

# BREAST MATES

England & Wales · Charity number 1171678

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2017-02-20

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Al's Arc  
40 Eccleston Street  
Prescot  
L34 5QJ

**Phone** 07835982879

**Email** [contact@breastmates.org](mailto:contact@breastmates.org)

**Website** [Breastmatescancersupportgroup.](#)

## Activities

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**Objects:** THE RELIEF OF PERSONS SUFFERING FROM BREAST CANCER AND TO ADVANCE THE EDUCATION OF THE PUBLIC ON THE SUBJECT OF BREAST CANCER

**Activities:** Regular meetings

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

## Geography

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- Halton
- Knowsley
- Liverpool City
- Sefton
- St Helens
- Wirral

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-12-31	£41,710	£26,199	-	-
2023-12-31	£38,485	£37,717	-	-
2022-12-31	£30,213	£38,204	-	-
2021-12-31	£29,901	£25,701	-	-
2020-12-31	£13,230	£15,768	-	-

## Trustees

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Name	Role	Appointed
AVRIL AINSBURY		2024-10-15
Donna Marie Steele		2025-10-22
Eileen Mary McGovern		2024-10-15
Julie Patricia Morgan		2024-10-15
Shelagh Hill Mrs		2024-10-15
Tracey Carmichael		2024-10-15

**BREAST MATES**

England & Wales - Charity number 1171678

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# Accounts

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# **Trustees' Annual Report**

## **Year Ending December 2024**

**Registered Charity No: 1171678**  
**Patron: Noreen Kershaw**

**© 2025 Breast Mates**

## Primary Objective of the Charity as set out in the Constitution



*“To provide relief and support for people diagnosed with breast cancer and to further advance public awareness and education on the subject of breast cancer.”*



***Togetherness***

## Annual General Meeting

The AGM was held on 24 September 2024, at the Robert Foulkes Centre, Whiston.

Twenty-nine people attended the meeting.

## Breast Mates Trustees

**Avril Ainsbury**



**Tracey Carmichael**



**Julie Morgan**



**Shelagh Hill**



**Eileen McGovern**



## Legal Structure and Governance

The Charity is governed by its Constitution which is reviewed annually and revised, if necessary, in line with the Charity Commission's guidance and approval.

The Charity is incorporated through legal status of a Charitable Incorporated Organisation (CIO), which means that if the CIO is wound up, the Trustees of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

No serious incident or other matter that Trustees need to report to the Charity Commission, has occurred during this reporting period.

The Charity will continue to purchase Public Liability insurance.

At every Annual General Meeting (AGM), one third of the Charity's Trustees shall retire from office. The vacancies arising may be filled by the decision of the members at the AGM. If the vacancies are not filled, the Trustees may at any time decide to appoint a new charity trustee.

The Charity is administered by a committee of up to nine Trustees, who meet on a bi-monthly basis.



## Principal Aims and Activities

The Breast Mates Cancer Support Group is a non-medical self-help group, run by local people; most of our trustees and volunteers have had breast cancer and understand the affect a diagnosis can have on individuals and their family members.

The Group provides support to those members who have received a primary cancer diagnosis, and who have undergone or are receiving ongoing treatment. Breast Mates also support those members who have received a secondary cancer diagnosis and who may require additional support.

Both groups are intrinsically linked and have access to resources and support from Oncology Consultants and other health care professionals, based across the Knowsley Health Authority; as well as a range of guest speakers who are invited to attend the Group's meetings.

The membership for the year ending December 2024 totalled 120.



Weekly 'Walk and Talk',  
Robert Foulkes Centre



Well-being Day held in September 2024

## What we do

### Breast Mates provides:

- **Practical and emotional support** - through one-to-one chats between volunteers and members needing non-medical advice and assistance, or sometimes just a listening ear. All conversations between individuals and volunteers are conducted on a basis of trust and absolute guarantee of confidentiality.
- **A telephone help line** - for those members who require individual help and advice and onward referral when necessary.
- **A WhatsApp Chat Group** - for sharing information and chat with fellow members.
- **Physical exercise and dance programmes** - delivered through the groups weekly **Walk & Talk** get togethers (held at the Robert Foulkes Centre every Tuesday afternoon) and tutorial **Dance** (held at Whiston Town Hall every Monday evening). Both programmes are extremely well attended.
- **Gardening** - at the Group's allotment on Molyneux Drive, Prescot, for those green-fingered members of the Group, who can enjoy the calm surroundings of the great outdoors, relax and interact with other gardeners and community groups on the plot. Donna Steele, a member of the Group, is the lead on this project.
- **Well-being events** - when experts join the membership for relaxation therapy sessions; self-awareness; gardening advice; musical activities; and many more.
- **Publicity Events** - which provide the opportunity for members and volunteers to promote breast cancer awareness and to engage with the general public; achieved through screening events across various community venues, including GP surgeries; Job Centres; to name but a few.
- **Social and Cultural Events** - offering members the opportunity to broaden their interests in cultural outings to the theatre; museums, and music events.

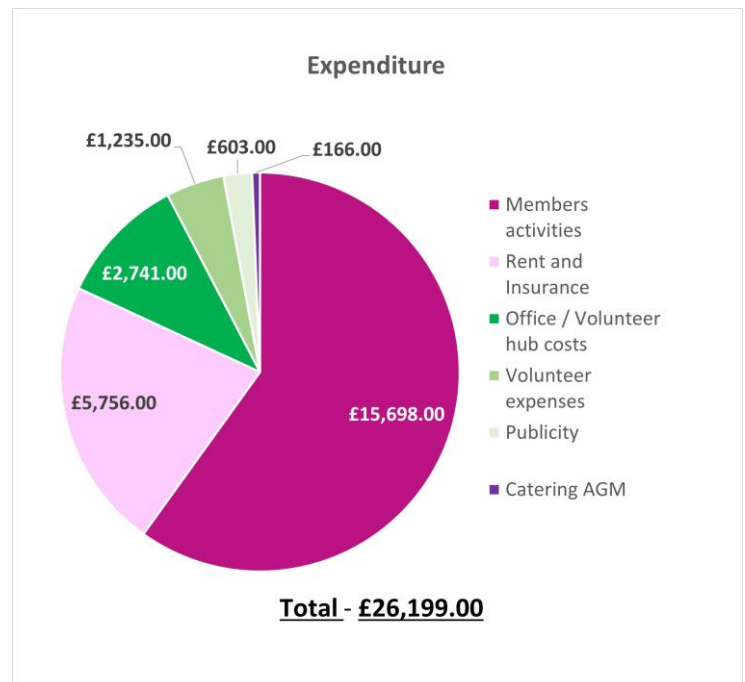
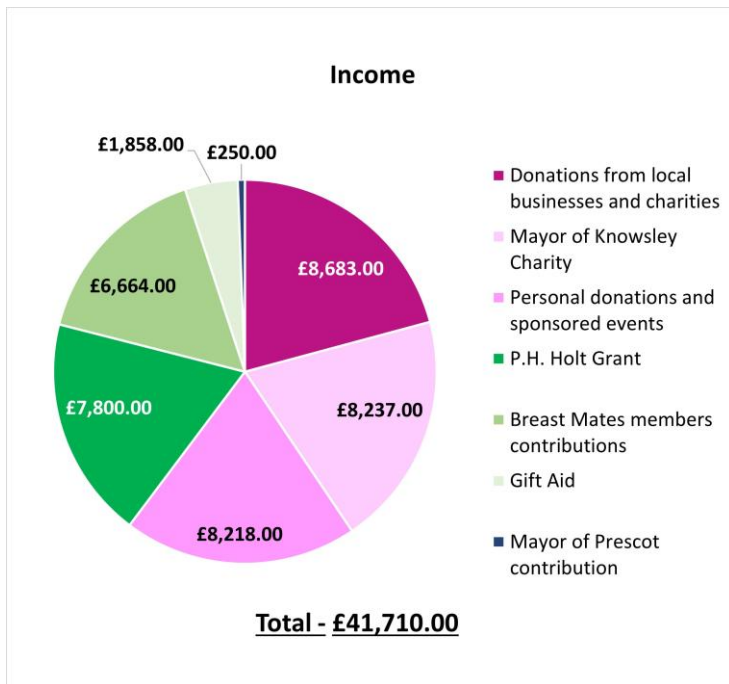
***So how do we deliver our aims,  
services and activities?***



## Funding Sources

The Charity is pro-active in sourcing funding for the benefit of the Group and its members.

For the year-ending 2024, the following details the principal sources of income acquired from the many individuals and organisations who continue to support the Charity; and the expenditure costs of the Group.



The amount received from the Mayor of Knowsley, allowed the Group to spend less time on fundraising activities, and more time supporting the Group's members.

There was an increase in support from local businesses, compared to the previous year, and personal donations and sponsorships continued to contribute to the Group's success.

**Eddie Connor – Mayor of Knowsley, presented Breast Mates with a cheque for £8,237.50 - gratefully received by Group members.**



## 2024 – Year in Review

Back in November 2024, Breast Mates were honoured and excited to announce that the Charity had received the Kings Award for Voluntary Services (KAVS). This award is The MBE for volunteer groups. It is the highest award given to local voluntary groups in the UK, and is bestowed at the behest of His Majesty King Charles III, on his birthday.



**The King's Award  
for Voluntary Service**

The award was given in recognition of the unflinching work of the group of volunteers who, since its registration as a charity in February 2017, have provided and continue to provide, invaluable practical and emotional support to those affected by breast cancer. It also recognises the groups efforts in raising awareness and engaging with other local community, education, health and institutional groups.

