



The Anchor Society

# Appeal News

2017

## President's review 2017

**My year as President has been full of all the different elements that make up The Anchor Society. The President gets a privileged insight into all the voluntary work by our members and friends – activities that make such a significant difference to the lives of older people in the Bristol region.**

### Active ageing and employment

Under last year's President, Bob Reeves, we have launched a programme we now call Active Ageing (Bristol), in partnership with St Monica's Trust and Bristol Sport Foundation. Together we have appointed a Programme Coordinator – we have an exceptional appointment in Karen Lloyd-Pyrke who has achieved so much for community involvement in sport and physical activity in Bristol. Our CEO, Richard Pendlebury, has initiated a partnership with Business in the Community to help and support older people back into employment which is already achieving some success. (see articles for more details)

### Digital health

The most recent new project for us is the creation of an Anchor Society Lectureship in Digital Health – this will be part of the national-level SPHERE programme based at the University of Bristol. This programme gathers data in people's homes over extended periods and ties that data to different areas of their health and well-being. We will have a focus on older people and issues specifically related to their health. Over the next three years we are expecting some exciting, insightful and important results – amplified through attracting additional research funding.



*Celebration of partnership*

## From visiting to technology

**The great strength of The Anchor Society comes through its benefactors over 248 years and its volunteers – its Members, Past Presidents, Befrienders and Visitors. Its benefactors and volunteers are all ambitious for the Society and want it to change as the world of older people changes. We have traditionally supported individuals and communities in the city region through grants, loans, extra-care housing, befriending and visiting. Increasingly there is the need to create and provide some more general solutions that can benefit a wider community.**

We believe that technology is the best way of doing this – creating technology solutions that add to rather than take away. Solutions that allow people to do the things that people are best at doing. We began on this path a few years back by the relationship Michael McCaldin formed with the Assisted Living research group at UWE in the Bristol Robotics Laboratory. SPHERE is the next step on this path. We have also begun an interest in driverless cars, again with UWE at the Bristol Robotics Laboratory – one of the first successes of driverless cars will be pods for older people in towns and cities as a way for them to get around safely and independently. Another interest we have is a national strength in Bristol: virtual reality. This would allow older people to recreate environments from the past, such as a 1950s home, or to go on holiday to, for instance, the Taj Mahal.

## Please support our work

See inside for full details of how to make a donation to The Anchor Society or go to:

**[anchorsociety.co.uk](http://anchorsociety.co.uk)**

# Volunteering, visitors and beneficiaries

This year we awarded the first Volunteering Award for a student at UWE, Bristol. Heather Murray is an exceptionally dedicated and creative winner. She organized a full Christmas Lunch and entertainment for over 80 older people at the St Werburgh's Community Centre. This involved raising £2500, getting sponsorship for various items such as presents and recruiting all the volunteers. The award was made at a UWE Graduation Ceremony in Bristol Cathedral. Richard Pendlebury and I visited the Community Centre to give a donation to their work. Heather is planning to repeat the lunch this year.

The annual Tea Party was held at the University of Bristol's Coombe Dingle Pavilion. We welcomed over 40 guests from Anchor Society sites around Bristol, with their befrienders and visitors.



Heather Murray receives the Anchor Volunteering award from the President, Dr John Manley

## The Beehive

Some highlights have been visits to places that The Anchor Society supports. A visit to the Beehive Centre and Anchor Almshouses in Whitehall/ St George was during their End-of-Summer Party with a craft fair and barbecue. The value of all the activities at the Beehive Centre was clear from the relaxed and happy atmosphere. Bob Reeves and I have joined classes

organised by LinkAge in various centres, including skittles at Redcliffe and ballroom dancing and Tai Chi in Brentry.

## The future

I am delighted that next year's President is Professor Steve West, Vice Chancellor of UWE Bristol. I know that the Society will grow in reach and impact under his leadership. I am equally delighted that the 250th President, following Steve, is

Dr Ros Kennedy. Planning for the 250th Anniversary Year is underway and it will be a worthy celebration of the Society, its Benefactors and its Volunteers

Finally, I would like to thank you for all your support of Anchor to date and we would value your continued support for the coming year as we strive to make a difference to older people in our community.

**Dr John Manley**  
President The Anchor Society



Irwin Mitchell – rowing for Anchor

# 250 YEARS

## Corporate support

I am delighted that the Bristol office of Irwin Mitchell Solicitors has chosen The Anchor Society as their charity of the year for 2017. I am very grateful to Amy Hodgson, Georgina Ife and the Charity Committee who have built up the relationship with us and who started off a number of fund-raising events, such as the Summer Cocktail Party, cake baking days and providing four runners for the Bristol 10K Road Run. The relationship has been taken over by Alexandra Lausen who continues fundraising and working with Active Ageing (Bristol).

## 4 Ways to make a donation

### 1 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 Road, Clifton, Bristol BS8 2HL. Cheques made payable to "The Anchor Society"

### 2 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.

# In Focus: Active ageing – staying fit in older age

**Founded by Bob Reeves, immediate past President of Anchor, Active Ageing (Bristol) is the ground breaking new project set up to transform attitudes to, and opportunities for, sport and physical activity in over 55's.**

This fully inclusive programme, which is jointly funded by The Anchor Society, Bristol Sport Foundation and St Monica Trust, with support from LinkAge, will build on existing provisions and develop new opportunities to encourage people 55+ to become and stay active.

