

Hull & East Riding Breast Friends



Registered charity Number 1114143

Newsletter

January 2015



Patron HRH The Duchess of Kent

Ten years supporting local people affected by breast cancer. And what a way to start our celebrations! Just in case you haven't heard the amazing news, HRH The Duchess of Kent has kindly agreed to become our Patron !!

In the letter of acceptance we received we were told that she is *'incredibly honoured to be asked to become Patron of our charity and would be delighted to take up the position'* and continued *'As you so well know, Hull is very close to her heart and she would love to support such a worthy cause in the area.'*

Now its going to be hard to top that bit of exciting news but just look inside and see what exciting events we have got lined up for 2015 to celebrate our tenth anniversary.

However as always January is **membership renewal time**.

This year as part of our **HER Breast Friends 10** celebrations, membership is FREE to those who have had a diagnosis of breast cancer and remains at only £5 for others who wish to support us. Yes just £5.00 for the whole year! But that £5.00 goes a long way, helping to support our on going activities such as Patient Gift Packs, The Wig Bank, The **Pink** Pamper Day, The Buddleia Therapy Room, and much more. You can find a copy of the membership details with a form to print and send to us at the rear of this newsletter.

If you have seen our Facebook and Twitter pages or have been to our premises recently you will be aware that we currently have two competitions running for 2015.

Our 2015 Christmas Card Design Competition is open to all ages. The winning design will be made into the official **HER Breast Friends** Christmas card for 2015. Full details can be found inside.

Closing date for entries 28th February 2015. Thank you to everyone that has sent in entries so far.

Our Arts for Awareness competition is open to all ages too, and welcomes all amateur artists and crafters. Highlighting the positive and therapeutic impact that arts and crafts can have on those affected by breast cancer, the entries will form part of a road show around Hull & East Riding prompting a public vote for the winning entries. For further information and entry form contact the office. **Closing date for entries 24th March 2015.** See poster inside and use to display maybe at work, your local shop or village hall.

As you will see from the attached calendar there is something to suit everyone in our range of events celebrating this year. However as always they are run by volunteers, so if you have been saying 'I would like to help' well make this year, the year you do! We always need more volunteers! So grab yourself a drink, your diary and a pen, get comfy and read on.

HER Breast Friends Contact Details

Tel: 01482 221368

Email: generalenquiries@herbreastfriends.org.uk



The office is currently open Tuesdays, Wednesdays and Thursdays between 10am and 3pm



Thank you

First of all may I say a huge thank you to everyone who has supported the Charity in any way shape or form during the past ten years. Without your support we would probably not be as strong as we are today.

Here's to another ten years of supporting local people affected by breast cancer.

Gail Allot and The Humber Tavern at Paull donated **£250** to **HER Breast Friends** from various raffles held at the premises.



A wonderful weekend of entertainment was had by all who attended the NAPA performance of **Bosom Buddies**, of which two sketches were written by our own Eileen O'Grady

With a special guest appearance by the **HER Breast Friends** Wednesday dance class who performed a beautiful and colourful veil dance.



The event raised **£455**

New Hall Surgery, Oakfield Court Hull held a variety of events in 2014 from plant and book stalls to raffles etc and raised **£420** which they very kindly donated to **HER Breast Friends**.

Any one who comes to the Drop In or Craft Club on a Wednesday afternoon knows how much we look forward to Sue Clarkes baking. Sue not only made some delicious Christmas cakes to order



but also an extra one which she raffled in a guess the weight competition. This raised a fantastic **£30.50** and was won by our very own **Marilynn**.

Biz Space had a Christmas jumper fundraising event and raised **£84** which they kindly donated to **HER Breast Friends**

Thank you to all the staff at the Breast Clinic, Castle Hill Hospital for selling our merchandise and raising **£1339.30** in 2014



Our Christmas with Friends weekend at Coletta & Tyson Outlet Garden Centre, Dunswell raised **£1120.20** from the cake stall, merchandise, craft club, raffle and tombola. Once again a fantastic weekend was had by all who attended. A massive thank you to all the volunteers who helped at the event

Some of our amazing volunteers

Remember our November meeting with the chocolate tasting, well the chocolate raffle raised **£103** for **HER Breast Friends**.

