



bosom
buddies^{ACT}_{inc}

facing breast cancer together

2018-2019

annual report

Annual Report 2018 - 2019

To our members and supporters

This report reviews the activities and accomplishments of Bosom Buddies ACT inc during the elected periods of the Management Committee: December 2018- November 2019.

It covers the financial year 1 July 2018 - 30 June 2019.

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ABN 59 262 617 782
Patron: Annette Ellis



Dear members and supporters

2019 has been an excellent year for Bosom Buddies. We saw many things we have been working on come to fruition, had some unexpected successes and been the recipient of some wonderful luck and kindness from partnerships throughout the Canberra community.

While Bosom Buddies has always worked hard to lift our profile so that the community knows to approach us for information and support regarding breast cancer, this year has seen a big increase in both our support and awareness activities. Our regular coffee group in Garran is growing (topping out at 27 attendees in October) and we have lent our expertise and assistance to commence 4 additional coffee groups in Gungahlin, Queanbeyan, Yass and Goulburn. There has been a massive increase in requests for workplace presentations, with our prostheses to show people how to detect lumps being exceedingly popular and in demand.

Also, for the past few years, we have been looking at the Bosom Buddies brand and trying to extend our reach beyond it women in their 50s and 60s as we know that many are being diagnosed at a younger age. Our Executive Officer, Kareen Tait has had this issue as a particular focus, looking at the content and style of our advertising offerings and how we present at events. Her hard work has paid off, and we have now successfully launched our Young Women's Group, which has been meeting monthly for evening drinks. Our feedback has been that these sessions are meeting a demand for different conversations around living with breast cancer and juggling careers and/or families. We have also established a group for those with secondary cancers associated with a previous breast cancer diagnosis.

We have also had a very successful fundraising year, through a mixture of luck and design. Meyer Vandenberg hosted a very successful second hand corporate clothes pop-up with proceeds going to Bosom Buddies as their chosen charity for the year, Bunnings Belconnen allowed us a place on their weekend barbecue roster that generated significant funds, the Tuggeranong Netball Association again hosted a successful community day that resulted in a generous donation and the Handmade Markets selected us as their charity partner for their June markets and we received a good amount through door takings. We were also a chosen charity for Shakespeare by the Lake, Delhi to Canberra restaurant and a number of workplaces that hosted morning teas to raise awareness about breast cancer. Kareen was also successful in applying for a grant from the John James Foundation to provide lymphoedema garments.

However, while we will continue to raise the Bosom Buddies profile to attract more community partnerships, it remains a concern that our funding base remains uncertain from year to year. Accordingly, our aim last year to find more predictable and stable sources of funding, either through corporate sponsorships or hosting our own event(s) will also be a focus in the coming 12 months.

Another area of work for 2020 will be our information sessions. We previously conducted extensive consultation on topics of interest to our members and built a programme on that basis but it was not as well attended as we hoped, despite significant demand for information on the topics presented. We will also be looking to expand our volunteer roster to keep up with the growing number of requests for workplace presentations, attendance at events and requests for help.

On a more celebratory note, we will also be planning a series of events around our 25th birthday. We look forward to the opportunity to recognise and thank many of the people who have been part of Bosom Buddies being able to provide support to the Canberra community over such a long period of time.

Lastly, but most importantly, the year ahead will see changes to our board. I would like in particular to thank previous President, Shelley Atkins, for all her guidance and counsel over the past six years, much of the current success of Bosom Buddies is because of her stewardship and generosity. I also thank David McKenna for his two years on the board, especially the diversity and governance experience he brought to our discussions. Both are remaining members of Bosom Buddies and I look forward to continuing our work with them and others in 2020.



