

Hull & East Riding Breast Friends

Annual Report

1st November 2019 – 31st October 2020



Patron: HRH The Duchess of Kent

Supporting local people
affected by breast cancer

www.herbreastfriends.org.uk

Registered Charity No. 1114143



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

Jan Jones, Founder



Welcome

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A warm welcome to our Annual Report for 2019/2020. I hope you will enjoy reading all about what the Charity has achieved this year. A year that has been like no other in **HER Breast Friends** history!

The year started with so much promise and expectation, celebrating our 15th year in the community and just as quickly everything changed.

True to the spirit of the Charity we turned some of the negative aspects of the year into positives, continuing to provide the support for those newly diagnosed and their families in what has been a very grim year with events cancelled and fundraising at a minimum.

From quizzes, recipes, mask making, phone calls and utilising social media, together we have really made a difference to provide a supportive, caring, and positive vibe for everyone.

These achievements are everything that **HER Breast Friends** is all about.

A big thank you goes to everyone who has given their valuable time and skills in such unprecedented circumstances.

2021 better watch out - We will be back even stronger!

Chair's Report



Well, what a year!!!

Some years just seem to go by fantastically well with lots of activities, fundraising and special events and then you get 2020! The year of Coronavirus, Lockdown 1 and then 2!, social distancing, isolating, confusion and worry.

What a test of our resilience, for some a speed bump in the road of life and for others a devastating year of loss. We will all remember this year for different reasons.

We have had to make changes, as has everyone else, but we have maintained our services as best we could, finding new and different ways to reach out to old and new members plus those in need.

I am very proud of our Charity and the way in which everyone has handled the situation while praying that very soon we will be back in our premises, with our full services on offer, being able to share one another's company and friendship. Who would have thought the importance of us sharing a cup of tea and some cake?? I will never take it for granted again!

As soon as we are able and it is safe to do so we will roll out our full programme of events which will be bigger and better than ever and I would urge you all to get involved and enjoy the rewards that can be had. The feeling of giving, supporting, volunteering, sharing experiences and offering friendship and kindness is simply wonderful.

In life we are tested in lots of different ways, and 2020 was a new one for most of us. Once again, our ability to adapt has shone through as we adjust to the new normal.

This year sees me stepping down as the Chair, but I am leaving you all in good hands! I have loved my time with you but am sure I will see you all around at various events, but I now have 2 small grandchildren who I want to enjoy to the fullest and my new love of Golf which takes up lots of time in the summer months.

But for now, as I write this in lockdown 2, please take care, stay safe and if anyone needs anything please do pick up the phone. We are all still here to help.



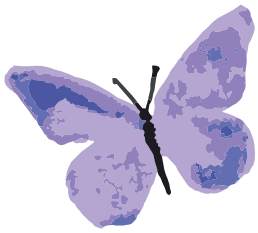
Joanne Mennell

Chair



//
**There are no strangers
here, only friends you
haven't yet met.**
//

WB Yeats



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 North East 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 & North East Lincolnshire.

Our information folders include details of other relevant organisations both local and national that can be accessed for a variety of reasons relating to breast cancer. We also provide a resource library of the local and national organisations along with a range of information regarding healthy eating and post-surgery exercise within our suite of rooms situated at The Octagon, Walker Street, Hull.

2019/2020 indicated being another busy year for the **HER Breast Friends** Breast Awareness Team with 31 talks and events spread around Hull, East Riding and North East Lincolnshire booked at the beginning of the year. Our volunteers, eager to spread the

vital breast awareness message of the signs and symptoms to look for and encouraging the uptake of breast screening, whilst helping to dispel some of the myths and fears associated with it.

Unfortunately, due to COVID-19 only nine of these took place before adapting, where possible, to the impersonal online talks.

Our connections with the BAME community, NHS Screening Service, Breast Care Unit and Oncology Health based at Castle Hill Hospital and The Spire remain strong, along with new connections made with Hull CCG Cancer Champions and Humber Coast & Vale Cancer Alliance.

Objective 2

Raising funds for breast cancer research and treatment.

2019/2020 has been a difficult year to raise funds with all our planned events being cancelled from March.

In previous years we have donated funds to the Daisy Appeal, an Accuvien machine, a nipple tattooing machine, two Lymphodema assist equipment, Tomosynthesis software technology and camp beds to keep families together in hospital near end of life.

This year's project for 2 mini fridges and cabinets for use in the rooms of breast cancer patients has therefore been put on hold for now whilst the Trustees take due diligence with our finances to allow for our future continuation.



Objective 3

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

Of all our objectives, this is probably what **HER Breast Friends** is best known for.