£414.24 was kindly donated to the Charity by Josie Brownie following the funeral of her husband.

Protecting the environment and supporting **HER Breast Friends**, member Ellen Lill donated **£34** in lieu of Christmas Cards.

HER Breast Friends 2015 Christmas Card Design Competition

Name;

Address;

Postcode:

Telephone:

Email:

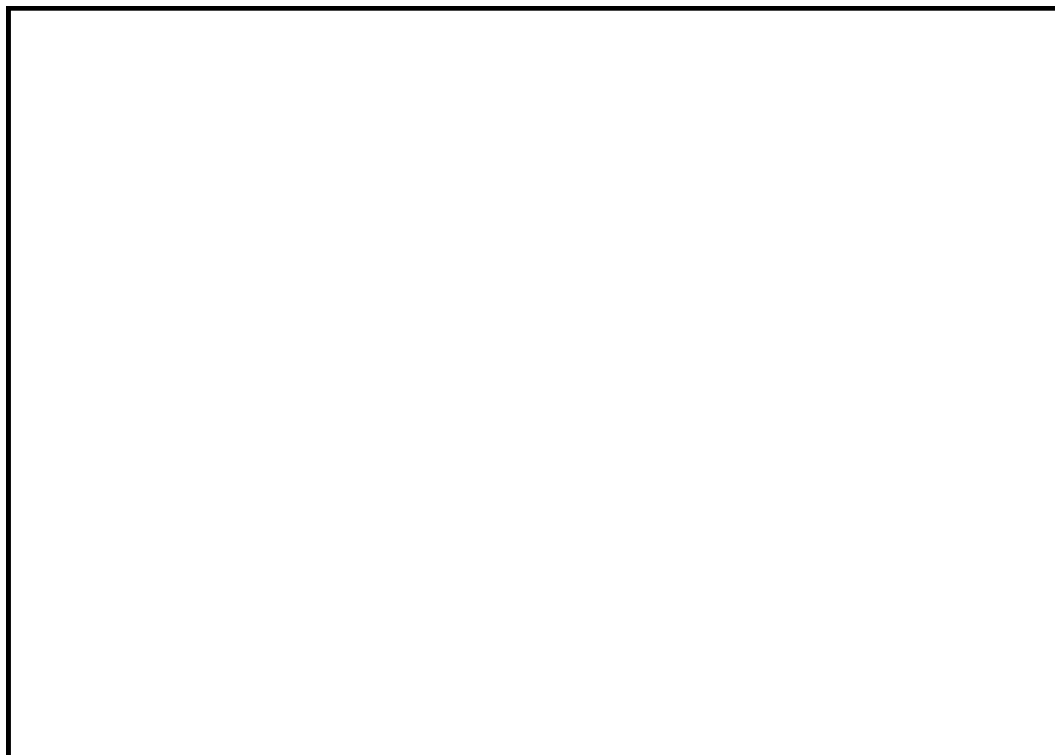
If under 18 years signature of Parent/Guardian _____

Please tick here if you do not wish for photographs or names to be included in publicity

Name of your picture:

Tell us about your artwork.

The finished cards will be A6 size so please use the template below as a rough guide



This competition is open to all.

Entries should be in colour and can be any kind of artwork including paintings, drawings or photographs. The artwork must be original and can be either portrait or landscape design as long as it fits the required dimensions **to fit A6 card** (approximately 148mm x 105mm) or you can use the template above as a guide.

For paintings and drawings, only crayons, felt tip pens, pencils and paints should be used, No stick-on materials such as glitter, cotton wool or tissue paper should be used as these will not be transferable onto the printed card.

Closing date for entries is Saturday 28th February 2015.

