

# BRCA+ CHAT

England & Wales · Charity number 1195944

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2021-09-28

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

## Contact

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**Address** 49 Station Road  
Polegate  
East Sussex  
BN26 6EA

**Phone** 07969879211

**Email** [christen@brcachat.com](mailto:christen@brcachat.com)

**Website** <http://brcachat.com/>

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE:TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF THE PUBLIC IN THE UNITED KINGDOM BY:A) PROVIDING EMOTIONAL, MENTAL AND PRACTICAL SUPPORT FOR THOSE AFFECTED BY MUTATION IN THE BRCA1 AND/OR BRCA2 GENES (BRCA) AND OTHER GENE MUTATIONS;B)PROVIDING EDUCATION IN BRCA AND OTHER GENE MUTATIONS AND ASSOCIATED HEALTH ISSUES; ANDC) RAISING AWARENESS AND CAMPAIGNING AROUND ISSUES ARISING OUT OF OR PERTAINING TO BRCA AND OTHER GENE MUTATIONS INCLUDING, BUT NOT LIMITED TO, BETTER ACCESS TO GENETIC TESTING WITHIN THE UNITED KINGDOM.

**Activities:** We support people with a BRCA or other gene mutation

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£16,595	£13,020	-	-
2024-03-31	£12,213	£3,448	-	-
2023-03-31	£5,842	£875	-	-
2022-03-31	£6,878	£0	-	-

## Trustees

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Name	Role	Appointed
<b>Christen Williams</b>	Chair	2020-11-02
Alex Williams		2020-12-10
Hayley Baxter		2026-02-18
Katie Ling		2024-12-18
Lisa Bancroft		2020-11-02
Lucy Hume		2023-11-02

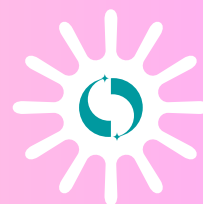
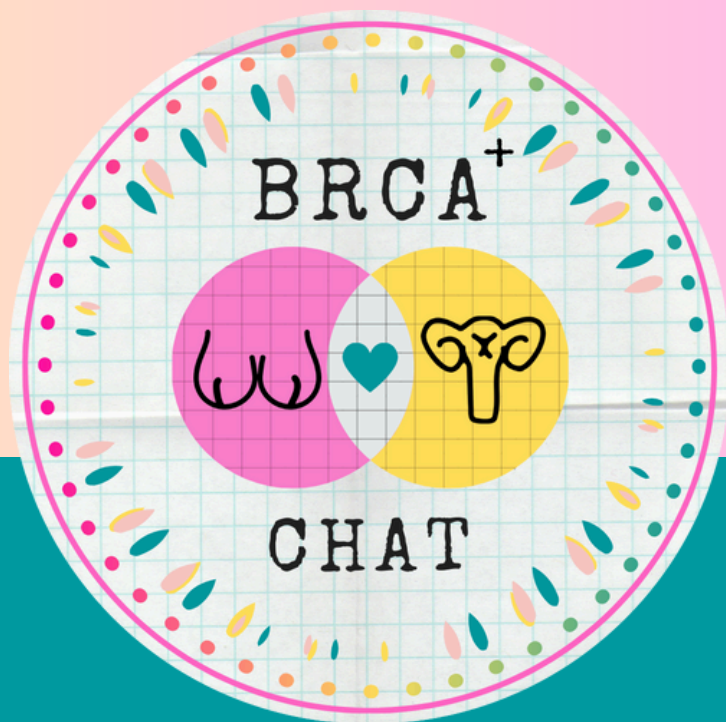
**BRCA+ CHAT**

England & Wales - Charity number 1195944

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# Accounts

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2024-2025

# BRCA+ Chat Annual Report



Navigating Gene Mutations Together



BRCA+ Chat 2024-2025

# BRCA+ Chat

Trustees' Annual Report and Financial Statements for the period  
1st April 2024 to 31st March 2025



**I just had to donate! I can't imagine having gone through any of the journey from testing to op recovery without the info and support from BRCA+ Chat - it's been so so so valuable to me, and it was so nice of Alison to reach out on the day of my op when I was waiting for them to take me to theatre!**



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49 Station Road, Polegate, East Sussex, BN26 6EA

BRCA+ Chat is a Charitable Incorporated Organisation governed by a CIO Foundation Constitution and overseen by a Board of Trustees

Registered Charity Number 1195944

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# Executive Summary

This year has been one of growth, connection, and impact for our charity. Together, we've expanded our reach, deepened our support for those affected, and strengthened our voice in the community.

We hosted 24 in-person meet-ups across 10 locations, bringing together 261 attendees to share, support, and connect. Alongside this, our 9 themed online peer support groups including sessions on breast cancer and ovarian health welcomed 226 bookings. We held 6 webinars with specific topics, and introduced Dr Claire as our first guest doctor speaker, adding professional medical insight to our outreach. We also introduced four yoga and meditation sessions, offering mindful wellbeing to 38 participants.

Our communication channels continued to grow, with 12 newsletters now reaching 290 subscribers, 14 blogs published, and our mastectomy gallery surpassing 80 images, empowering others through shared experiences.

Fundraising efforts were exceptional, with seven events raising a total of £12,126. We also launched our first line of charity merchandise, helping to raise both funds and awareness. In governance, we welcomed Katie Ling to the Board of Trustees, bringing valuable HR expertise, and said farewell to Eleanor Howie, whose contributions have been greatly appreciated.

We amplified our voice nationally our co-founders were keynote speakers at the Oncology Professional Care conference, and Christen attended the House of Commons to represent our community. Our work reached further still with national news appearances on the BBC news and STV news platforms and the distribution of leaflets across healthcare locations nationwide.



BRCA+ CHAT TRUSTEES AT THE 2024 AGM

This year has been defined by growth, innovation, and dedication powered by our incredible community, volunteers, and supporters. As we look ahead, we remain committed to ensuring no one faces their journey alone.

Comments from our community will be present throughout this report.



IT IS AMAZING THAT YOU EXIST, NO ONE ELSE TRULY KNOWS, OR UNDERSTANDS. IT IS GREAT TO MEET OTHER PEOPLE WHO GET IT, AND ARE GOING THROUGH THE SAME THING





# Objectives

Our vision is to build a world where people's lives are not determined by their gene mutations.

We will work towards this by:

- Providing emotional, mental and practical support for those affected by BRCA and other gene mutations within the United Kingdom
- Providing education in the United Kingdom on issues arising out of or pertaining to BRCA and other gene mutations
- Creating awareness and campaigning around issues arising out of or pertaining to BRCA and other gene mutations including, but not limited to, better access to genetic testing within the United Kingdom

# Statutory Declaration on Public Benefit



The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

CAN'T TELL YOU HOW MUCH THE MASTECTOMY GALLERY HELPED ME BEFORE AND DURING MY DIEP PROCEDURE! VERY GRATEFUL TO ALL THAT SHARE AND HOPE TO BE BRAVE ENOUGH TO DO THE SAME SOON!

BRCA+ CHAT IS MORE GROUNDED THAN THE WILD WEST OF THE INTERNET

Registered charity: 1195944



BRCA+ Chat is a UK wide charity cofounded by BRCA carriers to support those living with genetic mutations increasing their risk of cancer.

### BRCA+ CHAT provides:

- Emotional support
- Lived experience
- A buddy system
- In person meet ups
- Online zoom events and talks
- Awareness raising
- A mastectomy gallery

**" We want a world where people's lives are not determined by their gene mutations."**

### Our mission

BRCA+ Chat supports people affected by BRCA and other gene mutations who are at a greater risk of cancer. We campaign, raise awareness and support others through our community. We provide information on options available and we are a vibrant community, offering help and support for genetic mutants.



@BRCA\_CHAT

@BRCACHAT

www.brcachat.com

# Activities, Achievements & Performance

## Overview



Alison, our co-ordinator has been working tirelessly this year to streamline our website and booking processes as well as making huge leaps in terms of our social media presence and output. BRCA+ Chat is now present on Facebook, Instagram and TikTok. The website has also undergone some great updates making the information more accessible and increasing the resources available.

This year, our lovely co-founders, Christen and Lisa, have been able to focus on networking and working on improvements of the services we offer. Through networking, more and more people are becoming aware of the amazing work we are doing at BRCA+ Chat and we are continuing to grow our community.



WHAT AN AMAZING GROUP YOU'VE MADE XXX



We are beginning to drive more traffic to our website so we do not solely rely on social media for information sharing. To enable this we have made a number of improvements to the website. Having Alison on board has meant that there has been consistent website upkeep which has made it easier to drive traffic in that direction.

We continue to receive lots of incredibly supportive messages as well as requests for information and advice. We provide information based on the experiences within our community, and aim to signpost toward accredited sources of information, highlighting new research and news when it is published. This has been helped through collaboration with other charities and building those important relationships.

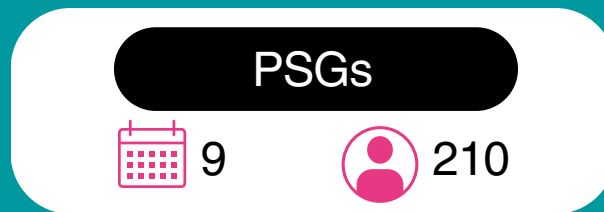


# Activities

## Peer Support Groups

BRCA+ Chat has always maintained that we are a charity driven by our community. Our community provides an incredible resource in itself through the sharing of experiences and supporting each other. Our Peer Support Groups (PSGs) have become a vital platform for this support and experience sharing as well as highlighting to us the key issues that our community is facing. We use these sessions to understand what resources we need to provide or find. Also, the increased number of PSGs has given us the opportunity to make them topic specific. Having general, ovary-specific and cancer-specific PSGs has allowed us to provide more tailored support to our community.

