

Hull & East Riding Breast Friends

Annual Report

1st November 2016 – 31st October 2017



Patron: HRH The Duchess of Kent

Supporting local people
affected by breast cancer

www.herbreastfriends.org.uk
Registered Charity No. 1114143



Welcome

A very warm welcome to our Annual Report for 2017 and I hope you will enjoy reading about all what the Charity has achieved this year.

Unfortunately this year I've had to take some 'time out' but it has given me an opportunity to see and marvel at all **HER Breast Friends** achieves on a day to day basis, all thanks to the help and support of people like you.

One of our abiding aims is to turn some of the more negative effects of breast cancer into real and lasting positives for the benefit of local people - now and in the future. With your support you are ensuring this continues now and into the future.

It is twelve years since the Charity started and I am so grateful to everyone who has contributed over this time. By pulling together we have ensured local families who have been affected by breast cancer have been supported and encouraged in the caring positive environment that **HER Breast Friends** is all about.

To all who give your valuable time to help in various ways; to raise awareness, fundraise, donate skills or funds to help run and maintain our services, donate raffle or tombola prizes, or help us in some other way - a BIG thank you - together we really do make a difference!

Finally, a special acknowledgement to all of you who have experienced the breast cancer journey and have gone on to enthuse and inspire others through your involvement with our wonderful charity – what stars you are!

Jan Jones

Founder

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Chairman's Report

The past year has been a remarkable year for **HER Breast Friends**, not only in terms of our finances but for the support from local people and Companies for a local Charity and without this, we wouldn't be able to offer such a great service.

Our Board of Trustees and Charity Manager have worked tirelessly over the year and we are proud to have launched our latest venture, The Bra Bank, which we hope will be as well received and successful as The Wig Bank and Buddleia.

Her Breast Friends Volunteers seem to have endless energy and enthusiasm and turn up ready for action at events such as the Breastival, Pink Pamper Day, Christine Crawforth's Open House plus many more and without their help, we couldn't operate and are most grateful.

With HRH the Duchess of Kent being our Patron and being selected as a finalist in The Goole & Howdenshire Business of Excellence Awards, in "Charity Of The Year" Category. Who would have thought that Liz and Jan's (The Founders) idea to form a Support Group would grow into such an amazing Charity.

I am very impressed by the amount of successful events organised and undertaken this year and every one of you are greatly valued and appreciated and hope we can build on the success of **HER Breast Friends** over the last 12 years and would like to thank you for your continued support and not forgetting everyone involved since 2005, as without their help and commitment, we wouldn't be where we are today.

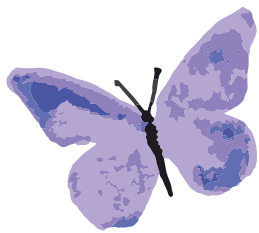
I am stepping down as Chairman of this wonderful Charity which I have been involved with since 2007, having made many memories along the way and some very special friends and would like to take this opportunity of wishing **HER Breast Friends** continued success over the forthcoming years

Linzi Scaling

Chairman



// Smiles are impossible to measure, yet it is the true measurement of all we do. //



Mission Statement

Our aim is to help create a supportive environment for those affected by breast cancer, by promoting a positive approach to living with the disease, offering encouragement and inspiration, and by raising funds for breast cancer treatment and research.

Our Vision

To develop a long term strategy for the development of **HER Breast Friends** as an organisation, offering real solutions for those affected by breast cancer in a positive and supportive environment.

Our Values

Every member will feel welcomed and valued. We will aim to maintain professionalism and confidentiality at all times. We will promote laughter, happiness, self-esteem and we will move the group forward with confidence.



Charitable objectives

The prevention of sickness and promotion of health particularly with regard to breast cancer by...

Objective 1

Promoting awareness of the available relevant support and advice networks serving Yorkshire and Lincolnshire.

Objective 2

Raising funds for breast cancer research and treatment.