*(The Charity received the award from the Lord Lieutenant of Liverpool at an event held on Tuesday, 4 March 2025, at Prescott Town Hall).*



**Noreen Kershaw**

*“Even the King has recognised how wonderful Breast Mates are. And this award is richly deserved. I have seen at close hand the work that Breast Mates do; the support they give to one another and the great joy that touches everything they do. Joy touched with courage, compassion and understanding, and done at a time when a breast cancer diagnosis can make one feel so alone in the world.*

*The information and support that Breast Mates offer makes such a difference. And, to witness at first hand the strength, kindness and joy of the volunteers – well even a King has to acknowledge them.*

*And I, as Patron, am so proud of each and every one of the volunteers and all involved with Breast Mates.”*

## Events – Working in the Community 2024

One of the Group’s key objectives is to work alongside other community groups to promote cancer awareness, screening programmes and resources available to those who have received a cancer diagnosis.



**Alicia Shipperlee**  
Improving Screening Uptake Officer  
Liverpool Breast Screening

*“Breast Mates plays a vital role in raising awareness about the importance of early detection. We’ve worked together to reach underserved communities, and the Group’s passion, professionalism and dedication, have been invaluable in helping improve breast screening uptake across the Knowsley and Sefton region.”*

Detailed below are just some of the events that Breast Mates have taken part in during 2024, and the ‘variety’ of venues where the events took place.

### Huyton, Bingo Venue



### Park Farm – Afternoon Tea



### Huyton Job Centre



## Events – Excursions 2024

On land or water, Group members enjoyed a calendar of events run by the Group in 2024. Here are just some of the highlights:

Thirty members boarded **The Floating Grace** for a cruise around the Albert Docks in Liverpool. Passengers were given a talk on the history of the docks, while enjoying afternoon tea.

*“Every day you can learn something new, and the history surrounding the heritage of the docks was extremely informative. Great afternoon.”*  
Carol (Member)



Coach excursions to **Lancaster, and Skipton** - on market day, proved very popular and members were able to enjoy the great outdoors in whichever way they chose – rambling; shopping; eating or drinking.



*“A few of the members were huffing & puffing on the walk up to Lancaster Castle and Williamson Park, but the views over Morecambe Bay were worth the effort. The canal walk in Skipton on a sunny autumnal day - idyllic.”*

Julie (Member)

## Events – Dining Out and Christmas 2024

Group members love nothing more than dining out at restaurants within the local area. Two favourites are **Maturo's**, and **The Grapes**.

Dining out  
at Maturo's



In August 2024, **The Grapes** was chosen by members and family, as the venue for a meal in memory of one of the Group's members who sadly passed in March 2024. The event provided the opportunity for members to meet, reminisce and share memories of a dear friend. The occasion was made possible from funding received from her family. The venue very kindly made a donation to the event.

Group members made a return visit to The Grapes for a carvery roast at Christmas.

Wreath making at the December Walk and Talk



Christmas Tree decoration at  
Prescot Parish Church



Friends and family at the Breast Mates 2024  
Christmas Party

## Behind the Scenes

The success of the Breast Mates Cancer Support Group is very much dependent on the unfailing work of the Trustees and volunteers (and their family members), who work tirelessly to deliver the charity's aims and objectives.

They give their time for free and their reward is seeing the charity grow, which means the Group can deliver more help to those members who need it.

**Phil Walker**  
Clinical Nurse Specialist  
for patients diagnosed with secondary cancer



*"I have developed a lot of respect and love for this Group and the work they do."*

The Group can also tap into resources within the community and the expertise offered by specialist nurses and consultants, who work alongside volunteers and members at various events throughout the year.



**Miss Chagla**  
Consultant Surgeon and Lead Clinician  
in Breast Services

*"Breast Mates is a small charity who do a huge amount of work."*

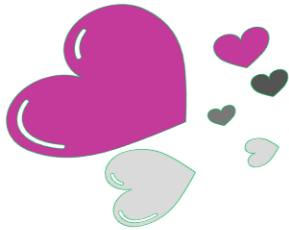
The support of members also plays a large part in the Group's success and the trustees and volunteers remain grateful for this continued support.

## Message from the Chair – Julie Morgan

*“2024 proved to be a great success for Breast Mates and to receive the Kings Award for Voluntary Services is testament to the effort of our trustees and volunteers – past and present.*

*Our work will continue with the support and help of the many individuals; local community groups; fundraisers; educational organisations; medical experts; all of whom offer their time, expertise, financial generosity and goodwill to Breast Mates. Together we can continue to make a difference.*

*On behalf of everyone involved with Breast Mates ...*



# Thank You!

Trustees have declared their approval of the Trustees' Report.

Signed:

*Shelagh Hill*

Secretary

# BREAST MATES

Cancer Support  
Group

## How to Find Us

Office Address:

40 Eccleston Street, Prescot, L34 5QJ

## How to Contact Us:

Phone: 07835 982879

Email: [contact@breastmates.org](mailto:contact@breastmates.org)

Website: [www.breastmates.org](http://www.breastmates.org)



The King's Award  
for Voluntary Service



**Receipts and payments accounts**

**CC16a**

For the period  
from

01/01/2024

To

31/12/2024

**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 £
<b>A1 Receipts</b>					
C&M Cancer Alliance	-	-	-	-	6,920
PH Holt	-	7,800	-	7,800	-
Winter Warmer	-	-	-	-	5,681
Co-Op Fund	-	310	-	310	592
Donations & Fundraising	30,491	-	-	30,491	21,517
Christmas Party	1,250	-	-	1,250	1,653
Gift Aid	1,858	-	-	1,858	-
Pink Ribbon	-	-	-	-	200
Sundry	-	-	-	-	100
Fashion Show	-	-	-	-	2,122
<b>Sub total (Gross income for AR)</b>	<b>33,600</b>	<b>8,110</b>	<b>-</b>	<b>41,710</b>	<b>38,785</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>33,600</b>	<b>8,110</b>	<b>-</b>	<b>41,710</b>	<b>38,785</b>
<b>A3 Payments</b>					
Rent/Insurance	5,756	-	-	5,756	6,209
Publicity	603	-	-	603	2,108
Volunteer Expenses	1,235	-	-	1,235	2,863
Office Hub Costs	2,696	-	-	2,696	1,121
DBS	45	-	-	45	-
Catering AGM	166	-	-	166	353
Breast Mates Special Grant	-	-	-	-	360
Equipment/Phones	-	-	-	-	714
Member's Activities	9,884	5,814	-	15,698	24,236
Fashion Show	-	-	-	-	52
<b>Sub total</b>	<b>20,385</b>	<b>5,814</b>	<b>-</b>	<b>26,199</b>	<b>38,017</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>20,385</b>	<b>5,814</b>	<b>-</b>	<b>26,199</b>	<b>38,017</b>
<b>Net of receipts/(payments)</b>	<b>13,215</b>	<b>2,296</b>	<b>-</b>	<b>15,511</b>	<b>768</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>17,301</b>	<b>5,091</b>	<b>-</b>	<b>22,392</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>30,516</b>	<b>7,387</b>	<b>-</b>	<b>37,903</b>	<b>768</b>

## 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 £
<b>B1 Cash funds</b>		30,516	7,387	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>30,516</b>	<b>7,387</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	<b>Details</b>	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	<b>Details</b>	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	<b>Details</b>	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A

Independent Examiner's Report

Report to the trustees

Charity Name

BREAST MATES CANCER SUPPORT GROUP

On accounts for the year ended

31st DECEMBER 2024

Charity no (if any)

1171678

Set out on pages

3 AND 4

(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 31st DECEMBER 2024.

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:

Date:

18/9/2025

Name:

NEIL MCDUGALL FCA

Relevant professional qualification(s) or body

INSTITUTE OF CHARTERED ACCOUNTANTS IN ENGLAND & WALES

Address:

3 COPPERHEADS, TARPORLEY  
CHESHIRE CW6 0UP

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.

N/A.

**BREAST MATES**

England & Wales - Charity number 1171678

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# Accounts

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# BREAST MATES

## CANCER SUPPORT GROUP

### Trustees' Annual Report

1<sup>st</sup> January 2023 - 31<sup>st</sup> December 2023



*This award was made by The High Sheriff of Merseyside to Breast Mates in recognition of great and valuable services to the community.*

**Registered Charity Number 1171678**

Patron: Noreen Kershaw



**The Annual General Meeting  
took place on  
24th September 2024  
at Robert Foulkes Centre**

**Breast Mates Trustees**

Linda Carmichael	(Elected Sept 2023)
Tracey Carmichael	(Elected Oct 2021)
Anne Maguire	(Elected Sept 2022)
Jenny Gerrard	(Elected Sept 2022)
Carolyn Hanley	(Elected Oct 2021)
Jackie Lucock	(Elected Oct 2021)
Eileen McGovern	(Elected Sept 2022)
Donna Sanders	(Elected Sept 2023)

## **BREAST MATES LEGAL STRUCTURE AND GOVERNANCE**

The charity is governed by its Constitution, which will be reviewed annually and revised, if necessary, in line with the Charity Commission's guidance and approval.

The charity is incorporated through legal status of a Charitable Incorporated Organisation (CIO), which means that if the CIO is wound up, the trustees of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

No serious incident or other matter that trustees need to report to the charity commission has occurred during this reporting period.

The charity will continue to purchase Public Liability insurance.

At every annual general meeting one third of the charity trustees shall retire from office. The vacancies arising may be filled by the decision of the members at the annual general meeting. If the vacancies are not filled the trustees may at any time decide to appoint a new charity trustee.

