



The Anchor Society

Appeal News

2022

Message from the President

It has been a great pleasure to be President of the Anchor Society this year and to learn both about the traditions stretching back so far into history, and the way we react to the modern world by helping older people in our community now to lead healthy and fulfilling lives.

As a local radio presenter and then editor, I always felt close to the people who contributed so much to make our city and county successful, but it also made me aware of how easy it was for some of them to find things hard in their later years.

This year has been particularly difficult and the Anchor Society has been supporting projects which encourage those who need help and confidence to get out and about again after the forced isolation of the Covid pandemic. To this end we partnered with AgeUK (Bristol) to fund a Tai Chi class for older people. This is providing an opportunity to improve fitness and meet other people and is proving very popular!

We are very aware of the increasing hardship brought about by the cost-of-living crisis and huge rise in energy costs. So, we have worked with AgeUK (Bristol) to help with fuel



President, Jenny Lacey, (right) with Jane Oakland (President elect) at the Anchor Summer Tea Party, a much-valued annual event

Photo © Eric Evans

costs. We know how much music contributes to happiness and wellbeing and we are delighted our partnership with Bristol Beacon continues enabling those with dementia to engage with music to aid reminiscence. Two of their musicians led a joyous singalong at our annual beneficiary tea party, when we all raised the roof with a medley of much-loved tunes.

I hope that you find the stories in the newsletter interesting and thank you once again for your support which is making such a difference in our community.

Best wishes,
Jenny Lacey, President

250 YEARS

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

Making a real difference Anchor's Grant Giving Programme



Philippa and Andy two of our beneficiaries

One of the most rewarding aspects of our Grant Giving Programme is seeing the immediate and considerable impact that our grants have on the lives of vulnerable, older people.

Regrettably, we are seeing an increase in the number of applicants who are trying to rebuild their lives from very little; when health conditions have impacted on their ability to work, after fleeing domestic abuse, or having been rehoused after a period of homelessness.

One such case was highlighted to us in March, when we received an application on behalf of two friends who have been supporting each other for the past 20 years. Andy and Philippa lived on the streets for many years and had experienced hardship and prejudice. Their lifestyle had also impacted significantly on their health and ability to work. They were receiving resettlement support to move from supported to independent living and were ultimately offered a new, one-bedroom flat. However, the accommodation was provided completely unfurnished and without flooring.

A grant from Anchor supplied carpet for the bedroom and vinyl in the living room, plus a sofa bed for Andy, who is Philippa's carer, so that he could have a separate sleeping arrangement. With the support of various local charities, they have been able to equip their flat with essential appliances and furniture and can now call it home.

Andy and Philippa are incredibly appreciative of all the support they have received to help them build a more positive and safer future.

Intergenerational partnership with Alive Activities

Over the past year, part funded by the Anchor Society, Alive have been working in collaboration with Sovereign Housing on the One Good Turn intergenerational linking project. Originally conceived to link up residents in care homes with school children, the project has become one of the success stories of the pandemic. Using technology, combined with a program of socially distanced activities, new friendships have been able to form across the generations despite the challenges of Covid 19.

This project focused upon what older and younger people living in Bristol based social housing had in common. The project leaders discovered many participants shared skillsets, hobbies and interests despite the age gap.

One of the reasons why this project was so important was also the biggest challenge to overcome – Covid-19 and the effects on our society of implementing restrictions



Alex Raikes MBE DL with Jean

3 Ways to make a donation

1 By cheque

You can send a cheque or a CAF voucher directly to us at The Anchor Society Office: 29 Alma Vale Road, Clifton, Bristol BS8 2HL. Cheques made payable to "The Anchor Society"

on socialising. How to bring people together in a climate of uncertainty and change, when we have been conditioned to keep our distance.

Come the spring many people were eager to get outdoors and we held workshops and events to revamp outside spaces and prepare the gardens and courtyards for the summer. Residents came together to design their spaces, learn about horticulture and plant edible produce and flowers. At one point we were all treated to some homemade Caribbean cooking after lots of digging and physical hard work.

These events instigated new connections between neighbours and revived outdoor spaces that had been lying dormant over the winter months. It gave residents the opportunity to share their skills and make a positive impact on their community.