Judging will take place in March 2015 by a panel selected by the Board of Trustees.

The judges decision is final and no correspondence will be entered into.

The winning picture will be made into the HER Breast Friends Christmas Card 2015.

Please send your entry to; HER Breast Friends Christmas Card Competition

Suite D1, Chamberlain Business Centre

Chamberlain Road

Kingston upon Hull

HU8 8HL

Reminder — Closing date for entries is : Saturday 28th February 2015

AGM

This years AGM was once again held at The Village Hotel on Saturday 17th January 2015.



The following were re-appointed to serve a further term of one year on the Board of Trustees: De Hempstock (Chairman), Linzi Scaling (Vice Chairman) Pam Trays (Vice Chairman) Janet Lonsdale (Treasurer), along with Jan Jones, Eric Jones, Janice Connor, Eileen O'Grady and Joanne Mennell.

Members in attendance voted Mona Crozier as a trustee to replace John Mabbett who stood down at the AGM. Grateful thanks were recorded to John for his service to the Charity along with everyone's very best wishes for the future.

If you were unable to attend the meeting and would like to receive a copy of the Annual Report / HBF10 Report and Statement of Accounts, please contact the office.

Thank you to everyone who brought along a bra for our Breast Awareness Event 'Bras around the Windmill' which will take place in May this year. The winner of our beautiful Bra Cake kindly donated by Karen Hodgson was Jan Stainforth.



Trustee Eileen O'Grady also donated a cake or part thereof. Eileen had made a beautiful cake especially for the AGM depicting our theme for the year 'From caterpillars to butterflies' .

Everyone received a piece of the cake at the meal and the top part, the butterfly, was auctioned at the end of the day.

A tense battle took place between Mona Crozier and Derek Grantham with Derek making the final bid. Congratulations Derek .



HER Breast Friends members
are like snowflakes
All unique and different
in their own wonderful way



Imagine what they can do when they
stick together!



The Wig Bank at **HER Breast Friends**
is now open Monday - Friday
10.30pm—2.30pm .

Volunteers are required especially for
the Monday and Friday to help continue
this vital service that we provide to the Hull & East
Riding area. Training will be given.


If you can spare a few hours on any day then please
contact the office.