The charity is administered by a committee of up to nine trustees, who meet monthly.

## **OBJECTS OF THE CHARITY AS SET OUT IN THE CONSTITUTION**

The relief of persons suffering from breast cancer and to further advance the education of the public on the subject of breast cancer.

## **BREAST MATES**

Breast Mates Cancer Support Group offers support, information and friendship to people diagnosed with breast cancer in Knowsley and the surrounding area. We currently lease an office from Al's Arc, a local Community Interest Company based at 40 Eccleston Street, Prescott L34 5QJ.

We are a non-medical self-help group run by local people; most of our trustees and volunteers have had breast cancer and understand the affect it can have on people.

A breast cancer diagnosis can lead to people feeling very alone; meeting with others who are going through a similar experience and sharing information can really help.

## **PRINCIPAL ACTIVITIES**

Breast Mates offers practical and emotional support, information, a telephone help-line, social and group activities and exercise classes.

## **PRINCIPAL SOURCE OF FUNDS**

In early January 2023 we were granted £6,920 from The Cheshire and Merseyside Cancer Alliance. This included funding to support our Breast Screening and Breast Awareness Project, hub rental for six months and volunteer expenses.

We were unsuccessful in our bid to the Pink Ribbon Foundation for our dance classes. Fortunately, these expenses were included in the Winter Warmer grant from Knowsley Council.

In November our application for the Winter Wellness Fund from Knowsley Council was successful. The £5,680.75 covered running costs to the end of March 2024 for our dance classes and our weekly walk and talk meetings.

During 2023, we have been very grateful for the many donations and sponsorships we have received from our members, their families, friends and from our many supporters in the community.

Our cash reserves have been retained at £6,000 and we aim to increase this amount in the near future. We hold cash reserves in order to protect the charity's activities from future variations in its income streams.

# BREAST SCREENING AND BREAST CANCER AWARENESS PROJECT

Thanks to the Cheshire and Merseyside Cancer Alliance grant funding we have been able to continue to work with Alicia Shipperlee, Improving Breast Screening Uptake Officer. The screening unit was in Huyton from the beginning of the year until May. We put up leaflets and distributed flyers to health and community centres and to shows and businesses in the Huyton area.



Our volunteers have also put together packs with information regarding breast screening and breast awareness enclosing a letter offering to visit with a stand and/or do a talk for local groups and organisations.

Visits have included The Drumming Workshop Prescott, Northwood Community Centre, Kirkby, Whiston Town Council AGM, FLOW Group (For Ladies of Widnes), Beyond New Materials Community Art Group and many more groups and organisations.

A chance for our volunteers and members to work in the community and make a difference.



## WALK AND TALK

We meet up at the Robert Foulkes Centre, in Whiston on Tuesday afternoons. This has proven to be very popular with 25-30 members attending each week. We are often visited by guest speakers and other charity support groups.

Some of our members, along with volunteers take a walk around the local park which is very popular come rain or shine.

Breast Mates has also set aside an hour before the meeting begins, for members who would like extra support to talk about anything that is worrying or concerning them. A good chat and a coffee with their fellow members usually solve most problems and answers most questions. We had a tea party in honour of the coronation of King Charles III which our members enjoyed thoroughly.



### Some quotes from our members: -



*The Walk and Talk is a fantastic support group for women to meet and socialise with other members It is great to be able to chat and join in with the raffle and the guest speakers who enlighten us on various subjects.*  
**Karen Owen**

*Everyone meets at the Robert Foulkes Centre. We can go for a walk in the park weather permitting, I enjoy the natter and catch up and there is plenty of support, fun and laughter. I look forward to meeting everyone each week.*  
**Mo Quigley**

## SECONDARY BREAST CANCER SUPPORT MEETINGS

We are so fortunate to have such a great venue for this group at the Cedarwood Centre, Willowbrook Hospice. We have continued with our monthly meetings and have had a wide range of guest speakers. We get amazing support from Dr Innes and Dr Sripadam and their team at St Helens Hospital. They are always on hand to answer any queries we may have.

*"Quite simply Breast Mates makes an enormous, often life-changing, difference to our patients who have breast cancer. For all patients a diagnosis of breast cancer is shocking and many struggle with feelings of despair, confusion and loneliness. The Breast Mates team offer a comprehensive support service - both one to one and group meetings. Every Breast Mates volunteer goes "above and beyond", treating them with outstanding kindness and compassion, providing a lifeline for so many. We greatly appreciate all of the work that you do."*

**(Dr Helen Innes, Consultant in Medical Oncology)**



Two of our volunteers and a member representative have been involved with a new Macmillan project based at Whiston and St Helens Hospital. The TBNC (treatable but not curable) project aims to improve the care of patients with secondary cancers.

Left to right  
Laura Swift, Clinical Nurse Specialist, Becky Hesketh, Macmillan Data Analyst, Hayley McCaffrey, Macmillan Project Manager.

## DANCE

Over the past year the dance classes have been well attended with much enjoyment, fun and giggles. We were unsuccessful in our bid to the Pink Ribbon Foundation for funding for our dance fitness classes but fortunately later in the year these expenses were covered in the Winter Warmer grant from Knowsley Council. These classes are held on Monday evenings at Whiston Town Hall. The funding covers the fees of our excellent (very patient) teacher and the hire of the hall.

Our classes are providing a safe place where our members can enjoy themselves, have a chat at the start of the class, or in the break and know they are with people who understand what they are going through. The class maintains the confidentiality required by Breast Mates which helps our ladies enormously. There are a number of volunteers who attend the class too, so there is always someone to talk to if our members are having any problems. The feedback we have from our members is that they all feel better both mentally and physically after the class.



We have even been persuaded to perform with another dance group at Knowsley Council promotional events, but this is left to the preference of our members if they wish to join in.



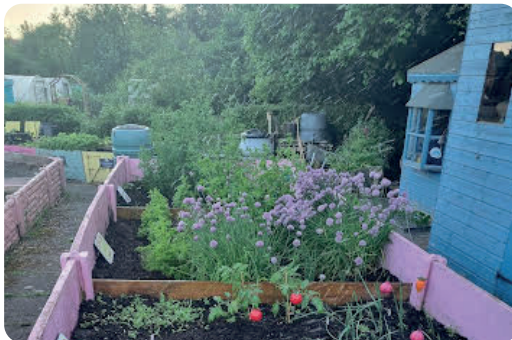
## WINTER WELLNESS

We applied to Knowsley Council and we were awarded £5,680.75 which was to be used for a Winter Wellness project, to enable us to pay the rent and refreshments for a weekly dance class and a weekly walk and talk group. To help to keep our members warm during the winter we purchased hoodies, scarves and gloves for all of our members.

## ALLOTMENT

Breast Mates have use of an allotment on Molyneux Drive, Prescott. The soil for the allotment is getting much better and next year will most probably be a good year for crops.

The past year has been quite wet so this has made it difficult to go to the allotment. Considering this, we still had sweetcorn, tomatoes, herbs, red onions, rhubarb, potatoes and lavender growing at a good rate.



The feeling of being at the allotment gives a good sense of achievement and it is very relaxing, calming and very good for your mental health. You can choose to talk to others or just get on with your own thing. It's all very worthwhile and you will love the calmness in the middle of Prescott. You can take a packed lunch, sit and relax in the lovely shed which looks out on our allotment where you can think up lots of ideas and make plans about everything and anything.



We have recently got a Breast Mates plaque on our plot courtesy of Green Fingers allotment. It looks great, I have also put signs in the plot to identify things that are growing.

If you are wishing to go down to the allotment, then please be in contact and it can be arranged so that you can benefit from what it offers.

Any ideas for what you would like to grow next year would be greatly appreciated.

***Donna Steele, Member***

## SOCIAL EVENT

It was a great pleasure to accompany 29 Breast Mates for a weekend on 20.10.23 to celebrate Breast Cancer Awareness Month, at Alverston Hall a stunning country house in Cheshire.



Our members enjoyed every minute of our stay, supporting each other in their individual choice of activities which included quizzes, archery, spa, swimming and trips into Nantwich to experience the historic landmarks and of course shopping!

Evenings were taken up with the chance to dress up for entertainment, dancing, laughter and a few tipples.

All members gained support, confidence, friendship and the opportunity to be involved with other guests.

The weekend was a great success.

## KINGS AWARD FOR VOLUNTARY SERVICE (KAVS)

In September 2023, two of our members supported by Nikki Jamieson, Governance Manager, Al's Arc, nominated Breast Mates for the Kings Award for Voluntary Service.

Following the successful nomination, a group of volunteers and trustees worked extremely hard to put together the relevant information and evidence of the work we do as a charity. This would be presented at a visit from two Vice Lieutenants from the Kings Award team.

On 24th January 2024. We went through a rigorous interview process with the Vice Lieutenants. We really appreciated the support of some of our lovely members who agreed to attend the meeting, where they eloquently told their stories to KAVS, and spoke passionately about the work Breast Mates do within the community.

We will find out on the Kings birthday on 14th November if we have been successful. KAVS is equivalent to an MBE, and is the highest Award given to local voluntary groups in the U.K. They are awarded for life.



## CULTURE VULTURES

### Trip to Port Sunlight



Thirty-nine volunteers and members enjoyed a summer day out at Port Sunlight.

Travelling by coach we picked up our tour guide when we got there, who gave us an hour of very informative information on the history of the village, pointing out the key landmarks along the way.

A buffet lunch was served at the pub on site and then all had free time to visit the Lady Lever Art Gallery, the garden centre or just a stroll looking at the beautiful houses before our return journey.

