

# Annual Report

Year Ending 31<sup>st</sup> March 2025



## Keeping Abreast

Breast Cancer Reconstruction Support



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## **1. Reference and administrative details of the charity, its Trustees and Advisers**

### **Trustees**

Mrs C Carter

Mrs R McArthur

Mrs E Queensborough - Chair Person

Miss V Vazquez - Treasurer

Emily Egle

Tracey Pretty

### **Company Registered Number**

06891388 – Keeping Abreast is a registered charitable company limited by guarantee and was set up by a Trust deed

### **Charity Registered Number**

1129522

### **Registered Office**

7 The Close, Norwich, Norfolk, NR1 4DJ

### **Accountants**

MA Partners LLP, 7 The Close, Norwich, Norfolk, NR1 4DJ

### **Bankers**

The Co-operative Bank, 69 London Street, Norwich, Norfolk, NR2 1HT

### **Solicitors**

Hansells Solicitors and Financial Advisers, 13 The Close, Norwich, Norfolk, NR1 4DS

### **Other Information**

We have a team of three part-time staff operating from a licenced office in Norwich and we are members of the NCVO (National Council of Voluntary Organisations) and The Fundraising Regulator.



## 2. Chair's Statement (For the year ending 31 March 2024)

It is with huge privilege that I present this report, in my role as Chair of the Board of Trustees in April 2025. Keeping Abreast remains steadfast in its mission to provide comprehensive information, support, practical help, and advice to those considering breast reconstruction. We continue to offer the invaluable opportunity to share experiences with others who have faced similar decisions. Our commitment extends to enriching the quality of care for individuals recovering from breast reconstruction, raising awareness of our work across the UK, and encouraging the establishment of new Keeping Abreast (KA) groups nationwide.

Over the past 12 months, **we have reinforced our dedication to supporting those navigating breast reconstruction surgery.** We have also expanded our non-medical support to families and friends of patients. Our key achievements this year include:

- Securing significant grant funding through multiple successful applications.
- Delivering tailored support through various communication channels, 'personal to every person'.
- Offering both Zoom and in-person wellbeing sessions.
- Presenting to professional colleagues at the National Breast Cancer Now, Nurses conference, supporting them to support their patients.
- Continuing to distribute Pink Packs and Comfort and Care bags to hospitals across the UK, benefiting breast reconstruction patients.
- Welcoming a full house of supporters at our Biennial 'More Than Just Fashion Show'.
- Growing our informational resources and virtual support through our continually evolving website and Social Media presence.

With the help of our Support and Volunteer Officer, we have continued to deliver a structured support package to our groups and volunteers, who are the backbone of Keeping Abreast's success. We are proud to strengthen and diversify our reach through innovative initiatives.

Our newly appointed Fundraising Officer continues to seek out new and innovative ways to raise funds in a challenging landscape and we have developed a focused approach to securing funds via grants.

Our community of supporters continues to grow and evolve, alongside a rising interest in volunteering and fundraising for our cause.

Our **core mission remains focused on providing support to those facing decisions about breast reconstruction following a breast cancer diagnosis or the discovery of a positive hereditary breast cancer gene.** This mission is central to everything we do and serves as the benchmark for measuring our success. I trust this report clearly demonstrates the significant impact we have achieved.

As we look ahead, Keeping Abreast can take pride in the support it offers, and we remain committed to further developing our fundraising efforts, support structures, and group offerings. We are also focused on strengthening our strategic direction for the future. Our key strength continues to lie in our dedicated staff, volunteers, and everyone involved in the charity's activities. I am deeply grateful to my fellow Trustees for their experience, judgment, and commitment to their roles throughout the past year.

**Together, we are making a meaningful difference in the lives of those facing difficult decisions about breast reconstruction.** As such, heartfelt recognition must be directed to all individuals associated with the functioning of our Charity. Our loyal and dedicated team of staff, our devoted army of volunteers, our committed founders and patrons and my faithful, fellow trustees, are all vital pillars to our continued success.

Name Emma Queensborough  
Chair of Trustees

  
Date: 8/8/25





### 3. Our Objectives

Since our conception we have always had four main objectives:

To provide information, support, practical help and advice for those considering breast reconstruction, including the opportunity to share the experiences of others

To enrich the quality of care for those recovering from breast reconstruction

To raise awareness of Keeping Abreast within the UK

To encourage and support the establishment of other KA groups nationwide

### 4. Strategies for achieving objectives

We have continued to assess our strategies for achieving our objectives and have:

**Provided the opportunity for patients considering reconstruction to view the results of surgery (using registered and trained volunteers)**

**Various online support tools**

**Provided opportunities for patients to talk to others face-to-face or over the phone (using registered and trained volunteers) who have had similar experiences or undertaken reconstructive surgery**

**Expanded our support and fundraising volunteer network**

**Offered domiciliary care and health & well-being services to peri-operative patients**

**Informative talks from professionals associated with breast reconstruction, as well as related procedures and general well-being**



## 5. Review of Activities

Our specific objectives from last year were to ensure that the charity had stability, longevity and was working productively and as cost-effectively as possible. This included;

- Reviewing the Trustee mix to ensure that the Trustees have a good mix of skills and experience.
- Reviewing our fundraising income streams considering external factors.
- Adapting our work patterns and resource mix to maximise service level which included increasing hours allocated to fundraising.