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To think how these kind people have walked these steps and from there continued with a wonderful idea to making such a beautiful and caring gift. So very kind and caring!!!!"

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Patient Gift Packs

Described as 'A great gift from people who understand' our Patient Gift Packs consisting of a small pack of selected toiletries that can make a difference and may get overlooked when one is about to undergo surgery, such as lip balm, a nail file, tissues, mints and earplugs for a restful night's sleep. Along with a fun stress busting Dammit Doll and a heart shaped cushion to hug or rest your arm but also to place under the seat belt to relieve some of the pressure to help make the journey home a bit more comfortable, both made at our Craft Club by members and supporters, along with our information folder with details of all the services and activities we can provide.

Even with COVID-19, 205 packs were delivered to the hospitals and mailed to patients in 2019/20 ensuring that what can be a difficult and frightening time, people know they are not alone, we are here if needed.



Bra Service

Our Bra Service is housed in a dedicated, comfortable, and private room offering the best possible individual service including a FREE Bra Measuring and Fitting Service by fully trained volunteers. Fittings are by appointment only.

We have a range of Amoena mastectomy bras and swimwear at affordable prices. All Amoena mastectomy wear is pocketed on both sides and can be worn with or without prosthesis.

Our Knitted Boobies and Aqua Boobies lovingly made by our Craft Club and volunteers are FREE for anyone who wishes to try them. Both provide a soft, hygienic alternative to the heavier more traditional prosthesis. Unlike the traditional prosthesis which can only be worn from about 6 weeks after surgery, our Knitted and Aqua Boobies can be worn straight away and pop into any bra or swimsuit.

Buddleia Complementary Therapies

A full range of complementary and beauty therapies are offered in our dedicated, comfortable and private therapy rooms by therapists who are fully qualified, insured and DBS checked. Therapies given are by appointment only

All our therapists know how to adapt therapies for cancer patients so you can be assured of a welcoming, safe, and supportive environment. Since March 2020 we have been challenged in our offer of face to face therapies but continue to provide regular distance Reiki for our members.

We hope to offer some Product Making workshops in 2021, using all natural ingredients. The workshops will include making products such as lip balm, exfoliator, and face masks.

On our return we will need to introduce several changes, depending on the guidance of health professionals, however your interests and wellbeing will always be paramount.

The Wig Bank

The Wig Bank has a large selection of donated and new wigs in various styles and colours. Open to ALL cancer and hair loss clients, our friendly, caring team of volunteers will help and support you. All our wigs are washed and prepared to ensure they are in tip top condition before being presented for viewing. A FREE care pack including products, wig stand, brush and wig cap is given to every client who selects a wig.

Craft Club

Our Craft Club meets at our premises every Wednesday between 1pm and 3pm. The therapeutic benefit of arts and crafts for those affected by illness is well documented and the group engages in various activities from knitting and sewing to card making and glass engraving. Our Craft Club also supports the Patient Gift Packs given to the hospitals, by making the Heart Cushions and Dammit Dolls as well as knitting the Knitted Boobies and Aqua Boobies.

EVERYONE is welcome to join in and learn a new skill, or just sit, watch and chat over a drink – No booking required, just pop along to one of our Wednesday gatherings.

Pink Pamper Day

Our fabulous signature event, the Pink Pamper Day caters for up to 100 local people affected by breast cancer, providing a free day of beauty and complementary therapies, inspiring workshops, lunch, relaxation, encouragement, fun and laughter. Many lasting friendships have been formed on these days.



MONTHLY COFFEE MORNING

Held on the 1st Saturday of each month in the Parade94 Cantina, The Octagon, between 10am and 12noon. ALL welcome, members and non-members!

WEEKLY DANCE CLASS

Wednesday evenings between 7pm and 8pm at The Dance Space Studio, Grafton Street Hull. FREE for breast cancer clients and £3 for guests – ALL welcome!



HER Breast Friends



in 1st November 2019 – 31st October 2020

2019 – 2020 started brightly for **HER Breast Friends** as we began our preparations to celebrate the Charity's 15th Anniversary in **November**, however, the year soon became a challenge for everyone and no less so for the Charity.

December Santa once again joined our volunteers in St Stephens Shopping Centre in Hull, where the festive season got off to a flying start. Santa and his helpers wished lots of excited children (and adults) a very Merry Christmas. With our volunteers dressed as all sorts of different Christmas characters, the day brought cheer to all while raising the profile of the Charity.

January is traditionally the month of the Charity's AGM, and 2020 was no different. The meeting saw some Trustees step down with members voting in their replacements. The meeting was full of positive information for the future of the Charity – the year ahead was shaping up to be a full and fun packed one. This was followed by a delicious lunch, enjoyed by all.