Liesl Centenera
President 2019

Management Committee

December 2018-November 2019

Liesl Centenera - President

Shelley Atkins - Vice President & Support Team Liaison

Briana Lee - Treasurer

Bonnie Bleathman - Secretary

Fundraising Coordinator - Vacant

Cheryl Tandy - Public Officer

Committee members

David McKenna

Lisa Bell

Other key positions:

Marilyn Ward - Calvary Hospital Liaison

Tania Willis - Queanbeyan Hospital Liaison

Kareen Tait - Executive Officer

Patron

Annette Ellis



Our Purpose

Our mission is to connect people affected by breast cancer to support, information and services provided by Bosom Buddies and others within the community. **Support Community Connection Awareness**

In carrying out our mission, Bosom Buddies ACT inc is seeking to:

- Continue with support based activities:
 - Hospital presence, phone calls, social gatherings, workshops and events.
 - Raise awareness in our community about breast cancer and how to detect it early.
 - Develop rosters for social activities.
- Expand our volunteer base.
- Expand our support work to be inclusive of younger patients and family members as well as carers.
- Continue to advocate for better services and treatment:
 - Communication with medical professionals.
 - Ensure they provide our literature to patients and recommend us.
- Achieve ongoing secure funding (as we don't receive any funding from national cancer or breast cancer organisations or from any government):
 - Measurably increase community and corporate awareness of our work.
 - Ensure administration support is funded to the level needed to continue all activities.
 - Develop alternative and attractive options for individual donations.
- Raise the Bosom Buddies profile within the community, businesses and media such that:
 - Bosom Buddies ACT inc is acknowledged for the support work it does and attracts community and corporate support.
- Continue active relationships with breast cancer related services and organisations:
 - BreastScreen ACT.
 - ACT branch of BCNA and BCF.
 - Dragons Abreast ACT.
 - HeadsUp.
 - Look Good ... Feel Better.
 - ACT Health Care Consumers Association.
 - Rise Above (formerly Eden Monaro Cancer Support Group).
 - Knitted Knockers.

Bosom Buddies volunteers and Committee members are currently on ACT Health Committees, including:

- ACT & SE NSW Breast Cancer Treatment Group
- BreastScreen ACT Advisory Committee
- BreastScreen ACT Consumer Focus Group

Programs

Buddy Program includes our personalised support via phone, at the Calvary Drop-in Clinic or through visits by our Support Team. It also includes morning teas, after work get-togethers, and social events and information events for members both during and after treatments. We support men and women with secondary breast cancer when we can and on request.

A major focus this year was moving our Young Women’s Group forward. Thanks to Independent an article was published in The RiotAct about the new group and the importance of finding like minded support. The group have met every eight weeks and we quite often have husbands and partners come along as they too need peer support.

Blue Buddy is the blue information bag we provide to the breast care nurses who distribute them to patients in hospital. Our support team put handmade drainage bags, under-arm cushions and seat-belt cushions made by women across our region, literature from all the other support groups and services in our region, and medical information from the breast care nurses. In addition to the Blue Buddy, we now provide an Oncology Pack for patients who have chemotherapy prior to having surgery. This provides them with useful information and supports available, including the offer of support from Bosom Buddies.

Spreading the Word involves Breast Awareness presentations to organisations large and small, as well as the thousands of flyers, shower tags and “lemons” that we fund and that are distributed each year by our volunteers, BreastScreen ACT and the ACT Women’s Health Service.

Giving Back is a service through which we donate funds for specific items requested by the hospitals, from medical equipment to artwork, from offering financial assistance for health professionals’ professional development, to supporting women in a practical way.

Community Representation includes specific advocacy programs, building awareness among our political representatives, and consumer representation on specific ACT Health projects and committees.

Facebook continues to be one part of our communication strategy to reach members and supporters who use it as part of their everyday life.

Tonic Health - GP brochure boards contract was renewed for 2018/2019. The boards provide another way of reaching a new audience about the importance of early detection. The Bosom Buddies shower tags are present in 65 medical centres waiting rooms across Canberra.