The weather was perfect, bright and sunny and all those who attended said they had a thoroughly good time.

### Trip to the Ice Show

Twenty-six volunteers and members enjoyed a fabulous evening at the Ice Show in Blackpool in July funded by the Co-op Community Fund.



Travelling by coach we were dropped off near the Pleasure Beach for an evening meal at Wetherspoons before a short walk to the show. The staff were very attentive, especially as a couple of our members have mobility issues. The show was first class. We had excellent premium seats, with the skating taking place directly in front of us. Such talent on the ice, some of the figure skaters had even competed in previous Olympics and Dancing on Ice. So many different costume changes and all accompanied by great atmospheric music.

All enjoyed the evening immensely, with several members asking when we could do it again. Another Culture Vulture success!

We would also like to thank the many individuals and organisations who have supported us. We have once again been amazed at the generosity, kindness and goodwill of those who share their time, expertise, skills and energy supporting our cause.

Thank you to all who organised fundraising events and to the individuals and organisations who have made such generous donations.

Trustees declare that they have approved the trustees' report above.

Signed

A handwritten signature in black ink that reads "Linda Carmichael". The signature is written in a cursive style with a horizontal line underneath the name.

**Linda Carmichael**  
*Secretary*





Charity's Principal Address  
40 Eccleston Street  
Prescot  
L34 5QJ

**Contact - 07835 982879**

**Email: [contact@breastmates.org](mailto:contact@breastmates.org)**

**Website: [www.breastmates.org](http://www.breastmates.org)**



**Receipts and payments accounts**

CC16a

For the period from 1/1/2023 To 12/31/2023

**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 £
<b>A1 Receipts</b>					
Pink Ribbon				-	3,300
C&M Cancer Alliance		6,920		6,920	-
Donations and Fund Raising	4,050			4,050	5,988
Winter Warmer		5,681		5,681	-
GAYL				-	87
Social Fund	9,320			9,320	1,711
Co-op Fund		592		592	3,277
Secondaries	4,701			4,701	1,529
Fashion Show	2,122			2,122	11,080
Walk and Talk	3,446			3,446	3,041
Christmas Party	1,653			1,653	-
Sundry	0			0	200
<b>Sub total(Gross income for AR)</b>	<b>25,293</b>	<b>13,193</b>	<b>-</b>	<b>38,485</b>	<b>30,213</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>25,293</b>	<b>13,193</b>	<b>-</b>	<b>38,485</b>	<b>30,213</b>
<b>A3 Payments</b>					
Rent/Insurance/Room Hire	3,187	3,023		6,209	4,406
Equipment/Phones	714			714	3,852
Postage/Stationery/Publicity	1,142	975		2,117	2,522
Members Activities	16,543	6,806		23,348	12,786
Gifts	688			688	348
Expenses - Volunteers	1,792	970		2,763	2,367
Petty Cash/Sundry Expenses				-	1,743
Breast Mates Special Grants	360			360	461
Refurbishments Costs				-	1,050
Office Hub Expenses	794	318		1,112	-
Volunteer Training				-	728
Catering	353			353	-
Donation				-	150
Fashion Show	52			52	7,790
<b>Sub total</b>	<b>25,625</b>	<b>12,091</b>	<b>-</b>	<b>37,717</b>	<b>38,204</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>25,625</b>	<b>12,091</b>	<b>-</b>	<b>37,717</b>	<b>38,204</b>
<b>Net of receipts/(payments)</b>	<b>- 333</b>	<b>1,101</b>	<b>-</b>	<b>769</b>	<b>- 7,990</b>
<b>A5 Transfers between funds</b>				-	-
<b>A6 Cash funds last year end</b>	<b>17,634</b>	<b>3,989</b>	<b>-</b>	<b>21,623</b>	<b>29,614</b>
<b>Cash funds this year end</b>	<b>17,301</b>	<b>5,091</b>	<b>-</b>	<b>22,392</b>	<b>21,623.2</b>

## 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 £
<b>B1 Cash funds</b>		17,301	5,091	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>17,301</b>	<b>5,091</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

Restricted Funding Summary

	b/f	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	YTD 2023
<b>Breast Mates Red Circled</b>														
Reserves	6000.00													<u>6000.00</u>
<b>Breast Mates Special Grant</b>	614.19													614.19
Breast Mates Special Grant Transfer from BM					385.81	160.00							200.00	745.81
Breast Mates Special Grant Bank Out		0.00	0.00	0.00	0.00	-160.00	0.00	0.00	0.00	0.00	0.00	0.00	-200.00	-360.00
Breast Mates Special Grant Petty Cash														0.00
		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>385.81</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>1000.00</u>
<b>Social Fund D&amp;T</b>	78.10													78.10
Social Fund Bank in		500.00	0.00	0.00	0.00	0.00	0.00	885.79	263.57	0.00	666.00	565.10	0.00	2880.46
Social Fund Bank Out			-16.55					-13.00						-29.55
Social Fund Petty Cash														
		<u>500.00</u>	<u>-16.55</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>872.79</u>	<u>263.57</u>	<u>0.00</u>	<u>666.00</u>	<u>565.10</u>	<u>0.00</u>	<u>2929.01</u>
<b>Alverston Hall Members Contribution</b>		0.00	0.00	2020.00	1480.00	1510.00	1410.00	0.00	0.00	20.00	600.00	-108.55	-491.45	6440.00
Cost		0.00	0.00	-45.90	-350.00	-65.00	-7114.00	0.00	0.00	-190.00	-800.00	0.00	-30.00	-8594.90
Breast Mates	2,154.90	<u>0.00</u>	<u>0.00</u>	<u>1974.10</u>	<u>1130.00</u>	<u>1445.00</u>	<u>-5704.00</u>	<u>0.00</u>	<u>0.00</u>	<u>-170.00</u>	<u>-200.00</u>	<u>-108.55</u>	<u>-521.45</u>	<u>0.00</u>
<b>Allotment</b>	376.68	0.00	16.55	45.90	350.00	65.00	7114.00	13.00	0.00	190.00	800.00	0.00	30.00	376.68
Allotment Bank in		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Allotment Bank Out		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-30.00	0.00	0.00	-30.00
Allotment Petty Cash														0.00
		<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>0.00</u>	<u>-30.00</u>	<u>0.00</u>	<u>0.00</u>	<u>346.68</u>

Restricted Funding Summary

b/f	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	YTD 2023
Walk and Talk													1076.41
Walk and Talk Bank In	139.70	318.50	386.10	331.00	236.76	339.01	201.00	335.44	235.20	339.00	445.00	139.00	3445.71
Walk and Talk Bank Out	-100.57	-397.59	-338.62	-327.42	-474.74	-408.87	-309.54	-455.39	-201.02	-267.54	-633.17	-84.79	-3999.26
Walk and Talk Petty Cash													
	39.13	-79.09	47.48	3.58	-237.98	-69.86	-108.54	-119.95	34.18	71.46	-188.17	54.21	522.86
Fashion Show													3261.02
Fashion Show Bank In	2122.00												2122.00
Fashion Show Bank Out	0.00	-52.00	-5331.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-5383.02
Fashion Show Petty Cash													
	0.00	0.00	-5331.02	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Secondaries													439.30
Secondaries Bank In	1416.89	778.75	213.00	0.00	1064.43	72.20	0.00	58.00	1000.00	0.00	98.00	0.00	4701.27
Secondaries Bank Out	0.00	-183.65	-192.15	-2.25	-130.60	-106.45	-237.55	-128.00	-83.40	-56.25	-170.93	-268.75	-1559.98
Secondaries Petty Cash													0.00
	1416.89	595.10	20.85	-2.25	933.83	-34.25	-237.55	-70.00	916.60	-56.25	-72.93	-268.75	3580.59

AnnieC:  
Transfer to BM



Breast Mates Red Circled	8379.14
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Restricted Funding Summary

	b/f	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	YTD 2023
<b>Restricted Funding</b>														
Pink Ribbon	1715.70							241.20						1956.90
Pink Ribbon Bank In		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pink Ribbon Bank Out		-242.00	-119.00	-855.60	-77.60	-263.45	-318.25	-81.00	0.00	0.00	0.00	0.00	0.00	-1956.90
Pink Ribbon Petty Cash														0.00
		-242.00	-119.00	-855.60	-77.60	-263.45	-318.25	160.20	0.00	0.00	0.00	0.00	0.00	0.00
<b>C&amp;M Cancer Alliance</b>														
C&M Cancer Alliance Bank In														
C&M Cancer Alliance Bank Out		6920.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6920.00
C&M Cancer Alliance Petty Cash		0.00	-627.71	-829.05	-688.55	-570.20	-599.83	-604.93	-916.46	-103.10	-215.36	-84.28	-46.25	-5285.72
		6920.00	-627.71	-829.05	-688.55	-570.20	-599.83	-604.93	-916.46	-103.10	-215.36	-84.28	-46.25	1634.28
Winter Warmer														0.00
Winter Warmer Bank In		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5680.75	0.00	5680.75
Winter Warmer Bank Out		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	-2147.55	-357.71	-2505.26
Winter Warmer Petty Cash														0.00
		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	3533.20	-357.71	3175.49
<b>Co-op Fund</b>	2272.72													2272.72
Co-op Fund Bank In		40.00	0.00	0.00	252.00	0.00	70.00	180.00	50.00	0.00	0.00	0.00	0.00	592.00
Co-op Fund Bank Out		0.00	0.00	-130.42	-50.00	-398.00	-470.00	-1295.00	0.00	0.00	0.00	0.00	0.00	-2343.42
		40.00	0.00	-130.42	202.00	-398.00	-400.00	-1115.00	50.00	0.00	0.00	0.00	0.00	521.30