This year we held 9 PSGs with 210 bookings- a huge increase from last year, when we hosted 4 with 60 bookings.



**The peer support groups are so helpful, not only to make me feel less alone with my own personal struggles in my BRCA journey but also giving me an opportunity to give back to people earlier along in their diagnosis makes me feel like I can be useful, that in itself feels like a silver lining to going through it all.**

**Thank you for all that you do, it's so vital**



# Meet Ups



Our BRCA+ Babes (volunteers hosting meet ups) continue to hold some amazing meet ups throughout the country. These consistently grow in popularity, providing that much-needed feeling of support and companionship throughout a difficult journey. The BRCA+ Babe role is also an ongoing development process for the charity; we are currently working on role profiles and volunteer processes to define these and expand across more locations. Feedback from meetings has been incredibly positive, and attendees particularly highlight reduced feelings of isolation on their journeys, something we feel very passionate about.

This year we hosted 24 meet ups, with 261 bookings across 10 locations. Again, this is a huge increase from 10 meet ups with 98 bookings last year.

## Meet Ups



24



261



Manchester



London



Bournemouth



Doggo Friends



Leeds

**I'm still very new into my journey, as I was diagnosed last month. I found this group useful to learn what to anticipate and to acknowledge that my emotional rollercoaster was normal! I find it difficult to explain BRCA to my friends and colleagues, so it's a relief to be in a space where you don't need to explain.**

# Information Sharing

## ✦ Webinars

Our webinars have been increasing in popularity. We have expanded the range of topics in our portfolio, introducing a mastectomy panel, and a panel of young adults who found out about hereditary cancer when they were children. We have also invited guest speakers, such as our first doctor, Dr Claire Macaulay, to deliver a talk on Sex and the Menopause. As BRCA+ Chat grows we are making more connections with healthcare professionals who are offering to provide informative webinars to our community, we already have a talk from a genetic counsellor lined up for next year.

We hosted 6 talks this year, only 2 more from last year. However, we had 226 bookings compared to 91 bookings last year, which demonstrates that we have a much wider reach.

### Webinars



6



226



“It is always great to hear other people’s journeys. I wish I had been a part of this before having my double mastectomy as I would have been more confident in the choices I made”



# Information Sharing

## ✦ Newsletters

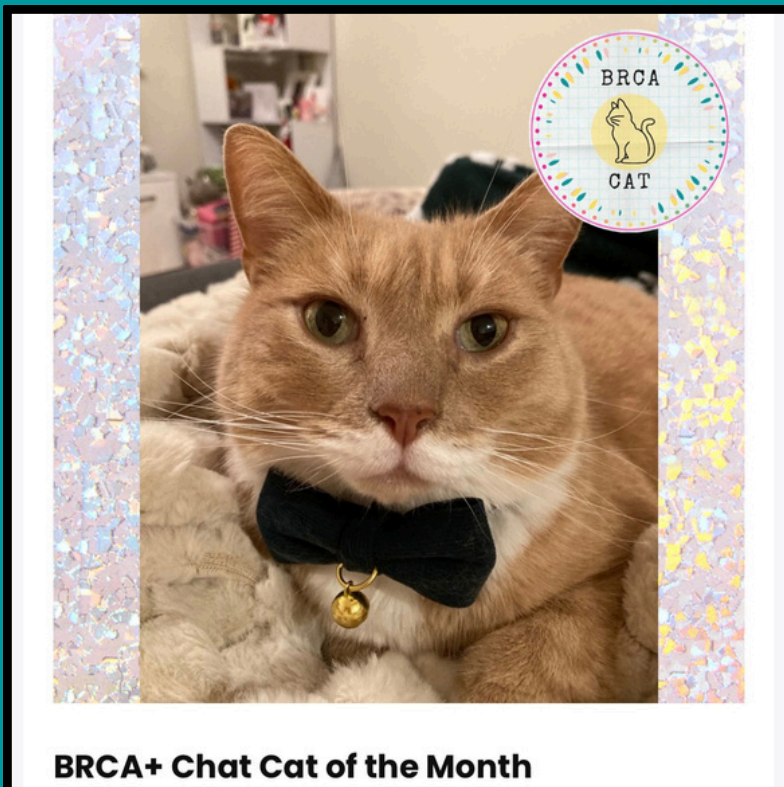


12



290

Our newsletters are an important way of keeping people informed about our plans, upcoming events, and news about everything BRCA+ Chat. We sent out twelve newsletters during this past year and have increased our subscriber list. Our newsletters are a vital source of information, including any new blogs, or national news or updates on BRCA and other gene alterations. They also reflect back on the past month's activities and promote future events. They are a mix of personal stories, news and research – and who can forget, the highlight of the BRCA Floof (animal) to keep things light-hearted.



I FEEL LESS ISOLATED!  
HELPFUL TO SPEAK  
WITH OTHERS THAT  
FULLY UNDERSTAND  
THIS MUTATION AND  
ASSOCIATED  
SURGERIES/RISKS.  
THANK YOU!



## ✦ Blogs

We had had more blogs this year than ever before, with a total of 14. We love hearing the individual journeys that connect us, and had a focus this year within Breast Feeding Week - with 3 lovely blogs about milk donation, milk banks, and connecting with newborns after a mastectomy.

**BLOGS**

14

## ✦ Building our Community

BRCA+ Chat is based on and built by our community. It is what keeps us going, keeps us strong and connects us across the country. We have built our community in a variety of ways this past year, including the growth of our BRCA+ Babes through recruitment in more areas of the UK, an increase in their meet ups and additional check ins with the Babes to gain vital feedback on processes and support they need to continue hosting meet ups. We have also increased the number of PSGs, talks, blogs and our social media presence.

As previously stated, we are developing our BRCA+ Babes process and in addition to this we are looking at our BRCA+ Buddy system and ways we can develop and progress this. The BRCA+ Buddy system includes creating a community where our BRCA+ Buddies can have first access to events, talks and PSGs; have individualised information and resources; and have a link to other buddies in their area. Building a strong and robust network of Babes and Buddies across the country will enable us to continue to grow BRCA+ Chat's reach and also the resources we can provide.

## ✦ Well-being

This year we have had 4 extremely beneficial Yoga Meditation sessions with the lovely Rosie. There has been a total of 38 people booked onto these sessions. We know the valuable impact these sessions have. Making time and space to reconnect with yourself really makes a difference, not only to emotional and mental wellbeing, but it can have a significant impact on recovery and healing.

“Thank you for last nights session with Rosie, I have genuinely never felt so relaxed”



# Campaigning

With Alison admirably navigating day to day operation of the charity, Lisa and Christen have had more time to put towards valuable and exciting campaigning events. ✨

In May 2024, Lisa and Christen were invited to present at the Oncology Professional Care Conference in London. They gave an incredibly well-received talk to healthcare professionals on their experience of learning of their genetic alteration predisposing them to cancer, the preceding emotional journey and the role and impact of healthcare professionals on the positive outcome of that journey. In preparation for this talk, we reached out to our community to truly understand and communicate our shared concerns to healthcare professionals; they included some case-study examples of these experiences together with really powerful quotes in our presentation. The feedback gained from this talk was extremely positive.

In addition, a number of networking relationships were pursued, including highly successful organisations, such as the NHS and Movember. Our interaction with Movember has been particularly valuable and led us to overhaul the resources available for Men on our website.

As well as the conference, Lisa appeared on the BBC news with Cancer Research UK, on STV news speaking about BRCA+ Chat and was invited to the Scottish Cancer Conference where she made some valuable connections with Breast ✨

Cancer Now and the Scottish Cancer Coalition. Lisa also has been working hard to increase reach in Scotland through meeting with specialist gynae oncology nurses in a number of hospitals which has resulted in leaflets being given out to patients. Lisa also gave a talk to over 500 people within the Scottish Government about her BRCA journey and the creation of BRCA+ Chat which has brought a few members to the BRCA community.



# Campaigning

Christen was equally as busy and was invited to the House of Commons where she raised awareness of BRCA via networking with influential people leading to some valuable connections.

Lisa and Christen have been involved with focus groups for the Protect C study and Professor Ranjit Manchanda and his team. Professor Ranjit is a professor at the Wolfson Institute of Population Health (WIPH), Queen Mary University of London, and leads the Women's Precision Prevention Team. His main research interests focus on population-based genetic testing, mainstreaming genetic testing and precision medicine approaches for risk prediction. Professor Ranjit was involved in the NICE guidelines for testing anyone within the Ashkenazi Jewish community for genetic alterations related to cancer. The Protect C project has the aim of showing that blanket testing all women for genetic alterations can make a huge difference to the survival rate and prevention of breast cancer, in particular, but also looks to revamp genetic testing pathways. This is something very close to our hearts and we will be working closely with the project and Professor Ranjit as it progresses. ✨



Christen also provided a talk to Domestic Abuse charity, Daisy, to raise awareness and empower women to attend their regular breast screenings.

Together with her hard work getting BRCA+ Chat's website and socials up to standard, Alison also gave an amazing talk at Leeds Teaching Hospitals, informing those there of BRCA+ Chat and the work we do. There are some very exciting things coming from this talk and Alison's relationship with the genetics team at Leeds Teaching Hospitals.

