22	-74,000.00	-74,000.00
Current Reserves as at 31st October 2022	16,245.37	13,973.87

Statement of Policy on Reserves

The Charity holds a level of contingency funds because its income is almost entirely dependent on donations. HER Breast Friends policy is to hold contingency funds to continue the chartable activities of the group for 2 years. The current accrual is £74,000 reflects the envisages annual costs; salaries, major events, and activities etc., that are needed to allow the Charity to function at its' normal levels.

How you can help

Membership

By joining HER Breast Friends you are not only showing your support for the Charity but your fees help toward our running costs.

Gift Aid

If you are a tax payer complete a Gift Aid form and the Government donates money back in return, currently 25p for every pound.

Merchandise/Collection Boxes

If you are interested in having any merchandise to sell or a collection box, please contact us.

Webshop

All Charity merchandise and other purchases can be made online via our Webshop at https://herbreastfriends.org.uk/shop/

Volunteer

Offer your time as a volunteer.

eBay for Charity

We are registered with eBay so when selling items on eBay you can choose to donate a percentage, or all, of the sale price to us.

Raffle/Tombola Prizes

Donate any unwanted gifts for us to use as raffle or tombola prizes.

Donations

If you would like to donate online, please visit our website www.herbreastfriends.org.uk and click on the 'donate now' button on our homepage. We also accept card payments in the office.

If you would like to make a regular donation, please contact us for 'Standing order' details or download the form, from our website https://herbreastfriends.org.uk/downloads/

Smile Amazon at: https://smile.amazon.co.uk

Easyfundraising at: www.easyfundraising.org.uk/herbreastfriends

Sharing your Story

If you have a story we would love to hear it. Talking to people about the work of the Charity and what it has done for you can make a positive difference that can be translated not only into raising funds, but awareness.

Hull & East Riding Breast Friends

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

How to contact us

For further help or information please get in touch with us via the following...

Address:
HER Breast Friends, Pod 6, The Octagon, Walker Street, Hull, HU3 2RA

Opening hours:
Monday - Friday, 10am - 4pm

Telephone:
01482 221368

Email:
generalenquiries@herbreastfriends.org.uk

Follow us on social media:
Facebook: Hull & East Riding Breast Friends
Twitter: @herbreastfriend
Instagram: HER Breast Friends

ANDREA HALL DESIGN

print+
t: 01757 611175
e: info@printplusltd.co.uk

FUNDRAISING REGULATOR

ico.
Information Commissioner's Office

Hull & East Riding
Breast Friends
Registered Charity No.1114143
www.herbreastfriends.org.uk

HER Breast Friends

Management Report

21st June 2023

Prepared by Jayne Beck

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Profit & Loss

Report comparing FY 2021 and FY 2022

	FY 2022 (£)	FY 2021 (£)	Variance
Revenue			
Membership	363.79	319.20	14%
Monthly Meeting	31.27	0.00	-
Gift Aid	0.00	618.89	(100%)
Donations	34,548.48	41,435.01	(16.6%)
Interest	20.09	58.43	(65.6%)
Grants	1,000.00	2,250.00	(55.6%)
Donation - Wig Bank	1,381.35	1,061.90	30.1%
Donation - Budleia	662.93	296.83	123.3%
Donation - Craft Club	501.62	369.80	35.6%
Donation - Breast Awareness	240.66	6.38	3672.1%
Project Income	3,515.78	340.40	932.8%
Sales of Merchandise	1,449.82	1,490.20	(2.7%)
Pink Butterfly Week	231.00	0.00	-
Bra Bank	(175.25)	121.10	(244.7%)
Your Personal Breast Challenge 2020	0.00	145.00	(100%)
Charity Christmas cards	0.00	(116.50)	100%
Christmas Hamper Raffle	0.00	53.00	(100%)
Easter Raffle 2021	0.00	273.21	(100%)
Annual Ball income	3,929.82	0.00	-
Easter Raffle 2022	202.39	0.00	-
Little Shop of Horror Tickets 2022	(41.00)	0.00	-
9to5 Musical	150.00	0.00	-
Butterfly Ball Raffle 2022	487.87	0.00	-
Total Revenue	**48,500.62**	**48,722.85**	**(0.5%)**
Gross Profit	**48,500.62**	**48,722.85**	**(0.5%)**
Administrative expenses			
Salaries			
Salaries	(22,723.91)	(20,790.60)	(9.3%)
Total Salaries	**(22,723.91)**	**(20,790.60)**	**(9.3%)**
Rent and rates			
Rent and rates	(2,076.00)	(1,440.00)	(44.2%)
Insurance	(544.04)	(567.88)	4.2%
Total Rent and rates	**(2,620.04)**	**(2,007.88)**	**(30.5%)**
Communications			
Telephone	(936.00)	(792.00)	(18.2%)
Total Communications	**(936.00)**	**(792.00)**	**(18.2%)**
General administration			
General admin	(556.55)	(1,128.53)	50.7%
Subscriptions	(3.99)	0.00	-
Printing and stationery	(2,220.02)	(1,644.83)	(35%)
Cleaning	(520.65)	(226.92)	(129.4%)
Postage and packaging	(1,328.04)	(694.54)	(91.2%)
Purchase of Merchandise	(734.42)	(740.00)	0.8%
Pamper Day	(682.81)	(939.48)	27.3%
AGM	(401.25)	(98.50)	(307.4%)

Profit & Loss

Patient Packs	(1,286.59)	(1,944.49)	33.8%
Goodwill - Flowers	(541.40)	(404.50)	(33.8%)
Event	(912.15)	(94.08)	(869.5%)
Craft Club Expenses	(836.32)	(343.57)	(143.4%)
Wig Bank - Expenses	(1,270.01)	(782.65)	(62.3%)
Budleia - Expenses	(997.58)	(1,015.53)	1.8%
Purchase of Equipment	0.00	(68.84)	100%
Accounting fees	(90.00)	(99.00)	9.1%
Dance Class	27.00	0.00	-
Bursary	(109.00)	0.00	-
HBF15 - Butterfly Ball	(5,376.61)	0.00	-
Website	(760.80)	(282.48)	(169.3%)
Butterfly Effect	823.00	0.00	-
Storage Facility	(2,015.00)	(1,140.00)	(76.8%)
eBay	(155.98)	0.00	-
Total General administration	(19,949.17)	(11,647.94)	(71.3%)

Total Administrative Expenses	(46,229.12)	(35,238.42)	(31.2%)
Operating Profit	2,271.50	13,484.43	(83.2%)
Profit Before Tax	2,271.50	13,484.43	(83.2%)
Net Profit	2,271.50	13,484.43	(83.2%)

Balance Sheet

Report comparing FY 2021 and FY 2022

	FY 2022 (£)	FY 2021 (£)	Variance
Current assets			
Trade debtors			
Trade debtors	67.66	0.00	-
Total Trade debtors	**67.66**	**0.00**	**-**
Cash			
Bonus Saver	23,049.48	23,029.39	0.1%
Current Account	68,256.17	64,705.13	5.5%
Petty Cash	201.18	246.31	(18.3%)
HBF Credit Card	(17.82)	(17.82)	0%
Total Cash	**91,489.01**	**87,963.01**	**4%**
Current liabilities			
Trade creditors			
Trade creditors	(1,523.09)	(200.93)	(658%)
Total Trade creditors	**(1,523.09)**	**(200.93)**	**(658%)**
Net Assets	**90,033.58**	**87,762.08**	**2.6%**
Equity			
Retained earnings	87,762.08	74,277.65	18.2%
Net profit	2,271.50	13,484.43	(83.2%)
Total Equity	**90,033.58**	**87,762.08**	**2.6%**
Shareholders Equity	**90,033.58**	**87,762.08**	**2.6%**

