



The Anchor Society

Appeal News

2016

From the President

It is an honour for me, a Lancastrian, to be President of the Anchor Society. It is not simply because of the opportunity to give something back to my adopted city, having worked for so long at Bristol University, but because I believe strongly in what the Society stands for, in a country with an ageing population and increasing concerns about loneliness, dependent living and need.

The Society's work with members of the community continues via the wonderful activities organised by the Linkage Network. My involvement with sport has led to us developing plans with other partners to establish a pioneering 'Sport for Oldies' programme.

Relationships with Bristol's two Universities have been enhanced by the establishment of student volunteering, focusing on inter-generational activities and programmes designed to keep older people physically active.

Small grants from the Society remain important, providing immediate help in the home in times of need.

These are exciting times for the Society. It has a dynamism and belief that it should back innovative projects that might improve lives in years to come. Ongoing support for the Assisted Living Facility at the Robotics Laboratory at UWE, and possibly with the SPHERE project at Bristol University, means that Anchor is helping world-leading research into how older people can remain independent and safer at home.

The Society remains dependent on the success of the President's appeal, beginning on October 31st and ending on November 13th. Please help us continue our valuable work, remembering that for every £100 given, there is a gift aided return of £20, enough to be a game-changer for some isolated and lonely people.

Thankyou.

Bob Reeves
PRESIDENT 2016



Supporting older People in the Bristol, Bath and surrounding areas through friendship, financial support, technology and innovation



What Anchor does.....

- **Grants to older people** – we continue to give a substantial number of grants to help older people in need, and meet unexpected costs, particularly around the home.
- **Loans** – we have committed to providing longer term loans for substantial repairs or improvements to the homes of people over 70 where there is financial hardship.
- **LinkAge** – we continue to work closely with LinkAge who are tackling loneliness and isolation throughout Bristol, by way of many different activities that it provides or co-ordinates with partners.
- **Robotics and Technology** – The Anchor Robotics Laboratory based at UWE is finding longer term solutions to making life easier for older citizens in their homes. In addition we hope to be involved with the SPHERE project at Bristol University where monitoring can lead to timely interventions.
- **Homes** – over the years Anchor has helped provide homes for older people either through joint working with others or through its own development such as the one in Lawrence Weston. Demand for the Lawrence Weston

model remains high and we are looking at ways to build more of these.

• **Sport and physical activities for older people** – we are embarking on a joint project with other organisations to encourage older people to stay active and healthy.

• **Work** – We are planning two projects, one with UWE Enterprise students and one with Business in the Community to help people to engage in work when they are older

• **Visitors** – we still have a number of visitors who visit older people in their own homes and we are always delighted to see them at our annual tea party.

Please donate...

Please see inside for full details of how to support The Anchor Society or go to www.anchorociety.co.uk

or www.virginmoneygiving.com/charities/anchorsociety



The Anchor Society and Sport and Physical Activities for 'Oldies'

As more and more older members of the community retain the interest and capacity to remain active, the one thing many miss is taking part in sport.

However, times are changing. In scattered parts of the country can be found more sedate versions of the games so many of us played as youngsters. One of these is Walking Football, which LinkAge has already introduced in South Bristol and Knowle.

There is tremendous potential for many such activities, so the Anchor Society is taking a lead, with LinkAge, in setting out to make Bristol the major city in the country for sport and physical activity for 'Oldies'.

This will be a major initiative, and it will involve student volunteers from Bristol University and the University of the West of England, Wesport (the County Sports Partnership) and the Bristol Sport Foundation.

Some of the money raised in this year's appeal will go towards the development and expansion of a number of sporting activities across the city.



The Anchor Society and LinkAge

LinkAge was set up in 2007 with the specific aim to help people over the age of 55 by facilitating a wide range of social activities that enrich lives, reduce loneliness and promote active participation.

Each year, over 3,000 people take part in LinkAge activities based at one or other of the hub sites that cover most of Bristol and its suburbs.

The Anchor Society has from the outset been a major contributor to LinkAge, and we are closely involved as new developments are initiated. One of these is to be the 'Sport for Oldies' programme that will start in the coming months, which is mentioned elsewhere in this newsletter.

Visiting some of the sites and taking part in activities has been one of the highlights of my Presidential year. I joined in the cookery class at the Beehive, enjoying a very nice lunch before being well beaten at table-tennis by a rather talented 80-year-old.

At the Tithe Barn in Shirehampton, I took part in a marvellous exercise class, along with a mother and daughter aged 60 and 85!

Talking afterwards over a cup of tea with the participants left me in no doubt that LinkAge continues to do a wonderful job in engaging with older people from different backgrounds and cultures, all of whom have better lives as a result.

The Anchor Society continues to be a leading supporter of LinkAge, with £60,000 earmarked for the coming year.