Our new Trustee Katie came in with a bang and also gave a talk to her work during International Woman's Week about her BRCA journey and her involvement with BRCA+ Chat.

# Fundraisers

BRCA+ Chat is still entirely funded by our incredible donors and fundraisers. It blows us away the generosity of our community and their supporters but also shows the need for BRCA+ Chat and the service we offer. We absolutely would not be able to grow BRCA+ Chat the way we have this year if it had not been for the beautiful people that raise essential funds to help us develop our services, resources and reach.



Tough Paige



Our youngest!



Abi & Laura

Christen conducted a 5-hour Hoop-A-Thon in celebration of her 5-year mastectomy anniversary where she not only raised awareness of BRCA and BRCA+ Chat but also raised a whopping £3,385 for us. It was an incredible feat of talent and dedication.

Alongside this, our biggest fundraisers have been Olivia and Daniella raising £2,099. Abi and Laura completing an ultra marathon and raising £3,492. Paige completing Tough Mudder and raising £1,335. Zach took part in a boxing tournament raising £390. Lucy did 30 days of movement in October raising £1050 and Tilly, our youngest fundraiser at 10 years old, raised £375!

A massive thanks to all of those who completed impressive fundraising events or made a donation. We appreciate each and every one of you.



## Future Plans



Our future plans just keep on getting bigger and better each year. Next year we will finalise the development of our BRCA+ Babes and Buddy system, enabling us to host more events and reach more people throughout the year (& a national meet up is in the pipeline).

We will increase the number of talks we put on each year and deepen our collaboration with health professionals and institutes to support as many people affected by a genetic alteration as we can. With a wide range of topics within our repertoire now, and the popularity of these talks increasing, we will rotate the talks, so individuals can access them at different points in their journey.

We will have more leaflets, posters and pop-up banners in healthcare settings, enabling more health care professionals to signpost their patients to us. We are also in discussions with the NHS about setting up collaborative support groups within their hospital settings.

For the next year, we want to look at how we can increase our newsletter subscriber list and make our newsletter more appealing. As BRCA+ Chat grows, our newsletters will become a reliable way to communicate our upcoming events without worrying about algorithms on social media, therefore growth of our subscribers will become ever more important.

Our campaigning and networking will continue into next year with more connections and awareness raising.

“  
It's great to be part of a special community where we all share similar journeys and know others will understand  
”

“  
It's so nice to have such a supportive environment where people all understand what I'm feeling. We might not have gone through the same experiences or surgeries, but all the ladies are so kind and understanding  
”

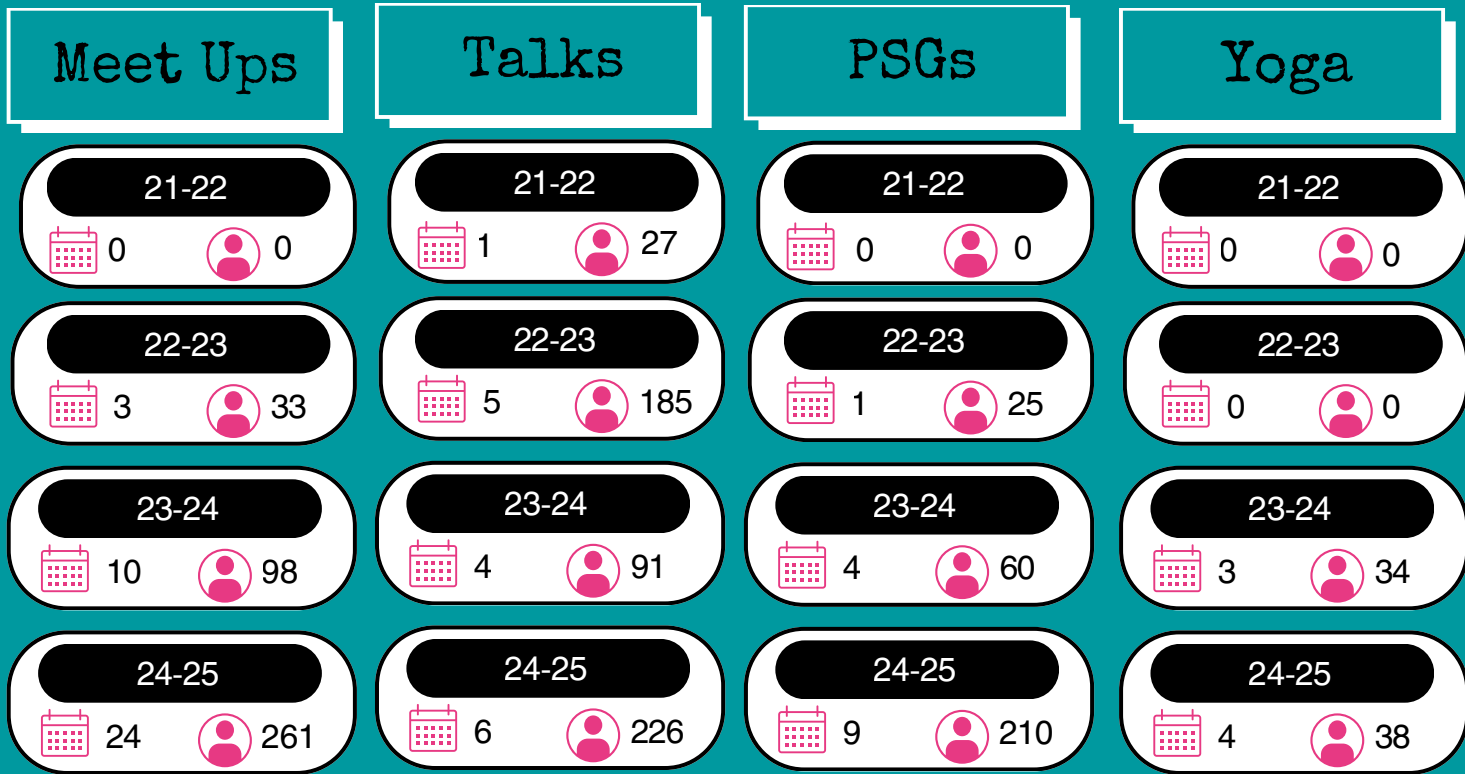
# From Christen & Lisa

**“ Thank you to everyone in our community, our supporters and our board of Trustees. It has been an honour to work with you all this past year and we are very excited for next year! ”**

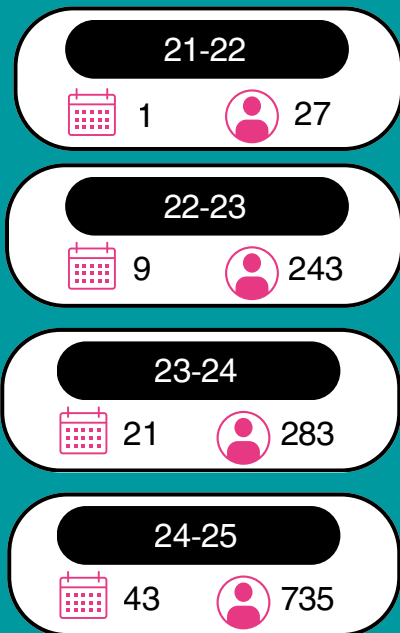




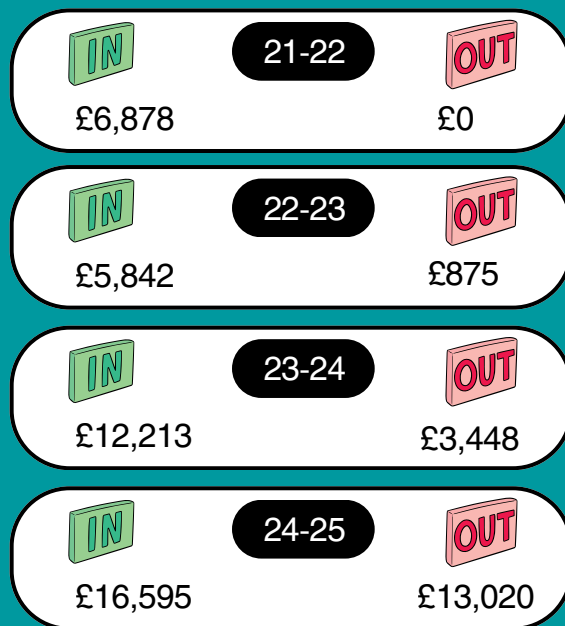
# Annual Growth



## Totals



## Money





## Governance and Financial Review

### Trustees

Christen Williams (Chair)

Lisa Bancroft (Secretary)

Janine Duncan (Treasurer)

Alex Williams

Kate Biles

Lucy Hume

Katie Ling (from 15.12.2024)

### Bank

Metro Bank

### Recruitment and Appointment of Trustees

The Trustees are recruited through word of mouth or BRCA+ Chat advertising. The Trustees conduct an annual audit of the Board to identify where new Trustees with specialist skills or knowledge can benefit the charity. Prospective Trustees are interviewed by at least two members of the Trustee Board and then invited to attend a Trustee meeting to introduce themselves and their reasons for wanting to be a Trustee to the current Board members. A vote of the existing Trustees is then taken to confirm appointment.

Trustees are inducted by use of Charity Commission Trustee resources, introduction to the charity by Trustee Chair, Secretary and Treasurer and resources from charity infrastructure organisations.

### Statement of the Charity's Policy on Reserves

Cash in bank at 31.03.2025 was £24,079 in unrestricted funds. The Trustees' policy on reserves is to hold enough reserves to cover dissolution of the charity. This is reviewed annually. They are confident that the charity has enough funds to cover any dissolution costs.