Objective 3

Helping create a positive view and environment for all affected by breast cancer.

Objective 1

Promoting awareness of the available relevant support & advice networks serving Yorkshire & Lincolnshire.

At our premises on Chamberlain Road, Hull, we have a wealth of information, including a resource library of local and national charities/organisations for anyone to access.

Also coming under Objective One is our Breast Awareness Campaign. Being breast aware is important for both women and men. Knowing the signs and symptoms to look out for and knowing where to go if you are concerned is vital in assisting an early detection which could mean a simpler more effective treatment.

Our Breast Awareness Team attended 13 events this year which included 7 talks to various groups around the region.

Larger events held at various shopping centres and local markets, helped to spread the breast awareness message and the importance of attending breast screening. During 2016/17 our team spoke to thousands of people and gave out 5,023 information leaflets.



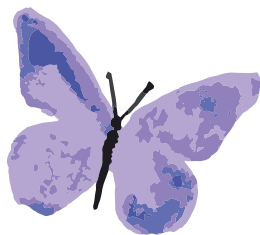
Objective 2

Raising funds for breast cancer research and treatment.

As a Charity we also undertake fundraising in support of causes concerned with breast cancer.

We have donated funds towards an accuvein machine; a nipple tattooing machine; lymphodema assist equipment; and towards Tomosynthesis software technology.

Recently we were delighted to see the Tomosynthesis equipment is now up and running and we are proud to have been a small part of that, in the knowledge it may prevent unnecessary biopsies in healthy patients or assist in the earlier detection of breast cancer. We at HER Breast Friends understand how important this is.



Objective 3

Helping create a positive view and environment for all affected by breast cancer.

// **Thank you for the fabulous gift bag I received after my surgery. The items were a very welcome gift, which made me smile and feel not so much alone. I used the comfy cushion on the way home in the car under the seat belt.** //

Of all our objectives, this is probably what HER Breast Friends is best known for. We run a range of services and activities including:

Patient Gift Packs

We know from our own experiences that going into hospital for surgery can be a difficult and frightening time. Our Patient Gift Packs let people know they are not alone and we are here if they need us. Purchased from fundraising and donations, the contents added from experience and feedback are kindly distributed by the staff caring for them on the ward. Feedback tells us these are very much appreciated.

This year we added a Dammit Doll to accompany the heart shaped cushion, both lovingly made by our craft club. The cushion is used as a simple form of relief to patients after surgery to rest their arm or head and is great for use when travelling home to cushion the weight of the seat belt. The Dammit Doll offers a harmless way of releasing stress!





The Wig Bank

The Wig Bank at **HER Breast Friends** celebrated **10 years** of service to the local community and continues to go from strength to strength. It is run by volunteers and is open to all cancer and hair loss clients.

Donated wigs are washed and conditioned and can be obtained for a suggested donation of £10. Breast cancer patients attending the Wig Bank also receive a free Wig Starter Pack to care for their wig. These packs purchased by the Charity have a retail value of around £24.00 per pack and again are funded by fundraising and donations. 120 wigs were supplied by our Wig Bank from November 2016 to end of October 2017.

Buddleia Complementary Therapies

We continue to offer a wide range of complementary and beauty therapies, including Reiki, reflexology and massage, facials, manicures and pedicures. 429 therapies were given between November 2016 and October 2017 by the Lead and volunteer therapists in our warm, comfortable dedicated therapy room.

Craft Club

The therapeutic benefits of arts and crafts for those affected by cancer is well documented. Each Wednesday afternoon between 1pm - 2.30pm our Craft Club meet at our premises on Chamberlain Road, Hull and engage in various activities from knitting and crochet, to card making and our Patient Gift Pack cushions and Dammit Dolls.

Everyone is welcome to join in and learn a new craft, or sit, watch and chat over a drink. Alternatively, there's the option of a quiet read from our extensive book bank.

