



The Anchor Society

Appeal News

2019

Message from the President

It has been a wonderful experience for me to be the President of the Anchor Society in its 250th year and an honour to be the first woman in this role since the Society began. I am very grateful for all the help and support I have had from everyone in the Society.

Anchor was founded in 1769 at a dinner at the Three Tuns, a tavern on the site of the present Corn Exchange, with 22 members. The first collection was set up at this dinner and raised £12, worth over £2000 in today's money. Then, as now, this was intended to help poor, older people in Bristol. Since then, the annual President's appeal has continued unbroken over the years, raising significant sums of money from the generosity of our donors.



Anchor is supporting a leg ulcer clinic in Withywood

We live in challenging times for everyone, but for a lot of older people there are increasing financial pressures and loneliness. As a GP, I feel strongly that we must continue to do as much as

possible to help. One of our new projects this year has been to support an excellent Healthy Together Leg Ulcer Clinic in Withywood, where patients from several local practices are looked after jointly by District Nurses in a communal setting. The patients who come benefit from more effective clinical care and the friendly social time while they are there. Like a great deal of our work, this is done in partnership with other organisations and this way of working is increasingly valuable for us to extend the range of what we can provide.



Dr Ros Kennedy with members of the Assisted Living Team at the Anchor Robotics Laboratory located at UWE

These are exciting times for the Society

as we rise to the challenge of supporting older people to stay in their own property with grants and loans and develop the possibility of providing intergenerational housing with other partners. I have found it very inspiring to visit the SPHERE project at Bristol University and the Assisted Living Facility at the Robotics Laboratory at UWE. There is some very exciting work going on with both and I am proud that Anchor is supporting them.

I also spent a morning at Business in the Community, with three older women who wanted to return to work and whose places there were supported by Anchor. I was fascinated to see the effect that the morning's programme had on these women and how their self-esteem improved and they began to believe in themselves.

Our Society remains dependent on the success of the President's appeal. Please help us to continue our valuable work, remembering that for every £100 given there is a gift aided return of £25. So much of what we do makes such a difference and there is always a need for our work.

Dr Ros Kennedy

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

250 YEARS

Getting back to work when you are 55+ can be challenging

As our pensionable age increases, we need to ensure that older people have the opportunity to make a contribution through employment. Increasingly we see older workers in supermarkets and other large shop chains. Mature people can bring skills and experience to the workplace and are often very reliable employees. Some over 55's who have been working in physically demanding roles (such as construction), will need to find other work which is less strenuous.

Our joint project with Business in the Community is tackling unemployment for the over 55's through the Ready for Work programme, which is having some good results. Those who come on the course receive coaching in interview and CV skills and receive support for 6 months in looking for work. Included in the package is a 2-week placement, usually with a major employer.



A workshop helping those over 55 to return to employment

In terms of successes, over 50% have positive outcomes from being on the course. One man, who was no longer able to use his tools due to injury, came on the course and is now working in hospitality and loving it. Others who

have not instantly found work have volunteered for local charities to gain further experience. This has the benefit of improving skills and confidence. We are very pleased with the outcomes so far.

A Transforming Partnership

We are pleased to report that we have funded a second round of projects as part of The Bristol Older Peoples' Funding Alliance. The member organisations are the Anchor Society, Bristol Ageing Better, the Dolphin Society, the Grateful Society, John James Bristol Foundation, Quartet Community Foundation, the Society of Merchant Venturers and St Monica Trust. Last year, the Transformation Fund gave over £80,000 to support services for older people living in Bristol. Again this year we have

together funded projects for a similar amount.

By entering into partnership with others we are able to create more impact and increased support for older people in the Bristol area. Our joint grant to LifeCycle last year has had quite an impact on those who have joined their over 55's cycling programme. The electric bikes have enabled people recovering from illness become mobile again and new friendships have been built which has helped some overcome loneliness.



Thank you CMS

We are delighted that the Bristol office of law firm Cameron McKenna (CMS) is supporting The Anchor Society as their charity of the year. They will be raising money for us through various events throughout the year and we hope very much that they will be able to participate through volunteering with our various projects. A huge thank you to all the staff at CMS for choosing the Anchor Society, it is much appreciated.

The team from CMS who are raising funds for the Anchor Society this year



'Silver' Cyclists in action – A Lifecycle project supported by Anchor

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.