The RiotAct Article



Blue Buddy bag & contents



Tonic Health - GP brochure board

The Support Team

The Support Team is the oldest component of Bosom Buddies' services, and the reason why were established and have lasted so long. Support Team volunteers are there to offer one-on-one contact to women (and men) who have been diagnosed with breast cancer and who would like to chat to someone else who has gone through the same experience.

We are very clear that members of the team are not medical professionals or counsellors, but are women who have experienced breast cancer themselves and, having undergone treatment and come out the other end, are willing to offer their experience and support to others as a 'Bosom Buddy'.

People contact us through our office. They may have heard about us, read our literature in their Blue Buddy (the blue bag distributed to all women and men having surgery for breast cancer in the ACT and surrounding regions), or been told of us by a friend or a health professional. Initially we make contact by phone, and often one phone call is the only contact we have, but we also arrange to meet some people or have regular calls to check how someone is travelling. We only make contact with people who have given their consent for us to phone. Some women have a simple question that we can easily answer, but others we need to refer to the breast care nurses or to counsellors or we agree to get back to them. Team members encourage women to come along to one of our coffee or drinks events or to information sessions.

Over the last ten months the team have supported over 200 women, men and their families or work colleagues.

Another important and regular role for us is our fortnightly presence at Calvary Hospital's Wednesday outpatient clinic run by the breast care nurses. We are there to chat to women about what we have to offer and to help pass the time while they wait to see one of the nurses. From time to time the nurses ask us to visit a patient in hospital. To volunteer in Calvary, all team members need to meet Calvary's requirements for volunteers, including having a Working with Vulnerable People card.

The team has seven members and a co-ordinator. One member joined during the year, and early next year another member will join us. We meet regularly and use the time to share useful information and to support one another. We have agreed to undertake at least three sessions of professional development each year. It's important to us that we understand issues like privacy and confidentiality and that we understand the importance of just listening to someone and giving them the chance to air their emotions to someone who does have an idea of what they are experiencing.

One of the things members of the support team can do is simply let women see that other women who have been through surgery, chemotherapy and radiation therapy are now getting on with their lives, looking and feeling confident about themselves.

Are you undergoing treatment, or have you had breast cancer? 2019

Come along for tea, coffee or a drink and friendship. No need to book, just turn up.

<p>Monday morning Little Garraan Cafe 2/28 Garraan Place, Garraan 9.30am - 11am</p> <p>14th January 11th February 12th March* 8th April 13th May 11th June* 8th July 12th August 9th September 14th October 11th November 9th December</p> <p><small>* Held on Tuesday due to public holiday</small></p>	<p>Tuesday morning Country Heir Cafe 54 Monaro Street, Queanbeyan 9.30am - 11am</p> <p>29th January 26th February 26th March 30th April 28th May 25th June 30th July 27th August 24th September 29th October 26th November</p>
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Wednesday evening
Tilley's Devine Cafe Gallery,
1/94 Wattle Street, Lyneham
5.30pm - 7pm

16th January 20th February
20th March 17th April
15th May 19th June
17th July 21st August
18th September 16th October
20th November 18th December

Please Note:
These are social gatherings, not formal support. If you would like support please contact the Bosom Buddies office to arrange for a member of the Support Team to make contact.

Office Details:
0406 376 500 or 6290 1984
Monday - Thursday 9.30am - 2.30pm
admin@bosombuddies.org.au
bosombuddies.org.au
ABN 59 262 617 782



bosom buddies ACT inc
facing breast cancer together

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Bosom Buddies offers support to those who have Breast Cancer

Would you like to speak with a Bosom Buddies volunteer?

Call Bosom Buddies on 0406 376 500
bosombuddies@shout.org.au
(Mon-Thurs 9.30am - 2.30pm)

Visit our website for further details
www.bosombuddies.com.au

Bosom Buddies volunteers have all experienced breast cancer and are trained to support you.