### Details of Any Funds Materially in Deficit

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets and liabilities.



## State of the Charity's Finances

Thanks to the efforts of our many supporters who have raised funds for us our reserves have doubled in the past year and the Board has made plans in the coming year to use these funds to meet our objectives by budgeting for admin and specialist support services to provide more comprehensive support for our beneficiaries.

## Restricted Funds

The charity did not receive any restricted funds.

## Designated Funds

We did not receive any designated funds during the year.

## Particulars of Any Outstanding Guarantee Given by the Charity

The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

## Particulars of Any Outstanding Debt

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets and liabilities.

## Declaration

The Trustees declare that they have approved this report and authorised that it be signed on their behalf.

A green fish-shaped graphic with a handwritten signature in black ink. The signature appears to be 'Christen Williams'.

Christen Williams

October 2025



## Receipts and payments accounts

CC16a

For the period from	Period start date 1st April 2024	To	Period end date 31st March 2025
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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>					
Donations	16 587	-	-	16 587	12 213
Other (Teemill)	8	-	-	8	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>16 595</b>	<b>-</b>	<b>-</b>	<b>16 595</b>	<b>12 213</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>16 595</b>	<b>-</b>	<b>-</b>	<b>16 595</b>	<b>12 213</b>
<b>A3 Payments</b>					
Co-ordinator Fees	-	-	-	9 750	1 920
Well being Webinars	-	-	-	225	151
Buddies Materials	-	-	-	640	231
Trustee Expenses	-	-	-	1 643	944
Licences	-	-	-	314	77
Insurance	-	-	-	96	106
Marketing	-	-	-	170	-
Fundraising Expenses	-	-	-	162	-
Other	-	-	-	20	-
<b>Sub total</b>	<b>13 020</b>	<b>-</b>	<b>-</b>	<b>13 020</b>	<b>3 429</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>13 020</b>	<b>-</b>	<b>-</b>	<b>13 020</b>	<b>3 429</b>
<b>Net of receipts/(payments)</b>	<b>3 575</b>	<b>-</b>	<b>-</b>	<b>3 575</b>	<b>8 784</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>20 504</b>	<b>-</b>	<b>-</b>	<b>20 504</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>24 079</b>	<b>-</b>	<b>-</b>	<b>24 079</b>	<b>8 784</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>		-	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>24 079</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	24079	OK	OK

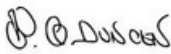
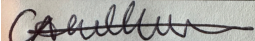
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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
Janine Duncan		08.10.2025
Christen Williams		08.10.2025

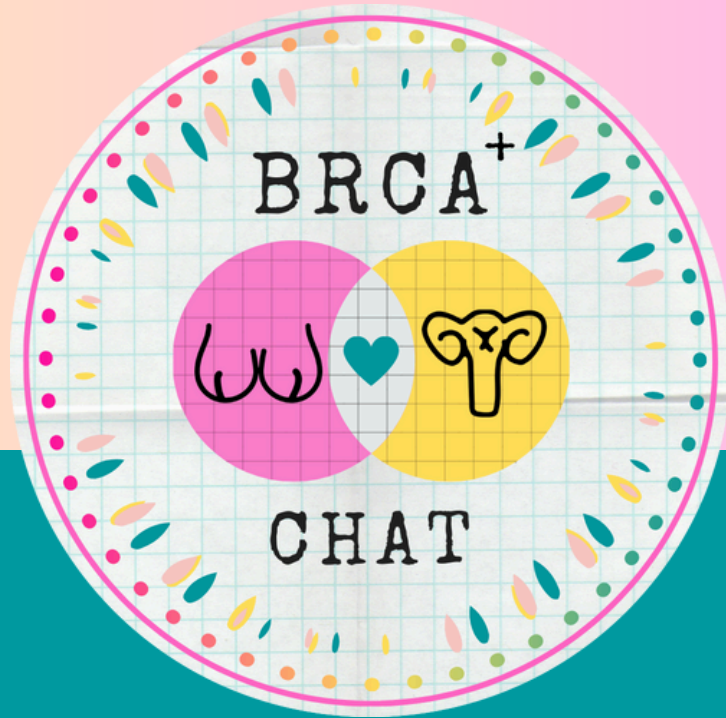
**BRCA+ CHAT**

England & Wales - Charity number 1195944

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# Accounts

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2023-2024

# BRCA+ Chat Annual Report



Navigating Gene Mutations Together



BRCA+ Chat 2023-2024

# BRCA+ Chat

Trustees' Annual Report and Financial Statements for the period  
1st April 2023 to 31st March 2024



**“  
BRCA+ Chat has been a light in a dark  
place. A safe space to converse with  
others about everything from post-  
surgery bras to different consultations  
and what different surgeons say. What  
on earth did women, and men for that  
matter, do before BRCA+ Chat?!?  
Baffles me.  
”**



---

49 Station Road, Polegate, East Sussex, BN26 6EA

BRCA+ Chat is a Charitable Incorporated Organisation governed by a CIO  
Foundation Constitution and overseen by a Board of Trustees

Registered Charity Number 1195944



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# Executive Summary

Our third year as a charity has been one of growth and consolidation to build our community of people navigating gene mutations together. Over 300 people attended at least one of our in-person or online events and nearly 3,000 people now follow our social media platforms. Using recognised social media projections, we estimate that we reach at least five times that number across the UK and the world.

The trustees met ten times in the year, including a face-to-face Annual General Meeting in September when we reviewed our progress for the previous financial year and determined our aims for the coming year. The highlights for this year have been the significant increase in the number and range of activities and events we were able to provide; the engagement of a virtual co-ordinator to support our work, a revamp of our website with the support of a student intern, the introduction of yoga sessions to support emotional well-being, higher profile media engagement and the recruitment of more volunteer BRCA+ Babes to act as local champions.

Our aims for the coming year are to establish a more structured BRCA+ Buddy network, to increase our organisational support resources, introduce more robust data analysis to evidence our impact and to increase collaborative working with healthcare professionals.



BRCA+ CHAT TRUSTEES  
TAKING A BREAK FROM A  
STRENUOUS BOARD MEETING



At the end of the year, we increased the number of Trustees to seven with Lucy Hume, who brings valuable fundraising experience joining the Board. We will be conducting a board skills analysis to identify where there are gaps in the knowledge and expertise of the current Trustees so that our recruitment of further members can be targeted to support even more effective governance.

The lived experience of our Board members, BRCA+ Chat Buddies, BRCA+ Chat supporters and those that follow our website, newsletter and social media posts remains at the heart of all we do and guides us in our activities, our plans, and our future ambitions. Comments from some of these will be present throughout this report.



THANK YOU SO MUCH 😊  
LOVE THIS CHARITY AND  
ALL YOU HAVE DONE WHICH  
IS INCREDIBLE!! CANNOT  
WAIT TO MEET YOU AND  
MORE BRCA BUDDIES AND  
CONTINUE TO CONTRIBUTE  
TO THIS AMAZING  
COMMUNITY!! ❤️🌟🥰





# Objectives

Our vision is to build a world where people's lives are not determined by their gene mutations.

We will work towards this by:

- Providing emotional, mental and practical support for those affected by BRCA and other gene mutations within the United Kingdom
- Providing education in the United Kingdom on arising out of or pertaining to BRCA and other gene mutations
- Creating awareness and campaigning around issues arising out of or pertaining to BRCA and other gene mutations including, but not limited to, better access to genetic testing within the United Kingdom

# Statutory Declaration on Public Benefit




The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.

“ FINDING A SUPPORTIVE COMMUNITY OF PEOPLE WHO UNDERSTAND WHAT YOU ARE EXPERIENCING HAS BEEN REALLY SIGNIFICANT FOR MY EXPERIENCE. FACT LED ADVICE AND INFORMATION IS VITAL, ESPECIALLY TO THOSE NEWLY DIAGNOSED. THE MASTECTOMY GALLERY IN PARTICULAR IS FANTASTIC!! I'M CURRENTLY PRE SURGERY AND IT'S GIVING ME THE CONFIDENCE TO MAKE DECISIONS AND FEEL MORE COMFORTABLE WITH REALISTIC EXPECTATIONS. THANK YOU FOR ALL THE WORK YOU DO!

”

Registered charity: 1195944




BRCA+ Chat is a UK wide charity cofounded by BRCA carriers to support those living with genetic mutations increasing their risk of cancer.




**BRCA+ CHAT provides:**

- Emotional support
- Lived experience
- A buddy system
- In person meet ups
- Online zoom events and talks
- Awareness raising
- A mastectomy gallery

**" We want a world where people's lives are not determined by their gene mutations."**

**Our mission**  
BRCA+ Chat supports people affected by BRCA and other gene mutations who are at a greater risk of cancer. We campaign, raise awareness and support others through our community. We provide information on options available and we are a vibrant community, offering help and support for genetic mutants.