Pull out and display

Arts for Awareness®

in support of local people affected by breast cancer

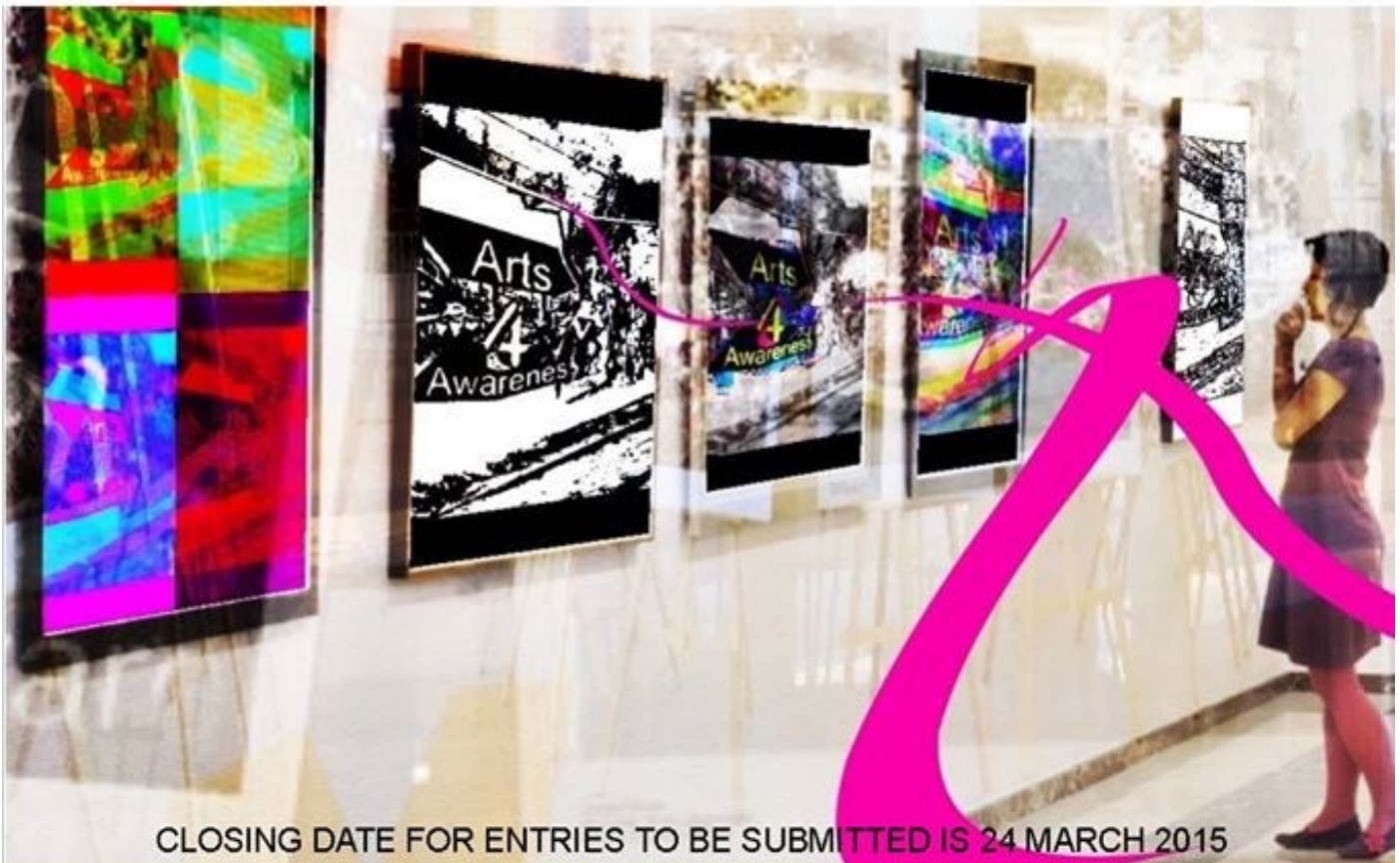
As part of **HER Breast Friends** 10th anniversary in 2015 we are holding a series of roadshows/exhibitions to promote the charity's services and activities and to highlight the positive and therapeutic impact that arts and crafts can have on those affected by the disease. The competition is open to all amateur artists/crafters, and children, all we ask is that you relate your entry either to the Charity itself, or to a person you know who has been affected by breast cancer. This can be done through your piece of work or through the written Artist's Statement/Personal Paragraph. For further details and an entry form, please contact the charity:

Hull & East Riding Breast Friends 

Chamberlain Business Centre, Chamberlain Road, Hull, HU8 8HL

Email: generalenquiries@herbreastfriends.org.uk

Telephone: 01482 221368



CLOSING DATE FOR ENTRIES TO BE SUBMITTED IS 24 MARCH 2015

Arts & Crafts Competition 2015

www.herbreastfriends.org.uk

Registered Charity No: 1114143



Hull & East Riding
Breast Friends
Registered Charity No. 1114143
www.herbreastfriends.org.uk



Ceilidh Dance

Grab your partner by the hand and follow the instructions of the band leader!

A fantastic fun night for all the family . If you've not been to a ceilidh before then this one performed by The Hayriders from Walkington is not to be missed!

Saturday 7th March 2015

7.30PM — 10.30PM

Marist Parish Hall, Cottingham Road, Hull

Tickets on sale **NOW** from the **HER Breast Friends** office

£7 includes Pie & Pea supper or Vegetarian option available (request on purchase of ticket)

Remember

Wednesday night 7pm—8pm
is Dance class night
The Space Dance Studio,
Grafton Street Hull.