Pink Pamper Day

Our annual flagship event, The Pink Pamper Day, caters for up to 100 local breast cancer patients, providing a free day of beauty and complementary therapies, inspiring workshops, lunch, relaxation and encouragement. Many friendships have been formed on these days.

//
Our infamous Pink Pamper Day, now in its 12th year is still as exciting, fulfilling and popular as ever
//



HER Breast Friends



in 1st November 2016 – 31st October 2017

What another exciting year, one which not only met our expectations but surpassed them all!

November 2016 - The year started with a special 12th birthday party held at the premises, where members and guests enjoyed celebrations and stories of old.

As Christmas approached we once again adorned our festive costumes; snowmen, reindeer, elves to name but a few, for our annual Christmas with Friends events at Coletta & Tyson Garden Centre, Dunswell.

December could only mean one thing, the **HER Breast Friends** Craft Clubs entry to the annual Beverley Minster Christmas Tree Festival. The **HER Breast Friends** 'Bras and Butterflies' tree looked stunning awash with delicately handmade bras and butterflies and took 1st place from the public vote!

2017 began with a bang as Hull welcomed its' City of Culture status. Our annual lunch and AGM was held at the Village Hotel, Hull where members and guests enjoyed a scrumptious lunch after a very well received and informative AGM.

January brought a visit from Comic Relief, who had granted funding in 2016 to help support the Charity's Dance Class at the Space Dance Studio, Grafton Street, Hull. Wanting to see what their generosity had supported, they arrived with cameras and reporters. A commanding performance on BBC Look North followed!

February was an exciting month in which **HER Breast Friends** were selected as one of three finalists at the Goole & Howdenshire Business Excellence Awards, Charity of the Year category. March saw the Charity invited to the Hull City Tigers training ground to meet Hull City Tigers midfielder and Irish International star David Meyler, who wanted to support the good work carried out by the Charity.

April started with the celebration of ten years of the Wig Bank service in the local community. After a lovely revamp of the room, the newly improved Wig Bank was re-launched.

May saw another wonderful Pink Pamper Day! An exciting and fulfilling day for so many, bringing smiles and laughter aplenty. As our flagship event, there is an incredible amount of preparation needed to make sure it is the perfect day, but all the hard work is so worthwhile just to see the smiles on people's faces!

June again saw all our members and supporters invited to be a part of our Pink Butterfly Month by hosting their very own fundraising event.

July wouldn't be the same without the miles of pink bras strewn over the grounds at The Lawns in Cottingham for our family fun day 'The Breastival'. This year saw the surprise visit of non-other than David Meyler and his family, who then kindly agreed to draw the winning tickets for our Grand Raffle Draw.

October is National Breast Awareness Month and once again saw us at St Stephens Shopping Centre and North Point Shopping Centre continuing to promote breast awareness and the Charity. October also saw our 2nd Pink Butterfly Walk, with many people braving the weather whilst sporting pink butterfly wings to walk the famous 'Hull Fish Trail'.

After another busy but wonderfully uplifting year, we eagerly look forward to whatever challenges may come, whilst continuing to provide the support, services, friendships and laughter to all in the year ahead!



Structure, Governance and Management

Hull & East Riding Breast Friends is a registered Charity and a member of the Fundraising Standards Board. The Charity is an unincorporated association and its governing document is a constitution.

Applications from prospective trustees are put forward to trustee meetings and then elected by the membership at the AGM.

Organisational Structure

The board members are all trustees and include officers of the Charity. All have a duty to act in the best interests of the Charity. The board meets every 4 – 6 weeks and any sub-committees meet regularly during the year. All members of the board and sub-committees are volunteers. The board delegates the day-to-day running of the affairs of the Charity to the Charity Manager, Jayne Beck who is employed by the Charity, and is assisted by a small team of volunteers.

Trustees' Transactions and Declarations of Interest

The group has a duty to disclose any material transactions between the group and the trustees; this would include payments received by themselves for goods and services provided by the group. None of the trustees have had any transactions with the group other than to give their time and skills freely.