## 6. Groups & Support

**How Keeping Abreast delivers public benefits:**

The charity's main activities and those it helps are outlined below:

Keeping Abreast helps people who are contemplating, facing or going through breast reconstruction after a breast cancer diagnosis or the discovery of a positive hereditary breast cancer gene. It also supports those who have undergone breast reconstruction surgery but who still need assistance during their recovery. This support is provided in a variety of ways; in person at face-to-face Support Groups across the UK, and by a national network of registered Keeping Abreast Volunteers who help others by phone, email, WhatsApp, Zoom and so on. The charity is also very active on social media, placing posts and stories across its many platforms on an almost daily basis. Keeping Abreast has accounts on Facebook, Instagram, X and LinkedIn and also publishes regular updates on its website, [www.keepingabreast.org.uk](http://www.keepingabreast.org.uk).

The face-to-face Support Groups provide a friendly, informal, welcoming environment for those facing breast reconstruction surgery to meet others who have already been through this experience so that they can hear what breast reconstruction is really like and ask questions. In addition to these helpful conversations, the face-to-face Support Groups also include 'Show & Tell' sessions, where those attending can see real results of different breast reconstruction operations in a safe, controlled space thanks to registered Keeping Abreast Volunteers who are happy to show the results of their surgery. Besides this peer-to-peer support, the Keeping Abreast Support Groups also run a number of talks and activities, with invited speakers giving presentations on breast reconstruction-related topics, and with events such as scar therapy sessions or visits by post-surgery underwear and swimwear providers.

The Support Groups take place on different days and at different times and in a number of venues, from village halls to cancer support centres. The common factor is that they are run by dedicated Keeping Abreast Volunteers who offer individual support to breast cancer reconstruction patients and their partners, friends and families and who are keen to provide 'personal support to every person'.

During the financial year 2024/2025 there were around **60 individual face-to-face Support Groups**, with **over 900 attendees**.

Besides the Support Groups and network of volunteers, there is a wealth of useful information on the Keeping Abreast website, [www.keepingabreast.org.uk](http://www.keepingabreast.org.uk), from patient stories to FAQs. **The website's USP is that it also contains a suite of real-life breast reconstruction accounts and videos, where Keeping Abreast Volunteers show the results of their breast reconstruction surgery to camera and explain their own breast reconstruction journeys in their own words.** The videos are proving very popular, with four



new videos added in 2024 showing reconstruction using implants, an outer free thigh flap, a bilateral IGAP and a double mastectomy with implant and mesh reconstruction due to BRCA2 status.

The videos are complemented by other support information on the site, such as helpful hints and tips for going into hospital, and sources for post-surgery underwear and swimwear.

The charity also runs also a closed Facebook group, the Keeping Abreast Online Support Group UK, which now has well over 600 members, and which was set up so that people can talk about breast reconstruction, swap stories, receive helpful hints and tips, and ask questions about the different types of surgery and recovery. The online support group is working well, with new people joining regularly and posts receiving plenty of comments and shares.

What's more, most of the Keeping Abreast Support Groups also run a WhatsApp group for their volunteers and for those they're supporting, so that they can continue to help one another in-between the face-to-face meeting dates and keep everyone informed about new events and activities.

Meanwhile, to aid well-being, free Keeping Abreast Mindfulness For All sessions continue to be offered on the first Tuesday of the month via Zoom, with the classes taken by a long-standing KA Leicester Volunteer who has been through breast reconstruction herself and who is a Mindfulness coach and yoga teacher. To complement these monthly sessions, a series of six half-hour Mindfulness For All sessions have been added to the Keeping Abreast website this year, so that anyone involved with the charity can take advantage of those in their own time and at their own discretion.

The number of Registered KA Volunteers remains consistent and **there are currently 200 Volunteers** who help out at support groups as well as at awareness days, fundraisers, activities and events.

The charity regularly receives positive feedback and testimonials from breast cancer reconstruction patients who have been supported by Keeping Abreast and who often become volunteers themselves once they've finished their own treatment. Testimonials such as these:

*"I am so very grateful to you for all the advice, support and camaraderie I've received at the meetings I've attended."*

*"I've had two calls with the lovely women you put in touch with me, they were both very informative and helped me talk things through, describing both procedures really well and giving lots of useful information on looking after yourself pre- and post-operation. Many thanks for your help with this, it's really appreciated."*

*"I was made to feel very welcome by Nicky and Debi. The whole meeting was positive and very informative... I look forward to seeing you all again."*

*"I would also like to take the opportunity to thank you for arranging for Julie to contact me. We had a good chat, and it was interesting and valuable to speak to someone who has the gene and hear about her journey."*

*"Thank you so much for organising Sally to contact me. We had a very helpful conversation, and I am so grateful to her for her time and encouragement. It is a huge decision to go forward for surgery but doing so alongside amazing women is a comfort indeed. Thank you."*

*"I did get a call from the ladies you mentioned. They were both very helpful and called me the night before I went into hospital, which was amazing. I've had the procedure done and all seems well so far, fingers crossed. Thank you for all your advice and support - your organisation is truly wonderful! Many, many thanks."*



To spread the word about the support on offer, Keeping Abreast distributes 'Pink Packs' to local hospitals and cancer centres – these are information packs which are given out to breast cancer reconstruction patients – along with 'KA Comfort and Care Bags' which contain a number of useful items to help them post-surgery.

