



Trustees' Annual Report for the period

From 1st April 2023 Period start date To 31st March 2024 Period end date

Charity name: Breast Friends York

Charity registration number: 1175926

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>The purposes of Breast Friends York (BFY) remain the same as per our constitution.</p> <p>The objects of the CIO are: For the relief of people in York and the surrounding areas who have had a breast cancer diagnosis at any point in their lives in particular but not exclusively by;</p> <p>Providing a variety of supportive, accessible and inclusive environments to enable members to build a network of peer support.</p> <p>Providing opportunities to explore and discuss the range of issues, emotions and feelings related to a breast cancer diagnosis and subsequent treatment.</p> <p>Promoting awareness of the available local and wider support and advice networks.</p> <p>Utilising peer support to facilitate members in the development of resilience and coping strategies.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>Our monthly evening meetings continue at the Pig & Pastry although we've had a few sessions at York RI when the Pig and pastry hasn't been available. . There have been activities such as raffle prize preparation and Dru Yoga and we've had a visit from a fashion and clothing specialist and a demonstration of lymphatic drainage reflexology. Mostly these evening meetings are a chance for members to come together to talk about life and life with cancer.</p> <p>Our monthly lunches continue to be well attended by around 8-10 people each month. It gives a chance for members to connect and chat and support each other through life with and beyond cancer. The Mayoral party and Sheriff joined us for lunch in March to hear about our work.</p> <p>The Made with Love Pillow Workshops continue to make pillows for York Hospital for all breast cancer patients having surgery. Until the start of this year the group met alternative months, however we have moved to monthly in order that cushions are given to all breast cancer patients whether they have a mastectomy or lumpectomy. Cushions are delivered</p>

		<p>monthly to the breast care nurses along with the drain bags which are made by one of the volunteers at home.</p> <p>Since October we have made 202 in 4 sessions and we have a mix of volunteers who attend.</p> <p>We celebrated our 9th birthday with an afternoon tea at Impossible in April 23. At Christmas we had a meal out to Bill's to celebrate. We also had a day out to Temple Newsham in July.</p> <p>Our online secure chat group, birthday club and telephone line have continued to operate throughout the year.</p> <p>Our website development plans have been hindered by the medical retirement of the individual who was working on it so the website is currently in need of updating. We continue to have a social media presence including Instagram, Twitter and Facebook.</p> <p>We took part in fundraising activities such as the Brown's Fashion show in May 23, and a stall at the Dragon Boat Racing in June 23 and held a Curry and quiz fundraiser at the Parvin in March 24.</p> <p>We continued to put on a series of weekly yoga classes which unfortunately did not attract enough interest to continue and so ceased in November. We also held a series of meditation sessions but a second attempt in the spring was not taken up.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>Trustees all read the public benefit guidance when setting up the Charity in 2017. New trustees have also read the guidance.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not make grants.
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Our trustees have all made contributions to supporting the running of the charity as well as many of them running aspects of the support group, working with members of the wider membership. Some of the trustees have played a part in fundraising activities, running stalls, providing support to existing and new members and communicating with all members as well as manning the phone lines.</p> <p>Sam continues to allow us to use her garage to store our resources and equipment which is very convenient and saves us a lot of money.</p> <p>Lucy, our treasurer, has managed our accounts as best she can without having had access to the bank account. This will be resolved early in the new financial year.</p>

