



The Anchor Society Appeal News

2023

Message from the President

My year as President has been a unique experience. It has been filled with opportunities to see first-hand where the Society can make a significant difference to those we support, both in ongoing projects and through new relationships and partnerships.

It has been a privilege to meet so many wonderful people working within our communities to ease the lives of older people, and to learn so much from our beneficiaries. The more I know, the more I have wanted to learn.

The challenges do not diminish. Thought provoking and shocking statistics reported by The Centre for Ageing Better and Age UK concentrate on the key issues that a significant proportion of older people face across the country. I summarise a few of the issues highlighted by the reports.

Nearly one in five pensioners live in poverty. In 2021 almost 9,000 people died in England and Wales because their homes were too cold, and Age UK reported that in the recent winter 2.8 million older households were in fuel poverty.

Where we live and our wealth makes a difference of up to 10 years in life expectancy and up to 17 years in struggling with ill health. Almost one in five homes headed by someone aged 60 or older is in a condition that endangers the health of the people who live there.

The number of those living alone at 65 and older has risen dramatically in less than 20 years, to 1.3 million men and 2.6 million women. Increasing numbers of over 55s are forced to rent, or house share.

The Anchor Society is addressing some of these issues and our work has never been more important. We work hard to reach out to communities where we can help.



President Jane Oakland (second from left back row) visiting the Southmead Development Trust Project – see inside for details.

Our key areas of focus remain poverty, fuel poverty, isolation, and loneliness, and helping older people maintain independence in a safe, healthy comfortable home, as part of a supportive community.

We are keen that our spending is effective. We link with trusted partners and work with other organisations, including Bristol Older Peoples Funding Alliance, to ensure that our funding leverages as much as possible. It also gives an opportunity to work with others to look strategically and to the longer term in addressing key issues affecting older people.

This year at the time of writing, our emergency grant spend is 40% up from the same period last year, a significant increase. Typically, our grants are spent on the repair and replacement of heating systems (in partnership with St Monica Trust), repairs/ adaptations to make a home safer or liveable and providing essential household items such as white goods, furniture, and carpets. Our work is life changing and, in some cases, lifesaving as the stories in this newsletter highlight.

Finally, we are currently funding a hospital discharge project with We Care Home Improvements, to buy necessary items such as beds, bedding, and white goods to enable patients to get home more quickly and free up much needed hospital beds.

This is made possible by your generous support, and thank you for making a difference.

Jane Oakland, President

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

Tackling poverty and fuel poverty – saving lives

Whilst the issues of the price of gas and electricity no longer make headlines, for those on low incomes the energy bills present a major challenge.

Anchor's approach to this challenge has been threefold:

- Firstly, we work with St Monica Trust to provide modern energy efficient boilers and heating systems (see article about Mike). We do receive very positive feedback from our referrers but the one that really stood out this year was: *Without your help nothing would have ever got better about their heating so next winter the same situation would have been the way it was. You have probably effectively saved two lives by doing what you do/did. They have no savings, no rich relatives and nothing to sell...*

- Secondly, we partnered with Age UK Bristol by placing £10,000 in their winter crisis fund. This fund was given out by their advisors, in grants of between £250 to £330, to those who are struggling to pay their gas and electricity bills. These fuel grants enabled older people to turn on their heating in the coldest months when they might otherwise be reluctant to do so.

- In addition, we funded a Winter Warmth Project for BME elders where we supplied heated blankets, throws and low-cost heaters. All the items bought

were distributed within a couple of days and were much appreciated. We have built good relationships and aim to continue these projects.



Greenway Hub initiative



Anchor recently joined forces with The John James Bristol Foundation, The Grateful Society and St Monica Trust to fund the Greenway Hub for Older People based in Southmead. The Hub brings together a wide variety of community led services and activities to support wellbeing and independence into older age. Examples of the activities on offer include knit and natter, fitness classes, bingo, a wellbeing choir, coffee mornings, a walking group, and creative writing. The great advantage of these activities is that they are in groups, so a great antidote to loneliness and isolation.

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"



Mike is a keen musician

Anchor Grant Funding – changing and improving lives

As the majority of our grant applications come via known referrers, it is not often that we have the opportunity to meet our beneficiaries, so we were delighted to be able to visit Mike following his contact with us.

Mike originally came from Ireland and trained as an engineer. Unfortunately, due to ill health, he has been unable to work for some time.