The Pink Packs contain a KA leaflet, notebook and pen, information about the charity's free monthly Mindfulness sessions, and herbal tea and coffee sachets. They also remind people about the charity's website, [www.keepingabreast.org.uk](http://www.keepingabreast.org.uk), as well as signposting to a host of other useful breast reconstruction-related sites.

Meanwhile, the Comfort & Care Bags include a heart-shaped cushion, drain bag, eye mask, fan, slipper socks and a voucher for a new post-surgery bra, along with a number of other useful products.

**During the financial year 2024/2025 around 1,000 Pink Packs were sent out by KA HQ, along with over 100 Comfort & Care Bags, while the individual Support Groups provided Comfort & Care Bags to patients in their areas too.**

The packs and bags are always well received by individual patients and hospitals alike, as demonstrated by these comments:-

*"I would like to thank the charity for sending me the parcel. I received it yesterday and it will definitely be helpful items to have pre and post my surgery planned for next week. I am grateful that your charity exists to help others. Many thanks."*

*"Just wanted to say a very big thank you for my beautiful Care Bag. I was touched by the thoughtfulness that went into putting this bag together."*

*"Good morning. Thank you sooo much for my wonderful care package recently received. I will definitely fill in the survey included, it's a very much appreciated and wonderful thing for you to do."*

*"Just to thank you for the Care Bag, it's a very kind gesture and your work is greatly appreciated and valued."*

*"I just wanted to say thank you so much for the care package you sent to me. It's so kind and thoughtful and really helped me... I'm about to buy myself a bra now I've had the surgery. This is helpful as I'm on sick pay; it's so expensive to get a bra so the voucher is amazing. Thank you so much."*

*"I just wanted to drop you a quick email to say thank you. I'm day two post-op now and back staying at my Mum's whilst I recover. Feeling very sore and was struggling a bit this morning and then the lovely package arrived, and it really has made my day."*

*"Just wanted to let you know we have received your Keeping Abreast packs. Thank you so much for sending them. Our patients are very grateful for your packs."*

In addition to delivering the Pink Packs and Comfort & Care Bags to hospitals and cancer centres, they are also sent out to individuals who haven't yet got a Support Group in their area. We continue to see an increase in people contacting the charity direct, having heard about Keeping Abreast online or via social media, or via other people who have been supported by KA.

Meanwhile at KA HQ we also provide our face-to-face Support Groups with the items that they need to support others, from flyers, posters and other publicity materials, to KA merchandise and suggestions for speakers and activities.

**Our beneficiaries have all been affected by Breast Cancer in some way. Our main demographic of people we support are those directly facing surgery due to breast cancer.**

Besides attending the Support Groups themselves, Keeping Abreast Volunteers and staff are also involved in Cancer Awareness Days and other related support events. These have included regular attendance by KA Volunteers at the monthly Coffee, Cake & Natter mornings at the James Paget University Hospital in Gorleston, Norfolk; participation in a Facebook Live event on Body Image and Breast Reconstruction with Breast Cancer Now; a Breast Reconstruction Awareness Day (BRA Day) event at John Lewis Norwich; and a Talking About Cancer Together event at The Forum in Norwich.

*"I've been online looking for info on reconstruction options... I'm so please to have just watched the video on FB of Carolyn from Keeping Abreast answering questions about breast reconstruction and the psychological impact, in conjunction with Katy from Breast Cancer Now and a psychologist. I'm going to look at the videos on your website when I've taken time to digest what I've just watched. They are exactly what I'm looking for to help make a decision. So thank you, thank you, thank you."*

The Support Groups also assist their local hospitals wherever possible, by providing equipment and/or training where they can. For example, the KA Norwich Support Group recently paid for a new Doppler ultrasound for the Gissing Ward - specialising in reconstructive plastic surgery - at the Norfolk & Norwich University Hospital and they are currently fundraising to help pay for a replacement lipo-filling machine.

The current Keeping Abreast Support Groups are located in the following areas:

- Norwich
- King's Lynn
- Stalham (Outreach)
- Wymondham (Outreach)
- Gorleston (monthly drop-in sessions)
- Liverpool
- Cheltenham
- Bristol & Bath
- Herts & Beds
- Leicester
- Sheffield (currently inactive, but hoping to re-instate this in due course)



*"Thank you so much for all the brilliant support you provide. I got my care package in the post and was slightly **overwhelmed by all the wonderful and thoughtful things** included. Especially the handmade items. It's just so special to think someone has made these beautiful bags and cushions for me. I also got to talk with Zoe who is just incredible. Just hearing how she has come through it all makes it feel less scary and to hear how she's doing now gives me so much hope. And her tips and advice, hearing from someone who has been there and knows how it feels is just so brilliant. I've got a surgery date now in May and so will be getting everything I need together... and reading the Facebooks and everything. **Thanks so much for all that you do!**"*

We have also been working with the breast reconstruction team at the Salisbury Hospital by providing them with pink packs and KA Comfort & Care Bags, and we are also building our relationship with the breast reconstruction team at the Morriston Hospital in Swansea, Pinderfields Hospital in Yorkshire and, from early 2025, with the breast care nurses working for the University Hospitals Plymouth NHS Trust.