February saw the first of our 2020 Monthly Coffee mornings. With guests from RSPCA, scrumptious cake, chatter and friendship, little did we know that we would only have one more for the whole year! Barrett Development Five Star Campaign bestowed a 'Star Name Deed' on Jan Jones, recognising her work and the value of the Charity, as seen on page 3 of this report.

March started off 'as normal' but it soon plummeted into the concern of what was happening across the World and how it was now affecting the UK. Friday 20th March, **HER Breast Friends** closed its doors as lockdown began. The decision was made for the Charity Manager and Trustees to continue to provide as much support to those in need as possible by working from home. Strange times ahead for everyone.

April onwards... Quickly looking at how best the Charity could support not only members, but anyone who needed support during the pandemic, the Charity restructured and rethought what and how we could best serve. With our premises closed, we have continued with our services as best as possible, doing doorstep deliveries, online wig fitting demonstration and postal deliveries, to help support people at a vulnerable time. Our Craft Club have also continued to make cushions, dolls and boobies plus more, at home.

For the first time in 15 years our Pink Pamper Day could not go ahead, but those due to attend were sent a treat to keep their spirits up.'

As we head into the uncertainty of 2020/2021, we do so with the same positive attitude, determination, and we will continue to be here for all our members, supporters and local people affected by breast cancer – anyone who needs us!

Volunteers

Our volunteers are essential to the work of the Charity and we could not manage all our services and activities without the help and support from our amazing army of volunteers. Even through this pandemic, our wonderful volunteers continue to generously give their time, where is it safe to do so. Coming from all walks of life and with their own reasons to help, our volunteers are an integral part of the Charity and its success.

Through our services and activities, not forgetting our Board of Trustees, the Charity is very proud to have such a dedicated team of volunteers who share and support the vision and values!

What HER Breast Friends has been doing during lockdown

Friendship Group Baking Recipes Fun Information Product Recipes Gardening advice Exercise with Joe Wicks Easter Bonnet Competition Christmas Card Competition Poetry Competition Weekly issues	Communication/Helping Staying in regular contact with all members and supporters plus other support groups by email, post and telephone. Helping with shopping and medication collections	Buddiea Providing weekly 'Distance Reiki' sessions for all members, supporters and local NHS staff who are isolated whilst providing their heroic services.
Food Parcels & Meals Working with Goodwin Parade94 Café to bring food parcels and hot meals to those in need. At least 3 HBF members are currently benefitting from this. Donation of HBF carrier bags for food parcels.	Patient Gift Packs Delivering Patient Gift Packs to Castle Hill Hospital for those having surgery for breast cancer during lockdown.	Volunteers Our fabulous volunteers continue to make heart cushions, dammit dolls, modesty capes, masks, scrub bags and seatbelt cushions in support of our Patient Gift Packs & NHS.
HRI - ICU Knitting pairs of little hearts for those sadly lost in COVID19 and their families.	Office Despite the premises being closed, the Trustees and Charity Manager are working hard from home to continue to support everyone as much as possible. Contact 01482 221368 or email jayne@herbreastfriends.org.uk	
HRI Labour & Delivery Ward Providing much needed knitted new born baby hats.		
For the love of Scrubs Working with this organisation to provide much needed items for our local NHS	Isolated Members Buddying up scheme with members looking after other members who are more isolated and live alone. Simple chat on the phone or shopping.	Mid-Week Quiz A weekly fun test of your knowledge. Members and their families are using this as a weekly virtual fun gathering.
Fundraising Members have found fun ways to continue to raise funds and a smile!	HER Breast Friends Services Providing support from Bra Bank and Wig Bank where possible.	HRH the Duchess of Kent Sending regular updates by request, to HRH office.
Finances Trustees & Charity Manager continue to work hard to try to secure any grants and funding available at this time as all fundraising events have been sadly cancelled. This will hopefully ensure the security of the Charity.	Shout Out Fridays Helping to celebrate lockdown birthdays, anniversaries and achievements.	Dame Diana Johnson MP Sending regular updates by request, to office.

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

Joanne Mennell

Treasurer

Stephen Henderson

Trustees

Angela Stott
Annmarie Bennett
De Hempstock
Derek Grantham
Eric Jones
Pam Trays
Sandra Cooper
Simon Trays
Colleen Barber
Jean Hardy

Charity Manager

Jayne Beck

Administrative & Reference Details

Bank

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

HER Breast Friends address

Pod 6, The Octagon
Walker Street
Hull
HU3 2RA



£500.00

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

£15.00

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.