Our Music Club – Hope through music for those with Dementia

The Anchor Society is committed to improve the wellbeing of older people and this involves a range of interventions. Over the last year, we have been working with Bristol Beacon to support older people using music as a tool to engage those with dementia. There are a range of projects within this support, one being Group Dementia Sessions called 'Our music club'. The club is facilitated by three professional musicians who encourage and enable music playing and listening to improve wellbeing. 100% of the participants said that the sessions have improved their health and wellbeing and gave them confidence to meet new people. One of the members with dementia (aged 58) has been given the confidence to play his guitar the first time in three years. This is what one participant said 'the main thing is definitely the friends I have made and the people I have gotten to know through music.'



Bristol Beacon musicians Tara and Jim with Rosa Corbishley (Bristol Beacon) and Anchor CEO, Richard Pendlebury

Photo © Eric Evans

Neighbourhood watch in action

Generally, we receive grant requests through known referrers but, on this occasion, Anchor was approached by an individual, who was concerned about her neighbour's wellbeing.

Jean has lived in her home for 49 Years. She was widowed 36 years ago and her only son, Clive, lives in Australia. Despite impaired vision and poor mobility, Jean is fiercely independent, but needs assistance with basic functions, such as access to the internet, telephone calls and written materials.

Alex Raikes, who is currently High Sheriff of Bristol, has lived next door to Jean for over 16 years and she and her sons have become close friends. After an initial enquiry as to whether Jean needed assistance during a bout of bad weather, Alex befriended Jean and they have maintained a close and

supportive relationship ever since. Alex also provides an essential link between Jean and her son, which is reassuring for him being so far away.

As a result of Alex's enquiry, Anchor was able to provide carpets and essential equipment to enable Jean to return home after a period of hospitalisation. This was Jean's choice and with the support of carers and neighbours she is thriving.

Alex has suggested that if everyone took the time to become acquainted with at least one older person who lacks support or networks in their neighbourhood, it would have a considerable impact. Not only would it provide a local support system, which could be lifesaving, but many rewarding relationships could develop as a result.

2 Online

Donate on line through our Charities Aid Foundation account. Please go to cafdonate.cafonline.org/21240

CAF
Charities Aid Foundation

3 By direct transfer or standing order

Please contact us either by telephone **0117 973 4161** or email admin@anchorsociety.co.uk

"I'm pleased as punch to have my scooter back. The boys that fixed it did a great job. I've already been to the shops twice and the Post Office to pay my bills. I had the scooter back in time for my birthday so I was able to meet up with my friends. Please thank the kind souls that made this happen."



Photo © Paul Grogan, Centre for Ageing Better

The Annual Appeal

The Anchor Society was founded in 1769, when a dinner was held at the Three Tuns tavern 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 has been an unbroken record of presidents' annual appointments and personal collections.

You will find the full list on our website: anchorsociety.co.uk/fundraising/collections

Each year the three Societies, Anchor, Dolphin and Grateful, simultaneously launch an appeal at the end of October and the results are shared and announced at the annual dinner in November; so there is some friendly rivalry!

We are reliant on our appeal collections to fund the projects Anchor is involved in and are extremely grateful to the continuing generosity of our donors. Ageing presents many challenges for us all, but particularly for those who are isolated and vulnerable.

We urge you to continue your support in any way that you can. You may wish to consider a regular payment or a legacy gift in your will. If so, please contact the Anchor office for details.

The Anchor Society

Established 1769

President

Jenny Lacey

Committee

Robert Durie OBE

Bill Marshall

Michael Bothamley

Dr Ros Kennedy

Ruth Pitter

Brian Hanson

President-elect

Jane Oakland

Hon Secretary

Hannah Wallington

Hon Treasurer

Eric Evans

Chief Executive

Richard Pendlebury MBE DL

Administrator

Karine Prescott

Grants Officer

Catherine Watts

29 Alma Vale Road Clifton

Bristol BS8 2HL

t 0117 973 4161

e admin@anchorsociety.co.uk

anchorsociety.co.uk

Registered Charity Number 1167933



Past presidents and annual collections

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	108,186
2019	Dr Ros Kennedy	104,763
2020	Francis Montagu	109,302
2021	Bill Marshall	97,054