A volunteer can speak to you on the phone or meet you before or after surgery and treatment.

The Awareness Team

The Awareness Team had a very busy time “spreading the word” during Breast Cancer Awareness month and throughout the year. We tried something different this year for Bosom Buddies and advertised on the back of two Action Buses.

Our set of educational prostheses, to use as a teaching aid at our Breast Awareness presentations, have now been in use for 12 months and have attracted a lot of attention and interest. We have now ordered a second set for use at larger awareness presentations.

The team also had a presence handing out information and answering questions at health expos and public events. Since 2015 we have handed out nearly 40,000 shower tags that show women and men how to check their breasts to detect differences. Bosom Buddies provides shower tags to BreastScreen ACT and ACT Health centres, and sends them to nurses and Health Centres in the local region.

Thanks to a donation received from Meyer Vandenberg the shower tag is now in the process of being translated into the top ten languages spoken in the ACT. Our next focus for the shower tag is to ensure they are appropriate for Indigenous women and men.

2019 Presentations and Expo's:

Australian Small Business & Family Enterprise Ombusman (ASBFEO) Mother's Day Classic Launch Breakfast Millennial Pods Pink Ribbon Breakfast Conder-Lanyon Probus Harrington Kibbey Law Firm Multicultural Festival Erindale Women's Health Expo Shakespeare by the Lake Bunnings Belconnen International Women's Day Event @ CSC Seniors Expo Tamil Women's Dinner CPA Annual Lunch Woden Probus Veritec Down Syndrome ACT Copland College Isabella Gardens Independent Living Village Dragon's Abreast Regatta Volunteering Expo Teachers Health Expo Fernwood Woden SHOUT Nishi Building Suitcase Rummage Skew Communications Bungendore Young Mother's Group Aspen Health The Grove Ngunnaway Calvary Health Expo Mental Health & Wellbeing Expo Digital Transformation Agency Pink Ribbon Fundraising Breastfast @ AIS Pink Ribbon Fundraising Breakfast in Yass



Action Bus advertising during October and November 2019



One of our Young Women Group Members speaking at a Pink Ribbon Fundraiser in Yass



“the boobs” in action - Cheryl Tandy explaining the best way to do self examination - Harrington Kibbey Law Firm



Isabella Gardens Independent Living



Mental Health & Wellbeing Expo, Canberra City



Melba Copland College Students - Years 9, 10, 11 and 12

Shower tags in 2019

During 2019 Bosom Buddies continued to distribute the shower tags at every possible opportunity:

- 2,500 via Tonic GP Health Boards
- 2,555 at the Mother's Day Classic
- 1,000 via our Breast Awareness presentations
- 700 via BreastScreen ACT
- 700 distributed outside Canberra; Cootamundra, Young, Tumut, Bowral, Cowra, Junee and Cooma
- 500 in goodie bags at the Women's Ultimate Health Expo
- 450 at the Mini TNA Turns Pink fundraiser
- 300 via Fadden Medical Centre
- 250 at Shakespeare in the Park
- 200 at the Calvary Hospital Health Expo
- 200 at the Mental Health & Wellbeing Expo
- 250 handed out at the UC Women's Celebration Breakfast
- 200 via the Pink Party Annual Fundraiser
- 200 via the Sexual Health & Family Planning Clinic
- 160 to members of Echidna Sewing
- 150 at the Annual CPA Lunch
- 150 via Conder GP Surgery
- 100 at our Bunnings BBQ Fundraiser
- 100 to an Intimo Fundraiser
- 100 to the Duntroon Health Centre
- 100 at Yass High School Pink Day
- 100 distributed via Women's Centre for Health Matters
- 50 at the Cancer Council's Living with Cancer Forum

Giving back

We are very aware that breast cancer has a big financial impact on many people especially those who have to stop work and who may be facing additional medical and other costs as a result of their cancer. It particularly hits people paying rent or mortgages, those with child expenses and women on reduced retirement incomes.