Cash Flow

Report comparing FY 2021 and FY 2022

	FY 2022 (£)	FY 2021 (£)	Variance
Revenue			
Donations	34,548.48	41,435.01	(16.6%)
Your Personal Breast Challenge 2020	0.00	145.00	(100%)
Donation - Wig Bank	1,381.35	1,061.90	30.1%
Charity Christmas cards	0.00	113.50	(100%)
Grants	1,000.00	2,250.00	(55.6%)
Interest	20.09	58.43	(65.6%)
Donation - Breast Awareness	240.66	6.38	3672.1%
Christmas Hamper Raffle	0.00	53.00	(100%)
Sales of Merchandise	1,449.82	1,490.20	(2.7%)
Membership	363.79	319.20	14%
Easter Raffle 2021	0.00	273.21	(100%)
Donation - Craft Club	501.62	369.80	35.6%
Bra Bank	(120.53)	72.10	(267.2%)
Donation - Budleia	662.93	296.83	123.3%
Gift Aid	0.00	618.89	(100%)
Project Income	3,515.78	340.40	932.8%
Monthly Meeting	31.27	0.00	-
Easter Raffle 2022	202.39	0.00	-
Annual Ball income	3,929.82	0.00	-
Little Shop of Horror Tickets 2022	(41.00)	0.00	-
Pink Butterfly Week	231.00	0.00	-
Butterfly Ball Raffle 2022	487.87	0.00	-
9to5 Musical	150.00	0.00	-
Total Revenue	**48,555.34**	**48,903.85**	**(0.7%)**
Total Income	**48,555.34**	**48,903.85**	**(0.7%)**
Administrative expenses			
General administration			
Patient Packs	(1,286.59)	(1,944.49)	33.8%
Postage and packaging	(1,328.04)	(694.54)	(91.2%)
Wig Bank - Expenses	(1,482.94)	(569.72)	(160.3%)
Printing and stationery	(2,039.65)	(1,761.09)	(15.8%)
General admin	(556.55)	(1,152.53)	51.7%
Accounting fees	(90.00)	(99.00)	9.1%
Event	(912.15)	(324.08)	(181.5%)
Budleia - Expenses	(997.58)	(1,015.53)	1.8%
Goodwill - Flowers	(541.40)	(404.50)	(33.8%)
Website	(760.80)	(270.48)	(181.3%)
AGM	(401.25)	(98.50)	(307.4%)
Craft Club Expenses	(836.32)	(343.57)	(143.4%)
Purchase of Equipment	0.00	(68.84)	100%
Cleaning	(520.65)	(226.92)	(129.4%)
Storage Facility	(2,015.00)	(1,140.00)	(76.8%)
Purchase of Merchandise	(734.42)	(740.00)	0.8%
Pamper Day	(682.81)	(939.48)	27.3%
Bursary	(109.00)	0.00	-
eBay	(155.98)	0.00	-
Butterfly Effect	823.00	0.00	-
Subscriptions	(3.99)	0.00	-
Dance Class	27.00	0.00	-

Cash Flow

HBF15 - Butterfly Ball	(4,076.61)	0.00	-
Total General administration	**(18,681.73)**	**(11,793.27)**	**(58.4%)**
Salaries			
Salaries	(22,723.91)	(20,790.60)	(9.3%)
Total Salaries	**(22,723.91)**	**(20,790.60)**	**(9.3%)**
Rent and rates			
Rent and rates	(2,076.00)	(1,560.00)	(33.1%)
Insurance	(544.04)	(567.88)	4.2%
Total Rent and rates	**(2,620.04)**	**(2,127.88)**	**(23.1%)**
Communications			
Telephone	(936.00)	(864.00)	(8.3%)
Total Communications	**(936.00)**	**(864.00)**	**(8.3%)**
Current assets			
Trade debtors			
Trade debtors	(67.66)	0.00	-
Total Trade debtors	**(67.66)**	**0.00**	**-**
Current liabilities			
Trade creditors			
Trade creditors	0.00	49.00	(100%)
Total Trade creditors	**0.00**	**49.00**	**(100%)**
Funds Generated From Operations	**3,526.00**	**13,377.10**	**(73.6%)**
Financing Cash Flow	**3,526.00**	**13,377.10**	**(73.6%)**
Investing Cash Flow	**3,526.00**	**13,377.10**	**(73.6%)**
Total After Drawings	**3,526.00**	**13,377.10**	**(73.6%)**
Net Cash Movements	**3,526.00**	**13,377.10**	**(73.6%)**
Cash Balance			
Cash Flow	3,526.00	13,377.10	(73.6%)
Total Cash Balance	**91,489.01**	**87,963.01**	**4%**

HULL AND EAST RIDING BREAST FRIENDS

England & Wales - Charity number 1114143

Accounts

Hull & East Riding Breast Friends

Annual Report

1st November 2018 – 31st October 2019

Patron: HRH The Duchess of Kent

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

"Smiles are impossible to measure, yet it is the true measurement of all we do."

Jan Jones, Founder

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Welcome

A very warm welcome to our Annual Report for 2018/19

Once again, the Charity has been very busy supporting local people affected by breast cancer. Thanks to the amazing support of our volunteers and supporters we continue to provide top quality services and activities to those that need us.

Next year will be our 15th year! For a small local charity reliant on volunteers and one paid member of staff, that is a fantastic achievement.

True to our founding values, aims and objectives, the Charity continues to turn some negative experiences of breast cancer into real and lasting positives for the benefit of all.

With your support you are ensuring this continues, long into the future. To all who give your valuable time to help in any way you can, a massive heartfelt thank you!

Together we really do make a difference!

Chair's Report

As 2019 draws to a close it is nice to look back and review the charities achievements and look how far we have come from our humble beginnings to the force that is now HER Breast Friends going into our 15th year in 2020. Every year things just seem to get bigger and better. Enjoy the review and the photographs and see what a happy place we try to be.

Look out for our celebrations next year, especially 'The Butterfly Effect" which will be launched very soon and is going to be fabulous, and then towards the end of the year another Ball to be held at the Double Tree by Hilton Hotel. Get your dresses ready!

I want to take this opportunity to thank our wonderful volunteers who without them, we would not get half our events done. They work tirelessly to support us, and we really appreciate each and every one of you. you all know who you are. Whilst I am giving thanks, I also want to recognise the work of our Trustees. All volunteers who steer the charity and drive it forward year on year and help mould it into what we are today. And of course, our wonderful Charity Manager Jayne Beck, always going above and beyond, and our day to day face of the charity.

Our offices are always open for anyone to drop in, take a tour and see what we do, what services we have to offer or just to have a cup of tea and a chat.

We look forward to seeing you.

Take care and always be kind to yourself and to others

Joanne Mennell

Chair

"There are no strangers here, only friends you haven't met yet."

WB Yeats

Mission Statement

Our aim is to help create a supportive environment for those affected by breast cancer, by promoting a positive approach to living with the disease, offering encouragement and inspiration, and by raising funds for breast cancer treatment and research.