AnnieC:  
Transfer from  
BM

Restricted Funding	5331.07
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Summary 2023

**Breast Mates Cancer Support Group**

	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	2023 YTD
	£	£	£	£	£	£	£	£	£	£	£	£	
<b>Income</b>													
Donation	90.00	181.32	38.00	127.50	128.87	94.03	1,413.00	258.95	0.00	380.00	1,310.54	27.50	4,049.71
Sundry	0.00	0.00	0.00	0.00	0.45	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.45
Christmas Party	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1,120.00	533.00	1,653.00
Co-op Fund	40.00	0.00	0.00	252.00	0.00	70.00	180.00	50.00	0.00	0.00	0.00	0.00	592.00
Secondaries	1,416.89	778.75	213.00	0.00	1,064.43	72.20	0.00	58.00	1,000.00	0.00	98.00	0.00	4,701.27
Fashion Show	2,122.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2,122.00
Social Fund	500.00	0.00	2,020.00	1,480.00	1,510.00	1,410.00	885.79	263.57	20.00	666.00	565.10	0.00	9,320.46
Pink Ribbon	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Walk and Talk	139.70	318.50	386.10	331.00	236.76	339.01	201.00	335.44	235.20	339.00	445.00	139.00	3,445.71
C&M Cancer Alliance	6,920.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	6,920.00
Winter Warmer	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	5,680.75	0.00	5,680.75
<b>Unreconciled</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>		<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
PY Income													
	11,228.59	1,278.57	2,657.10	2,190.50	2,940.51	1,985.24	2,679.79	965.96	1,255.20	1,385.00	9,219.39	699.50	38,485.35

Summary 2023

Expenditure	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	2023 YTD
Equipment	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rent	500.00	0.00	0.00	0.00	0.00	0.00	0.00	500.00	500.00	500.00	500.00	500.00	3,000.00
Insurance	0.00	0.00	186.65	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	186.65
Internet	45.54	46.01	45.85	60.05	56.68	55.43	54.18	54.18	54.18	56.83	54.18	54.18	637.29
Postage	0.00	0.00	0.00	0.00	0.00	0.00	2.00	0.00	0.00	77.50	0.00	67.90	147.40
Stationery	8.98	0.00	0.00	0.00	0.00	0.00	0.00	0.00	457.81	2.78	115.31	0.00	584.88
Mobile	1.27	7.50	7.50	7.50	7.50	7.50	7.50	7.50	7.50	7.50	0.00	7.90	76.67
Catering	0.00	0.00	0.00	177.65	0.00	0.00	1.60	1.30	166.52	6.24	0.00	0.00	353.31
Keep Fit/Dance	0.00	0.00	0.00	0.00	0.00	0.00	0.00	124.00	347.25	216.25	219.00	26.50	933.00
Gift	27.74	8.89	48.03	9.00	10.00	15.00	0.00	41.28	11.99	478.80	37.00	0.00	687.73
Volunteer Expenses	91.44	248.09	12.80	54.00	75.98	177.90	91.65	130.70	190.60	352.30	196.75	170.25	1,792.46
Publicity	0.00	0.00	0.00	0.00	0.00	0.00	0.00	334.80	75.00	0.00	0.00	0.00	409.80
Christmas Party	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	25.00	150.00	1,221.00	1,396.00
Office Hub Expenses	21.40	38.49	3.38	133.32	0.00	31.99	263.48	69.50	0.00	0.00	91.06	3.82	656.44
Justgiving	18.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	18.00
DBS	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	30.00	45.00	45.00	120.00
Co-op Fund	0.00	0.00	130.42	50.00	398.00	470.00	1,295.00	0.00	0.00	0.00	0.00	0.00	2,343.42
Secondaries	0.00	183.65	192.15	2.25	130.60	106.45	237.55	128.00	83.40	56.25	170.93	268.75	1,559.98
Social Fund	0.00	16.55	45.90	350.00	65.00	7,114.00	13.00	0.00	190.00	800.00	0.00	30.00	8,624.45
Fashion Show	0.00	52.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	52.00
Pink Ribbon	242.00	119.00	855.60	77.60	263.45	318.25	81.00	0.00	0.00	0.00	0.00	0.00	1,956.90
Walk and Talk	100.57	397.59	338.62	327.42	474.74	408.87	309.54	455.39	201.02	267.54	633.17	84.79	3,999.26
C&M Cancer Alliance	0.00	627.71	829.05	688.55	570.20	599.83	604.93	916.46	103.10	215.36	84.28	46.25	5,285.72
Breast Mates Special Grant	0.00	0.00	0.00	0.00	160.00	0.00	0.00	0.00	0.00	0.00	0.00	200.00	360.00
Allotment	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	30.00	0.00	0.00	30.00
Winter Warmer	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2,147.55	357.71	2,505.26
Sundry	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unreconciled	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
PY costs	1,056.94	1,745.48	2,695.95	1,937.34	2,212.15	9,305.22	2,961.43	2,763.11	2,388.37	3,122.35	4,444.23	3,084.05	37,716.62

Net Income/Expenditure 10,171.65 -466.91 -38.85 253.16 728.36 -7,319.98 -281.64 -1,797.15 -1,133.17 -1,737.35 4,775.16 -2,384.55 768.73

As per 31st Dec 2022		21,560.91	As per 31st Dec 2023		22,329.64
Restricted Funding	3,989.28		Restricted Funding	5,089.87	
Breast Mates Reserves	6,000.00		Breast Mates Reserves	6,000.00	
Breast Mates Red Circled	10,568.89	Breast Mates Special Grant /Social Fund / Walk and Talk /Allotment	Breast Mates Red Circled	8,379.14	
Breast Mates	1,002.74		Breast Mates	2,860.63	
		<u>21,560.91</u>			<u>22,329.64</u>



Section A Independent Examiner's Report

Report to the trustees/ members of

BREAST MATES

On accounts for the year ended

31st DECEMBER 2023

Charity no (if any)

1171678

Set out on pages

3 AND 4

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

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:

[Signature]

Date:

22/8/24

Name:

NEIL McDONAGH FCA

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

MEMBER OF THE INSTITUTE OF CHARTERED ACCOUNTANTS IN ENGLAND AND WALES (ICAEW)

Address:

3 COPPERFIELDS, TARPORLEY, CHESHIRE CW6 0UP

Section B Disclosure

Only complete if the examiner needs to highlight 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.

N/A.

**BREAST MATES**

England & Wales - Charity number 1171678

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# Accounts

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# BREAST MATES CANCER SUPPORT GROUP

Registered Charity no. 1171678

Patron Noreen Kershaw

## Trustees' Annual Report 1<sup>st</sup> January- 31<sup>st</sup> December 2021

Charity's Principal Address

40 Eccleston Street

Prescot

L34 5QJ

Contact - 07835 982879

Email: [contact@breastmates.org](mailto:contact@breastmates.org)

Website: [www.breastmates.org](http://www.breastmates.org)



The Annual General Meeting took place on  
7<sup>th</sup> October 2021

**Breast Mates Trustees**

Avril Ainsbury (Elected Oct 2021)

Tracey Carmichael (Elected Oct 2021)

Sue Coventry (Elected May 2019)

Clare Ducker (Elected Aug 2020)

Carolyn Hanley (Elected Oct 2021)

Shelagh Hill (Elected Oct 2021)

Jackie Lucock (Elected Oct 2021)

Julie Morgan (Elected Aug 2020)

Donna Sanders (Elected Aug 2020)

## BREAST MATES LEGAL STRUCTURE AND GOVERNANCE

The charity is governed by its Constitution, which will be reviewed annually and revised, if necessary, in line with the Charity Commission's guidance and approval.

The charity is incorporated through legal status of a Charitable Incorporated Organisation (CIO), which means that if the CIO is wound up, the trustees of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

No serious incident or other matter that trustees need to report to the charity commission has occurred during this reporting period.

The charity will continue to purchase Public Liability insurance.

At every annual general meeting one third of the charity trustees shall retire from office. The vacancies arising may be filled by the decision of the members at the annual general meeting. If the vacancies are not filled the trustees may at any time decide to appoint a new charity trustee.

The charity is administered by a committee of up to nine trustees, who meet monthly.

## OBJECTS OF THE CHARITY AS SET OUT IN THE CONSTITUTION

The relief of persons suffering from breast cancer and to further advance the education of the public on the subject of breast cancer.

## BREAST MATES

Breast Mates Cancer Support Group offers support, information and friendship to people diagnosed with breast cancer in Knowsley and the surrounding area. We currently lease an office from Al's Arc, a local Community Interest Company based at 40 Eccleston Street, Prescot L34 5QJ.

We are a non-medical self-help group run by local people. Many of whom have had breast cancer. A breast cancer diagnosis can lead to people feeling very alone; meeting with others who are going through a similar experience and sharing information can really help.

## PRINCIPAL ACTIVITIES

Breast Mates offers practical and emotional support, information, a telephone help-line, social and group activities, exercise classes and works in the local community raising the awareness of breast cancer and breast screening.

## PRINCIPAL SOURCES OF FUNDS

With the COVID pandemic still preventing us from holding our usual fundraising activities it looked as though we would need to dig deep into our reserve funding during 2021. We were very grateful for the private donations and sponsorship we received from our members, their families and friends and from our many supporters in the community.