In 2019 we continued our MOU's with HeadsUp and Colleens, to offer support to women who needed to buy headwear or a wig and for those women who were faced with buying specialist underwear and a prosthesis.

Thanks to a grant from the John James Foundation we have been able to increase the number of breast cancer patients we can assist with lymphoedema garments, MOUs are in place between Bosom Buddies and the Physiotherapy department at Canberra Hospital, Capital Chemist Charnwood and again with Positive Motion Physiotherapy.

We do not see this as 'charity', but as offering a sisterly, buddy-like helping hand at a difficult time. Colleen's, HeadsUp, Calvary Hospital, Capital Chemist and Positive Motion Physiotherapy in turn help us in various ways, including by handing out our information and referring people to us.

This support is really a gift from the local community as it is community fundraising and donations that allow us to offer subsidies to women.



If you would like some shower tags to hand out to family, friends or co-workers simply call or email the office.

Information Sessions

Each year we run a variety of Information sessions based on Member requests. The calendar of sessions was advertised to outside organisations and members of the community.

Exercise; During and after treatment was the first session for the year attended by 18 members. Our guest speaker - Kellie from UC Canberra is always keen to present to Bosom Buddies members and update them on what's new, particular exercise after surgery. We ended the session with a lovely relaxation technique that is so easy you can do it in your chair.

Mindfulness, Meditation & Yoga was held in the private studio of Pam from VitalYoga. Due to space restrictions only 10 members were able to attend this session. The practices taught safely guide members back towards mobility and confidence. Movements are soft with awareness to regain ease and comfort. At the end of the session members enjoyed a deep peaceful relaxation.

Reconstruction is currently the most popular information session. Dr Farhadieh returned this year to present the pro's and con's of breast reconstruction to 38 members and guests. Some members who have undergone reconstruction are happy to share their experience with others. The evening is always a great way for members to connect.

Breast Care Nurse Karen McKinnon attended the Breast Cancer Treatment Update Congress in Melbourne in October 2018 thanks to funding she received from Bosom Buddies. To say thanks Karen shared all that she had learnt - new treatments, managing side effects, the benefits of exercise and hormone therapy.

Music and Mindfulness was a first for us this year. One of our lovely members, Alison Ware is a Creative Arts Therapist, Registered Counsellor and Certified Clinical Musician. The aim of the session was to discuss the emergence of therapeutic harp in healthcare and the community. She particularly highlighted the benefits of music and mindfulness in health, recovery and wellbeing. Our members were all able to have a try of the harp at the end of the session. Pictured below is Alison teaching Sylvia how it's done.

Many thanks to all our presenters who volunteered their time. We look forward to some new topics for 2020.



Member events

We continue to meet for Monday morning coffee each month at Little Garran Cafe at the Garran Shops. Thank you to the wonderful support received from owner Brett Davis and his staff. The group has grown with between 20 and 30 women turning up most months. Some people attend regularly or from time to time, but most months at least one new person turns up.

Just one monthly coffee group wasn't enough and we have expanded our calendar (and area) to include:

- Northside Group at Cafe Injoy
- Queanbeyan Group at Country Heir Cafe
- Yass Group at The Rose Cafe
- Young Women's Group at The Pavilion on Northbourne

Women hear about these events from our website, Facebook, email newsletters, their breast care nurse or by phoning the office, but often from the information provided in their Blue Buddy Bag.

In 2019 we received a request to join a group that currently meets in Cooma.

Our gatherings are a chance to get support from someone who's been there and done that and also just to have coffee and chat about life in general – holidays, children, food, politics, movies. All welcome – the more the merrier!

We also continue to turn up at Tilley's in Lyneham at 5.30pm once a month. Fewer people have been coming along in recent years therefore in 2020 we will trial the group meeting every second month. Tilley's reserves a table for us, and women turning up can ask at the counter if they can't spot us.

