



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, Prescott, 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.

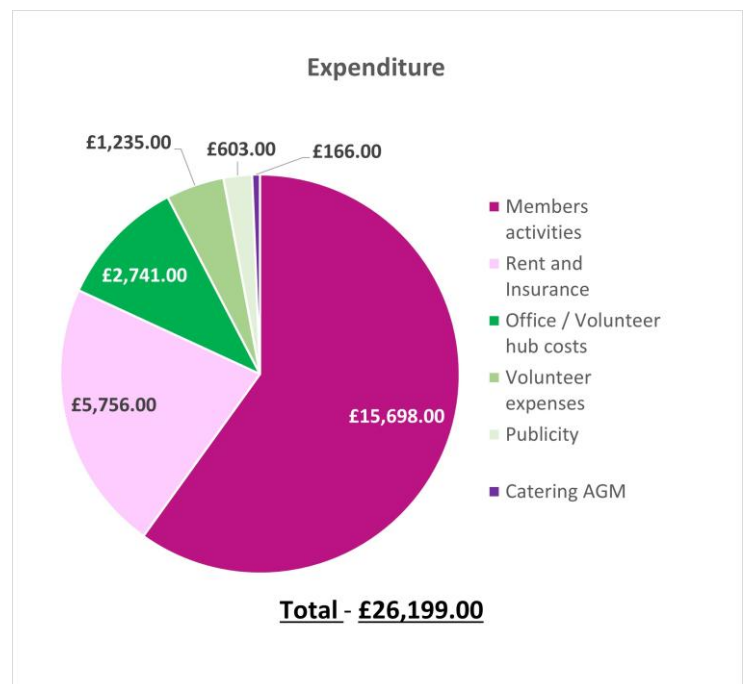
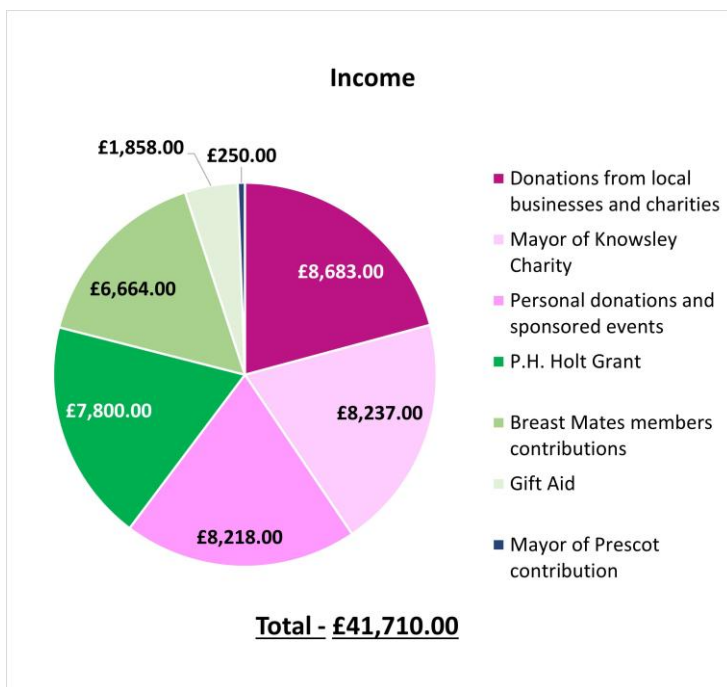
***So how do we deliver our aims,
services and activities?***



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 unfailing 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 Prescot 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."

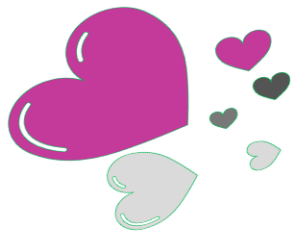
The support of members also plays a large part in the Group's success and the trustees and volunteers remain grateful for this continued support.

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

Website: www.breastmates.org



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



CHARITY COMMISSION
FOR ENGLAND AND WALES

Breast Mates

1171678

Receipts and payments accounts

CC16a

For the period
from

01/01/2024

To

31/12/2024

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
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
Sub total (Gross income for AR)	33,600	8,110	-	41,710	38,785
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	33,600	8,110	-	41,710	38,785
A3 Payments					
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
Sub total	20,385	5,814	-	26,199	38,017
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	20,385	5,814	-	26,199	38,017
Net of receipts/(payments)	13,215	2,296	-	15,511	768
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,301	5,091	-	22,392	-
Cash funds this year end	30,516	7,387	-	37,903	768

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		30,516	7,387	-
		-	-	-
		-	-	-
	Total cash funds	30,516	7,387	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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 asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	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	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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
CITESHIRE 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.