KA HQ receives calls, emails and social media requests for support on an almost daily basis and these are dealt with centrally, with KA HQ finding a suitable volunteer to talk to the breast reconstruction patients who contact Head Office as well as letting them know about their local face-to-face support group, if applicable, as well as telling them about relevant information on the charity's website and, in some cases, about other charities that can help. During the financial year 2024/2025 KA HQ handled 152 individual support requests, with KA Comfort & Care Bags often sent out to these individuals from KA HQ too.

## 7. Volunteers

### Volunteers

The number of registered Keeping Abreast Volunteers is currently 200, most of whom are previous breast reconstruction patients and the others either breast reconstruction nurses/breast care staff or individuals who support the administrative, awareness and fundraising sides of the charity.

**Volunteers are integral to the success of the charity, and without their hard work, dedication and time, together with their own personal knowledge of breast reconstruction surgery, Keeping Abreast simply could not operate.**



*"I was going to email you today to say thank you so, so much for Saturday – I really can't tell you how much difference it's made to me. You gave me hope – not just for the outcome of the operation none of us want to have, but to be able to be my own best advocate (I loved what you said about how it's not being vain to want the 'best' outcome, but that they wouldn't offer it as reconstruction if it didn't make such a difference to us) – but hope, too, for the future. I'm just so glad, as I said, I came to see you. I felt understood and 'heard' and **your experience, wisdom and insight is invaluable...**"*

We are extremely lucky to be supported by a group of keen and highly committed individuals who undertake a variety of roles which include:

**Patient Point of Contact (POC)** – able and willing to talk to and offer support to other patients, in person or by phone or via email, WhatsApp, Zoom or other means.

**'Show & Tell' Model** – willing and comfortable to show the results of their breast reconstruction surgery to others in a controlled, safe environment.

**Running a Support Group or Event** – part of the team of volunteers that organises, co-ordinates and facilitates the running of a group – whether an actual or virtual meeting.

**Supporting Administrative Tasks** – helping to ensure the smooth running of the charity by supporting the team with operational and administrative tasks, as required, such as putting together Pink Packs (information packs) and KA Comfort & Care Bags and sending out leaflets and posters etc.

**Keeping Abreast Events** – supporting the charity at various awareness events usually by manning stands. For example, KA Volunteers manned a Keeping Abreast stand in the Women's Wear department at John Lewis Norwich on BRA Day (Breast Reconstruction Awareness Day) in October 2024 as part of Breast Cancer Awareness Month and also supported a Norfolk Santa Fun Run by giving out medals and manning cake and merchandise stalls. Each year the volunteers take shifts at a Charity Christmas Card Shop in the centre of Norwich, which raises money for the charity, and they also helped out at a fundraising Family Fun Day at The Brickmakers Arms, a pub near the centre of the city. They also sold raffle tickets at an Elvis evening (Carols With The King) – one of many activities that takes place around the country each year to raise funds.

There was also a successful Keeping Abreast Fashion Show which took place in Norfolk in October 2024 featuring 24 breast cancer reconstruction patients as models, and a Music Quiz Night in February 2024. Volunteers helped out in all sorts of ways at these events, from setting up for those evenings and manning different areas such as the car park, raffle table and merchandise stall. The Keeping Abreast Fashion Show attracted several hundred people each evening and was featured in local papers and magazines as well as on radio and TV.

**Trustee** – part of the group responsible for governing the charity and supporting its direction to achieve its aims and objectives. There are currently six Trustees, each of whom has a particular skill set eg. admin, finance, event planning and marketing.

All of the charity's volunteers are encouraged to attend training courses to help them support others and to widen their experience. **This includes the Keeping Abreast Online Volunteer Training modules.**



In addition, all Keeping Abreast Volunteers are equipped with a Volunteer Kit which comes in a pink KA-branded tote bag, and which includes a pink KA Volunteer T-shirt, lanyard, and a branded notebook and pen. These items help them feel included and part of the wider Keeping Abreast volunteer family.

In addition, a regular online newsletter is produced to keep patients, supporters and volunteers updated on the charity's news and events.



## 8. Campaigning

The main internal campaign of the year has been the 9<sup>th</sup> bi-annual *'More than Just Fashion Shows'*. Other KA led campaigns throughout the year have included *'Booby Cupcake Month'* and the *'I Dance. You Donate. Challenge'* in conjunction with *The Big Give's Women and Girls Match Fund*.

Externally, October included *Breast Cancer Awareness Month* and *BRA (Breast Reconstruction Awareness) Day* in which we held a presence in John Lewis with a stall and small raffle. GC Aesthetics held their *Pink Challenge* during October which split donations raised between KA and one other charity. Long term supporter, Andrew Hadley has had a yearlong raffle which in part supported KA. In December we ran a *'12 days of Support campaign'* on social media to highlight key facts and statistics regarding Breast Cancer Reconstruction.