Remember

Drop In Centre - Tuesday, Wednesday and Thursday
11am—2pm have a look around, have a cuppa and a chat or
a read. All welcome

Wednesday afternoon 1pm—3pm Craft club



Vintage Tea Party

Wednesday 4th March

1pm - 4pm

HER Breast Friends

Chamberlain Road

Hull HU8 8HL

Tickets £3

Places are limited so contact
the office asap.

If you've been to one our
vintage tea parties before
you know delicious delights
will abound!

Eileen needs you!

As part of our **HBF10** celebrations , Eileen O'Grady
is compiling a photo compilation entitled

'HER Best Breast Friend'

Eileen needs volunteers to have their photo taken
with whoever or whatever helped you through your
treatment. For many this may be more than one
person/item. If you would like to take part in this
wonderful tribute and be part of the **HBF10** history
please contact Eileen for further information and an
appointment.

eileengrada@eileengrada.karoo.co.uk

Those at the AGM got a sneak pre view of our new website

Look out for the launch in February!

Same address

www.herbrestfriends.org.uk

HER Breast Friends Calendar of Events 2015

Date	Event
Saturday 17 January	Annual General Meeting and Annual Lunch 10am at The Village Hotel, Hull
Saturday 14 February	Monthly Meeting at HER Breast Friends 10—12 (Macmillan Choir & sing a long)
Saturday 28 February	Closing date for Christmas Card Competition
Wednesday 4th March	Vintage Tea Party at HER Breast Friends 1pm — 4pm Tickets £3 on sale NOW from the office
Saturday 7 March	Scottish Ceilidh Evening Marist Parish Hall Cottingham Road Hull Tickets £7 on sale NOW from the office
Saturday 14 March	Monthly Meeting at HER Breast Friends 10—12pm
Tuesday 24 March	Entries received for Arts for Awareness Competition Community Hall, Garden Village, Hull
Saturday 11 April	Monthly Meeting Hull Central Library 10—12pm
Monday 13 – Friday 17 April	Charity Roadshow and Arts for Awareness Exhibition Hull Central Library, Hull
Saturday 25 April	10th Pink Pamper Day 10 + Launch of Grand Draw At The Village Hotel, Hull
Sunday 3 & Monday 4 May	Bras Around The Windmill Skidby Windmill
Saturday 9 May	Monthly Meeting at HER Breast Friends 10—12pm
Thursday 14 May	Fashion Show The Guildhall, Hull Tickets £10 on sale NOW from the office
Saturday 16 May	Charity Roadshow and Arts for Awareness Exhibition Toll Gavel Church, Beverley
Wednesday 3 June	Charity Open Day at HER Breast Friends 2 – 7pm
Wednesday 10 June	Charity Roadshow and Arts for Awareness Exhibition Driffield Methodist Church Hall
Saturday 13 June	Monthly Meeting at HER Breast Friends 10—12pm
Sunday 14 June	Partner Charity for the Hull 10K – Run for All (Volunteer marshals required)

*You are always advised to check details of events nearer the time in case of late amendments to times or venues.
Check our Facebook and website for any new events added..*

HER Breast Friends Calendar of Events 2015

Date	Event
Sunday 5 July	Breastival a day of music and fun for all the family—entry free The Lawns, Cottingham 1 – 7pm (time to be confirmed)
Saturday 11 July	Monthly Meeting at HER Breast Friends 10—12pm
Wednesday 15 July	Charity Roadshow and Arts for Awareness Exhibition The Courtyard, Goole
Saturday 8 August	Monthly Meeting at HER Breast Friends 10—12pm
Monday 10 August	Charity Roadshow and Arts for Awareness Exhibition The Floral Hall, Hornsea Family Picnic at Hornsea Beach Make your own way there, meet us on the beach or in the Floral Hall and don't forget to bring a picnic!
Wednesday 2 September	Charity Roadshow and Arts for Awareness Exhibition Bridlington Central Library, King Street, Bridlington
Saturday 12 September	Monthly Meeting at HER Breast Friends 10—12pm
Saturday 3rd October	Breast Awareness Event St Stephens Shopping Centre
12 – 16 October	Arts for Awareness Main Exhibition The Venue, Hull Central Library Open to the public Monday 12 – Friday 16 October
Friday 16 October	Arts for Awareness Celebration Evening
Saturday 17 October	Monthly Meeting Hull Central Library 10am —12pm
Saturday 7 November	Butterfly Ball KC Stadium - 10th birthday party event and Grand Raffle Draw Tickets £25 each. On sale from the office shortly
Saturday 14 November	Charity Roadshow and Monthly Meeting A special visit back to where it all started for HER Breast Friends - Sutton Methodist Church Hall, Hull 10 - 12pm
November/December	Christmas with Friends Event (to be arranged)
Friday 11 December	Disco Party Night Inglemire Club, Ingirmire Lane Hull