In early July we heard that our application for £3,500 to the Pink Ribbon Foundation to part fund our weekly dance and walk and talk sessions was successful. At this time our great supporter, Jacqui Meadows, Social Growth Officer, Knowsley Council, contacted us to tell us about the Covid Recovery Fund. This was an answer to our prayers.

In early October - just as we were dipping into our cash reserves - we were granted a wonderful £15,250 from the COVID Recovery Fund. This money helped with core funding for 12 months and allowed us to update our two office computers.

The above allowed us to relax and put all our energy into supporting our members who needed our support more than ever at this tough time.

We have taken £3,000 out of our cash reserves during 2021. We hold cash reserves in order to protect the charity's activities from future variations in its income streams. We review these reserves annually.

### Breast Screening Project

This project was set up three years ago to increase the uptake of breast screening in Kirkby. It was a great success and has been extended to the whole of Knowsley.



*Figure 1 - Breast Mates screening banner*

After a pause due to Covid guidelines we resumed our campaign in Stockbridge Village. We met up with Alicia Shipperlee, the newly appointed Breast Screening Co-ordinator and together we posted our flyers at local shops, GP surgeries, community centre and the sports centre.

### Secondary Breast Cancer Support Meetings

Early 2021 saw zoom meetings continue for our secondaries group due to Covid-19 restrictions. In January 2021 there was a zoom meeting for all Breast Mates members and our guest speaker was Miss Lena Chagla – Breast Surgeon at St Helens

Hospital. She gave a talk on the signs and symptoms of secondary breast cancer, and our member Carolyn Hanley spoke about her own experience being diagnosed and living with secondary breast cancer.

In April 2021 we had a zoom meeting, Mary Roberts from the Macmillan Benefits Team at St Helens Hospital attended to explain the benefits our members could be entitled to following their diagnosis.

Our first face to face meeting with the group was in July 2021. It was good to be back together in person. We received confirmation that Clatterbridge were appointing two full-time specialist secondary breast care nurses. As a group we had campaigned for these roles over a number of years and we were delighted at the appointment.

It was confirmed that Phil Walker would be the Specialist Secondary Nurse for the Eastern sector, and would be responsible for patients who attend the Lilac Centre at St Helens Hospital.

In October 2021, Phil Walker and Jo Francis, the two newly appointed nurses attended our group meeting. This was a huge success and our members were encouraged by the plans for the future.



*Figure 2 - Newly appointed nurses*

Our final meeting of 2021 was in December, and Donna McKeown – Advanced Nurse Practitioner - Breast attended our meeting. She brought our members up-to-date on the current service for secondary breast cancer patients and answered questions from the group.

Coming out of the pandemic we have noticed an increase in referrals to this group. All were contacted by our volunteers, support and information was given regarding our meetings.

*“I have had the honour of working alongside Breast Mates volunteers supporting ladies with a metastatic breast cancer diagnosis. The volunteers provide a highly professional service to a very vulnerable group within society.*

*I have observed the volunteers befriending people, offering very practical help, but also providing emotional support and reducing the isolation that many living with breast cancer experience.*

*I have witnessed the volunteers acting as an advocate for ladies as they attempt to navigate what can be a very complicated health and social care system for those without prior knowledge or experience.*

*Breast Mates provide the opportunity and environment for those living with metastatic breast cancer to come together and form bonds/support networks with others who can empathise and offer support to each other.*

*As a senior health care professional I recognise that I am unable to meet all of the needs my patients may have. Sometimes I need to sign post patients to support networks such as Breast Mates for their invaluable love, care and support to people living with breast cancer.”*

Helen Mack, Macmillan Clinical Nurse Specialist in Palliative Care

## OUR MANY ACTIVITIES DURING 2021

After a very challenging year in 2020 we were all ready to get back to working hard to support all our members who had been through a very tough time. Sadly it was announced that there would be another lockdown from 5<sup>th</sup> January. It was back to zoom meetings and no access to our office until mid-March.

Our volunteers continued to support our members by phone, WhatsApp groups and zoom meetings.



We continued to deliver small gifts to our members and often had a chat on the doorstep.

*Figure 3 - Margery giving flowers to our volunteers for their support during lockdown*

### Dance

After the pandemic in 2021 we wanted to get our dance classes up and running again so we applied to the Pink Ribbon Foundation and were lucky enough to obtain a grant which enabled us to secure a large airy room at Whiston Town Hall which afforded plenty of personal space and the services of our fantastic teacher Alan. Our classes proved to be extremely popular with attendance exceeding 12 every week.

Our teacher gives us new routines every week as well as some favourites. This proves to be excellent exercise for both the body and the mind as well as giving a great feeling of wellbeing and fun. We have many giggles along the way.



*Figure 4 - Alan taking a dance class*

Our ladies all love the classes and the company of others in a similar position.

*“Over the past 3 years, I’ve been working with Breast Mates, by teaching fun, easy to follow, inclusive dance classes. My job is to teach them a routine while exercising in a fun way. The benefits of dance is to boost and improve fitness and cardio levels, improve movement memory, reduce stress, lose weight, increase energy, diminish depression, boost mental health, but most importantly make friends and enjoy.*

*I like to think I create a welcoming environment where you can enjoy yourself, whether it’s your first class or your 100th. Each class should be where you can join in and forget your problems for 90 minutes.*

*I absolutely love working with these ladies. Over the months, I can literally see how much confidence they’ve gained week by week and it’s my absolute favourite thing to see. From week one to having them learn a box step or grapevine, to perform a choreographed routine only a few months later at the ‘Shine dance’ event in front of 800 audience members. They always arrive with a smile and I do my best to make sure they’ve had a fun class. The atmosphere in class is electric, positive and very addictive and I look forward to our Mondays just to see them all.”*

Alan Pugh

## Walk and Talk

As covid restrictions lifted we returned to our walk and talk activity in various local parks. With the help of Prescott Town Hall we were able to hire the bowling green and pavilion at Eaton Park. This was a great step forward as it has its own kitchen and toilet facilities for the sole use of our members. We also went for short walks in the surrounding fields and woodlands which enabled members to talk on a one-to-one basis with volunteers or the group often sharing their lockdown experiences of loneliness and isolation. Also worries about delays and cancellations of ongoing treatment at hospitals.

This activity kept growing in numbers and proved very popular with members.



*Figure 5 - Almost experts!*

### Our Cycling Project, Working with 'Wheels For All'

We tried out 4 wheels, 3 wheels and 2 wheels along the Loop Line (a small section of the Trans Pennine trail) from Halewood Triangle. A safe environment for our ladies and lovely to see the changing seasons along the trail.

We all got very wet at times, but it was lovely to be out in the fresh air, laughing, chatting, listening and having fun.



*Figure 6 – Members having fun in the rain*

## Various Social Events

Our first event was a day out at Bakewell in August 2021. Funded by the Pink Ribbon Foundation for our walk and talk group.



We spent a lovely sunny day walking beside the river with an ice cream and our members were thrilled to find it was market day in the town. A great day was had by all.

*Figure 7 – Enjoying the sunshine by the river*

In October we held a group meal at Common Restaurant in Huyton Village. Due to Covid regulations we arranged to have the restaurant for our group only. Seeing our members, eating together and catching up with everybody's news was extremely uplifting for all. A big thank you to the staff at Common for making our visit such a special one.

In November the weather was terrible for our planned walk and talk outing sponsored by the Knowsley Council Covid Recovery. We quickly thought outside the box and arranged a visit to the Trafford Centre. This was a place that our members could enjoy a bit of Christmas shopping and gain their daily steps.

At last we finally managed to have our Christmas party on 11th December 2021. It was held in Huyton Conservative club. As

our entertainment we had the very funny Carl Brent ventriloquist, singer and all round entertainer. The disco had everyone up dancing and enjoying themselves which was lovely to see. The food was a hot and cold buffet which was plentiful and delicious. Thanks to various local businesses we had lots of raffle prizes donated.

All our members, families and friends had a fabulous night. What better way to spend it after being in lockdown for so long during Covid.

## BREAST MATES OBJECTIVES FOR 2022

- To apply for funding from the Pink Ribbon Foundation to enable us to continue to fund our successful and well attended dance classes.
- To apply to the Co-op Community Fund to pay for a new project 'Culture Vultures'.
- To apply for funding to maintain our office space and future member activities.
- To search for a suitable venue to hold our secondary breast cancer meetings.
- To recruit new volunteers and continue our well attended volunteer training meetings.
- To hold a fashion show in October (Breast Cancer Awareness Month).
- To once again engage our members in our breast screening project.

When we look back at the last two years we can be proud of our achievements and how we have all worked together to support people diagnosed with breast cancer.

We look forward to a more stable time to continue this much needed, important work.

A special thanks to the many individuals and organisations who have made such generous donations at a time when we couldn't hold any organised fundraising events. We have been amazed by the generosity, kindness and goodwill of those who share their time, expertise, skills and energy in supporting our cause.

Trustees declare that they have approved the trustees' report above.

Signed

A handwritten signature in blue ink that reads "J. Lucock". The signature is written in a cursive style with a long, sweeping tail on the letter "k".