## 9. Central Support activities

### Fundraising: (Internal)

The main KA Fundraising events of the year include, *'Booby Cupcake Month'* in May of 2024 and March of 2025, our 9<sup>th</sup> bi-annual *'More than just Fashion Shows'* in October 2024, our *'Carol Service'* in December and our *'Music Quiz Night'* in February 2025.

### Fundraising Campaigns: (Community Fundraising & External Opportunities)

The year began with the *Memory Walk for Danni* raising a phenomenal amount of funds for KA in April 2024 (£10,884.34), alongside Carrie Kelly who took part in the *London Marathon* (£1,569). KA purchased several places in the *London Big Half* which proved difficult to place however, Berry Robertson who ran, raised a decent figure (£349.50) and is keen to do so again for us next year. Other notable community fundraising included *Sue Bruce's Garden Party* in August (£1,036.25), *Sammatha Oddy's Skydive* (£805), George Couzens and his team running *Run Norwich* (£500) in September and the *NNUH Plastics Dept. Skydive* in October (£1,660). *St Johns House* and *The Finishing Touches Group* both held separate Quiz nights in aid of KA and patron Chris Bailey held a Raffle Lunch for his birthday and split the funds with us and one other charity. Our Christmas cards were sold again in *The Original Charity Christmas Card Shop* in St Peter Mancroft which sold out of all purchased stock.



### Grant funding:

We were awarded grant funding from various grant givers to enable us to continue to provide the charity services. We thank all those who kindly supported Keeping Abreast during this financial year for specific projects and core costs.

### Charity of Year:

We continue to work with corporate supporters who provide a valuable income stream. Based off connections made this year through various avenues we have a promising lead on a number of corporate partnerships next year.

## 10. Fundraising outputs

Fundraising has been able to support the charity's running costs, support costs and development throughout this year, with our Community Fundraising having surpassed the expected budget. We have also supported our service-users online with additional Real-Life Reconstruction Videos earlier this year via the donation of external funding.

We have updated some of our printed materials to try to modernise the look and feel of the brand and continue to work on this through grant given training and internal workshops. We have been assessing our current Fundraising Packs and will continue to develop this further into the remainder of 2025. March already saw the launch of an updated '*Booby Cupcake Month*' Pack with new logo, refreshed contents and visuals and a focus on being more sustainable in our print choices. From this we decided to host several elements of the pack online for people to access and print at home if they choose. This helped to save on budgeted costs for the pack and meant considerably less printing, paper and card were used.

Following discussions of pushing the brand visually with its colour palette we have created a new range with primary, secondary and tertiary palettes that have been launched gradually and will be reassessed throughout the year. This is to ensure that the brand works for us as needed and to ensure it helps to distinguish content between support and fundraising. We are awaiting a further workshop date to hold an internal review of our '*Brand framework*' following the ongoing training with Creativity Unbound part funded by The Norfolk Community Foundation's training bursary scheme. This will hopefully help to steer our visual progression and create a more solid foundation for our brand overall. The hope is to have a solid set of brand guidelines within the next year.

## 11. Structure, Governance and Management

### Constitution

The charity is registered as a charitable company limited by guarantee (registered number: 06891388) and is a registered charity (registered number: 1129522).

The charity is constituted under a Memorandum of Association dated 29 April 2009 as amended by special resolutions dated 18 May 2010 and 9 May 2012.

### Method of Appointment or Election of Trustees

The management of the charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Articles of Association.

### Policies Adopted for The Induction and Training of Trustees

New Trustees undergo a Trustee induction to brief them on their legal obligations under charity and company law, the Charity Commission guidance on public benefit, and to inform them of the content of the Memorandum and Articles of Association, the committee and decision-making processes, the business



plan and recent financial performance of the charity. Typically, they will meet with other Trustees and a KA employee to gain a better insight into the role.

Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

## 12. Organisational Structure and Decision-Making

Policy decisions are made by the Trustees in Trustee Meetings or by email in accordance with the Governing document.

### Insurance Cover

Public and Product Liability cover £5,000,000.

Professional Liability £1,000,000.

## 13. Financial Review

### Going Concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the charity has adequate reserves and cash surplus to continue in operational existence for the short to mid-term.

The main risk is economic volatility. The report process in place allows this situation to be monitored by the Trustees.

### Financial and Risk Management Objectives and Policies

The Trustees met virtually on five occasions and once face-to-face during the year ending 31<sup>st</sup> March 2025 to discuss and review charity business. The Trustees constantly monitor cash balances and future income streams against obligations and fixed costs. Office rent is paid monthly with no automatic renew clause to give us flexibility.

There are no other fixed costs or on-going commitments other than minor administrative expenses.

Smith and Pinching continue to administer our Pension Scheme for our small team and the administrative side is delivered by our Payroll Provider, CBR Business Solutions in Norwich. We perform regular reviews in relation to the hourly rate paid to all our staff members.

In this time of unknown we have reviewed which event types were more successful both financially and, most importantly, how they have supported our members and Keeping Abreast community.

### Principal Risks and Uncertainties

These still centre on a reduction in fundraising and/or a loss of volunteers to run the support groups. Reporting procedures enable the staff and Trustees to constantly monitor this, and fundraising plans and strategies are being reviewed regularly, to ensure they are generating the desired outcomes.