 @BRCA\_CHAT     @BRCACHAT     www.brcachat.com

# Activities, Achievements & Performance

## Overview

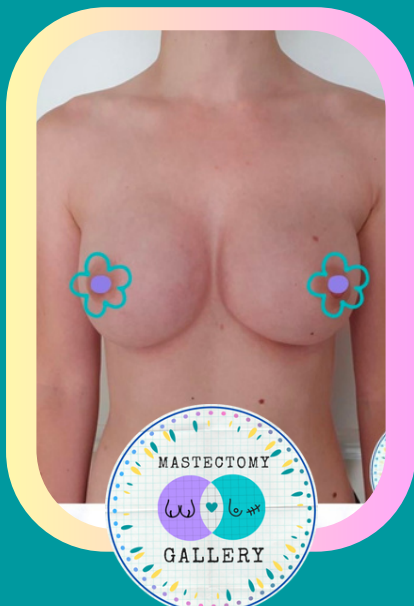


A massive difference for us this year has been the engagement of our amazing co-ordinator, Alison who has somehow been able to make sense of and organise our various files, data and us. This has made a huge contribution to our work and enabled our inspirational Chair, Christen to continue to devote her own time to BRCA+ Chat, but in a more productive way, (although pictures of BRCA+ cats and dogs continue to distract her)!

Christen and the lovely Lisa, our co-founders, have worked incredibly hard during the year to significantly increase our social media and newsletter presence. This is where most people first engage with BRCA+ Chat and the lively, informative and life-affirming posts are what makes BRCA+ Chat accessible and inclusive.



“ I GET MOST OF MY INFORMATION HERE AND I TRUST IT BECAUSE IT'S REAL PEOPLE GOING THROUGH A REAL EXPERIENCE. ”



Our website continues to be important in promoting our messages of love and positivity to people living with or affected by BRCA type gene mutations. Our mastectomy gallery is a unique resource for anyone facing breast surgery and we are so grateful to the many individuals who have shared their images. This year, we have been very lucky to have had the support of Serena, through a digital student placement, to help us update and improve the website.



We have received loads of fabulous supportive messages as well as requests for information and advice. Whilst we are clear that we are not medical experts, cannot provide guidance, and that we can only provide information based on the experiences within our community, we will always try to signpost to accredited sources and highlight new research and news when it is published.

“  
**Keep doing what you’re doing.  
Connecting people is the best thing.**  
”

“  
**YOU HAVE ALL THE INFORMATION, FACTS, PREVIOUS EXPERIENCES, OPTIONS, RISKS AND OUTCOMES, ALL IN ONE FRIENDLY PLACE.**  
”

# Activities

## Peer Support Groups

At the heart of our charity are humans with lived BRCA+ experience supporting others at earlier stages in their BRCA+ journeys. Our fantastic BRCA+ Buddies are all inspirational peer models who share their own journeys and experiences to inform and give hope to others. In addition to that one-to-one support, we have also held four online peer support groups this year with more than 60 people attending.

PSGs



4



60

### Peer Support Group

“  
I can breathe now!”  
”



Thank YOU  
for coming!



# Meet Ups

We held ten 'in real life' meet ups during the year attended by 98 people. We have eight 'BRCA+ Babes' who act as regional coordinators, and we now have coverage in all major UK cities except Cardiff and Belfast. Feedback from these has been incredible and through them we have recruited more Buddies and then been able to link Buddies up with others in their areas to build local BRCA+ communities.

We are planning even more during the coming year!



Nottingham



Brighton



Newcastle



Bristol



Leeds

Meet Ups

10      98

**Help with all the not-so-small details that do not get picked up during medical care such as lifestyle, preparing for surgery, what to bring, tips to recover, what to expect in general at different points of your journey. Providing a link to others who experience the same situation is so valuable. Providing a compassionate but also fun environment to discuss is very important as well to help with perspective as the volume of medical appointments can be daunting. I also look to the community to keep me posted in case there are changes on research / things we should be aware of. Thanks again for the fantastic job!**

## Information Sharing

We held four webinars and published eight blogs for subjects which were as diverse as the images in our mastectomy gallery – menopause, HRT, breast surveillance, male breast cancer, nipples or not, tattoos, types of reconstruction or not, etc. The ones relating to dating and sex post mastectomy continue to be particularly popular. Where possible, we engage trusted experts to lead these sessions.

The webinars always spark lots of discussion and we are continually identifying new subjects based on the feedback we receive.

“BY BEING A SAFE SPACE WHERE ANYONE WHO HAS FOUND OUT THEY’RE CARRYING THE MUTATION CAN HAVE A CONVERSATION AND NOT FEEL JUDGED ABOUT THEIR DECISIONS. HELPING PEOPLE UNDERSTAND THAT THERE IS A LOT TO CONSIDER, AND SURGERY BRINGS ITS OWN CHALLENGES AND CONSEQUENCES.”



TALKS



We have strived to make our online communications even more engaging and eye catching and have developed a communications strategy to support funding applications to grants and trusts.

BLOGS



“This is where BRCA+ Chat has been just amazing as it has shown such a wide variety of outcomes in every different body type. It also provides answers to questions that you can’t really ask your surgeon, like where to get the best bras, chat about drains (I only found out I would have drains in from reading through BRCA+ Chat Instagram!) It’s just an amazing resource that isn’t possible for the NHS given its constraints and its priorities.”





## Newsletters



10



300

Our newsletters are an important way of keeping people informed about our plans, upcoming events, and news about everything BRCA+. We sent out ten newsletters during the year and have nearly 300 subscribers.



KEEP DOING WHAT YOU'RE DOING NOW: PROVIDING INFORMATION AND NETWORKING OPPORTUNITIES. SEEING OTHER PEOPLE'S STORIES AND KNOWING MORE WHAT TO EXPECT FROM PEOPLE WHO'VE BEEN THROUGH IT IS SO VALUABLE.



## Building our Community

Being told that you are BRCA+ positive can feel overwhelming and lonely. Our BRCA+ community is built on sharing messages of hope, knowledge, and experiences. The better we can do this, the more our community will grow, and no one will be alone.

We have plans to recruit even more BRCA+ Buds and ensure we network together across the UK and beyond to help people meet the challenge of their gene mutations and live amazing happy and healthy lives.



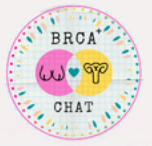
It's the only support network I feel a part of. I get scared as my surgery is in a week, but I just go into the Instagram page for BRCA+ and feel like I'm reassured that everything will be okay. These powerful, beautiful women are getting me through a really difficult time in my life with my mother having cancer. Christen is like a guardian angel, and I got to meet her at a BRCA+ meet up and it was like meeting my hero. Her posts had just made so much sense in a dark place I was in. To post through the good and bad times must be hard but I feel confident in myself now for my operation and know when I wake up, I have BRCA+ chat there for me.



## Well-being

We know that the emotional impact of having a gene mutation can be as hard, if not harder, to bear than the physical challenges. Therefore, we were thrilled to be able to introduce yoga sessions with Rosie for our BRCA+ Chat community.

We have decided that we want to expand this area of work and look at what other well-being activities we can introduce. Watch this space!

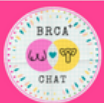


"You are not defined by your risk, but by your strength. Every step you take—whether it's prevention, treatment, or simply living boldly—is a victory. Keep moving forward with courage, knowing you are not alone."

### YOGA WORKSHOP

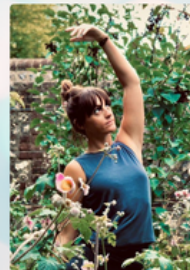
with Rosie from Do Your OM Thing

"This is one of our fave things with BRCA+ Chat. A genuine chance to stop chatting and just be, at one, with yourself, for an hour."



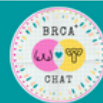
### YOGA WORKSHOP

with Rosie from Do Your OM Thing



Thur 18th Jan  
7.30 pm  
Online via  
Zoom

TO BOOK YOUR SPOT DM US OR EMAIL  
[DOYOUROMTHING@OUTLOOK.COM](mailto:DOYOUROMTHING@OUTLOOK.COM)



“SEEING SURGERY OUTCOMES IS VERY HELPFUL AND INFORMED A LOT OF MY DECISION MAKING. IT'S NICE TO KNOW OTHERS ARE GOING THROUGH SIMILAR STRUGGLES, ESPECIALLY WHEN I FEEL A BIT MENTAL FOR CHOOSING TO REMOVE A (CURRENTLY) HEALTHY BODY PART. I ALSO APPRECIATE THE NICE NON-MEDICAL STUFF LIKE YOGA THAT ALLOWS ME TO STILL GET INVOLVED AND FEEL SUPPORTED EVEN WHEN I'M FEELING TOO OVERWHELMED ABOUT BRCA TO DISCUSS THAT SIDE OF THINGS.”

# Campaigning

We continue to support a variety of campaigns highlighting cancer awareness and genetic screening. Christen, our Chair, has given interviews on BBC local radio, filmed for Macmillan Cancer Support and been part of a Future Dreams and BRCA Project panel <https://futuredreams.org.uk/>. In the coming year we aim to build our media presence to highlight the need to better identify and support people with BRCA type gene mutations. We are also working with several healthcare providers to support more preventative and holistic approaches.

And we also met a giant boob!



CANCER SURVIVOR JOANNA CALLAGHAN, GOODBYE BREASTS! "ART INSTALLATION" WITH BRCA+ CHAT PREVIVORS



# Fundraisers

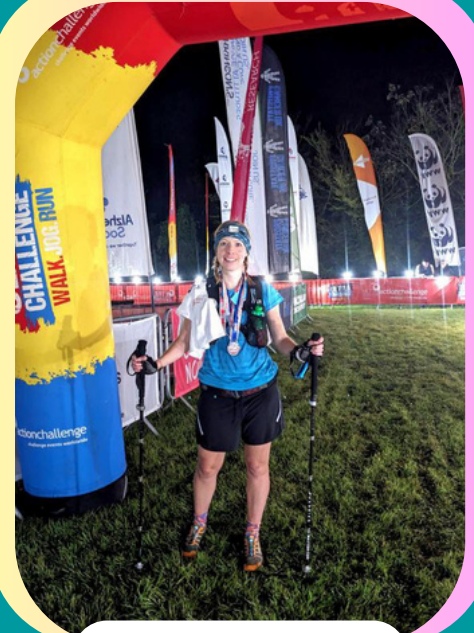
We would not have been able to do any of this without the brilliant people (and fluffy friends) that support us, give such wonderful feedback and raise money for us to develop and grow our services.