Jackie Lucock  
**BREAST MATES SECRETARY**



Receipts and payments accounts

CC16a

For the period from	Period start date 01/01/2021	To	31/12/2021
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**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 £
<b>A1 Receipts</b>					
Pink Ribbon	-	3,500	-	3,500	-
Covid Recovery	-	15,215	-	15,215	-
PSS Grant	-	-	-	-	850
Donations and Fund Raising	7,545	-	-	7,545	10,171
Refurbishment Repayment	2,596	-	-	2,596	-
GAYL	20	-	-	20	-
Social Activities	1,025	-	-	1,025	-
Gift Aid	-	-	-	-	1,182
Covid Grant - Coop	-	-	-	-	500
Covid Grant - Tesco	-	-	-	-	500
Rent Refund	-	-	-	-	26
<b>Sub total (Gross income for AR)</b>	<b>11,186</b>	<b>18,715</b>	<b>-</b>	<b>29,901</b>	<b>13,229</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>11,186</b>	<b>18,715</b>	<b>-</b>	<b>29,901</b>	<b>13,229</b>
<b>A3 Payments</b>					
Rent/Insurance	3,992	2,850	-	6,842	4,647
Equipment/Phones	826	188	-	1,014	2,324
Postage & Stationery	1,412	897	-	2,309	1,691
Members Activities	4,031	2,799	-	6,830	1,756
Gifts	1,202	-	-	1,202	1,161
Expenses - Volunteers	379	715	-	1,094	382
Petty Cash/Sundry Expenses	1,236	117	-	1,353	1,039
Breast Mates Special Grants	815	-	-	815	809
Refurbishments Costs	4,140	-	-	4,140	-
Volunteer Training	86	16	-	102	-
PSS Grant	-	-	-	-	850
Covid Grant - Coop	-	-	-	-	500
Covid Grant - Tesco	-	-	-	-	503
<b>Sub total</b>	<b>18,119</b>	<b>7,582</b>	<b>-</b>	<b>25,701</b>	<b>15,662</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>18,119</b>	<b>7,582</b>	<b>-</b>	<b>25,701</b>	<b>15,662</b>
<b>Net of receipts/(payments)</b>	<b>- 6,933</b>	<b>11,133</b>	<b>-</b>	<b>4,200</b>	<b>- 2,433</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>25,414</b>	<b>-</b>	<b>-</b>	<b>25,414</b>	<b>27,847</b>
<b>Cash funds this year end</b>	<b>18,481</b>	<b>11,133</b>	<b>-</b>	<b>29,614</b>	<b>25,414</b>

## 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 £
<b>B1 Cash funds</b>		18,481	11,133	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>18,481</b>	<b>11,133</b>	<b>-</b>

(agree balances with receipts and payments account(s))

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

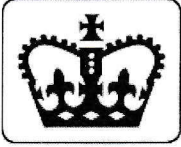
Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

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

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>S.M. Hill</i>	S. M. Hill	07/09/22
<i>A.C. Chen</i>	Anne Céline Chen	07/09/22



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
Breast Mates

**On accounts for the year  
ended**

31/12/2021

**Charity no  
(if any)**

1171679

**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 / 12 / 2021.

**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:**

**Date:**

07/09/2022

**Name:**

Neil McDougall F.C.A

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

Institute of Chartered Accountants in England and Wales

**Address:**

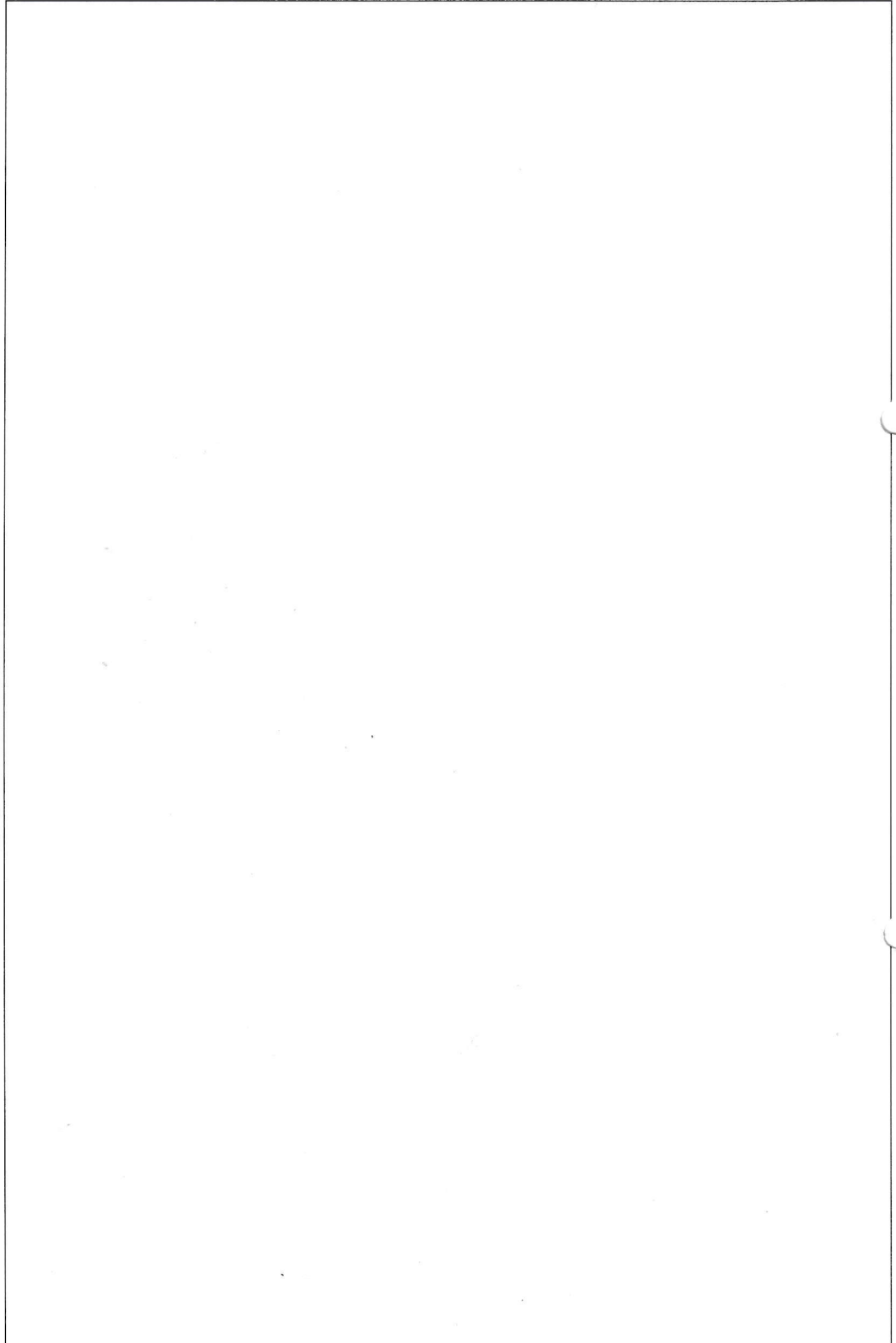
3 Copperfields

Tarporley

Cheshire CW6 0UP

Only complete if the examiner needs to highlight 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.**



**BREAST MATES**

England & Wales - Charity number 1171678

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# Accounts

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# BREAST MATES CANCER SUPPORT GROUP

Registered Charity no. 1171678

Patron Noreen Kershaw

## Trustees' Annual Report 1<sup>st</sup> January- 31<sup>st</sup> December 2020

Charity's Principal Address

40 Eccleston Street

Prescot

L34 5QJ

Contact - 07835 982879 or 07835 981576

Email: [contact@breastmates.org](mailto:contact@breastmates.org)

Website: [www.breastmates.org](http://www.breastmates.org)

Due to the Covid pandemic the Annual General Meeting for 2020 was cancelled. A letter was sent to all our members and the trustees below were elected at our zoom meeting on 13<sup>th</sup> August 2020.

Sue Coventry

Anne Chell

Clare Ducker

Eileen McGovern

Julie Morgan

Donna Sanders

Debbie Watson

## **BREAST MATES LEGAL STRUCTURE AND GOVERNANCE**

The charity is governed by its Constitution, which will be reviewed annually and revised, if necessary, in line with the Charity Commission's guidance and approval.

The charity is incorporated through legal status of a Charitable Incorporated Organisation (CIO), which means that if the CIO is wound up, the trustees of the CIO have no liability to contribute to its assets and no personal responsibility for settling its debts and liabilities.

No serious incident or other matter that trustees need to report to the charity commission has occurred during this reporting period.

The charity will continue to purchase Public Liability insurance.

At every annual general meeting one third of the charity trustees shall retire from office. The vacancies arising may be filled by the decision of the members at the annual general meeting. If the vacancies are not filled the trustees may at any time decide to appoint a new charity trustee.

The charity is administered by a committee of up to nine trustees, who meet monthly.

## **OBJECTS OF THE CHARITY AS SET OUT IN THE CONSTITUTION**

The relief of persons suffering from breast cancer and to further advance the education of the public on the subject of breast cancer.

## BREAST MATES

Breast Mates Cancer Support Group offers support, information and friendship to people diagnosed with breast cancer in Knowsley and the surrounding area. We currently lease an office from Al's Arc, a local Community Interest Company based at 40 Eccleston Street, Prescot L34 5QJ. We hold our monthly support group meetings in their activities space on the ground floor.

We are a non-medical self-help group run by local people. At present all bar one of the trustees have had breast cancer - all are volunteers with the group. A breast cancer diagnosis can lead to people feeling very alone; meeting with others who are going through a similar experience and sharing information can really help.

## PRINCIPAL ACTIVITIES

Breast Mates offers practical and emotional support, information, a telephone help-line, social and group activities, exercise classes and works in the local community raising the awareness of breast cancer and breast screening.

## PRINCIPAL SOURCE OF FUNDS

Due to the COVID pandemic, 2020 has been a very challenging year for most charities. Breast Mates were fortunate to have had a very good year regarding donations and fundraising in 2019 and this allowed us to spend our time supporting members rather than applying for grants and fundraising.