Fundraising & Support

Like so many others, 2020 has been an exceptionally hard year for fundraising and support for HER Breast Friends. A year really like no other and which started out with so much excitement of what was to come but soon faltered. Once again, people were generously planning fundraising ventures during what is our 15th anniversary year, events which sadly could not go ahead. However, a special mention must go to those who, despite the restrictions of COVID-19, continue to support the Charity – **Thank you, you are amazing!**

Here are just a few highlights

- **Pat Bacon** for donating £100 from the sale of her fabulous handmade animals.
- **Mrs Pearce's Social Group** for donating £40.00.
- **Cath Leach** for having one of the Charity 'Pink Coin Boxes' and donating £28.33
- **Gayle Arnold** who held a raffle at Gilbert Lodge and raised £40.00
- **Preston WI** for making and selling 'Pink Hearts and Kisses', raising £54.40
- **Ann Musgrave** who donated £50 in lieu of sending Christmas Cards.
- **Billie Rhodes** for raising another amazing £720.00 from the sale of her fabulous, knitted mascots and snowmen.
- **Carole Horsley & Fort Paull** from egg sales and a Charity stall at the Classic Car Show, donating £66.76.
- **Andrea Jolly** who organised a bake sale at Chanterlands Crematorium, raising £37.68
- **The Village Quilters, Hutton Cranswick** who donated an incredible £400.00.
- **Eileen Marchant** for donating £30.00.
- **The Raving Maes** for their lovely donation of £50.00
- **Pam Trays & Jayne Beck** for braving the HOTE Charity Dunker and raising £253.00
- **Jon Bell & AB Graphics** who organised a 'Quiz Night' and raised a fabulous £512.00
- **Christine Craworth & Stella Colyer** for doing craft fairs and raising an incredible £200.00
- **Gill Griffin** who had one of our 'Pink Coin Boxes' and collected £26.68
- **Skidby Ladies Golf Club** who organised a fabulous pink day, raising £400.00
- **Knit One Stitch One, Cottingham** for dressing their window display and holding a special 'Boobie' raffle, raising an amazing £414.00
- **Tony Shepherd** who organised a Charity Darts Night in memory of his wife Debbie. The night raised an astounding £1467.96
- **Sheila & Mick Shakesby** for growing plants and vegetables, raising over £50.00 so far.
- **Sunday Girls Road Club** Donating £106.00 raised from an organised cycle ride.
- **Kath Johnson** who sold her homegrown tomato plants raising £45.00
- **All the many ladies and gentlemen** who continue to craft, make, grow, and give their time in support of the Charity.

These are only a few highlights of the unbelievable support given to the Charity over what has been an incredibly difficult year for everyone. Without the continued support from so many individuals, companies and organisations, the Charity could not continue to support local people affected by breast cancer. As always, THANK YOU never seems quite enough, but from everyone who has gained support from HER Breast Friends – **a huge heartfelt thank you!**

Bursary News...

Karen Chelsea, a member of the Charity and breast cancer survivor, applied to the Charity's Bursary Scheme to help bring a new life changing opportunity to her, after treatment.'

"Many thanks to everyone at HER Breast Friends who have given me the opportunity to realise my dream via the bursary scheme to study in the field of Canine Science, behaviour, nutrition and first aid. I have passed all my courses with distinctions and I am currently mid-way through an advanced canine behaviour course. These qualifications have also allowed me the opportunity to have a longed-for career change by combining my science background and love for all things animal and agricultural. Thanks, HER Breast Friends for your continued support! Here I am with my dogs Flo and Ellie, who have been my willing subjects throughout my studies!"



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 <https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1015441>

Smile Amazon at: <https://smile.amazon.co.uk/>

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

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 2020

	2020 £	2019 £
Reserves as at 1st November 2019	404.01	17,269.08
Contingency Funds for 2019/20	-74,000.00	52,700.00
Income During Year	30,259.50	58,675.02
Expenditure During Year	30,174.64	-54,240.09
Net Increase in Funds for the Year	84.86	4,434.93
Contingency Funds for 2020/21	-74,000.00	-74,000.00
Current Reserves as at 31st October 2020	488.87	404.01

Statement of Policy on Reserves

The Charity holds a level of contingency funds because its income is almost entirely dependent on donations. HER Breast Friends policy is to hold contingency funds to continue the charitable activities of the group for 12 months.

The current accrual of £74,000 reflects the envisaged annual costs; salaries, major events and activities etc., that are needed to allow the Charity to function at its' present levels.





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, Pod 6, The Octagon, Walker Street, Hull, HU3 2RA

Opening hours:

Monday - Friday, 10am - 4pm

Telephone:

01482 221368

Email:

generalenquiries@herbreastfriends.org.uk

Follow us on social media:

Facebook: Hull & East Riding Breast Friends

Twitter: @herbreastfriend

Instagram: HER Breast Friends