Our Vision

To develop a long term strategy for the development of HER Breast Friends as an organisation, offering real solutions for those affected by breast cancer in a positive and supportive environment.

Our Values

Every member will feel welcomed and valued. We will aim to maintain professionalism and confidentiality at all times. We will promote laughter, happiness, self-esteem and we will move the group forward with confidence.

 For further help and information please can you call **01482 221368.** Our office is open **Monday – Friday, 10am – 4pm.**

Charitable objectives

The prevention of sickness and promotion of health particularly with regard to breast cancer by...

Objective 1

Promoting awareness of the available relevant support and advice networks serving Yorkshire and Lincolnshire.

Objective 2

Raising funds for breast cancer research and treatment.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Objective 1

Promoting awareness of the available relevant support & advice networks serving Yorkshire & Lincolnshire.

Within our suite of rooms at The Octagon, Walker Street, Hull we have a range of information, regarding exercise post-surgery and healthy eating including a resource library of local and national charities/ organisations for anyone to access.

2018/2019 was again a busy year for the HER Breast Friends Breast Awareness Team with all volunteers giving up their time to help spread the vital breast awareness message; the signs and symptoms to look out for and to help dispel some of the myths and fears associated with breast screening and encourage in its uptake. Over the year the team have attended 23 various talks and events in the Hull, East Riding and North East Lincolnshire area speaking to diverse and varied communities including some of the more deprived areas of Hull, as well as ethnic groups such as Red Clover. Remember; being breast aware is not just for the month of October!

Thanks to wonderful donations received from supporters and various fundraising events, 2 Breast Awareness Training Days were facilitated by HER Breast Friends with 14 new volunteers attending to boost team numbers. The training gave them that extra bit of knowledge to help to educate local people, both female and male, to get that early diagnosis that could make all the difference.

Our connections with the NHS Screening Service, Breast Care Unit and Oncology Health based at Castle Hill Hospital remain strong along with support at The Spire Hospital based in Anlaby

By being out and about the profile of the Charity is also raised.

Objective 2

Raising funds for breast cancer research and treatment.

As a Charity we also undertake fundraising in support of causes concerned with breast cancer.

In previous years we have donated funds towards an Accuvein machine, a nipple tattooing machine, Lymphodema assist equipment, and towards Tomosynthesis software technology.

It has been heart warming to know that the camp beds we donated last year have been in use virtually every day, keeping families together through very emotional times.

A fantastic use of HER Breast Friends funds.

"Thank you for the lovely pack I received on Ward 16 after my mastectomy. To know total strangers understood what I was going through and had been kind enough to make cushions was so reassuring - it was like a hug in a bag!! The cushion was a real comfort, I used it for a good month and a half afterwards and now I wouldn't be parted from it - it reminds me of how lucky I am."

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Of all our objectives, this is probably what HER Breast Friends is best known for. Whilst breast cancer clients are our priority, our range of services and activities are open to ALL.

Patient Gift Packs

Previously described as receiving 'a hug in a bag' our Patient Gift Pack consisting of a heart shaped cushion to help ease the journey home after surgery by placing under the seat belt or to rest the head or arm or just to hug and a Dammit Doll, our fun stress buster, both made by our Craft Club and supporters, plus a pack of toiletries such as lip balm, mints , a nail file and ear plugs for a decent night's sleep, plus our information pack with details of all the services and activities we can provide. All those little things that get overlooked when your mind is somewhere else.

224 packs were delivered to the hospitals in 2018/19 plus many more sent out from the Charity. Purchased from fundraising and donations from groups such as The Rank Foundation, helping to ensure that at a difficult and frightening time, people know they are not alone, we are here if needed

Bra Service

Our Bra Service is housed in a dedicated, comfortable and private room offering the best possible individual service including a FREE Bra Measuring and Fitting Service by fully trained volunteers.

We have a range of Amoena mastectomy bras and swimwear at affordable prices. All Amoena mastectomy wear is pocketed on both sides and can be worn with or without prosthesis.

Our Knitted Boobies and Aqua Boobies lovingly made by our Craft Club and volunteers are FREE for anyone who wishes to try them. Both provide a soft, hygienic alternative to the heavier more traditional prosthesis. Unlike the traditional prosthesis which can only be worn from about 6 weeks after surgery, our Knitted and Aqua Boobies can be worn straight away and pop into any bra or swimsuit.

Buddleia Complementary Therapies

A full range of complementary and beauty therapies are offered including Reiki, Reflexology and Massage; Facials, Manicures and Pedicures. In 2019 we were delighted to introduced Tsuboki Facial and Tsuboki Foot Massage to our menu of therapies. All therapies are delivered in our dedicated, comfortable and private therapy rooms by carefully selected therapists who are fully qualified, insured and DBS checked. All our therapists know how to adapt therapies for cancer patients so you can be assured of a welcoming, safe and supportive environment. 360 therapies were given between November 2018 and October 2019.

The Wig Bank

The Wig Bank has a large selection of donated and new wigs in various styles and colours. Open to ALL cancer and hair loss clients, our friendly, caring team of volunteers will help and support you. All our wigs are washed and prepared to ensure they are in tip top condition before being presented for viewing. A FREE care pack including products, wig stand, brush and wig cap is given to every client who selects a wig. 86 wigs were chosen between November 2018 and October 2019.

Craft Club

Our Craft Club meets at our premises every Wednesday between 1pm and 3pm. The therapeutic benefit of arts and crafts for those affected by illness is well documented and the group engages in various activities from knitting and sewing to card making and glass engraving. Our Craft Club also supports the Patient Gift Packs given to the hospitals, by making the Heart Cushions and Dammit Dolls as well as knitting the Knitted Boobies and Aqua Boobies.

EVERYONE is welcome to join in and learn a new skill, or just sit, watch and chat over a drink – No booking required, just pop along to one of our Wednesday gatherings.

Pink Pamper Day

Our fabulous signature event, the Pink Pamper Day caters for up to 100 local people affected by breast cancer, providing a free day or beauty and complementary therapies, inspiring workshops, lunch, relaxation, encouragement, fun and laughter. Many lasting friendships have been formed on these days.

MONTHLY COFFEE MORNING

Held on the 1st Saturday of each month in the Parade94 Cantina, The Octagon, between 10am and 12noon. ALL welcome, members and non-members!

WEEKLY DANCE CLASS

Wednesday evenings between 7pm and 8pm at The Dance Space Studio, Grafton Street Hull. FREE for breast cancer clients and £3 for guests – ALL welcome!

HER Breast Friends

in 1st November 2018 – 31st October 2019

2018 – 2019 has seen the Charity continue to grow. By November the Charity had settled into its' new premises at The Octagon in Hull with all services and activities in full swing. The calendar for the following 12 months was filling up fast, and it was looking like another busy year ahead of us. The year started with the fabulous news that Cottingham Parks Golf Club had selected HER Breast Friends as their Charity of the Year.

December, Santa came along to our Christmas with Friends event at the St Stephens Shopping Center in Hull, where he chatted to lots of very excited children and wished everyone a Merry Christmas! Volunteers dressed in all manner of Christmas characters and started the festivities with cheer.

Our AGM was held in January, where members voted in the Officers of the Charity, then heard about plans for the Charity before enjoying a delectable lunch. February, our Breast Awareness Campaign facilitated the first of 2 planned training days in 2019, where new volunteers received the training needed to help spread the vitally important message about being breast aware.

