



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 1<sup>st</sup> April 2024 Period start date To 31<sup>st</sup> March 2025 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:</p> <p>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>The year commenced with a notable event as several Trustees traveled to Oxford to participate in a surprise "One Big Thank You" segment by the One Show team for our Chair, Zoe. This event provided significant recognition for the organization..</p> <p>Monthly evening meetings continued to be held at the Pig &amp; Pastry. Meeting content during the year included an informative session on Domestic Abuse and a question-and-answer session with a Breast Cancer Nurse. Additionally, a bring-and-share meal fostered a sense of community. In March, raffle prizes were assembled in support of the Browns fashion show. These meetings primarily serve as a forum for members to connect and share experiences related to living with cancer.</p>

		<p>Monthly lunches experienced consistent attendance of approximately 8-10 individuals for most of the year, although attendance decreased to three individuals at the March lunch.</p> <p>The Sewn with Love Pillow Workshops maintained their operation, producing comfort pillows and drain bags for breast cancer patients undergoing surgery at York Hospital. Ten workshop sessions were held throughout the year, with increasing member participation to 18 volunteers ensuring consistently high attendance, even during holiday periods. To date, 464 pillows have been delivered to the breast care nurses. Drain bags, produced by a home-based volunteer, are also provided. The Breast Care Nurses (BCNs) at York Hospital now distribute pillows to all patients undergoing mastectomy or lumpectomy procedures, however, occasional oversights in distribution occur when hospital staffing relies heavily on temporary bank staff who may not be fully aware of this provision. A celebration event was held for the volunteers at Christmas to thank them for their hard work and dedication.</p> <p>The organization celebrated its 10th anniversary with a celebratory meal at Impossible. A festive meal was held at Rustique in December, complemented by a Nordic star willow weaving workshop. A social "girls' day out" in York in November included participation in the ice trail, promoting physical activity, fresh air, and social interaction.</p> <p>The online secure chat group, birthday club, and telephone support line continued to be operational throughout the year, providing ongoing support to members.</p> <p>Newly appointed trustee Hannah has been unable to actively participate in meetings and routine group operations due to medical reasons. However, she has been instrumental in the development of a new website, with an anticipated launch by September. The organization maintains a social media presence on Instagram, Twitter (now X), and Facebook, although the former two platforms are utilized infrequently.</p> <p>Fundraising activities during the year included participation in the Brown's Fashion Show in May and a Curry and Quiz fundraiser held at the Parvin in October.</p> <p>Following low engagement in the previous year's weekly yoga classes, an alternative initiative was implemented. A well-attended winter stillness retreat was held in December.</p> <p>In September, the organization was invited to receive a donation resulting from the fundraising efforts of the Huntington Social Club's centenary celebration, which featured a country cover singer. During the event, members engaged with a line dancing group, leading to several members attending subsequent line dancing social nights and their weekly group sessions.</p> <p>A partnership was established with Athletica Physiotherapy Ltd to offer rehabilitation services to female cancer patients. Two taster sessions were held for members, and an agreement was formalized to fund the initial assessment and first class (£57) for members wishing to participate in</p>
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		<p>rehabilitation, contingent on their commitment to attend and pay for a minimum of five additional sessions. To date, two members have taken up this opportunity.</p> <p>Members of the group participated as models in the Brown's Fashion Show earlier in the year. This initiative aimed to empower individuals, build confidence, and positively impact body image.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	Trustees all read the public benefit guidance when setting up the Charity in 2017. New trustees have also read the guidance.

### 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>The trustees have collectively contributed to the operational functions of the charity, with many actively leading aspects of the support group and engaging directly with the wider membership. Several trustees have participated in fundraising initiatives, although the organization did not host any stalls this year due to previous challenges with volunteer availability for such events. All trustees have provided consistent support and communication to both existing and new members, including managing the telephone support line.</p> <p>Sam continues to provide valuable support by allowing the charity to utilize her garage for storage of resources and equipment, resulting in significant cost savings. Lucy, in her role as treasurer, has diligently managed the charity's accounts with full access to banking facilities.</p> <p>Sally has capably managed the Lunch Club, with assistance from fellow trustees, following an ankle injury that limited her organizational capacity later in the year. She also successfully organized the Christmas celebration. Lucy has continued responsibility for the ongoing operation of the "Sewn with Love" initiative, whilst growing the membership.</p> <p>The responsibility for creating the newsletter has transitioned from Lucy to Zoe earlier in the year, who now manages its production. Zoe continues to coordinate speakers for the monthly evening meetings, while Barbara (a non-trustee volunteer) liaises with the venue. Zoe also developed and distributed a membership survey to gather feedback. While the response rate was 15, the data is currently being analysed, and a report is expected by the end of June.</p>

		Sam has continued a broad range of administrative responsibilities, including administering the Facebook birthday club, preparing meeting agendas and minutes, and managing the membership database.
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. There have been no stall held this year. The Browns Fashion Show raised £2000 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. M&amp;K Butchers donated £2000 from their Fundraising Ball which we are most grateful for.</p> <p>464 Heart Pillows and 500 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 reduction in new members joining us this year.</p> <p>BFY have conducted a survey of the Choir members and produced a report which was handed over to York Against Cancer who have taken over the running of the Choir. This has been so successful that the choir have had to be split into two groups to ensure everyone is safe and can enjoy the experience.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

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

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Year End Total £9576.11
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	Paypal Giving Fund Easyfundraising Public donations Pillow donations Browns Fashion Show Curry and Quiz M&K Butchers Fundraising Ball
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.
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, Athletica Physiotherapy Ltd.
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	Hannah Hampshire		April 2024 - Jan 2025	
	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	
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	

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**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**


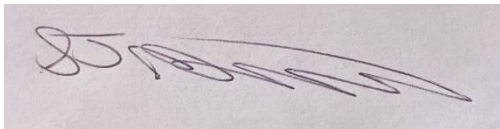
Reason for non-disclosure of key personnel details

**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	Sam Broadbent
	Position (eg Secretary, Chair, etc)	Chair	Secretary
	Date	19/5/2025	

# York Breast Friends Accounts

1<sup>st</sup> April 2024 - 31<sup>st</sup> March 2025

Balance in Bank 01.04.2024	£5,673.10
Balance in Bank 31.03.2025	£9,536.11
Increase	£3,863.01

## Income

Donations	£4,838.76
MacMillan	£1,760.00
Christmas meal	£374.55
10 <sup>th</sup> Birthday Meal	£380.00
Curry Quiz	£1,327.00
Raffles	£314.00
Browns Fashion Show	£2,031.10
Total	£11,025.41

## Expenditure

Activities	£2,340.40
Admin	£1,007.61
Celebrations	£980.15
Lunch	£839.99
Misc	£579.43
Pillow Workshop	£1,373.52
Social	£41.30
Total	£7162.40

Difference in Income and Expenditure £ 3,863.01

Lucy Hart



Treasurer 19.05.2025

## Notes

Activities include £1760 for choir; this was offset by the income of £1760 from MacMillan.

Admin includes £41.20 Clear books, £231.60 Inc.dot, £59.95 Microsoft, £287.61 Go daddy, £180.00 Local Giving subs

We received 2 large donations £2,000 from Michaela Kneafsey's daughter and £1.7600 from a fundraising ball

The curry needs £500 taken as a float [I think}

Not all receipts are being added to the drive, which makes it difficult to update accounts.