### Reserves Policy

The Trustees review the balance of their reserves annually as a minimum, and it is their current policy that they will retain at least £89,097 as a minimum balance. This provides sufficient funds to employ three part-time staff and pay other fixed overheads for a full year without any other income being forthcoming. This year sees a fall in reserves with free reserves of £32,253 as of March 2025 (2024: £83,246 ). The level of reserves will be monitored closely moving forward. The review of internal financial rules will allow increased visibility of the cash flow.

## Principal Funding

The principal sources of funding is internal fundraising, grants and public donations and internal funding, mainly from individual fundraising efforts.

## 14. Future Developments

- We intend to strengthen existing support groups and create new ones where possible, considering alternative approaches where necessary.
- We seek to identify additional projects that fulfil our objectives and contribute to the well-being of patients in a safe environment.
- The Trustees will continue to meet regularly, at least 3 times a year, with the option for virtual meetings to accommodate a broader demographic of Trustees. We maintain our monitoring and, where appropriate, modification of our Strategic Plan to ensure alignment with our objectives.
- We will continue to operate using a hybrid approach, blending the charity's traditional methods with the successful virtual strategies that emerged in response to Covid-19 and the cost of living crisis.

### In Conclusion:

The charity has successfully risen to continuing challenges in terms of development and fundraising.

We have been able to introduce new initiatives and ways of working thanks to grant funding.

It is our intention to continue to develop new ways of working to enable us to further support those in need of help when undergoing breast reconstruction.

**Thanks again to the Founders, our army of enthusiastic volunteers, and to my fellow Trustees and our fabulous team of committed staff.**



Emma Queensborough

Acting Chair of Trustees - Keeping Abreast

Date: 8/8/25





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**KEEPING ABREAST**  
(A Company Limited by Guarantee)

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**STATEMENT OF TRUSTEES' RESPONSIBILITIES**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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The Trustees (who are also the directors of the Charity for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the board of Trustees and signed on its behalf by:



.....  
**Emma Queensborough**  
Acting Chair of Trustees - Keeping Abreast

Date:

8/8/25

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**KEEPING ABREAST**  
(A Company Limited by Guarantee)

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**INDEPENDENT EXAMINER'S REPORT  
FOR THE YEAR ENDED 31 MARCH 2025**

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**Independent Examiner's Report to the Trustees of Keeping Abreast ('the Charity')**

I report to the charity Trustees on my examination of the accounts of the Charity for the year ended 31 March 2025.

**Responsibilities and Basis of Report**

As the Trustees of the Charity (and its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

**Independent Examiner's Statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Charity as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:



Dated: 12 August 2025

Frank Shippam BSc FCA DChA

MA Partners Audit LLP  
7 The Close  
Norwich  
NR1 4DJ



**KEEPING ABREAST**  
(A Company Limited by Guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)**  
**FOR THE YEAR ENDED 31 MARCH 2025**

	Note	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
<b>Income from:</b>					
Donations and legacies	3	4,814	48,765	53,579	27,504
Other trading activities	4	88,700	-	88,700	75,996
<b>Total income</b>		<b>93,514</b>	<b>48,765</b>	<b>142,279</b>	<b>103,500</b>
<b>Expenditure on:</b>					
Raising funds	5	52,264	-	52,264	26,829
Charitable activities		93,946	29,097	123,043	89,182
<b>Total expenditure</b>		<b>146,210</b>	<b>29,097</b>	<b>175,307</b>	<b>116,011</b>
<b>Net (expenditure)/income</b>		<b>(52,696)</b>	<b>19,668</b>	<b>(33,028)</b>	<b>(12,511)</b>
Transfers between funds	13	(3)	3	-	-
<b>Net movement in funds</b>		<b>(52,699)</b>	<b>19,671</b>	<b>(33,028)</b>	<b>(12,511)</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward		112,124	12,801	124,925	137,436
Net movement in funds		(52,699)	19,671	(33,028)	(12,511)
<b>Total funds carried forward</b>		<b>59,425</b>	<b>32,472</b>	<b>91,897</b>	<b>124,925</b>

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 21 to 32 form part of these financial statements.

**KEEPING ABREAST**  
(A Company Limited by Guarantee)  
REGISTERED NUMBER: 06891388

**BALANCE SHEET**  
AS AT 31 MARCH 2025

	Note	2025 £	2024 £
<b>Current assets</b>			
Stocks	10	796	444
Debtors	11	11,690	4,956
Cash at bank and in hand		83,435	123,858
		<u>95,921</u>	<u>129,258</u>
<b>Current liabilities</b>			
Creditors: amounts falling due within one year	12	(4,024)	(4,333)
<b>Net current assets</b>		<u>91,897</u>	<u>124,925</u>
<b>Total net assets</b>		<u><u>91,897</u></u>	<u><u>124,925</u></u>
<b>Charity funds</b>			
Restricted funds	13	32,472	12,801
Unrestricted funds	13	59,425	112,124
<b>Total funds</b>		<u><u>91,897</u></u>	<u><u>124,925</u></u>


The Charity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit for the year in question in accordance with section 476 of Companies Act 2006.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:



Emma Queensborough  
Acting Chair of Trustees - Keeping Abreast

Date:

8/8/25

The notes on pages 21 to 32 form part of these financial statements.