Our Buddleia volunteer therapists were next to undertake training in March. Six therapists attended the Therapy Training Centre in Scarborough, completing an accredited course on the application of Reflexology and Aromatherapy in Cancer Care. Another successful Pink Pamper Day was also held with 97 ladies enjoying a full day of laughter, smiles, chatter and friendship whilst attending inspiring workshops, mini pamper sessions and entertainment.

June soon arrived and our 'Jan Jones Afternoon Tea' in memory of our late Founder, was held at The Double Tree by Hilton in Hull. 80 members and supporters came along to enjoy a lovely 'Afternoon Tea with a Twist' plus the specially created 'Jan Jones Cocktail'. Our Summer Trip followed in July with a jaunt up to Scarborough for the day. Luckily the weather was good to us and we enjoyed a fabulous day of fun. HER Breast Friends were delighted to introduce the New Bursary Scheme providing practical support for our members.

September arrived and along with it our 'Hair and Beauty Day'. Open to all, the day provided support and information on hair loss, beauty techniques, Charity information and was supported by local businesses. This month also saw the formulation of two HER Breast Friends netball teams, with both teams are open to anyone who has had a diagnosis of breast cancer.

October and the Charity was nearing the end of another successful and complete year! Also, the National Breast Awareness month, the Breast Awareness Team were busy talking to the public and handing out information on 'being breast aware' – including the adage that 'being breast aware is not just for the month of October!'

Volunteers

Our volunteers are essential to the work of the Charity and we could not manage all of our services and activities without the help and support from our army of volunteers who generously give their time. Coming from all walks of life and with their own reasons to help, our volunteers are an integral part of the Charity and its' success.

Through our services such as Buddleia Therapies, Wig Bank and Bra Service, our activities such as Craft Club, Breast Awareness Campaign Team and not forgetting our Board of Trustees, the Charity is very proud to have such a dedicated team of volunteers who share and support the vision and values!

Structure, Governance and Management

Hull & East Riding Breast Friends is a registered Charity and a member of the Fundraising Standards Board. The Charity is an unincorporated association and its governing document is a constitution.

Applications from prospective trustees are put forward to trustee meetings and then elected by the membership at the AGM.

Organisational Structure

The board members are all trustees and include officers of the Charity. All have a duty to act in the best interests of the Charity. The board meets every 4 – 6 weeks and any sub-committees meet regularly during the year. All members of the board and sub-committees are volunteers. The board delegates the day-to-day running of the affairs of the Charity to the Charity Manager, Jayne Beck who is employed by the Charity, and is assisted by a small team of volunteers.

Trustees' Transactions and Declarations of Interest

The group has a duty to disclose any material transactions between the group and the trustees; this would include payments received by themselves for goods and services provided by the group. None of the trustees have had any transactions with the group other than to give their time and skills freely.

Risk Management

The trustees assess the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and continue to take measures to reduce those risks to an acceptable minimum.

Public Benefit

The trustees believe they have complied with the duty of the Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit. This is known as the 'public benefit requirement' and the beneficiaries of the Charity must be appropriate to its aims. The trustees have paid due regard to this in deciding which activities the Charity should undertake and how funds are used.

Statement on Policy of Reserves

The Charity holds a level of accrued funds because its income is almost entirely dependent on donations. Our policy is to hold sufficient resources to continue the charitable activities of the group for one year.

Who's Who

HER Breast Friends

Patron
HRH The Duchess of Kent

Founder
Jan Jones

Chairman
Joanne Mennell

Treasurer
Janet Lonsdale

Trustees
Angela Stott
Annmarie Bennett
De Hempstock
Derek Grantham
Eric Jones
Kym Bailes
Pam Trays
Sandra Cooper
Simon Trays

Charity Manager
Jayne Beck

Administrative & Reference Details

Bank
HSBC 3 – 54 Jameson Street,
Kingston upon Hull, HU1 3JX

HER Breast Friends address
Pod 6, The Octagon
Walker Street
Hull
HU3 2RA

Fundraising & Support

£500.00
could keep our Buddleia Complementary Therapy room open for a month.

£15.00
provides a patient gift pack for those who have undergone surgery for breast cancer.

£24.00
provides a wig starter pack to help care for a wig whilst required.

2018 – 2019 has been another tremendous year for HER Breast Friends, however, a special mention must also go to those who organized *25 'in aid of'* events over the 12 months. Events which included Swishing Party, Coffee Mornings, personal challenges such as the Yorkshire 3 Peaks and the York Dragon Boat Race; African Fashion Week, Clairvoyant Evening, Garden Party, Afternoon Tea, Hull Monopoly Walk, 12 hour Football and a 6 hour Cycle Challenge – it's been an incredible year of support, ***Thank you!***

'In aid of' events are held throughout the year in support of our work. Not only do they raise funds, they also play a vital role in raising the Charity's profile to a wider community and can even help to open up new funding streams. Here are just a few highlights:

- Megan Barker, Charlotte Whitely and Ellis Baker for raising an amazing £578.02 through their 'Lifestyle 2019' endeavours.
- AB Graphics International Ltd who donated an incredible £2000.00 and took part in the York Dragon Boat race coming a credible second and winning the 'Best Dressed Team'
- Ann Richardson who organised a 'soft toy' tombola and raised £55.00.
- Barton Saturday Club for their beautiful knitted items and Dammit Dolls for our Patient Gift Packs.
- Mally & Beck Davison who donated a spectacular £3800 from organising an evening of comedy at The Comedy Club in Hull.
- Will Bushman who continues to support the Charity by offering his photographic skills.
- Barton Jubilee Fishing Club for holding a Charity Fishing Match and raising whopping £1127.20
- The ladies from ASDA Kingswood who took part in this years Race for Life and raised an amazing £200.
- Hull & East Riding WI's for inviting us to give talks and help raise the profile of the Charity and Breast Awareness Campaign, helping to get the vital message out there.
- Chanterlands Crematorium for their Bake Sale and donating £139.65.
- Blue Keld Springs Ltd for their continued support through donation of bottled water for our Pink Pamper Day and Run for All events.
- Sproatley Village Shop who raised £141.21 from having our 'pink tub' on their counter.
- James Tempest and his friend Cris for conquering the Yorkshire 3 Peaks and raising an astounding £1002
- Gail Arnold who organised and hosted a Mind, Body & Spirt event at Gilbert Lodge, raising £175.
- Jenny Watts for donating sweet cones, sweet cups and sweet boxes for our tombola's.
- C&D Foods, Driffield whose staff baked cakes (and ate them), shaved beards and wore pink thongs, raising a fabulous £1163.90
- Elite Netball Tournament who donated a wonderful £270
- Graham Hurst for collecting £21.65 in his pink box.

- Mulberry Fitted Kitchens who kindly sponsored our tree entry in the Beverley Christmas Tree Festival.
- Old Brumby Ladies Group for inviting the Breast Awareness Campaign Team to give their talk and donating £30.
- Josie Brady who sent in £10 donation.
- Marfleet Group Practice for organising a cake sale in support of their colleague and donated £186.
- Ruth Truelove and all at the St Stephens Shopping Centre for allowing the Charity to hold its' 'Charity and Breast Awareness Day' in the centre – and looking after us all day.
- Richard Tempest who continues to support the Charity by making beautiful pull up banners and signs.
- Pink Coin Boxes, Standing Orders, Easyfundraising and eBay to EVERYONE who continues to support the Charity through these avenues – Thank you!
- Heart Cushions, Dammit Dolls, Knitted/Aqua Boobies, Chemo Drain Bags and Hedgehogs to all those knitters and seamstress's who support the Charity by making these for the Charity – Thank you!