Bob Reeves

Ways to donate

There are four ways you can make a donation:

BY CASH OR CHEQUE:

You can send cash, a cheque or a CAF cheque directly to us at The Anchor Society office:
29 Alma Vale Rd, Clifton, Bristol BS8 2HL.

Cheques made payable to 'The Anchor Society'.

ONLINE:

Via your bank account to: The Anchor Society,
account number: 42165325, sort code: 40-14-13
either as a single donation or a regular payment.

Unless you are giving via Virgin Money Giving or CAF, please complete the Donation Form enclosed and return to us in the reply paid envelope enclosed to ensure that your donation is gift aided. We would very much appreciate receiving your donation before 13th November if possible.

VIA VIRGIN MONEY GIVING:

Donate online with a bank card or via PayPal at www.virginmoney



BY STANDING ORDER:

Please print and complete the Standing Order mandate which can be found on our website at www.anchorsociety.co.uk/fundraising

From grants to loans

For many years Anchor has supported those in need with small grants through our visitors scheme and by the many referrals we get each year.

All of these grants are £500 and below and we have found this a very effective way of supporting those with an immediate need.

But what about those who have longer term or major housing issues. How can we enable them to live in their homes longer?

We are delighted to announce that Anchor is now able to provide low cost loans to those over 70 who need financial support to alter their homes or carry out major repairs. The support that Anchor will give through this initiative will enable older people to remain in their homes longer and improve the quality of their lives. Typically the loans will be used for adaptations within the home such as a wet room or major work to the property, like a roof repair. The works will be carried out by trusted partners West of England Care and Repair.

Being able to recycle income through loans will mean that we will be able to help many more people into the future.

If you know of anyone in financial need who could benefit from this new initiative please do contact West of England Care and Repair, Waterloo Road, Bristol BS2 0BH, tel: 0300 323 0700, who will assess the need and then liaise with us about the loan.



The Anchor Tea Party 2016

Robotics and Sphere

The Anchor Society has supported the Bristol Robotics laboratory since 2014.

The Anchor Robotics Personalised Assisted Living studio, which has an open plan living area, a kitchen and dining area, a bathroom and a bedroom to simulate a typical elderly persons apartment, is fitted with special sensory and movement detection devices. These are used to help research into new technologies to improve the safety and wellbeing of older people in their own homes, particularly those living on their own. Special wireless sensor systems are incorporated in the fabric of the studio, helping the carers monitor the wellbeing of their clients - for example sensors may monitor room temperatures

within homes and adjust the heating to suit the occupant - particularly important in the winter. The lab is also helping in the development of robots and artificial intelligence. The technology incorporates robotic systems offering timely and personalised assistance such as reminding the person to take medication or to lock their front door. Smart technologies are already being installed into homes in Bristol, helping us care for our aging population.

At Bristol University, a major research project, SPHERE (Sensor Platform for Healthcare in a Residential Environment), has for the past three

years been working on similar lines, to understand to what extent and in what way technology can be used to improve the quality of life for older people who are vulnerable to long term health conditions. The Anchor Society is considering involvement with SPHERE, which may lead to greater shared ambition between these two important projects.

The Anchor Society is are proud to be at the very centre of these new technological advances.



Older people – working into the future

I was attracted to the Anchor Society for a number of reasons but the primary one is that the Society is enabling older people to live quality lives that recognise their wisdom, experience and ability to contribute to society.



One of the areas of particular concern to me is the loss of both income and purpose that often comes with retirement or redundancy in later life. Older people are largely capable of continuing to make a contribution through work and may need to for financial reasons. However, despite no statutory retirement age it can be very difficult to continue to work into older age and if made redundant very hard to get back into the job market.

As part of our strategy at Anchor we have decided to explore ways to improve the opportunities for people to work in older age in the wider Bristol region. To this end in 2017 we are in discussion with Business in the Community (BITC) to give support, training and work placements to people over 55 who are out of work. This will be a new venture but be part of BITC's Ready For Work programme. In addition we are engaging with UWE's Business Team Enterprise students and programme leader Adrian Rivers to look at a social business solution to improve opportunities for work for older people.

We look forward to sharing the progress of these new initiatives in the future.