We did obtain small COVID Grants from Tesco and the Co-op and also a small Community Grant from our local Asda in Huyton Village. The Mayor of Knowsley's Charity kindly gave us a £2,000 donation which, added to private donations, left us with only a small shortfall of income over expenditure.

Our cash reserves have been untouched and remain at £9000.00

We hold cash reserves in order to protect the charity's activities from future variations in its income streams. We will review these reserves annually.

## OUR MAIN ACHIEVEMENTS DURING 2020

January saw us settling into our new office in Prescot. It is so good to have a permanent base. Volunteers held a forward planning meeting and had a programme of events mapped out for 2020. The first being a lovely afternoon tea and make-up demonstration from Charlotte Tilbury staff, who work at John Lewis. Then in February we had a great 80's fundraising evening organised by Hannah Massey.

Breast Mates continued to work with the Breast Screening Programme on our "It Only Takes a Minute" project, this time in Huyton. Our volunteers were out and about during January and February putting up banners and leaflets and talking to leaders of local community centres, hairdressers, beauty parlours etc. We hope that this work will increase the uptake in breast screening in Huyton too.

Local GP's had heard about our success in Kirkby and were keen for us to be involved in contacting and talking to their patients about the importance of breast screening.

March came and we had to pause all our face-to-face activities due to the Covid 19 pandemic. Our volunteers sprang into action. We contacted all our members and offered emotional and practical support and we continued to support them by phone. We contacted health professionals if we were worried about our members' health.

We also put people in touch with benefit advisors at local hospitals and in the community. Volunteers applied for personal grants for members and accessed local organisations who were providing food hampers and delivered the hampers to our

members where needed. Volunteers also picked up prescriptions and helped with shopping.

Volunteers very quickly learned how to access Zoom and with many thanks for Paul Lucock's tutoring, we set up meetings for trustees and volunteers.

We set up a variety of Zoom meetings for our members. These included: yoga, pilates, monthly support group meetings for our members with secondary breast cancer, guest speakers, quiz nights and bingo sessions. We accessed funding from Tesco and The Co-op Covid Grants to provide tablets for members so they could join our zoom meetings.

Volunteers contacted medical professionals and arranged for them to speak at our zoom meetings.

We would like to thank: Dr Rebecca Dobson, Consultant Cardiologist from Liverpool Heart and Chest Hospital, Prof Carlo Palmieri, Consultant in Medical Oncology, Liverpool Royal and Clatterbridge Hospital, Jo Francis, Metastatic Breast Cancer Clinical Nurse Specialist, Liverpool Royal Hospital and Dr Helen Innes, Consultant in Medical Oncology, Clatterbridge and St Helens Hospitals, Miss Lena Chagla, Breast Unit Head, St Helens & Knowsley Hospitals. They gave very informative talks and offered great reassurance to our members during such a worrying time.

A special thank you to Professor Mari Lloyd Williams, Chair of Palliative Care, University of Liverpool and Consultant at Marie Curie Hospice. Mari is a great supporter of Breast Mates and is always there to help us in any way she can.

As the year progressed, volunteers made little gifts and designed personal cards with uplifting messages and sent or delivered them to all our members. These gifts were sent out every couple of months throughout 2020 and were greatly appreciated by our members.

In July, when covid regulations allowed, we set up picnics in our local park in Prescot. Thanks to covid grants from Tesco and the Co-op we were able to buy picnic tables and chairs. The picnics

were a great success and carried on weekly until the weather stopped us.

Breast Mates approached Paul Lucock to set up a website - many thanks to Paul for all his work on this.

One of our aims for 2020 was to campaign for the appointment of a specialist secondary breast care nurse for St Helens Hospital. We spoke to Professor Carlo Palmeiri about this. Carlo was one of our guest speakers who chairs the budget committee at Clatterbridge and was in the process of asking for the appointment of extra secondary breast nurses. He asked us to write to the committee. Our member Carolyn Hanley wrote a brilliant first-hand account as to why such an appointment was needed.

Two full time nurses were appointed by Clatterbridge to add to the one half time nurse in post on the Wirral. At the time of writing this report we are awaiting confirmation that these nurses will be allocated time at St Helens Hospital. A big thank you to Carolyn for ensuring that the patient's voice was heard. We are sure that the input from Breast Mates helped.

Breast Mates volunteers continued to accept new referrals and have offered much needed support and information to those newly diagnosed during the pandemic. A breast cancer diagnosis can lead to people feeling very alone; when you also have a pandemic, and have appointments paused and some planned treatments delayed or even stopped it can become overwhelming.

All communication with medical staff was on the telephone. Family members and carers could not visit them in hospital or accompany them for chemotherapy treatments. The pandemic was a worrying time for all of us. For those with cancer it was a nightmare.

During the autumn and winter months our volunteers took the opportunity to arrange for the refurbishment of our office kitchen, toilet area and the decoration of the hall, stairs and landing.

A big thank you to volunteer, Tracey Carmichael, who project-managed the work. Tracey contacted Steve Wiles who has S.A. Wiles Painting and Decorating Company. Steve's wife Leanne was a very good friend of one of our lovely Breast Mates, Heidi Roberts. Steve went above and beyond what he was asked to do, asking tradesmen he knew to help us.

Steve contacted Simon at Edgeway Heating Ltd, based in Wigan. Simon donated the vanity unit and w/c plus all the pipe work for both the toilet area and new kitchen and also did the installation at no cost.

Steve also contacted Kevin at KBH Construction Ltd. Kevin does work for Howdens Kitchen Manufacturers and asked us to send our Annual Report to Mark Lowrey the Depot Manager. This resulted in Howdens donating the kitchen and KBH installing it at no cost.

A chair lift was installed thanks to a donation from the Mayor of Knowsley's Charity. We now have a lovely, welcoming, accessible space into which to invite our members. How fortunate we are to have such wonderful support. We were totally overwhelmed by such generosity.

In early December our volunteers put together Christmas Goodie Bags and personally delivered them to over seventy members. Although we had been keeping in touch by telephone calls, on Zoom and on our WhatsApp group, it was lovely to have a little socially distanced chat on the doorstep.

The year ended with the prospect of another lockdown.

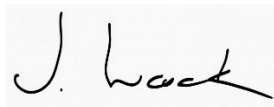
As we write this report we are still living in uncertain times. Breast Mates volunteers continue to work hard doing what we can to support those with a breast cancer diagnosis. We have plans to restart our meetings, exercise sessions, our breast screening project and our many social activities as soon as it is safe to do so.

We are in the process of applying for grants for our Dance for Health, Walk and Talk sessions and for core funding.

Breast Mates would like to thank all the many organisations and individuals who supported us during this very difficult time. We are once again amazed at the generosity, kindness and goodwill of those who share their time, expertise, skills and energy supporting our cause.

Trustees declare that they have approved the trustees' report above.

Signed

A handwritten signature in black ink, appearing to read 'J. Lucock', is placed on a light grey rectangular background.

Jackie Lucock  
**Breast Mates Secretary**



**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 £
<b>A1 Receipts</b>					
Knowsley Better Together	-	-	-	-	4,455
Co-op funding	-	-	-	-	2,392
PSS Grant	-	850	-	850	300
Donations and Fund Raising	10,171	-	-	10,171	31,572
Gift Aid	1,182	-	-	1,182	-
Covid Grant - Coop	-	500	-	500	-
Covid Grant - Tesco	-	500	-	500	-
Rent refund	26	-	-	26	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>11,380</b>	<b>1,850</b>	<b>-</b>	<b>13,230</b>	<b>38,720</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>11,380</b>	<b>1,850</b>	<b>-</b>	<b>13,230</b>	<b>38,720</b>
<b>A3 Payments</b>					
Rent/Insurance	3,807	840	-	4,647	2,428
Equipment/Phones	2,324	-	-	2,324	3,962
Publicity/Postage/Stationery	1,351	340	-	1,691	2,998
Members Activities	774	983	-	1,756	10,779
Donations	-	-	-	-	330
Covid Gifts	1,161	-	-	1,161	-
PSS Grant	-	850	-	850	300
Accuviens donated to Whiston Hospital	-	-	-	-	3,089
Expenses - Volunter	235	147	-	382	364
Petty Cash/Sundries/Expenses	920	224	-	1,144	1,702
Breast Mate special Grants	809	-	-	809	-
Covid Grant - Coop	-	500	-	500	-
Covid Grant - Tesco	3	500	-	503	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>11,384</b>	<b>4,383</b>	<b>-</b>	<b>15,768</b>	<b>25,952</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>11,384</b>	<b>4,383</b>	<b>-</b>	<b>15,768</b>	<b>25,952</b>
<b>Net of receipts/(payments)</b>	<b>5</b>	<b>2,533</b>	<b>-</b>	<b>2,538</b>	<b>12,768</b>
<b>A5 Transfers between funds</b>	<b>594</b>	<b>594</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>24,720</b>	<b>3,127</b>	<b>-</b>	<b>27,847</b>	<b>15,079</b>
<b>Cash funds this year end</b>	<b>25,309</b>	<b>-</b>	<b>-</b>	<b>25,309</b>	<b>27,847</b>

# 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 £
<b>B1 Cash funds</b>	Cash in Bank	25,309	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	25,309	-	-

(agree balances with receipts and payments account(s))

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>A Chell</i>	Anne Chell	06/09/21
<i>E M McGovern</i>	EILEEN MCGOVERN	09/09/21