These are only a few highlights of the unbelievable support given to HER Breast Friends over the last year! Each year, the Charity is overwhelmed by the support and generosity given freely by so many.

Without the continued support from so many individuals, companies and organisations, the Charity could not continue to support local people affected by breast cancer. THANK YOU never seems enough, but from everyone who has accessed our services and activities, who have gained support from us and been involved with the Charity – *a huge heartfelt thank you - you are all amazing!*

Statement of Account

Financial Year End – 31st October 2019

Reserves as at 1st November 2018		17,269.08
Contingency Funds for 2018 /19		52,700.00
Income During Year	58,675.02	
Expenditure During Year	(54,240.09)	
Net Increase in Funds for the Year		4,434.93
Contingency Funds for 2019 /20		(74,000.00)
Current Reserves as at 31st October 2019		**404.01**

Statement of Policy on Reserves

The Charity holds a level of contingency funds because its' income is almost entirely dependent on donations. HER Breast Friends policy is to hold contingency funds to continue the charitable activities of the group for 12 months.

The current accrual of £74,000 reflects the envisaged annual costs; salaries, major events and activities etc., that are needed to allow the Charity to function at its' present levels.

The contingency is higher this year to include a budget for 15th year anniversay events.

How you can help

Membership

By joining HER Breast Friends you are not only showing your support for the Charity but fees your help toward our running costs

Gift Aid

If you are a tax payer complete a Gift Aid form and the government gives us money back in return for every pound donated

Merchandise/Collection Boxes

If you are interested in having any merchandise to sell or a collection box, please contact us.

Webshop

Help raise funds by doing your shopping online at no extra cost **www.easyfundraising.org.uk**

Volunteer

Offer your time as a volunteer.

eBay for Charity

We are registered with eBay so when selling items on eBay you can choose to donate a percentage, or all, of the sale price to us.

Raffle/Tombola Prizes

Donate any unwanted gifts for us to use as raffle or tombola prizes.

Donations

Our online donation website is **https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1015441**

Smile Amazon at: **https://smile.amazon.co.uk/**

If you would like to donate online please visit our website and click on the 'donate now' button on our homepage. We can now accept card payments in the office.

If you would like to make a regular donation please contact us for 'Standing Order' details.

Sharing your Story

If you have a story we would love to hear it. Talking to people about the work of the Charity and what it has done for you can make a positive difference that can be translated not only into raising funds, but awareness.

Hull & East Riding Breast Friends

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

How to contact us

For further help or information please get in touch with us via the following...

Address:
HER Breast Friends, Pod 6, The Octagon, Walker Street, Hull, HU3 2RA

Opening hours:
Monday - Friday, 10am - 4pm

Telephone:
01482 221368

Email:
generalenquiries@herbreastfriends.org.uk

Follow us on social media:
Facebook: Hull & East Riding Breast Friends
Twitter: @herbreastfriend
Instagram: HER Breast Friends

ANDREA HALL DESIGN

print+
t: 01757 611175
e: info@printplusltd.co.uk

FUNDRAISING REGULATOR

ico.
Information Commissioner's Office

Hull & East Riding
Breast Friends
Registered Charity No.1114143
www.herbreastfriends.org.uk

HER Breast Friends

Management Report

28th June 2022

Prepared by Jayne Beck

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Profit & Loss

Report comparing FY 2020 and FY 2021

	FY 2021 (£)	FY 2020 (£)	Variance
Revenue			
Revenue	48,722.85	39,175.97	24.4%
Gross Profit	48,722.85	39,175.97	24.4%
Administrative expenses			
Salaries	(20,790.60)	(20,913.83)	0.6%
Rent and rates	(2,007.88)	(2,180.06)	7.9%
Communications	(792.00)	(864.00)	8.3%
General administration	(11,647.94)	(15,344.44)	24.1%
Total Administrative Expenses	(35,238.42)	(39,302.33)	10.3%
Operating Profit	13,484.43	(126.36)	10771.4%
Profit Before Tax	13,484.43	(126.36)	10771.4%
Net Profit	13,484.43	(126.36)	10771.4%

Balance Sheet

Report comparing FY 2020 and FY 2021

	FY 2021 (£)	FY 2020 (£)	Variance
Current assets			
Cash	87,963.01	74,585.91	17.9%
Current liabilities			
Trade creditors	(200.93)	(308.26)	34.8%
Net Assets	87,762.08	74,277.65	18.2%
Equity			
Equity	87,762.08	74,277.65	18.2%
Shareholders Equity	87,762.08	74,277.65	18.2%

Cash Flow

Report comparing FY 2020 and FY 2021

	FY 2021 (£)	FY 2020 (£)	Variance
Revenue			
Revenue	48,903.85	39,200.21	24.8%
Total Income	48,903.85	39,200.21	24.8%
Administrative expenses			
General administration	(11,793.27)	(15,321.18)	23%
Salaries	(20,790.60)	(20,833.07)	0.2%
Rent and rates	(2,127.88)	(2,060.06)	(3.3%)
Communications	(864.00)	(792.00)	(9.1%)
Current liabilities			
Trade creditors	49.00	(12.00)	508.3%
Funds Generated From Operations	13,377.10	181.90	7254.1%
Financing Cash Flow	13,377.10	181.90	7254.1%
Investing Cash Flow	13,377.10	181.90	7254.1%
Total After Drawings	13,377.10	181.90	7254.1%
Net Cash Movements	13,377.10	181.90	7254.1%
Cash Balance			
Cash Balance	87,963.01	74,585.91	17.9%

HULL AND EAST RIDING BREAST FRIENDS

England & Wales - Charity number 1114143

Accounts

Hull & East Riding Breast Friends

Annual Report

1st November 2019 – 31st October 2020

Patron: HRH The Duchess of Kent

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

"Smiles are impossible to measure, yet it is the true measurement of all we do."

Jan Jones, Founder

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Welcome

A warm welcome to our Annual Report for 2019/2020. I hope you will enjoy reading all about what the Charity has achieved this year. A year that has been like no other in HER Breast Friends history!

The year started with so much promise and expectation, celebrating our 15th year in the community and just as quickly everything changed.

True to the spirt of the Charity we turned some of the negative aspects of the year into positives, continuing to provide the support for those newly diagnosed and their families in what has been a very grim year with events cancelled and fundraising at a minimum.

From quizzes, recipes, mask making, phone calls and utilising social media, together we have really made a difference to provide a supportive, caring, and positive vibe for everyone.

These achievements are everything that HER Breast Friends is all about.

A big thank you goes to everyone who has given their valuable time and skills in such unprecedented circumstances.

2021 better watch out - We will be back even stronger!

Chair's Report

Well, what a year!!!

Some years just seem to go by fantastically well with lots of activities, fundraising and special events and then you get 2020! The year of Coronavirus, Lockdown 1 and then 2!, social distancing, isolating, confusion and worry.

What a test of our resilience, for some a speed bump in the road of life and for others a devastating year of loss. We will all remember this year for different reasons.

We have had to make changes, as has everyone else, but we have maintained our services as best we could, finding new and different ways to reach out to old and new members plus those in need.