Keeping Fit with Active Ageing Bristol

Keeping older residents in Bristol moving

We need to keep moving in older age, as it is good for us both physically and mentally. Active Ageing Bristol (AAB), our joint project with St Monica Trust and Bristol Sport Foundation, specialises in enabling sports and other providers of activity to make provision for the over 55's. There are now 19 AAB Age-Friendly Physical Activity Hubs, with 16 providers, in the Bristol area; quite an achievement in 3 years. In addition, AAB directory lists 200 sporting and other activities across Bristol, which are either low cost or free. If you would like to find out more about the Active Ageing Bristol project, then please contact Karen Lloyd, Programme Manager, at Karen.Lloyd-Pyrke@stmonicastrust.org.uk



A new fully functional fitted kitchen made possible by an Anchor Loan

News from Bristol University SPHERE Lectureship

Dr Roisin McNaney, our Anchor Lectureship Holder, has been involved in a number of initiatives this year. One which caught our attention was a project to help people moving from their own home into extra care or sheltered accommodation. Working with Rebecca Bangay, a film maker, they created a multimedia experience for older people, including a virtual reality (VR) 'walk through' experience using a VR headset. The objective of the study was to better understand how to prepare people for moving into their new home and lessen the emotional impact. In addition, Rebecca recreated a digital version of a person's home, preserving memories for the future.

Anchor Loans

When you are on a fixed income, like a pension, it can be difficult to meet large bills. This is particularly true of essential works on your home, such as a new roof. Who do you turn to? There are bank loans, equity release and other forms of borrowing, but they will require monthly repayments or take a substantial amount of interest and equity at the end of the term. Enter the Anchor Society with our loan scheme. The concept was designed 3 or 4 years ago and we are delighted to have got it running and made our first loans. What are the features?

- Low interest rates (Consumer Price Index) at a simple interest rate, no compounding of debt.

- No repayments during your lifetime or if you move into care accommodation on the sale of your property.
- The loan is secured by way of a charge to protect Anchor's investment.
- We will lend up to £30 – £40,000.

We are particularly interested in helping those who want to stay in their own home and community longer. We have so far loaned money to repair a roof, create a new accessible kitchen and replace doors and windows in a home.

The loan scheme means that the money Anchor holds can be used over and over again.



Rebecca Bangay testing virtual reality equipment to support older people transitioning from home to extra care

3 Virgin Money Giving

Donate online with a bank card or via PayPal at 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

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 Grant Giving

For 250 years The Anchor Society has held a long standing commitment to supporting older people in genuine need in the greater Bristol area and one way we achieve this is by grant giving.

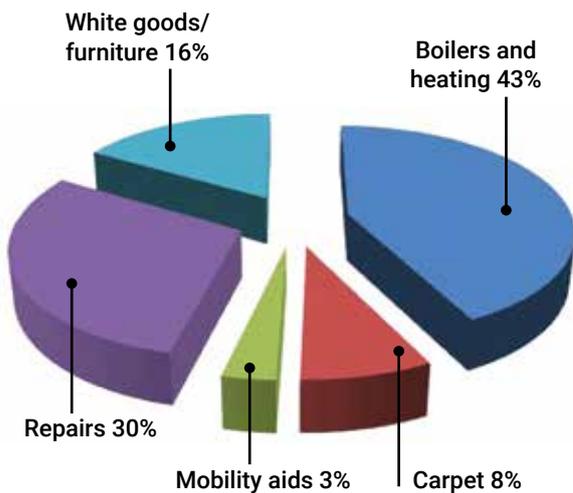
We have a number of beneficiaries who are in receipt of regular quarterly grant payments and most are supported by one of our volunteer visitors. Regular contact and the knowledge that someone is there if needed can be invaluable to isolated older people and our visitors provide companionship, guidance and support. For many this relationship has been established over several years and offers genuine friendship and a point of contact with The Anchor Society.

In addition we offer one-off emergency grants to assist individuals in immediate need to cover essential and unaffordable expenditure. Our intention is to enable older people to live safely and independently at home for as long as possible and the grants can be awarded for a variety of reasons; including maintenance repairs, boilers and heating, white goods and furniture, carpets and mobility aids. Over recent years we have seen a significant change in the scope of grant requests and have reviewed and adapted our policy to respond to the current needs of those most vulnerable in our community.

We are extremely grateful to our referrers and suppliers who assist us with the processing of grant requests and pride ourselves on the speed we are able to respond to the urgency of applications.

The Graph below illustrates how our grant spend was apportioned in 2018/19

Anchor Society one off grants by type 2018/19



Past presidents and annual collections

1931	H C Leonard	1,389
1932	H GTanner	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
2017	Dr John Manley	103,186
2018	Prof. Steve West CBE DL	108,774

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.anchorsociety.co.uk/fundraising/collections. Each year the Anchor, Dolphin and Grateful Societies launch an 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 Ros Kennedy

Committee

Professor Steve West CBE DL
Robert Durie OBE
Richard Jarratt
Paul Rowe

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Francis Montagu

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