		<p>Sally has been running the the Lunch Club and has arranged both the Christmas and Birthday celebration events. She also has played a key part in arranging and manning our fundraising efforts.</p> <p>Lucy has taken over the running of Sewn with love with Sally supporting her. Lucy has also taken over the newsletter</p> <p>Zoe has continued to purchase resources, pay invoices, buy materials for the Sewn with Love group and has arranged speakers for the evening meetings, whilst Barbara (not trustee) has helped with arranging evening meetings..</p> <p>Sam has administered the Facebook birthday club, set agendas and created meeting minutes, managed our membership as well as a whole host of other administrative duties.</p>
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole	Para 1.20	<p>Fundraising opportunities have been minimal with a lack of volunteers prepared to support. Our only stall was at the Dragon Boat racing where we raised £208.60, The Browns Fashion Show raised £1785 and the Curry and Quiz raised around £1063</p> <p>We have continued to see a number of donations made as a result of people receiving our heart pillows. 382 Heart Pillows and 380 Drain bags have been delivered to the hospital and these continue to be well received, with many notes of thanks being sent to us.</p> <p>We have received a number of private donations from a range of members of the public.</p> <p>We have seen a steady flow of new members joining us this year and have been contacted by our first male who we are working with to provide some support.</p> <p>BFY have started up a Choir which has been funded by Macmillan and hosted by The Leveson Centre and has now been adopted by York Against Cancer. This now regularly has over 30 + people each week.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Year End Total £5673.10
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	N/A
Reasons for holding zero reserves	Para 1.22	Don't have specific spending requirements so not needed.
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	The charity has sufficient funds to operate for the duration of the coming year.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Dragon Boat Race Easyfundraising Public donations Pillow donations Browns Fashion Show	Paypal Giving Fund Curry and Quiz
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A	
A description of the principal risks facing the charity	Para 1.46	There are no financial risks currently being experienced.	
Other			

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g. unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Our wider membership is informed when posts come up and are invited to put their names forward. They submit their statement of intent and are voted on via a majority vote from the BOT at an AGM

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	We have arranged for a handover period where new trustees or trustees taking on new roles are supported in the transition period.
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The charity's organisational structure and any wider network with which the charity works	Para 1.51	The Charity is run by a Board of Trustees (BOT) and is a foundation model. Additionally we have members/volunteers of our support group which we refer to as our wider membership. The wider membership do not have any responsibility for the running of the charity.
Relationship with any related parties	Para 1.51	Yorkshire Cancer Community, Humber and North Yorkshire Cancer Alliance, Breast Cancer Now, Macmillan, York Against Cancer, Yorkshire Cancer Research
Other		

Reference and Administrative details

Charity name	Breast Friends York
Other name the charity uses	BFY, York Breast Friends
Registered charity number	1175926
Charity's principal address	44 Garfield Terrace, York, YO264XU

Names of the charity trustees who manage the charity

		Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
	1	Zoe Bounds	Chair		
	2	Sam Broadbent	Secretary		
	3	Lucy Hart	Treasurer		
	4	Sally Harris			
	5	Chris Johnson			
	6	Charlie Hudson			
	7	Tracey Steeley			
	8				
	9				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
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Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

	Type of adviser	Name	Address
	Name of chief executive or names of senior staff members (Optional information)		

Exemptions from disclosure

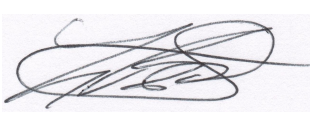
Reason for non-disclosure of key personnel details

Other optional information

Declarations

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

Signed on behalf of the charity's trustees

	Signature(s)		
	Full name(s)	Zoe Bounds	

**Position (eg Secretary,
Chair, etc)**

Chair	
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Date

21/5/2024

York Breast Friends Accounts 1st April 2023-31st March 2024

Starting Balance	£5019.73
Income	£8372.46
Outgoing	£7709.09
Ending Balance	£5,683.10

Month by Month

Month	Income	Outgoings
April 23	76.63	359.66
May 23	2335.90	573.71
June 23	133.77	406.73
July 23	273.32	388.57
August 23	117.90	256.32
September 23	149.42	228.06
October 23	100.97	615.42
November 23	854.49	1222.29
December 23	836.98	1050.37
January 24	1472.33	203.25
February 24	766.50	156.43
March 24	1254.25	2248.28
Total	8372.46	7709.09