I am very proud of our Charity and the way in which everyone has handled the situation while praying that very soon we will be back in our premises, with our full services on offer, being able to share one another's company and friendship. Who would have thought the importance of us sharing a cup of tea and some cake?? I will never take it for granted again!

As soon as we are able and it is safe to do so we will roll out our full programme of events which will be bigger and better than ever and I would urge you all to get involved and enjoy the rewards that can be had. The feeling of giving, supporting, volunteering, sharing experiences and offering friendship and kindness is simply wonderful.

In life we are tested in lots of different ways, and 2020 was a new one for most of us. Once again, our ability to adapt has shone through as we adjust to the new normal.

This year sees me stepping down as the Chair, but I am leaving you all in good hands! I have loved my time with you but am sure I will see you all around at various events, but I now have 2 small grandchildren who I want to enjoy to the fullest and my new love of Golf which takes up lots of time in the summer months.

But for now, as I write this in lockdown 2, please take care, stay safe and if anyone needs anything please do pick up the phone. We are all still here to help.

Joanne Mennell

Chair

"There are no strangers here, only friends you haven't yet met."

WB Yeats

Mission Statement

Our aim is to help create a supportive environment for those affected by breast cancer, by promoting a positive approach to living with the disease, offering encouragement and inspiration, and by raising funds for breast cancer treatment and research.

Our Vision

To develop a long term strategy for the development of HER Breast Friends as an organisation, offering real solutions for those affected by breast cancer in a positive and supportive environment.

Our Values

Every member will feel welcomed and valued. We will aim to maintain professionalism and confidentiality at all times. We will promote laughter, happiness, self-esteem and we will move the group forward with confidence.

Charitable objectives

The prevention of sickness and promotion of health particularly with regard to breast cancer by...

Objective 1

Promoting awareness of the available relevant support and advice networks serving Yorkshire and North East Lincolnshire.

Objective 2

Raising funds for breast cancer research and treatment.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Objective 1

Promoting awareness of the available relevant support & advice networks serving Yorkshire & North East Lincolnshire.

Our information folders include details of other relevant organisations both local and national that can be accessed for a variety of reasons relating to breast cancer. We also provide a resource library of the local and national organisations along with a range of information regarding healthy eating and post-surgery exercise within our suite of rooms situated at The Octagon, Walker Street, Hull.

2019/2020 indicated being another busy year for the HER Breast Friends Breast Awareness Team with 31 talks and events spread around Hull, East Riding and North East Lincolnshire booked at the beginning of the year. Our volunteers, eager to spread the vital breast awareness message of the signs and symptoms to look for and encouraging the uptake of breast screening, whilst helping to dispel some of the myths and fears associated with it.

Ufortunately, due to COVID-19 only nine of these took place before adapting, where possible, to the impersonal online talks.

Our connections with the BAME community, NHS Screening Service, Breast Care Unit and Oncology Health based at Castle Hill Hospital and The Spire remain strong, along with new connections made with Hull CCG Cancer Champions and Humber Coast & Vale Cancer Alliance.

Objective 2

Raising funds for breast cancer research and treatment.

2019/2020 has been a difficult year to raise funds with all our planned events being cancelled from March.

In previous years we have donated funds to the Daisy Appeal, an Accuvien machine, a nipple tattooing machine, two Lymphodema assist equipment, Tomosynthesis software technology and camp beds to keep families together in hospital near end of life.

This year's project for 2 mini fridges and cabinets for use in the rooms of breast cancer patients has therefore been put on hold for now whilst the Trustees take due diligence with our finances to allow for our future continuation.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Of all our objectives, this is probably what HER Breast Friends is best known for.

Patient Gift Packs

Described as ' A great gift from people who understand' our Patient Gift Packs consisting of a small pack of selected toiletries that can make a difference and may get overlooked when one is about to undergo surgery, such as lip balm, a nail file, tissues, mints and earplugs for a restful night's sleep. Along with a fun stress busting Dammit Doll and a heart shaped cushion to hug or rest your arm but also to place under the seat belt to relieve some of the pressure to help make the journey home a bit more comfortable, both made at our Craft Club by members and supporters, along with our information folder with details of all the services and activities we can provide.

Even with COVID-19, 205 packs were delivered to the hospitals and mailed to patients in 2019/20 ensuring that what can be a difficult and frightening time, people know they are not alone, we are here if needed.

"To think how these kind people have walked these steps and from there continued with a wonderful idea to making such a beautiful and caring gift. So very kind and caring!!!!"

Bra Service

Our Bra Service is housed in a dedicated, comfortable, and private room offering the best possible individual service including a FREE Bra Measuring and Fitting Service by fully trained volunteers. Fittings are by appointment only.

We have a range of Amoena mastectomy bras and swimwear at affordable prices. All Amoena mastectomy wear is pocketed on both sides and can be worn with or without prosthesis.

Our Knitted Boobies and Aqua Boobies lovingly made by our Craft Club and volunteers are FREE for anyone who wishes to try them. Both provide a soft, hygienic alternative to the heavier more traditional prosthesis. Unlike the traditional prosthesis which can only be worn from about 6 weeks after surgery, our Knitted and Aqua Boobies can be worn straight away and pop into any bra or swimsuit.

Buddleia Complementary Therapies

A full range of complementary and beauty therapies are offered in our dedicated, comfortable and private therapy rooms by therapists who are fully qualified, insured and DBS checked. Therapies given are by appointment only

All our therapists know how to adapt therapies for cancer patients so you can be assured of a welcoming, safe, and supportive environment. Since March 2020 we have been challenged in our offer of face to face therapies but continue to provide regular distance Reiki for our members.

We hope to offer some Product Making workshops in 2021, using all natural ingredients. The workshops will include making products such as lip balm, exfoliator, and face masks.

On our return we will need to introduce several changes, depending on the guidance of health professionals, however your interests and wellbeing will always be paramount.

The Wig Bank

The Wig Bank has a large selection of donated and new wigs in various styles and colours. Open to ALL cancer and hair loss clients, our friendly, caring team of volunteers will help and support you. All our wigs are washed and prepared to ensure they are in tip top condition before being presented for viewing. A FREE care pack including products, wig stand, brush and wig cap is given to every client who selects a wig.

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Our Craft Club meets at our premises every Wednesday between 1pm and 3pm. The therapeutic benefit of arts and crafts for those affected by illness is well documented and the group engages in various activities from knitting and sewing to card making and glass engraving. Our Craft Club also supports the Patient Gift Packs given to the hospitals, by making the Heart Cushions and Dammit Dolls as well as knitting the Knitted Boobies and Aqua Boobies.

EVERYONE is welcome to join in and learn a new skill, or just sit, watch and chat over a drink – No booking required, just pop along to one of our Wednesday gatherings.

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Our fabulous signature event, the Pink Pamper Day caters for up to 100 local people affected by breast cancer, providing a free day of beauty and complementary therapies, inspiring workshops, lunch, relaxation, encouragement, fun and laughter. Many lasting friendships have been formed on these days.

MONTHLY COFFEE MORNING

Held on the 1st Saturday of each month in the Parade94 Cantina, The Octagon, between 10am and 12noon. ALL welcome, members and non-members!

WEEKLY DANCE CLASS

Wednesday evenings between 7pm and 8pm at The Dance Space Studio, Grafton Street Hull. FREE for breast cancer clients and £3 for guests – ALL welcome!