London 50k



Ellie's 10k



Lou's Ultra

This year our biggest fundraisers have been: London 50k Trek, Ellie's 10k, Lou's Ultra Marathon and The Ripley Raffle. The funds they have raised has been amazing. However, we are just as grateful to the numerous individuals who have contributed individual amounts to our charity.

No matter how much your contribution, the difference you make is incredible.



Ripley Raffle

## Future Plans

Our plans for the coming year are to; strengthen our Buddy network and build our BRCA+ community, to develop our communications and branding to engage with more people affected by BRCA type gene mutations, to collaborate with healthcare professionals to bring changes to the way BRCA+ positive humans are supported, and to increase our events and activities.

“  
Really good to see stories from others, support network as well as proper advice and guidance  
”



“  
I just wanted to send a little message to you guys to let you know how amazing this page is and all that you do for everyone. I'm a week post op preventative mastectomy and have found the stories so helpful and reassuring so far! Keep smashing it 🥰💕  
”



**I adore the work you do. I've been to one support group, and I already feel so much better. I don't have any women in my family with BRCA, so to find a community of some of the kindest women I've ever met has been so comforting. I was worried I would feel a bit weird if a lot of the attendees were older than me, but they were so open and honest about their journeys that I feel I've had a lovely chat with some distant aunts that have offered advice and just kindness and understanding that helped when I've felt really unsure of what this diagnosis will mean for me.**

**Thank you to all our supporters!!!**



## Governance and Financial Review

### Trustees

Christen Williams (Chair)

Lisa Bancroft (Secretary)

Janine Duncan (Treasurer)

Alex Williams

Kate Biles

Eleanor Howie (resigned 21.11.24)

Lucy Hume (from 2.11.2023)

### Bank

Metro Bank

### Recruitment and Appointment of Trustees

The Trustees are recruited through word of mouth or BRCA+ Chat advertising. The Trustees conduct an annual audit of the Board to identify where new Trustees with specialist skills or knowledge can benefit the charity. Prospective Trustees are interviewed by at least two members of the Trustee Board and then invited to attend a Trustee meeting to introduce themselves and their reasons for wanting to be a Trustee to the current Board members. A vote of the existing Trustees is then taken to confirm appointment.

Trustees are inducted by use of Charity Commission Trustee resources, introduction to the charity by Trustee Chair, Secretary and Treasurer and resources from charity infrastructure organisations.

### Statement of the Charity's Policy on Reserves

Cash at bank at 31.03.2024 was £20,614 in unrestricted funds. The Trustees' policy on reserves is to hold enough reserves to cover dissolution of the charity. This is reviewed annually. They are confident that the charity has enough funds to cover any dissolution costs.

### Details of Any Funds Materially in Deficit

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets and liabilities.



## State of the Charity's Finances

Thanks to the efforts of our many supporters who have raised funds for us our reserves have doubled in the past year and the Board has made plans in the coming year to use these funds to meet our objectives by budgeting for admin and specialist support services to provide more comprehensive support for our beneficiaries.

## Restricted Funds

The charity did not receive any restricted funds.

## Designated Funds

We did not receive any designated funds during the year.

## Particulars of Any Outstanding Guarantee Given by the Charity

The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

## Particulars of Any Outstanding Debt

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets and liabilities.

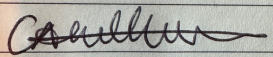
## Declaration

The Trustees declare that they have approved this report and authorised that it be signed on their behalf.

A stylized, hand-drawn signature in blue ink, appearing to read 'Christen Williams', is written over a light green, fish-shaped graphic.

Christen Williams  
January 2025



	-		-		-		-	
<b>Sub total</b>	-		-		-		-	-
<b>Total payments</b>	<b>3,448</b>		-		-		<b>3,448</b>	<b>875</b>
<b>Net of receipts/(payments)</b>	<b>8,765</b>		-		-		<b>8,765</b>	<b>4,967</b>
<b>A5 Transfers between funds</b>	-		-		-		-	-
<b>A6 Cash funds last year end</b>	<b>11,845</b>		-		-		<b>11,845</b>	<b>6,878</b>
<b>Cash funds this year end</b>	<b>20,610</b>		-		-		<b>20,610</b>	<b>11,845</b>
<b>Categories</b>	<b>Details</b>				<b>Unrestricted funds</b>		<b>Restricted funds</b>	<b>Endowment funds</b>
<b>B1 Cash funds</b>					<b>20,610</b>		-	-
					<b>20,610</b>		-	-
<b>B2 Other monetary assets</b>					-		-	-
					<b>Fund to which asset belongs</b>		<b>Cost optional</b>	<b>Current value optional</b>
<b>B3 Investment assets</b>					-		-	-
					<b>Fund to which asset belongs</b>		<b>Cost optional</b>	<b>Current value optional</b>
<b>B4 Assets retained for the charity's own use</b>					-		-	-
	<b>Details</b>				<b>Fund to which liability relates</b>		<b>Amount due optional</b>	<b>When due optional</b>
<b>B5 Liabilities</b>					-		-	-
Signed by one or two trustees on behalf of all the trustees	<b>Signature</b>				<b>Print Name</b>			<b>Date of approval</b>
					Christen Williams			22.01.25
	P. O. Duncan				Janine Duncan			22.01.25

**BRCA+ CHAT**

England & Wales - Charity number 1195944

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# Accounts

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# **Navigating Gene Mutations Together**

# BRCA+ Chat

Trustees' Annual Report and Financial Statements for the period

1st April 2022 to 31st March 2023

*“The BRCA+ Chat charity has helped me find a sense of belonging in a world that can feel so daunting. Their work has helped me find and meet other people going through the same process and sharing our individual stories has helped build a community of hope, support, and love.”*

49 Station Road, Polegate, East Sussex, BN26 6EA

BRCA+ Chat is a Charitable Incorporated Organisation governed by a CIO Foundation Constitution and overseen by a Board of Trustees

Registered Charity Number 1195944

## Executive Summary

During our second year as a charity, we have continued to build the amazing community of humans navigating a BRCA gene mutation (or other related gene). As a Board of Trustees, we held our first ever face to face Trustee meeting in Sheffield during which we set our strategic plan for the next 12 months. We agreed that our primary focus for the year would be on building our BRCA+ Chat community through a range of formats, including our face to face and online meet ups and our social media presence.

We delivered a series of webinars to build awareness and education of the diverse range of issues people affected by BRCA+ Chat encountered inviting expert speakers where possible to lead them. Topics for these were identified through beneficiary feedback.

We have also developed our governance and organisational structure to ensure that our processes are safe, resilient and have enabled the charity to operate effectively and robustly.

The lived experience of our Board members, BRCA+ Chat buddies, BRCA+ Chat supporters and those that follow our website, newsletter and social media posts remains at the heart of all we do and guides us in our activities, our plans, and our future ambitions.



*BRCA+ Chat Trustees meeting face to face for the first time*

*"I have found this so valuable over the last few years- the stories you've shared, the talks you've organised and the pics you share have helped me so much and I even found my surgeon (who I am SO happy with) through this page! I honestly can't thank you enough."*

## Objectives

Our vision is to build a world where people's lives are not determined by their gene mutations.

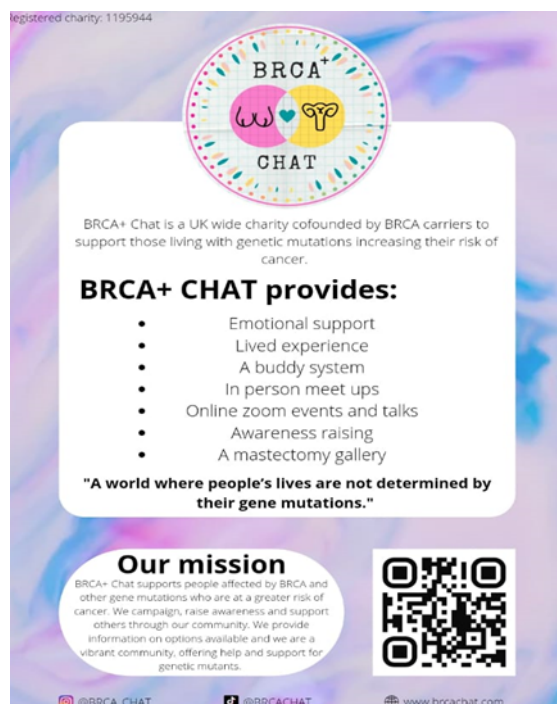
We will work towards this by:

- ✓ Providing emotional, mental and practical support for those affected by BRCA and other gene mutations within the United Kingdom
- ✓ Providing education in the United Kingdom on arising out of or pertaining to BRCA and other gene mutations
- ✓ Creating awareness and campaigning around issues arising out of or pertaining to BRCA and other gene mutations including, but not limited to, better access to genetic testing within the United Kingdom

*"By the way, I don't know if I took the time to tell you before, but I am very admiring of what you do. Your strength, the communicative energy you radiate despite all what you went through. Some bad days it really helps me seeing you. I see so much beauty that I hope I'll be able to see in myself when the time will come."*

## Statutory Declaration on Public Benefit

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties.



registered charity: 1195944

**BRCA+ CHAT**


BRCA+ Chat is a UK wide charity cofounded by BRCA carriers to support those living with genetic mutations increasing their risk of cancer.