We have held a number of other social events during the year. Our most popular event was a guided tour of the Dress Maker Exhibition at the National Film and Sound Archive (NFSA). The Archive provided us with discounted tickets to the incredibly popular Exhibition. Many thanks to our tour guide and the NFSA.

In Spring we headed out of Canberra to the stunning Tulip Top Gardens. We started our morning with a devonshire tea and then members were welcome to spend the rest of the day enjoying the beautiful private garden.

Bosom Buddies Bits

It's important to us that our supporters know what we are doing and how we are providing support in the community.

Bosom Buddies Bits is a one page snapshot, a quick overview of our impact and providing examples of how we are fulfilling our mission.



Community representation

Many thanks to Bosom Buddies volunteers, Cheryl Tandy, Marisa Gerussi and Theresa Kerby who continue to represent us on a number of ACT Health committees: Breast Cancer Treatment Group, BreastScreen ACT Advisory Committee and BreastScreen ACT Consumer Focus Group.

Our lived experience of breast cancer is useful to health professionals, and in turn we learn more about what is happening in the field of breast cancer treatment.

Next Steps Program

Positive Motion Physiotherapy and Bosom Buddies have been working together, to provide support to women who have experienced breast cancer regain function and manage lymphoedema. In 2019 Positive Motion Physiotherapy submitted a funding request to increase the services offered to women who have experienced cancer by offering the Next Steps program. Next Steps is a 12 week, 1 hour, specialised group exercise program, combining Pilates, yoga and cardiovascular exercises (specifically step aerobics), ending with relaxation/meditation, for a workout that is specifically designed to help people rebuild their strength, flexibility and stamina after cancer treatments. It also incorporates a 1 hour, weekly education session including issues such as fatigue management and energy conservation, posture, and lymphoedema 'first aid.'

Moderate-intensity exercise, and weights-based exercises, following treatment for cancer has been shown to result in a reduction in cancer recurrence and cancer-related death. It has also been shown to increase wellbeing in cancer patients by decreasing negative symptoms such as fatigue and depression.

The funding received was used to purchase 6 Aerobic steps and provide the 12 week program to 6 women at a subsidised rate. Positive Motion are aiming to run the program 3 times a year in 2020.



"A great way to encourage women to exercise with friends and join a gym."

"Exercise is so very important during and post treatment. Exercise in a supportive environment is gold. I heartily thank Bosom Buddies for making this program available."

"A great program that increased my fitness and made a big impact on my overall balance." - great responses received from participants

Meyer Vandenberg

Meyer Vandenberg (MV) Lawyers announced their new charity partner for 2018-2019: Bosom Buddies!

MV Lawyers chooses a charity partner each year based on a company-wide vote. The charity with the highest number of votes wins support for the entire year, with all fundraising activities culminating in a cheque presented in July at the annual Charity Night. Staff who have done the most pro bono work and community work during the year are also recognised with an award.

The major fundraiser run by MV during the year was a second hand Corporate Clothing Sale. MV were overwhelmed by the amount of clothing donated and the amount of money raised during the two day event.



Handmade Markets

The Handmade Markets have always been a big supporter of Bosom Buddies and we were lucky to be the charity for the markets held at the end of June. Thanks to staff from Beyond Bank, staff from Independent, Bosom Buddies members, our families and friends for all contributing to the success of the fundraising weekend.



Emily and Kayla from Independent shaking buckets

Bunnings BBQ

Our first Bunnings BBQ at Bunnings Belconnen and we broke all the records selling well over 1100 sausage sizzles. It was a long day but a great opportunity to speak to a whole new section of the community about Bosom Buddies, who we are and what we do. There was also a lot of discussion about boobs and why you need to start being aware early.

Blue Illusion

Every year Blue Illusion welcomes Bosom Buddies members and friends into their shop for a lovely fashion evening. This year the event was held in the Canberra Centre store.