As we get older, we are far more likely to be inactive, with a large number of older people doing less than 30 minutes of

physical activity a week and two fifths of older people saying that their television is their main form of company. Research shows that keeping as active as possible is good for both your physical and mental wellbeing. It reduces the risk of depression, heart disease and dementia, increasing your social networks thus reducing the risk of becoming isolated and lonely.

**The project is led by Karen Lloyd-Pyrke, Programme Manager and if you would like to find out more about Active Ageing (Bristol), please contact Karen on 07734 335 878 or email [karen.lloyd-pyrke@stmonicastrust.org.uk](mailto:karen.lloyd-pyrke@stmonicastrust.org.uk)**



*Walking Rugby – Active ageing in motion*

## In Focus: LinkAge – a network of support

**Supported by Anchor, the LinkAge Network is supporting the delivery of a range of inspiring social activities that enrich the lives of older people and help reduce social isolation and loneliness. Highlights this year include:**

- A three year contract with the Bristol Ageing Better programme (BAB) which will enable it to create opportunities for older people to become more engaged and active in Bristol.
- The ACE volunteering project which enables older people to support each other. This is delivered by St Monica Trust and is active in Hartcliffe, Withywood.
- The Prevention and Re-enablement Project in partnership with Macmillan. The project has recently held two

successful wellbeing days, linking older people who have been affected by cancer with local opportunities for activity.

Photograph courtesy of LinkAge



*Friendship and mutual support makes all the difference*

### 3 Virgin Money Giving

Donate online with a bank card or via PayPal at [virginmoneygiving.com/charities/anchorsociety](https://virginmoneygiving.com/charities/anchorsociety)



### 4 By standing order

Please print and complete the Standing Order mandate which can be found on our website at [anchorsociety.co.uk/fundraising](https://anchorsociety.co.uk/fundraising)

Unless you are giving via Virgin Money Giving or CAF, please complete the Donation Form 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.

## Anchor visitor: a personal reflection

**I have visited Anchor's elderly men for some 20 years and I am now aged 76, so some men will probably out-live me!**

All these years I have supported a man now in his 90s who fought in WWII and then had career problems that left him destitute and "on the road". A few times a year he comes to our home for a breakfast and a chat. We share a resistance to modernity, so neither of us own a mobile phone! The difference, however, is that he can't afford a fixed-line phone like me.

With no family, he sees me and the Anchor Society as contact points when he has a problem.

*Duncan (visitor)*

## The changing nature of Anchor grant giving

**For very many years Anchor has been supporting householders in immediate need to cover urgent and unaffordable household repairs. The objective is to enable people to remain in their own homes in comfort and safety for as long as possible. Recognising the urgency of most of the grant requests, the response time is usually less than one week and payment is made within two weeks.**

In the last year we have given grants for repairs to roofs, gutters, doors, heating systems, unsafe electrical systems and broken cookers, hobs, washing machines and fridge/freezers.

In all cases the purpose of the grant is to overcome a show-stopping event which is beyond the financial capacity of the homeowner.

Recent budget cuts and austerity have impacted on grant giving. In response to this the Society has widened the scope of grants and increased the grant ceiling. This has enabled us to address a new category of beneficiary. Typically these will be single, over 55 and have come from challenging backgrounds such as homelessness. They have no possessions apart from the clothes they carry with them.

The society is able to help with basic furnishings, white goods and carpets, to enable them to move into rented social or local authority housing and start a new life.

In this respect we are delighted with our recent partnership with the Sofa Project, which has enabled us to fit out a flat with good quality used furnishings and white goods, within the limits of our grant.

**Richard Jarratt** Grants Committee

## 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 EW 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, CBE	2,231
1947	Brig A L W Newth, CBE, DSO, MC	2,306
1948	J P Hitchings, CBE	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, OBE	2,930
1960	C H Clements	3,131
1961	J A Seymour Williams	3,249
1962	Robert W. Melvin, CBE	4,112
1963	F D Armstrong	11,618
1964	L Ashman Olive	8,601
1965	J F Durie	5,644
1966	Andrew Breach, CBE	4,781
1967	Sir John Partridge, KBE	5,775
1968	H P Lucas	6,108
1969	His Grace The Duke of Beaufort, KG, PC, GCVO	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 CBE	12,807
1982	J D Ware	18,724
1983	Norman Ricketts, OBE	21,060
1984	R V S Castle	17,103
1985	J R Pool, MBE	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, OBE	77,777
1992	G J Clements	44,722
1993	R S Brooks	69,887
1994	Robert Durie, OBE	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, OBE	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, OBE	75,822
2012	Greg Corrigan	72,018
2013	Martin Griffiths	102,112
2014	Dr Michael McCaldin	86,945
2015	Canon Dr John Savage, CBE	83,067
2016	Bob Reeves LLD	100,897

## History of the Annual Collection

The Anchor Society was formed in 1769 when it held a 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 Davis, took up a collection 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](http://www.anchorsocty.co.uk/fundraising/collections). Each year the Anchor, Dolphin and Grateful Societies launch an annual appeal and the results are shared on the 13th November.

In his or her year The President writes to a wide selection of friends, colleagues and past supporters, asking for a donation to the Annual Appeal. We would be very grateful if you are able to support us with a contribution which will reach us by the 13th November.

Thank you for your support.

## The Anchor Society

Established 1769



**President**  
Dr John Manley

**Committee**  
Bob Reeves  
Robert Durie OBE  
Richard Jarratt  
Paul Rowe

**President-elect**  
Professor Steve West CBE DL

**Hon Secretary**  
Alan Reed

**Hon Treasurer**  
Eric Evans

**Chief Executive**  
Richard Pendlebury MBE DL

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