*You are always advised to check details of events nearer the time in case of late amendments to times or venues.
Check our Facebook and website for any new events added..*



Hull & East Riding Breast Friends

Registered Charity No: 1114143

Membership Application Form

Membership from 1st January – 31st December inclusive

If you would like to join, or re-new your membership, please complete the details below with a cheque for £5.00 (if applicable for 2015) made payable to Hull & East Riding Breast Friends and send to;

HER Breast Friends, Chamberlain Business Centre, Chamberlain Road, Hull, HU8 8HL

NAME: _____
ADDRESS: _____
POSTCODE: _____
TELEPHONE: _____ Mobile ; _____
EMAIL: _____

Please provide us with your email address as this not only enables us to keep you more up to date it significantly reduces the Charity's postage costs. We will only use it for membership purposes and will never knowingly share your details with anyone, unless required by law.

(Please circle) AGE: 18- 25 26-35 36-45 46-55 56 and over

(please tick the appropriate box)

I am the breast cancer patient	I am a family member	I am a carer
Please provide the name of the breast cancer patient		
I am a supporter		

By applying for membership I agree to uphold the aims and objectives of **HER Breast Friends** and to the above details being held on a database for the purposes of membership administration

Signature:

Date:

I am a UK Taxpayer and would like to claim Gift Aid Please tick this box

If you are a UK taxpayer we can claim Gift Aid on donations you make to the charity. This includes your membership fees. It costs you nothing and the Government gives us back money in return for every pound you donate. You must pay an amount of income or capital gains tax at least equal to the tax the charity reclaims. Please notify the charity if you: 1. Want to cancel this declaration. 2. Change your name or home address. 3. No longer pay sufficient tax on your income and/or capital gains.

THANK YOU FOR YOUR SUPPORT

For new members only joining after 30th June you can choose to pay a reduced rate of £2.50 for the remainder of the current year



Hull & East Riding Breast Friends

Registered Charity No: 1114143



Thank you for enquiring about becoming a part of what makes **HER Breast Friends** great – our membership!

Applications are welcomed from women and men who are currently undergoing treatment for breast cancer as well as long-term survivors and those who are living with metastatic breast cancer. Family, friends, and colleagues of those affected can also become members, as can supporters who would like to contribute to the Charity.

Members play a vital role in our organisation and also determine who sits on our management Board of Trustees.

Membership Statement

This statement on membership is taken from the **HER Breast Friends Membership & Beneficiaries Policy** and aims to ensure that any membership will benefit the charity. A full copy of this policy is available in the Charity's office.

Eligibility for Membership

Membership will be open to those who are over eighteen years of age and have been affected by breast cancer or individuals wanting to contribute to the charity. Membership is not an automatic entitlement, and any decision regarding the acceptance of a membership application ultimately lies with the Board of Trustees.

All members must agree to support and uphold the aims and objectives of **HER Breast Friends** and work towards its vision and mission in accordance with its values and are approved by the Trustees.

In accordance with charity law, we will keep a register of members and their contact details, however this information will never be given out to a third party, unless required to do so by law.

All members must complete a membership application form and agree that information taken from it is held on a database for the purpose of membership administration.

