

BREAST MATES CANCER SUPPORT GROUP

Registered Charity no. 1171678

Patron Noreen Kershaw

Trustees' Annual Report 1st January- 31st December 2021

Charity's Principal Address

40 Eccleston Street

Prescot

L34 5QJ

Contact – 07835 982879

Email: contact@breastmates.org

Website: www.breastmates.org

The Annual General Meeting took place on
7th 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 5th 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, appearing to read 'J. Lucock', is written over a light blue rectangular background.

Jackie Lucock

BREAST MATES SECRETARY



CHARITY COMMISSION
FOR ENGLAND AND WALES

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/01/2021

To

31/12/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
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
Sub total (Gross income for AR)	11,186	18,715	-	29,901	13,229
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	11,186	18,715	-	29,901	13,229
A3 Payments					
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
Sub total	18,119	7,582	-	25,701	15,662
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,119	7,582	-	25,701	15,662
Net of receipts/(payments)	- 6,933	11,133	-	4,200	- 2,433
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	25,414	-	-	25,414	27,847
Cash funds this year end	18,481	11,133	-	29,614	25,414

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		18,481	11,133	-
		-	-	-
		-	-	-
	Total cash funds	18,481	11,133	-
	(agree balances with receipts and payments account(s))			

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

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

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

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

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

Signature	Print Name	Date of approval
S.M. Hill	S. M. Hill	07/09/22
A.C. Chen	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.