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**KEEPING ABREAST**  
(A Company Limited by Guarantee)

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**1. General information**

Keeping Abreast is a private company limited by guarantee and incorporated in England and Wales. The Charity's registered office is 7 The Close, Norwich, Norfolk, NR1 4DJ.

**2. Accounting policies**

**2.1 Basis of preparation of financial statements**

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Keeping Abreast meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

**2.2 Income**

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

**2.3 Expenditure**

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure on raising funds includes all expenditure incurred by the Charity to raise funds for its charitable purposes and includes costs of all fundraising activities events and non-charitable trading.

Expenditure on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

**2.4 Stocks**

Stocks are valued at the lower of cost and net realisable value.

**2.5 Debtors**

Other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

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**2. Accounting policies (continued)**

**2.6 Cash at bank and in hand**

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**2.7 Liabilities and provisions**

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

**2.8 Financial instruments**

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**2.9 Pensions**

The Charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Charity to the fund in respect of the year.

**2.10 Fund accounting**

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.



KEEPING ABREAST  
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NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025

3. Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Donations	4,814	-	4,814	2,961
Grants	-	48,765	48,765	24,543
<b>Total 2025</b>	<b>4,814</b>	<b>48,765</b>	<b>53,579</b>	<b>27,504</b>
<i>Total 2024</i>	<i>3,961</i>	<i>23,543</i>	<i>27,504</i>	

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Fashion show	31,469	31,469	-
Ball	-	-	19,206
Other fundraising income	57,196	57,196	56,790
Merchandise	35	35	-
<b>Total 2025</b>	<b>88,700</b>	<b>88,700</b>	<b>75,996</b>
<i>Total 2024</i>	<i>75,996</i>	<i>75,996</i>	

KEEPING ABREAST  
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NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025

5. Expenditure on raising funds

Costs of raising voluntary income

	Unrestricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Merchandise - opening stock	444	444	407
Merchandise purchases	2,200	2,200	43
Other	50,416	50,416	26,823
Merchandise - closing stock	(796)	(796)	(444)
<b>Total 2025</b>	<b>52,264</b>	<b>52,264</b>	<b>26,829</b>
<i>Total 2024</i>	<i>26,829</i>	<i>26,829</i>	

6. Analysis of expenditure by activities

	Activities undertaken directly 2025 £	Support costs 2025 £	Total funds 2025 £	Total funds 2024 £
Charitable activities	96,587	26,456	123,043	89,182
<i>Total 2024</i>	<i>72,919</i>	<i>16,263</i>	<i>89,182</i>	



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NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025

6. Analysis of expenditure by activities (continued)

Analysis of direct costs

	Total funds 2025 £	Total funds 2024 £
Staff costs	64,728	47,462
Patient support	31,859	25,457
	<u>96,587</u>	<u>72,919</u>

Analysis of support costs

	Total funds 2025 £	Total funds 2024 £
Rent	8,280	8,280
Training	6,260	-
Telephone, broadband and office	5,779	2,270
Professional fees	4,328	3,853
Insurance	1,624	1,478
Group and staff expenses	185	382
	<u>26,456</u>	<u>16,263</u>

7. Independent examiner's remuneration

The independent examiner's remuneration amounts to an independent examiner fee of £2,460 (2024 - £2,340).

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KEEPING ABREAST  
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NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025

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**8. Staff costs**

	2025 £	2024 £
Wages and salaries	63,417	45,589
Contribution to defined contribution pension schemes	1,311	1,873
	<u>64,728</u>	<u>47,462</u>

The average number of persons employed by the Charity during the year was as follows:

	2025 No.	2024 No.
Fundraising and development	2	2
Administration and development	1	1
	<u>3</u>	<u>3</u>

No employee received remuneration amounting to more than £60,000 in either year.

**9. Trustees' remuneration and expenses**

During the year, no Trustees received any remuneration or other benefits (2024 - £NIL).

During the year ended 31 March 2025, no Trustee expenses have been incurred (2024 - £NIL).

**10. Stocks**

	2025 £	2024 £
Merchandise for resale	<u>796</u>	<u>444</u>

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NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025

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11. Debtors

	2025 £	2024 £
Due within one year		
Other debtors	7,273	4,505
Tax recoverable	4,417	451
	<u>11,690</u>	<u>4,956</u>

12. Creditors: Amounts falling due within one year

	2025 £	2024 £
Trade creditors	445	-
Other creditors	273	-
Accruals and deferred income	3,306	4,333
	<u>4,024</u>	<u>4,333</u>



**KEEPING ABREAST**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2025**

**13. Statement of funds**

**Statement of funds - current year**

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2025 £
<b>Unrestricted funds</b>					
<b>Designated funds</b>					
Local group funds	28,878	13,022	(14,728)	-	27,172
<b>General funds</b>					
General funds	83,246	80,492	(131,482)	(3)	32,253
<b>Total Unrestricted funds</b>	<b>112,124</b>	<b>93,514</b>	<b>(146,210)</b>	<b>(3)</b>	<b>59,425</b>
<b>Restricted funds</b>					
Awards for All	-	20,000	-	-	20,000
Pink Ribbon Foundation	-	5,240	(5,243)	3	-
R.C. Snelling Charitable Trust	-	2,500	-	-	2,500
Art for Cure	12,801	7,025	(19,854)	-	(28)
Training	-	4,000	(4,000)	-	-
Garfield Weston	-	10,000	-	-	10,000
	12,801	48,765	(29,097)	3	32,472
<b>Total of funds</b>	<b>124,925</b>	<b>142,279</b>	<b>(175,307)</b>	<b>-</b>	<b>91,897</b>