Risk Management

The trustees assess the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity, and continue to take measures to reduce those risks to an acceptable minimum.

Public Benefit

The trustees believe they have complied with the duty of the Charities Act to have due regard to guidance published by the Charity Commission in respect of public benefit. This is known as the 'public benefit requirement' and the beneficiaries of the Charity must be appropriate to its aims. The trustees have paid due regard to this in deciding which activities the Charity should undertake and how funds are used.

Statement on Policy of Reserves

The Charity holds a level of accrued funds because its income is almost entirely dependent on donations. Our policy is to hold sufficient resources to continue the charitable activities of the group for one year.



Who's Who

HER Breast Friends

Patron

HRH The Duchess of Kent

Founder

Jan Jones

Chairman

Linzi Scaling

Vice-Chairman

Pam Trays

Joanne Mennell

Treasurer

Janet Lonsdale

Trustees

Eileen O'Grady

Annmarie Bennett

De Hempstock

Margaret Moore

Kym Bailes

Charity Manager

Jayne Beck

Lead Therapist

Elaine Georgiou

Administrative & Reference Details

Bank

HSBC 3 – 54 Jameson Street,
Kingston upon Hull, HU1 3JX

HER Breast Friends address

Suite D1

Chamberlain Business Centre

Chamberlain Road

Kingston upon Hull

HU8 8HL



Fundraising & Support

We are in awe of the generosity of people in support of **HER Breast Friends**.

We would love to list everyone who has raised funds and supported us throughout the year but the report would be huge!

'In aid of' events are held throughout the year in support of our work. Not only do they raise funds, these events also play a vital role in raising the Charity's profile to a wider community and can even help open up new funding streams. Here are just a few highlights:

- Derek Grantham of Michael Barugh Steel Stockholding Ltd is raising our profile countrywide with their beautiful pink lorry, decorated with the Charities butterflies and information; it really is a sight to behold as it travels the roads of Britain.
- Four local school girls, Megan, Scarlet, Holly and Milly raised a whopping £91.21 through Lifestyle 2017.
- 15 men and women entered the Jane Tomlinson Hull 10k for **HER Breast Friends** in June 2017 raising an amazing £1910.50 not including gift aid.
- Member Christine Crawforth opens her house and gardens each year to raise funds and this year raised an incredible £740.00
- Jonathan Addy ran 26.2 miles of the Hull Marathon in support of his Grandmother, who accessed the services of the Charity and raised an astonishing £1290.00
- Julie Greensides held a fabulous Charity Concert and auction in Elloughton raising an incredible £6134.56
- Member Sandra May kindly supplies us each year with a giant Easter Egg as a raffle prize on our Pink Pamper Day.
- A massive thank you to Hull City midfielder and Irish International footballer David Meyler who donated £2500 to the Charity and also turned up at the Breastival to draw the raffle for the football boots and shirt, signed by himself.
- Billie Rhodes a member of the Charity Craft Club, knitted Hull City, Hull KR and Hull FC mini mascots raising over £800!
- Alan Catleugh decided to walk from his home in Sheffield to the Charities premises on Chamberlain Road in Hull. Through his sponsorship, he donated £847.89 to the Charity.
- Will Bushman and his friends undertook a 12 hour non-stop football match. The final score was 98-95 and raised a fantastic £1984.43
- Fitmums Cycle Squad challenged themselves to their own 'Tour de Yorkshire', in support of member Katy and cycled 236 miles over 3 days raising awareness and a stupendous £2534.29
- Unique Salons chose the Charity as their Charity of the Year in memory of Caroline Abuelo and through raffles, bake sales and walking the hills of Brantingham Dales raised a huge £4388.86. Unique Salons have also offered their services for free to our Wig Bank clients.
- In May 2017 Ambiente Tapas in Hull chose the Charity as their Charity of the Month. Staff and customers raised an incredible £3199!
- SainsburyLocal – Sutton Park held book sales, raffles and awareness days during the Charity's time as their Charity of the Year and donated a fabulous £2250.