We are treated to glasses of bubbles, lovely finger food and a preview of the latest fashions to arrive instore. Always a lovely relaxed evening, a big thank you to Elena and her team of volunteers for making us feel so welcome and our fabulous Bosom Buddies members Cheryl Tandy and Ann Martin for strutting their stuff down the catwalk.



Grill'd

This year Grill'd Woden selected Bosom Buddies as one of their Local Matters Charities. We were the crowd favourite filling the container six times. Grill'd also allowed us to place shower tags at the restaurant, another opportunity to share the breast awareness message.

Shakespeare in the Park

Through our relationship with Beyond Bank we were invited to shake buckets and handout shower tags at Shakespeare in the Park. These types of events are always a great way for us to get out into the community and talk to people about the work we do and how we can support them or someone they know.



Shout Morning Tea

The lovely staff members from SHOUT hosted a fundraising morning tea in October. Inviting all SHOUT members and businesses who occupy the Pearce Community Centre. It was a great way of connecting and sharing the work we do in the Community.

CPA Lunch


Each year the ACT Branch of Certified Practising Accountants (CPA) invites a charity along to their International Women's Day lunch. Bosom Buddies ran the raffle on the day and we were also given the opportunity to speak about who Bosom Buddies are and the work we do in the Canberra Community to the 300 members who attended.

Mothers Day Breakfast at Holy Family School

Holy Family School is family oriented. Each Mothers Day the school hold a family breakfast to celebrate mothers. The atmosphere is wonderful, the food is great and the generosity of spirit really stands out. Bosom Buddies has been invited along for a number of years to sell cards and other merchandise and to be the beneficiaries of the raffle the school organises. Not only does the school raise money for us in this way, but they give us an opportunity to reach a younger group of women with our shower tags.

Delhi to Canberra Restaurant

The new owners of the Melba Restaurant have started "Lunch for a Cause". Every month they will select a local Canberra Charity, for the month of October it seemed only fitting to select Bosom Buddies. Diners were treated to three delicious dishes and asked to donate what ever they liked. The restaurant donate their own time and all the food with every cent passed onto the selected charity.



Suman & Raj
invite you to join them in

Lunch for a Cause

**ALL proceeds will be
donated to Bosom Buddies ACT**

Sunday, 27 Oct | 11am-1pm
Delhi to Canberra Restaurant
12 Chinner Cr, Melba

*Dal curry (veg)
Chicken curry
Saffron rice & breads*

TNA Turns Pink Day

Long time supporters of Bosom Buddies the Tuggeranong Netball Association (TNA) once again ran TNA Turns Pink. The club always receive fantastic support from its associated netball clubs, players, parents, families and friends and put in an another amazing effort for Bosom Buddies.

A huge raffle and lots of stalls helped to create a carnival atmosphere. We are grateful to all the supporters, including Icon Water, Telstra, Fernwood, the Vikings Club, the players and especially to the TNA Turns Pink Committee.



Harrington Kibbey Golf Day

It was a very windy day on Friday 15th November but that didn't stop 50 keen golfers from participating in the Annual Harrington Kibbey Golf Day. Some very happy raffle winners at the end of the day and a massive \$5,000 donation to Bosom Buddies!



Out and About

Bosom Buddies seemed to be everywhere this year Opening of the new Cancer Council Office Independent Property Group Brand Launch Multi Cultural Festival Volunteering Expo Mental Health & Well Being Expo Canberra Southern Cross Club Community Rewards evening TNA Presentation Night Beyond Bank Community Rewards evening Relay for Life Hands Across Canberra Lunch Mother's Day Classic Launch Dragon's Abreast 20th Birthday Regatta and Cocktail Party HeadsUp Fundraising Event to name just a few.



2019 Supporters - Thank you to all the individuals, businesses and organisations who have made donations of money, goods, services and time, fundraised, supported and promoted Bosom Buddies in various ways over the last year. Without you Bosom Buddies could not support women experiencing breast cancer and spread the word about the importance of early detection.