**BRCA+ CHAT provides:**

- Emotional support
- Lived experience
- A buddy system
- In person meet ups
- Online zoom events and talks
- Awareness raising
- A mastectomy gallery

**"A world where people's lives are not determined by their gene mutations."**

**Our mission**  
BRCA+ Chat supports people affected by BRCA and other gene mutations who are at a greater risk of cancer. We campaign, raise awareness and support others through our community. We provide information on options available and we are a vibrant community, offering help and support for genetic mutants.



[@BRCA\\_CHAT](#) [@BRCACHAT](#) [www.brcachat.com](http://www.brcachat.com)

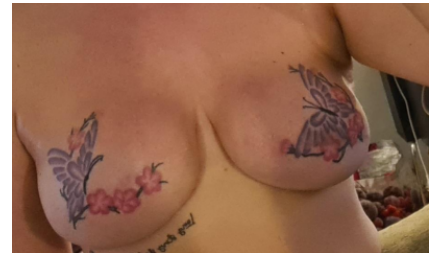
## Overview



Despite having no staff and limited resources, we are so proud of what we have achieved this year, led by the energy, passion, commitment and incredible hard work of our Chair, Christen Williams.

Through our events and activities, we have reached nearly 900 people to share knowledge, information, and community. We have more than 2,000 followers on our social media platforms and are reaching three times that number across UK and the world. We have grown our wonderful group of BRCA buddies who use their lived experience to support others at the start of their journeys to nearly 150.

Our website continues to be important in promoting our messages of love and positivity to people living or affected by BRCA type gene mutations. Our mastectomy gallery is a unique resource for anyone facing preventative breast surgery and we are so grateful to the many previvors who have shared their images.



*An image from our gallery*

*“Hi! I just came across your page and wanted to say a massive thanks for sharing so much info about BRCA. I’m in the midst of prepping for my upcoming mastectomy, and just binge watched a whole bunch of your YouTube videos which were so, so helpful. The mastectomy gallery was awesome too! I really appreciate that you’ve shared so much of your journey, it’s helped me feel a lot less nervous and alone.”*

We have received loads of messages of hope and thanks as well as requests for information and advice. Whilst we are clear that we are not medical experts, and that we can only provide information based on the experiences within our community, we will always try to signpost to accredited sources and highlight new research and news when it is published. Mostly however, it is emotional support that we give.

During the year, we have joined national and local campaigns to add our voice to the need for more information, support, and genetic testing.

*“Before knowing about this amazing charity I was so alone with me feelings, no one understood and now I have a whole support network ❤️❤️❤️ it has made such a difference to my mental health, cannot thank you enough for the amazing work you do 💋💋💋 love ya ❤️❤️”*

## Activities

### Peer support

Our fantastic BRCA buddies are all inspirational peer models who share their own journeys and experiences to support others. As our network expands, we are keen to better support our buddies and introduce a more structured resource to link BRCA affected humans with those buddies that might be best placed to support them.

*"You've made me feel a bit more normal - so thanks for welcoming me in too."*

### Meet ups

We held three face to face meet ups during the year in Edinburgh, Sheffield and London. These were attended by 33 people. We also held an online peer support group meeting which 25 people attended. Feedback from these has been incredible and through them we have recruited more buddies and been able to link buddies up with others in their areas to build local BRCA communities.

We are planning even more during the coming year!

*"Such a wonderful meeting. Thank you so much lovely. Finally speaking to ladies who understand has made such a difference to my mood! I can't wait to meet up again soon I hope 😊"*



London Meet-Up May 22

## Webinars

We held five webinars with 185 people attending. Subjects were as diverse as the images in our mastectomy gallery - CHAT Skin Melanoma, CHAT Nip Tats, CHAT Dating, CHAT sex post mastectomy and CHAT To Nip or Not to Nip. The most popular was our webinar about sex post mastectomy with 64 people attending.

The webinars always spark lots of discussion and we are continually identifying new subjects based on the feedback we receive.

*"I am going to have to go now but I just wanted to say this has been super lovely and you are both absolute babes and thank you for sharing all of this! Definitely will be attending the next one, please make sure there are more :) x"*

*"Thank you SO MUCH for being so open and answering my million questions".*

*"The BRCA info meeting was superb. Sooo grateful, it was so informative and reassuring and wonderful expertise!!"*

*"Thank you! My head feels well clearer around future decisions now!"*

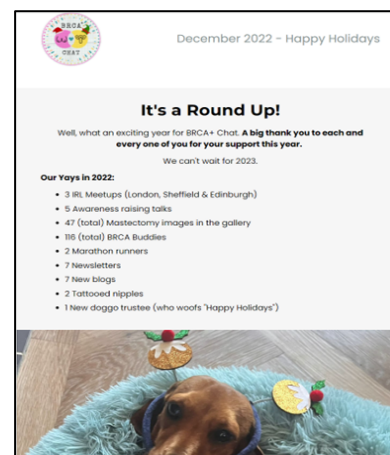
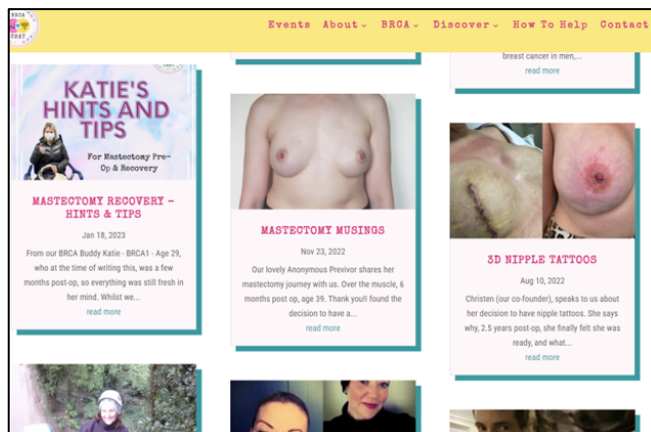
## Insta Live

In December, we held our first ever Instagram Live event about genetic testing. We have 618 views which was incredible and led to us guest speaking on an Instagram Live Panel to discuss grief "Moving Forward, not Moving on" which had 617 views.

*"I think your insta pages are invaluable for people like me who are new to the BRCA journey and wanting real accounts, not just what you get from Google and hospital leaflets! Thank you! Xxx"*

## Newsletters, Blogs, etc

Our newsletters and blogs are an important way of keeping people informed about our plans, upcoming events, and news about everything BRCA. We sent out eight newsletters and published five blogs during the year.



## Social media and website resources

Reaching out to anyone who may be struggling with their BRCA status is a vital aspect of our work. Our board of Trustees are (mostly) all BRCA+ Humans, who all felt overwhelmed and alone when first diagnosed. We recognised a need for more support services in the U.K – and just wanted a friendly BRCA buddy to spell it out to us. This is how BRCA+ Chat developed and the more people we can help to feel less overwhelmed and alone, the better we feel.

We have some big plans to make our online communications even more engaging and eye catching and are hoping to get some pro bono support for this next year as well as building a communications strategy for funding bids to grants and trusts.

Our BRCA community is built on sharing messages of hope, knowledge, experiences, and the better we can do this, the more our community will grow, and no one will be alone.

*"I just wanted to say how brilliant your website and Instagram has been. Just had my double mastectomy with reconstruction straight to OTM implants. Your information has been invaluable and helped me to understand what to expect throughout this journey. I'm sure this has and will continue to help post op. Christen vlog post op was most helpful."*

*"Honestly don't know what do without this webpage. I wouldn't be prepared at all. I obviously don't know you or your mum, but I am sure she would be so proud of you, this account and the networking you've created !! For people like me 😊xxx"*

## Campaigning



Christen at No 10

Our fab co-founder Christen was invited to number 10 to discuss issues women face in terms of health for International Women's Day. She was there raising awareness about the inconsistency of support across the UK and that women are being diagnosed with cancer whilst waiting for mastectomies.



# Governance and Financial Review

## Trustees

Christen Williams (Chair)

Lisa Bancroft (Secretary)

Janine Duncan (Treasurer)

Alex Williams

Eleanor Howie

Kate Biles

## Bank

Metro Bank

## Recruitment and appointment of Trustees

The Trustees are recruited through word of mouth or BRCA+ Chat advertising. The Trustees conduct an annual audit of the Board to identify where new Trustees with specialist skills or knowledge can benefit the charity. Prospective Trustees are interviewed by at least two members of the Trustee Board and then invited to attend a Trustee meeting to introduce themselves and their reasons for wanting to be a Trustee to the current Board members. A vote of the existing Trustees is then taken to confirm appointment.

## Statement of the Charity's Policy on Reserves

Cash at bank at 31.03.2023 was £11,845 in unrestricted funds. The Trustees policy on reserves is to hold enough reserves to cover dissolution of the charity. This is reviewed annually. They are confident that the charity has enough funds to cover any dissolution costs.

## Details of Any Funds Materially in Deficit

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets and liabilities.

## State of the Charity's Finances

Thanks to the efforts of our many supporters who have raised funds for us our reserves have doubled in the past year and the Board has made plans in the coming year to use these funds to meet our objectives by budgeting for admin and specialist support services to provide more comprehensive support for our beneficiaries.

## Restricted Funds

The charity did not receive any restricted funds.