HER Breast Friends

in 1st November 2019 – 31st October 2020

2019 – 2020 started brightly for HER Breast Friends as we began our preparations to celebrate the Charity's 15th Anniversary in November, however, the year soon became a challenge for everyone and no less so for the Charity.

December Santa once again joined our volunteers in St Stephens Shopping Centre in Hull, where the festive season got off to a flying start. Santa and his helpers wished lots of excited children (and adults) a very Merry Christmas. With our volunteers dressed as all sorts of different Christmas characters, the day brought cheer to all while raising the profile of the Charity.

January is traditionally the month of the Charity's AGM, and 2020 was no different. The meeting saw some Trustees step down with members voting in their replacements. The meeting was full of positive information for the future of the Charity – the year ahead was shaping up to be a full and fun packed one. This was followed by a delicious lunch, enjoyed by all.

February saw the first of our 2020 Monthly Coffee mornings. With guests from RSPCA, scrumptious cake, chatter and friendship, little did we know that we would only have one more for the whole year! Barrett Development Five Star Campaign bestowed a 'Star Name Deed' on Jan Jones, recognising her work and the value of the Charity, as seen on page 3 of this report.

March started off 'as normal' but it soon plummeted into the concern of what was happening across the World and how it was now affecting the UK. Friday 20th March, HER Breast Friends closed its doors as lockdown began. The decision was made for the Charity Manager and Trustees to continue to provide as much support to those in need as possible by working from home. Strange times ahead for everyone.

April onwards… Quickly looking at how best the Charity could support not only members, but anyone who needed support during the pandemic, the Charity restructured and rethought what and how we could best serve. With our premises closed, we have continued with our services as best as possible, doing doorstep deliveries, online wig fitting demonstration and postal deliveries, to help support people at a vulnerable time. Our Craft Club have also continued to make cushions, dolls and boobies plus more, at home.

For the fist time in 15 years our Pink Pamper Day could not go ahead, but those due to attend were sent a treat to keep their spirits up.'

As we head into the uncertainty of 2020/2021, we do so with the same positive attitude, determination, and we will continue to be here for all our members, supporters and local people affected by breast cancer – anyone who needs us!

What HER Breast Friends has been doing during lockdown

Friendship Group
Baking Recipes
Fun Information
Product Recipes
Gardening advice
Exercise with Joe Wicks
Easter Bonnet Competition
Christmas Card Competition
Poetry Competition
Weekly issues

Communication/Helping
Staying in regular contact with all members and supporters plus other support groups by email, post and telephone.
Helping with shopping and medication collections

Patient Gift Packs
Delivering Patient Gift Packs to Castle Hill Hospital for those having surgery for breast cancer during lockdown.

Buddleia
Providing weekly 'Distance Reiki' sessions for all members, supporters and local NHS staff who are isolated whilst providing their heroic services.

Food Parcels & Meals
Working with Goodwin Parade94 Café to bring food parcels and hot meals to those in need. At least 3 HBF members are currently benefitting from this. Donation of HBF carrier bags for food parcels.

Hull & East Riding Breast Friends
Registered Charity No.1114143
www.herbreastfriends.org.uk

Volunteers
Our fabulous volunteers continue to make heart cushions, dammit dolls, modesty capes, masks, scrub bags and seatbelt cushions in support of our Patient Gift Packs & NHS.

HRI – ICU
Knitting pairs of little hearts for those sadly lost in COVID19 and their families.

HRI Labour & Delivery Ward
Providing much needed knitted new born baby hats.

Office
Despite the premises being closed, the Trustees and Charity Manager are working hard from home to continue to support everyone as much as possible.
Contact 01482 221368 or email jayne@herbreastfreinds.org.uk

For the love of Scrubs
Working with this organisation to provide much needed items for our local NHS

Isolated Members
Buddying up scheme with members looking after other members who are more isolated and live alone.
Simple chat on the phone or shopping.

Mid-Week Quiz
A weekly fun test of your knowledge. Members and their families are using this as a weekly virtual fun gathering.

Fundraising
Members have found fun ways to continue to raise funds and a smile!

HER Breast Friends Services
Providing support from Bra Bank and Wig Bank where possible.

HRH the Duchess of Kent
Sending regular updates by request, to HRH office

Shout Out Fridays
Helping to celebrate lockdown birthdays, anniversaries and achievements.

Dame Diana Johnson MP
Sending regular updates by request, to office.

Finances Trustees & Charity Manager continue to work hard to try to secure any grants and funding available at this time as all fundraising events have been sadly cancelled. This will hopefully ensure the security of the Charity.

Volunteers

Our volunteers are essential to the work of the Charity and we could not manage all our services and activities without the help and support from our amazing army of volunteers. Even through this pandemic, our wonderful volunteers continue to generously give their time, where is it safe to do so. Coming from all walks of life and with their own reasons to help, our volunteers are an integral part of the Charity and its success.

Through our services and activities, not forgetting our Board of Trustees, the Charity is very proud to have such a dedicated team of volunteers who share and support the vision and values!

Structure, Governance and Management

Hull & East Riding Breast Friends is a registered Charity and a member of the Fundraising Standards Board. The Charity is an unincorporated association and its governing document is a constitution.

Applications from prospective trustees are put forward to trustee meetings and then elected by the membership at the AGM.

Organisational Structure

The board members are all trustees and include officers of the Charity. All have a duty to act in the best interests of the Charity. The board meets every 4 – 6 weeks and any sub-committees meet regularly during the year. All members of the board and sub-committees are volunteers. The board delegates the day-to-day running of the affairs of the Charity to the Charity Manager, Jayne Beck who is employed by the Charity, and is assisted by a small team of volunteers.

Trustees' Transactions and Declarations of Interest

The group has a duty to disclose any material transactions between the group and the trustees; this would include payments received by themselves for goods and services provided by the group. None of the trustees have had any transactions with the group other than to give their time and skills freely.

Risk Management

The trustees assess the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and continue to take measures to reduce those risks to an acceptable minimum.

Public Benefit

The trustees believe they have complied with the duty of the Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit. This is known as the 'public benefit requirement' and the beneficiaries of the Charity must be appropriate to its aims. The trustees have paid due regard to this in deciding which activities the Charity should undertake and how funds are used.

Statement on Policy of Reserves

The Charity holds a level of accrued funds because its income is almost entirely dependent on donations. Our policy is to hold sufficient resources to continue the charitable activities of the group for one year.

Who's Who

HER Breast Friends

Patron
HRH The Duchess of Kent

Founder
Jan Jones

Chairman
Joanne Mennell

Treasurer
Stephen Henderson

Trustees
Angela Stott
Annmarie Bennett
De Hempstock
Derek Grantham
Eric Jones
Pam Trays
Sandra Cooper
Simon Trays
Colleen Barber
Jean Hardy

Charity Manager
Jayne Beck

Administrative & Reference Details

Bank
HSBC 3 – 54 Jameson Street,
Kingston upon Hull, HU1 3JX

HER Breast Friends address
Pod 6, The Octagon
Walker Street
Hull
HU3 2RA

Fundraising & Support

£500.00
could keep our Buddleia Complementary Therapy room open for a month.

£15.00
provides a patient gift pack for those who have undergone surgery for breast cancer.

£24.00
provides a wig starter pack to help care for a wig whilst required.