Alison Ware Harpist Ann Martin Annette Ellis Armstead Family Astrida Upitis Barbara Richardson Beyond Bank Blue Illusion Canberra City Brenda Bernasconi Brian O'Connor Bunnings Belconnen Capital Chemist Cheryl Tandy Clare Dahlstrom Colleen's CPA CSCC David Kinsella Dehli to Canberra Restaurant Dr Farhadieh Echidna Sewing Group Eleanor Bates GoTransit Grill'd Woden Handmade Markets Holy Family Independent Foundation J Evers Pty Ltd Janet Hope John James Foundation John Mann Justin Gregory Kellie Toohey Lanyon Pharmacy Lisa Gannon Little Garran Lynette Hearfield Marcel Kievit Margaret Price Mario Larocca Meyer Vadenberg Mitch@Beyond Hosting Monica Egerton Morgan Hitchcock National Film and Sound Archive Pollen Cafe Probus Woden Robert Read Roxanne@44 Creative Sally Patton Sally Teoh Sewing for Charity Shakespeare by the Lake Shelley Atkins Stavroula Didimiotis Tall Foundation The Pavilion Hotel TNA Turns Pink Tonic Health Boards Trevor Roots Vicky Brynes Vital Yoga

Organisational governance

Management

The Constitution, updated in November 2016, defines our purpose and work, establishes a Management Committee of four officers and up to six general members, and acknowledges the authority of the Management Committee to create subcommittees within which volunteers implement the policies, objectives and budgets established by the Management Committee.

The Management Committee oversees a number of permanent and ad hoc committees, including:

1. The Support Team
2. Events
3. The Awareness Team
4. Communications and Advocacy
5. Fundraising

Bosom Buddies is a member of SHOUT (Self Help Organisations United Together), and we maintain our office through SHOUT in the Pearce Community Centre. The office is staffed part-time Monday to Thursday from 9.30am to 2.30pm by an Executive Officer.

People interested in Bosom Buddies ACT inc can visit the office, borrow books and publications from our library, and participate in various volunteer activities or can call us on 0406 376 500 or visit our website www.bosombuddies.org.au.

Compliance

Bosom Buddies complies with the requirements of the Office of Regulatory Services and the Australian Charities and Not-for-profits Commission - ACNC.

Finance

Bosom Buddies ACT inc uses an external bookkeeper, Hudson Gray and supporting advisor to ensure all finances are properly handled. Bosom Buddies ACT inc was reviewed for the fiscal year 2018-2019 by Russell Hearne. Potential sponsors or paid members can request copies of the financial statements.

Under Section 70A of ACT Associations Act 1991, the accounts and records requirements of the Australian Charities and Not-for-profits Commission Act 2012 (Cth) (ACNC Act) apply in lieu of the ACT Act's accounts and audit provisions. Bosom Buddies ACT Incorporated is a small association under the ACNC Act. As such, it is not required to have its accounts audited.

In light of this, at the request of the Board, I reviewed financial information for the 2018/2019 financial year held in the Association's Xero accounting system.

I found that expenditure and revenue, and the net loss, reconciled to the net change in the Association's bank account, meaning that all transactions through the bank account were also recorded in the accounting system. I did not review accrual entries, of which there were few, related mostly to payroll accounting and activity statements required by law.

I also observed that:

- *the Board is committed to high levels of accountability and transparency*
- *the Association employs a qualified bookkeeper who is a registered BAS agent*
- *the accounts are held in a leading small business accounting system*
- *the Association's annual statement is available for scrutiny, through both the Australian Charities and Not-for-profits Commission and the ACT Registrar of Incorporated Associations.*

Russell Hearne - November 2019

Contacts

Registered Name:
Bosom Buddies ACT inc
ABN 59 262 617 782
Designated Gift Recipient.
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