Richard Pendlebury MBE DL
Chief Executive



Past Presidents and Annual Collections

1930	W. H. Eyles	1,212
1931	H. C. Leonard	1,389
1932	H. G. Tanner	1,980
1933	Eric W. Butler	1,816
1934	F. Percy Jenkins	1,526
1935	Harold G. Robinson	2,017
1936	Dr. J. Odery Symes	1,726
1937	A. Anthony Skull	2,077
1938	Laurence Hosegood	2,224
1939	T. Thornton Wills	1,463
1940	Sir Seymour Williams	1,158
1941	Colonel E. W. Lennard	1,643
1942	Ald. T. H. J. Underdown	1,373
1943	John R. Skull	2,389
1944	H. M. C. Hosegood	2,212
1945	F. M. Arkle	2,263
1946	J. H. Britton, C.B.E	2,231
1947	Brig. A. L. W. Newth, C.B.E., D.S.O., M.C	2,306
1948	J. P. Hitchings, C.B.E	2,605
1949	S.W. Cornwell	2,214
1950	E. Peter Butler	2,712
1951	Alderman Percy W. Cann	2,027
1952	S. T. Carwardine	2,882
1953	C. H. Pritchard	3,196
1954	J. B. Steadman	4,102
1955	A. W. Bryant	2,723
1956	R. C. Brooks	2,782
1957	R. H. Brown	2,924
1958	T. F. Hewer	2,254
1959	T. G. C. Butler, O.B.E	2,930
1960	C. H. Clements	3,131
1961	J. A. Seymour Williams	3,249
1962	Robert W. Melvin, C.B.E	4,112
1963	F. D. Armstrong	11,618
1964	L. Ashman Olive	8,601
1965	J. F. Durie	5,644
1966	Andrew Breach, C.B.E	4,781
1967	Sir John Partridge, K.B.E.	5,775
1968	H. P. Lucas	6,108
1969	His Grace The Duke of Beaufort, K.G., P.C., G.C.V.O	10,056
1970	W. H. Needham Cooper	5,800
1971	Robert V. Cooke	6,120
1972	A. H. G. Butler	5,231
1973	Christopher Rowe	7,314
1974	Peter D. Smith	8,115
1975	O. D. F. Gardner	9,193
1976	D. A. Newton	10,695
1977	P. S. Hill	9,490
1978	Michael Collings	12,632
1979	Paul Watling	9,552
1980	J. G. S. Young	15,645
1981	R. A. Garrett C.B.E	12,807
1982	J. D. Ware	18,724
1983	Norman Ricketts, O.B.E.	21,060
1984	R. V. S. Castle	17,103
1985	J. R. Pool, M.B.E.	28,174
1986	His Honour Judge J. A. Cox	23,339
1987	C. S. Carwardine	34,584
1988	J. B. Patterson	34,734
1989	R. A. Lalonde	53,100
1990	F. J. Avery	50,269
1991	St. John Hartnell, O.B.E.	77,777
1992	G. J. Clements	44,722
1993	R. S. Brooks	69,887
1994	Robert Durie, O.B.E.	71,686
1995	Paul Rowe	73,268
1996	Geoff Matthews	78,575
1997	Robert Melvin	66,065
1998	D'Arcy Parkes	79,069
1999	John Burke, O.B.E.	95,656
2000	Guy Arnoux	90,635
2001	Alan R. Reed	71,271
2002	Dick Pearce	74,117
2003	Sir David Wills Bt	74,255
2004	John Cottrell	94,433
2005	Nicholas Hooper	80,172
2006	Richard Jarratt	76,195
2007	Charles Hignett	90,476
2008	John Ledbury	90,252
2009	Chris Patterson	86,137
2010	Michael Bothamley	97,328
2011	Dr Jo Gipps, O.B.E.	75,822
2012	Greg Corrigan	72,018
2013	Martin Griffiths	102,112
2014	Dr Michael McCaldin	86,945
2015	Canon Dr John Savage, C.B.E.	83,067

History of the Annual Collection

In 1769, The Anchor Society held its first dinner at the Three Tuns, a tavern on the site of the present Corn Exchange, with 22 members present. At this dinner the President, Gilbert Davies, took up a collection of twelve guineas to benefit the poor and elderly in Bristol. Since then, there is an unbroken record of Presidents' annual appointments and personal collections. You can find the full list on our website at www.anchorsocty.co.uk/fundraising/collections. Each year all three Societies launch an annual appeal and hold annual dinners on Colston Day on 13th November in commemoration of his birthday.

Each year, a new President is selected and serves a term of one year; during which time the President writes many hand-written letters to a wide selection of friends, relatives, colleagues and past donors, asking for a donation to the annual appeal. The results of the Presidential appeal are announced at the Annual Dinner on Colston Day, so we would really appreciate your contributions reaching us by 13th November.



THE ANCHOR SOCIETY

ESTABLISHED IN 1769

PRESIDENT:
Bob Reeves LL.D

COMMITTEE:
John Cottrell
Robert Durie OBE
Richard Jarratt
Dr Michael McCaldin
Paul Rowe
Can. John Savage

PRESIDENT-ELECT
John Manley

HON. SECRETARY
Alan Reed

HON. TREASURER
Eric Evans

CHIEF EXECUTIVE
Richard Pendlebury MBE DL

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