### **Designated Funds**

We did not receive any designated funds during the year.

### **Particulars of Any Outstanding Guarantee Given by the Charity**

The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets and liabilities.

### **Particulars of Any Outstanding Debt**

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets and liabilities.

### **Declaration**

The Trustees declare that they have approved this report and authorised that it be signed on their behalf.

Christen Williams

24<sup>th</sup> January 2024



CHARITY COMMISSION  
FOR ENGLAND AND WALES

BRCA+ Chat

1195944

## Receipts and payments accounts

CC16a

For the period from	01.04.2022	To	31.03.2023
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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>					
Donations	5,842	-	-	5,842	6,878
Fundraising event - London Parks	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,842</b>	<b>-</b>	<b>-</b>	<b>5,842</b>	<b>6,878</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>5,842</b>	<b>-</b>	<b>-</b>	<b>5,842</b>	<b>6,878</b>
<b>A3 Payments</b>					
BRCA buddies materials	178	-	-	178	-
Training	30	-	-	30	-
Website costs	175	-	-	175	-
Trustee Expenses	409	-	-	409	-
Licences	35	-	-	35	-
Insurance	48	-	-	48	-
	-	-	-	-	-
<b>Sub total</b>	<b>875</b>	<b>-</b>	<b>-</b>	<b>875</b>	<b>-</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>875</b>	<b>-</b>	<b>-</b>	<b>875</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>4,967</b>	<b>-</b>	<b>-</b>	<b>4,967</b>	<b>6,878</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>6,878</b>	<b>-</b>	<b>-</b>	<b>6,878</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>11,845</b>	<b>-</b>	<b>-</b>	<b>11,845</b>	<b>6,878</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>	Bank account	11,845	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b> <small>(agree balances with receipts and payments account(s))</small>	11,845	-	-

	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
	Kate Piles	24.1.24



CHARITY COMMISSION  
FOR ENGLAND AND WALES

BRCA+ Chat  
BRCA+ Chat

No (if any)  
1195944

## Receipts and payments accounts

CC16a

For the period from	01.04.2022	To	Period end date	31.03.2023
---------------------	------------	----	-----------------	------------

### 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>					
Donations	5,842	-	-	5,842	6,878
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>5,842</b>	<b>-</b>	<b>-</b>	<b>5,842</b>	<b>6,878</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>5,842</b>	<b>-</b>	<b>-</b>	<b>5,842</b>	<b>6,878</b>
<b>A3 Payments</b>					
BRCA buddies materials	178	-	-	178	-
Training	30	-	-	30	-
Website costs	175	-	-	175	-
Trustee Expenses	409	-	-	409	-
Licences	35	-	-	35	-
Insurance	48	-	-	48	-
	-	-	-	-	-
<b>Sub total</b>	<b>875</b>	<b>-</b>	<b>-</b>	<b>875</b>	<b>-</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>875</b>	<b>-</b>	<b>-</b>	<b>875</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>4,967</b>	<b>-</b>	<b>-</b>	<b>4,967</b>	<b>6,878</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,878	-	-	6,878	-
<b>Cash funds this year end</b>	<b>11,845</b>	<b>-</b>	<b>-</b>	<b>11,845</b>	<b>6,878</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>	Bank account	11,845	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>11,845</b>	<b>-</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	

**BRCA+ CHAT**

England & Wales - Charity number 1195944

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	Day 28	Month 09	Year 2021		Day 31	Month 03	Year 2022

## Section A Reference and administration details

**Charity name** BRCA+ Chat

**Other names charity is known by**

**Registered charity number (if any)** 1195944

**Charity's principal address** 49 Station Road

Polegate

East Sussex

**Postcode**

**BN26 6EA**

### 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	Christen Williams	Chair		
2	Janine Duncan		15 January 2021 to date	
3	Alex Williams			
4	Kate Biles			
5	Eleanor Howie			
6	Lisa Bancroft			
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

## Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

## Name of chief executive or names of senior staff members (Optional information)

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution adopted 28 September 2021
How the charity is constituted (eg. trust, association, company)	CIO Foundation (Registered 28 September 2021)
Trustee selection methods (eg. appointed by, elected by)	Trustees are appointed or reappointed by resolution passed at a properly convened meeting of the charity trustees

### Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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## Section C Objectives and activities

### Summary of the objects of the charity set out in its governing document

The objects of the charity are:

- Providing emotional, mental and practical support for those affected by BRCA and other gene mutations within the United Kingdom
- Providing education in the United Kingdom on arising out of or pertaining to BRCA and other gene mutations
- Creating awareness and campaigning around issues arising out of

or pertaining to BRCA and other gene mutations including, but not limited to, better access to genetic testing within the United Kingdom

In planning our objectives for the period between 28 September 2021 and 31 March 2022 we kept in mind the Charity Commission's guidance on public benefit at our Trustee meetings.

The main activities were as follows:

- **Providing emotional, mental and practical support for those affected by a BRCA gene mutation within the United Kingdom**

We have been developing a supportive community network of individuals affected by a BRCA (or similar) gene mutation to facilitate peer support and the sharing of lived experiences. This is supported by relevant resources on our website and social media channels.

- **Providing education in the United Kingdom on living with BRCA gene mutations**

Our focus has been on establishing a series of educational livestreamed sessions to educate the general public and those affected by a BRCA (and similar gene mutations) on issues directly relevant to them and their experiences. We utilise our website and social media presence to further disseminate this information.

Most of our work in this area in the relevant period has drawn directly on previvors to highlight the reality of gene mutations for those living with them.

These activities benefit those affected by BRCA (and similar) gene mutations by providing education and emotional support on issues relevant to this group. We support anyone over the age of 16 with a BRCA or other similar gene mutation, those undergoing or considering genetic testing and their family and friends. We also welcome anyone who works with this groups, i.e. medical professionals, counsellors and volunteers.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

**Additional details of objectives and activities (Optional information)**

N/A

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

**Peer support**

We have created a community of “BRCA buds” who share their lived experiences. Feedback has been positive:

“I had an amazing family who were so supportive but I really wanted to talk to people in a similar situation as myself. I saw the BRCA+ Chat [Instagram] story about finding a BRCA bud [...]. We talked about our families, our boobs, the operations and then just talked about life! [...] It’s been so fantastic to meet some amazing people in a great community all through different stages in the BRCA journey.”

**Live streamed educational sessions**

In March 2022 we held our first live streamed educational session which addressed nipple sparing vs nipple losing mastectomies as this is an important choice that many of our beneficiaries will face.

This session was well attended and received positive feedback including the following:

- “this has been super lovely and [...] thank you for sharing all of this! Definitely will be attending the next one, please make sure there are more.”
- “this has been so helpful”
- “Thank you that was so helpful, really appreciate it”

**Social media and website resources**

We have built an engaged social media following across our social media channels. This is one way in which we share educational resources. Our social media posts have addressed topics such as:

- Practical advice i.e. what to take to hospital on the day of surgery
- Emotional support i.e. self-care ideas for difficult days

We have created resources accessible via our website. This includes an educational blog and topics covered within the relevant period include:

- Becoming the mother of a BRCA mutant
- Yes, I had preventative surgeries. No, I was not prepared
- Dear Future Me
- Ovarian cancer – knowledge is power

An important resource that we have developed is our Mastectomy Gallery which features images of women who have had mastectomies and have had various forms of reconstructive surgery or have not had reconstruction at all. Our beneficiaries report that this helps them to understand their options. We have received positive feedback:

- “I showed my surgeon your whole gallery [...] and he was so impressed by you guys doing this.”

- “Your mastectomy gallery has been a huge help with making decisions on specifics with my surgery and has helped to prepare me for what I am about to go through.”

We have also created and launched an e-mail newsletter in March 2022. This is used to engage with our community and signpost subscribers to relevant resources.

### **Fundraising**

In February 2022 we were supported by a fundraiser who ran a half-marathon in order to raise funds for BRCA+ Chat. The final sum raised was £508.35.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

Cash at bank at 31.03.2022 was £6,878.35 in unrestricted funds.

We currently hold funds to cover costs that may be payable on dissolution of the charity.

### Details of any funds materially in deficit

Not applicable.

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Our main source of funds in the relevant period has been donations.

## Section F

## Other optional information

### Future plans

The coming year will see a continued emphasis on developing the following:

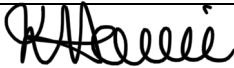
- Community of "BRCA Buds" – events and facilitated peer support / sharing of lived experiences
- Education – creation and dissemination of relevant resources including via our newsletter, website and social channels
- Educational events with relevant expert speakers

## Section G

## Declaration

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	ELEANOR HOWIE	
Position (eg Secretary, Chair, etc)	TRUSTEE	
Date	30/01/2023	



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name BRCA+ Chat	No (if any) 1195944
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CC16a

## Receipts and payments accounts

For the period from	Period start date 28.09.2021	To	Period end date 31.03.2022
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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>					
Donations	6,878	-	-	6,878	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>6,878</b>	<b>-</b>	<b>-</b>	<b>6,878</b>	<b>-</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>6,878</b>	<b>-</b>	<b>-</b>	<b>6,878</b>	<b>-</b>
<b>A3 Payments</b>					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</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>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>6,878</b>	<b>-</b>	<b>-</b>	<b>6,878</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>6,878</b>	<b>-</b>	<b>-</b>	<b>6,878</b>	<b>-</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 at bank	6,878	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>6,878</b>	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

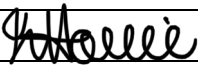
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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
	Eleanor Howie	30/01/2023