Like so many others, 2020 has been a exceptionally hard year for fundraising and support for HER Breast Friends. A year really like no other and which started out with so much excitement of what was to come but soon faltered. Once again, people were generously planning fundraising ventures during what is our 15th anniversary year, events which sadly could not go ahead. However, a special mention must go to those who, despite the restrictions of COVID-19, continue to support the Charity – Thank you, you are amazing!

Here are just a few highlights .....

- Pat Bacon for donating £100 from the sale of her fabulous handmade animals.
- Mrs Pearce's Social Group for donating £40.00.
- Cath Leach for having one of the Charity 'Pink Coin Boxes' and donating £28.33
- Gayle Arnold who held a raffle at Gilbert Lodge and raised £40.00
- Preston WI for making and selling 'Pink Hearts and Kisses', raising £54.40
- Ann Musgrave who donated £50 in lieu of sending Christmas Cards.
- Billie Rhodes for raising another amazing £720.00 from the sale of her fabulous, knitted mascots and snowmen.
- Carole Horsley & Fort Paull from egg sales and a Charity stall at the Classic Car Show, donating £66.76.
- Andrea Jolly who organised a bake sale at Chanterlands Crematorium, raising £37.68
- The Village Quilters, Hutton Cranswick who donated an incredible £400.00.
- Eileen Marchant for donating £30.00.
- The Raving Maes for their lovely donation of £50.00
- Pam Trays & Jayne Beck for braving the HOTE Charity Dunker and raising £253.00
- Jon Bell & AB Graphics who organised a 'Quiz Night' and raised a fabulous £512.00
- Christine Craworth & Stella Colyer for doing craft fairs and raising an incredible £200.00
- Gill Griffin who had one of our 'Pink Coin Boxes' and collected £26.68
- Skidby Ladies Golf Club who organised a fabulous pink day, raising £400.00
- Knit One Stich One, Cottingham for dressing their window display and holding a special 'Boobie' raffle, raising an amazing £414.00
- Tony Shepherd who organised a Charity Darts Night in memory of his wife Debbie. The night raised an astounding £1467.96
- Sheila & Mick Shakesby for growing plants and vegetables, raising over £50.00 so far.
- Sunday Girls Road Club Donating £106.00 raised from an organised cycle ride.
- Kath Johnson who sold her homegrown tomato plants raising £45.00
- All the many ladies and gentlemen who continue to craft, make, grow, and give their time in support of the Charity.

These are only a few highlights of the unbelievable support given to the Charity over what has been an incredibly difficult year for everyone. Without the continued support from so many individuals, companies and organisations, the Charity could not continue to support local people affected by breast cancer. As always, THANK YOU never seems quite enough, but from everyone who has gained support from HER Breast Friends – *a huge heartfelt thank you!*

Bursary News... Karen Chelsea, a member of the Charity and breast cancer survivor, applied to the Charity's Bursary Scheme to help bring a new life changing opportunity to her, after treatment.'

"Many thanks to everyone at HER Breast Friends who have given me the opportunity to realise my dream via the bursary scheme to study in the field of Canine Science, behaviour, nutrition and first aid. I have passed all my courses with distinctions and I am currently mid-way through an advanced canine behaviour course. These qualifications have also allowed me the opportunity to have a longed-for career change by combining my science background and love for all things animal and agricultural. Thanks, HER Breast Friends for your continued support! Here I am with my dogs Flo and Ellie, who have been my willing subjects throughout my studies!"

Statement of Account

Financial Year End – 31st October 2020

	2020 £	2019 £
Reserves as at 1st November 2019	404.01	17,269.08
Contingency Funds for 2019/20	-74,000.00	52,700.00
Income During Year	30,259.50	58,675.02
Expenditure During Year	30,174.64	-54,240.09
Net Increase in Funds for the Year	84.86	4,434.93
Contingency Funds for 2020/21	-74,000.00	-74,000.00
Current Reserves as at 31st October 2020	488.87	404.01

Statement of Policy on Reserves

The Charity holds a level of contingency funds because its income is almost entirely dependent on donations. HER Breast Friends policy is to hold contingency funds to continue the charitable activities of the group for 12 months.

The current accrual of £74,000 reflects the envisaged annual costs; salaries, major events and activities etc., that are needed to allow the Charity to function at its' present levels.

How you can help

Membership

By joining HER Breast Friends you are not only showing your support for the Charity but fees your help toward our running costs

Gift Aid

If you are a tax payer complete a Gift Aid form and the government gives us money back in return for every pound donated

Merchandise/Collection Boxes

If you are interested in having any merchandise to sell or a collection box, please contact us.

Webshop

Help raise funds by doing your shopping online at no extra cost **www.easyfundraising.org.uk**

Volunteer

Offer your time as a volunteer.

eBay for Charity

We are registered with eBay so when selling items on eBay you can choose to donate a percentage, or all, of the sale price to us.

Raffle/Tombola Prizes

Donate any unwanted gifts for us to use as raffle or tombola prizes.

Donations

Our online donation website is **https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1015441**

Smile Amazon at: **https://smile.amazon.co.uk/**

If you would like to donate online please visit our website and click on the 'donate now' button on our homepage. We can now accept card payments in the office.

If you would like to make a regular donation please contact us for 'Standing Order' details.

Sharing your Story

If you have a story we would love to hear it. Talking to people about the work of the Charity and what it has done for you can make a positive difference that can be translated not only into raising funds, but awareness.

Hull & East Riding Breast Friends

Supporting local people affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

How to contact us

For further help or information please get in touch with us via the following...

Address:
HER Breast Friends, Pod 6, The Octagon, Walker Street, Hull, HU3 2RA

Opening hours:
Monday - Friday, 10am - 4pm

Telephone:
01482 221368

Email:
generalenquiries@herbreastfriends.org.uk

Follow us on social media:
Facebook: Hull & East Riding Breast Friends
Twitter: @herbreastfriend
Instagram: HER Breast Friends

ANDREA HALL DESIGN

print+
t: 01757 611175
e: info@printplusltd.co.uk

FUNDRAISING REGULATOR

ico. Information Commissioner's Office

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & Grants	29,975	-	-	29,975	-
Fundraising events	7,220	-	-	7,220	-
Members subscriptions	322	-	-	322	-
Interest on Deposit accounts	294	-	-	294	-
Activities for generating funds	1,365	-	-	1,365	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	39,176	-	-	39,176	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	39,176	-	-	39,176	-
A3 Payments					
Salary	20,913	-	-	20,913	-
Rent & rates	2,180	-	-	2,180	-
Telephone	864	-	-	864	-
Printing, postage, cleaning, stationery & IT	6,289	-	-	6,289	-
Cost of events	835	-	-	835	-
Cost of generating activities	7,703	-	-	7,703	-
Other administration costs	518	-	-	518	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	39,302	-	-	39,302	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	39,302	-	-	39,302	-
Net of receipts/(payments)	- 126	-	-	- 126	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	74,404	-	-	74,404	-
Cash funds this year end	74,278	-	-	74,278	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Deposit accounts	43,027	-	-
	Current account and cash	31,251	-	-
	Petty cash		-	-
	Total cash funds	74,278	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of: Charity Name: HULL AND EAST RIDING BREAST FRIENDS

On accounts for the year ended: 31/10/2020

Charity no (if any): 1114143

Set out on pages: (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/10/2020

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: S.L. Tate **Date:** 2/8/2021

Name: SARAH LOUISE TATE

Relevant professional qualification(s) or body (if any): CIMA

Address: 18 ALBEMARLE ROAD
BILTON
HU11 4QR