

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

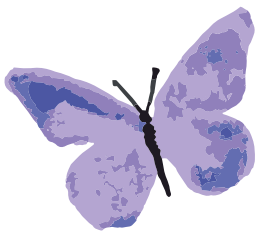
Joanne Mennell

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.



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.



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



//
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. //

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 introduce 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 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 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 & Spirit event at Gilbert Lodge, raising £175.
- **Jenny Watts** for donating sweet cones, sweet cups and sweet boxes for our tombola's.
- **C&D Foods, Driffeld** 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

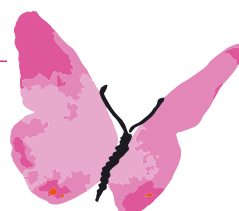
Reserves as at 1st November 2018	17,269.08
Contingency Funds for 2018 /19	52,700.00
Income During Year	58,675.02
Expenditure During Year	(54,240.09)
Net Increase in Funds for the Year	4,434.93
Contingency Funds for 2019 /20	(74,000.00)
Current Reserves as at 31st October 2019	404.01

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 anniversary 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





**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%