Members are responsible for informing the charity of any change in contact details or circumstance.

Membership of **HER Breast Friends** is not transferable.

Future Communications

We will keep in touch with all members at least once a year to invite you to attend the Annual General Meeting.

You may also be contacted throughout the year to be informed of any events or news that might be of interest to you. If you do not wish to receive any of these mailings from us you must inform us in writing.

Photographs

We take photos at various events which may be used for publicity. If you do not wish your photograph to be taken please inform the photographer at the event.

We hope that being a member of **HER Breast Friends** will be a worthwhile experience, and if you have any comments or suggestions to help us improve our services, these would be very welcome. Equally if you have any concerns or complaints we would always want to be given the opportunity to hear these and help put things right.

If you would like more information about membership, or anything we do, please contact us:

Telephone number: 01482 21368 ; Website www.herbrestfriends.org.uk

Or you can write to us at: **HER Breast Friends**, Suite D1, Chamberlain Business Centre, Chamberlain Road, Kingston upon Hull, HU8 8HL.

How you can help us, how to contact us and how to find us.

Membership - by joining **HER Breast Friends** you are not only showing your support for the charity but fees help toward our running costs

Gift Aid - if you are a tax payer complete a gift aid form and the government gives us money back in return for every pound donated

Merchandise/Collection Boxes - if you are interested in having a collection box or can maintain a suitable outlet for our merchandise please contact us

Webshop - help by doing online shopping <https://www.easyfundraising.org.uk>

eBay for Charity - we are registered with eBay so when selling items on eBay you can choose to donate a percentage or all of the sale price to the charity. <http://www.ebay.co.uk/>

Raffle/Tombola Prizes - donate any unwanted gifts for us to use as raffle or tombola prizes

Volunteer - offer your time as a volunteer

Donations - our online donation websites are:



<https://mydonate.bt.com/charities/herbreastfriends>



www.mycharitypage.com/Hull&EastRidingBreastFriends

TEXT - HEBF05 (amount i.e. £3) to **70070**

Paypal donate https://www.paypal-donations.co.uk/pp-charity/charity.jsp?NP_ID=32717

If you would like to make a regular donation please contact us for **Standing Order** details.

How to contact us

HER Breast Friends has a suite of rooms within Chamberlain Business Centre,
Chamberlain Road, Kingston upon Hull HU8 8HL

Telephone: 01482 221368

Email: generalenquiries@herbreastfriends.org.uk

Our office is open Monday—Friday 10am - 3pm Answerphone facility available

Website: www.herbreastfriends.org.uk

Social Media:



Like us on Facebook: Hull & East Riding Breast Friends



Follow us on Twitter : @HERbreastfriends

How to find us

Our rooms are located within the Chamberlain Business Centre (**Bizspace**) at the top of Chamberlain Rd, off Stoneferry Road Hull. As you enter the car park looking at the building you will see the main Bizspace building and the reception. Or go through the purple pedestrian gate on the right-hand-side of the building, immediately to the left of this you will see a double glass door and our doorbell on the far right-hand side. Please press the bell on arrival and we will come and let you in.

Directions:

From the **west/south**, follow the A63 past The Deep, at the rdbt at the bottom of Myton Bridge go straight across, then take the next slip road left, at the rdbt take the 2nd exit, follow the road through 2 sets of lights, go across the next rdbt, take the 2nd exit at the next roundabout, through a set of lights then at the next roundabout take 2nd exit to the right onto Chamberlain Rd, the business centre is about 150 yards down on the right (**Bizspace**).

From the **north west**, go down Clough Road to the roundabout on Stoneferry Rd take the 2nd exit to the right then at the next roundabout the 1st exit left, the business centre is about 150 yard down on the right(**Bizspace**).

From the **east**, from Holderness Rd, down Laburnum Ave, across the mini roundabout onto Chamberlain Road, the business centre is about 1/2mile up Chamberlain Road on the left (**Bizspace**).

We look forward to seeing you soon!