£1,000

could keep our Buddleia Complementary Therapy room open for a month.



£10.00

provides a patient gift pack for those who have undergone surgery for breast cancer.



£24.00

provides a wig starter pack to help care for a wig whilst required.



- In support of member Kim, **HER Breast Friends** were ER Caravan Clubs Charity of the Year and raised £3333.33 through rallies, raffles and recycling old tin cans!
- Dr Tim Roberts & his wife Claire cycled the Prudential RideLondon Surrey 100 and donated £1050.84 .
- The Lycra Louts led by Gavin Feldt cycled 400 miles in 4 days unaided, for four charities, of which **HER Breast Friends** were privileged to be one of those chosen and raised £755.90

These are only some of the many wonderful fundraising events and support that have occurred over our 2016/2017 year, and whether it be a collection of 1p's in a coin box, a large cheque or supply of tombola prizes and cakes, every donation is thoroughly appreciated and used to ensure continuation of our services and projects to help local people affected by breast cancer.

Without the continued support from local companies such as The Village Hotel, Air Products, Robert McBrides, Coletta & Tyson Garden Centre, East Hull Community Transport, St Stephens shopping centre, Skirlaugh Garden Centre, Kerry Key Foundation to name but a few, many of our events could not take place.

Furthermore, without the support of our volunteers who give their time and skills so generously many of the administrative, operational and fundraising activities could not carry on. **Thank you to one and all!**

How you can help

Membership

By joining **HER Breast Friends** you are not only showing your support for the Charity but fees your 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 any merchandise to sell or a collection box, please contact us.

Webshop

Help raise funds by doing your shopping online at no extra cost www.easyfundraising.org.uk

Volunteer

Offer your time as a volunteer.

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 us.

Raffle/Tombola Prizes

Donate any unwanted gifts for us to use as raffle or tombola prizes.

Donations

Our online donation website is www.mydonate.bt.com/charities/herbreastfriends

TEXT - HEBF03 (amount i.e. £3) to 70070

If you would like to donate via PayPal please visit our website and click on the 'donate now' button on our homepage. We can now accept card payments in the office through PayPal.

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

Sharing your Story

If you have a story we would love to hear it. Talking to people about the work of the Charity and what it has done for you can make a positive difference that can be translated not only into raising funds, but awareness.

Statement of Account

Financial Year End - 31st October 2017

Assets at 1st November 2016	£42,969.91
Petty Cash	£678.72
Interest Account	£40,050.93
Current Account	£1,225.26
Rent Deposit	£1,015.00

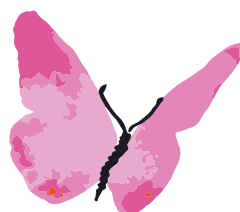
Income During Year	£74,886.09
Expenditure During Year	(£50,006.37)
Net Increase / (Decrease) in Funds	24,879.72

Assets at 31st October 2017	£67,849.63
Petty Cash	£337.09
Interest Account	£65,050.00
Current Account	£1,447.54
Rent Deposit	£1,015.00

Reserves

HER Breast Friends policy is to hold an accrual of sufficient funds to continue the charitable activities for one year, as its income is almost entirely dependent on donations.

The current accrual of £68,000 reflects the envisaged annual costs; salaries, rent and major events and activities, etc., that are needed to allow the Charity to function at its present levels. This is an increase on last year due to additional costs to expand the charitable activities.





Hull & East Riding Breast Friends

Supporting local people
affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143

How to contact us

For further help or information please get in touch with us
via the following...

Address:

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

Opening hours:

Monday - Friday, 10am - 3pm

Telephone:

01482 221368

Email:

generalenquiries@herbreastfriends.org.uk

Follow us on social media:

Facebook: Hull & East Riding Breast Friends

Twitter: @herbreastfriend



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