**KEEPING ABREAST**  
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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

**13. Statement of funds (continued)**

**Statement of funds - prior year**

	<i>Balance at 1 April 2023 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Balance at 31 March 2024 £</i>
<b>Unrestricted funds</b>				
<b>Designated funds</b>				
Local group funds	25,730	13,198	(10,050)	28,878
Pink Ribbon Foundation	3,000	-	(3,000)	-
	<u>28,730</u>	<u>13,198</u>	<u>(13,050)</u>	<u>28,878</u>
<b>General funds</b>				
General funds	87,239	66,759	(70,752)	83,246
	<u>115,969</u>	<u>79,957</u>	<u>(83,802)</u>	<u>112,124</u>
<b>Total Unrestricted funds</b>				
<b>Restricted funds</b>				
Awards for All	-	5,000	(5,000)	-
Art exhibition	643	-	(643)	-
Other restricted funds	-	1,988	(1,988)	-
Art for Cure	8,282	16,555	(12,036)	12,801
Postcode Places	12,542	-	(12,542)	-
	<u>21,467</u>	<u>23,543</u>	<u>(32,209)</u>	<u>12,801</u>
<b>Total of funds</b>	<u><u>137,436</u></u>	<u><u>103,500</u></u>	<u><u>(116,011)</u></u>	<u><u>124,925</u></u>

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KEEPING ABREAST  
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NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025

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13. Statement of funds (continued)

**Designated funds**

The funds that relate to local groups are designated to be spent within the respective local group region.

In the year ended 31 March 2023, the **Pink Ribbon Foundation** awarded the Charity £3,000 which were designated to be used toward increased salary costs in 2023/24.

**Restricted funds**

In the year ended 31 March 2020, the Charity received funds from an **Art Exhibition** toward support related costs. The remaining balance of this funding was spent in the year ended 31 March 2024.

In the year ended 31 March 2023, the Charity received:

- a grant from **Art for Cure** to provide a new bespoke volunteer training offering to ensure that our volunteers feel valued and supported.
- a grant from **Postcode Places** to provide assistance with core costs to cover the office rent and a proportion of employees' salaries.

The balance on these grants were fully spent in the year ended 31 March 2024.

In the year ended 31 March 2024, further grants from **Art for Cure** helped us to continue to offer personalised support for every individual faced with breast reconstruction due to breast cancer by enhancing various support materials and resources, including our online videos that showcase real-life surgery outcomes.

In the year ended 31 March 2025, the Charity received:

- a grant of £20,000 from the **Awards for All** to help fund the support and volunteer officer's salary.
- a grant of £5,240 from the **Pink Ribbon Foundation** for the "personal to every person" project.
- a grant of 2,500 from the **R.C. Snelling Charitable Trust** to support those faced with breast reconstruction due to breast cancer within a specific geographical area.
- a grant of 7,025 from **Art for Cure** to help meet 6 months rent, comfort and care bags and pink packs.
- a grant of £4,000 through Norfolk Community Foundation for training
- a grant of £10,000 from **Garfield Weston** towards the 2025/26 core operating costs associated with the support element of the Charity.



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NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025

14. Summary of funds

Summary of funds - current year

	Balance at 1 April 2024 £	Income £	Expenditure £	Transfers in/out £	Balance at 31 March 2025 £
Designated funds	28,878	13,022	(14,728)	-	27,172
General funds	83,246	80,492	(131,482)	(3)	32,253
Restricted funds	12,801	48,765	(29,097)	3	32,472
	<u>124,925</u>	<u>142,279</u>	<u>(175,307)</u>	<u>-</u>	<u>91,897</u>

Summary of funds - prior year

	Balance at 1 April 2023 £	Income £	Expenditure £	Balance at 31 March 2024 £
Designated funds	28,730	13,198	(13,050)	28,878
General funds	87,239	66,759	(70,752)	83,246
Restricted funds	21,467	23,543	(32,209)	12,801
	<u>137,436</u>	<u>103,500</u>	<u>(116,011)</u>	<u>124,925</u>

15. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £
Current assets	63,449	32,472	95,921
Creditors due within one year	(4,024)	-	(4,024)
Total	<u>59,425</u>	<u>32,472</u>	<u>91,897</u>

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KEEPING ABREAST  
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NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025

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15. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2024 £</i>	<i>Restricted funds 2024 £</i>	<i>Total funds 2024 £</i>
Current assets	116,457	12,801	129,258
Creditors due within one year	(4,333)	-	(4,333)
<b>Total</b>	<b>112,124</b>	<b>12,801</b>	<b>124,925</b>

16. Pension commitments

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost charge represents contributions payable by the Charity to the fund and amounted to £1,311 (2024 - £1,873). Contributions totalling £273 (2024 - £Nil) were payable to the fund at the balance sheet date and are included in creditors.

17. Related party transactions

There were no related party transactions during the year.