For many years Mike lived with his mother but, when she died, moved to his own flat.

The boiler in his new home had been installed in the 1980s, but in 2022 was showing signs of leakage and stopped providing heating and hot water. Due to lack of funds Mike was unable to replace the boiler and was without heating and hot water for about six months.

A friend contacted We Care Home Improvements who arranged for an engineer to visit and he determined that the boiler was beyond viable repair. Following their grant application, we agreed to contribute £1700 towards a new boiler, funded from the Joint Boiler Project with St Monica Trust, with the balance coming from other charitable sources.

We were so pleased to meet Mike and hear a little more of his life story. With your support and our collaboration with St Monica Trust, we were able to support him when he needed it most. Mike said the help he received was life changing for him.

The power of music to help isolation and loneliness

Over the last year Anchor has been working in partnership with St Georges' music venue in Bristol. We sponsored tickets for lunchtime concerts (with a cup of tea) to encourage people over 55 to get out and have some company. It has been a great success and 500 people have enjoyed the benefit of our partnership. It has made an enormous difference to those who have attended the concerts and we were delighted to meet with Marcia and Doug who share some of their story.

It was lovely to meet you today and have an opportunity to be able to thank you and the Anchor Society for working with Friends Aging Better (FAB) to fund the wonderful free lunch time concerts at St George's, Bristol.

My husband... has had two strokes because of an underlying heart condition that has only come to light because of the strokes, he was very fit and healthy over 55 before. We have both found the lunch time concerts to be so uplifting and they have got Doug back into the City when he wouldn't have wanted to go otherwise. He is now more keen to get out and about and meet people which has improved his confidence... The Zulu Project lunchtime concert at St George's today was just fantastic and we are so pleased we had the opportunity to go, funds have been tighter since my husband's strokes and we certainly wouldn't have thought of going to lunchtime concerts before, now we can see just how valuable they are. Thank you all once again.

Below: Marcia and Doug at St Georges

Anchor's specific role is funding the Life Planning Coordinator (a qualified Occupational Therapist). Following referrals from their GP's and Adult Social Services, this core member of the team visits local older people at home, completes life planning assessments, coaches, supports and helps older people to take advantage of the activities and opportunities at the Greenway and in the local community. We have heard some amazing stories of those overcoming mental health issues to join in the activities and encourage newcomers, building up their own health and self-confidence.

We look forward to seeing how the project unfolds but the signs are that it has got off to a good start.



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

Support and friendship

Each year Anchor holds a summer tea party, inviting some of the older people we support through our various programmes. It is also an opportunity to say thank you to some of our volunteers. Featured above with Hazel is Ross, who in 2021 wrote to us and said that he 'would like to get more involved with helping tackle the challenges associated with an ageing population'. Ross took over the role of Hazel's visitor from Jo Durie, who had been a wonderful support over many years. We are very grateful to Ross and our other volunteers who support our work in various ways.



Working Together – Anchor, Grateful and Dolphin Societies

Over the past few years, it has been rewarding to work more closely with our fellow historical charities. As members of the Bristol Older Peoples Funding Alliance we have been able jointly to support a number of projects.



Pictured with our President, Jane, from left to right are Ed Corrigan (Dolphin Society) and Simon Beswick (Grateful Society).

The Anchor Society

Established 1769

President

Jane Oakland

Committee

Robert Durie OBE

Jenny Lacey

Dr Ros Kennedy MBE

Ruth Pitter

Brian Hanson CBE

President-elect

Oliver Delany OBE

Hon Secretary

Hannah Wallington

Hon Treasurer

Eric Evans

Chief Executive

Richard Pendlebury MBE DL

Administrator

Mandy Webb

Grants Officer

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Registered Charity Number 1167933



Past presidents

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- 1936 Dr J Odery Symes
- 1937 A Anthony Skull
- 1938 Laurence Hosegood
- 1939 T Thornton Wills
- 1940 Sir Seymour Williams
- 1941 Colonel EW Lennard
- 1942 Ald T H J Underdown
- 1943 John R. Skull
- 1944 H M C Hosegood
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- 1949 S W Cornwell
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- 1952 S T Carwardine
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- 1957 R H Brown
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- 1959 T G C Butler, OBE
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- 2018 Prof. Sir Steve West CBE DL
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- 2020 Francis Montagu
- 2021 Bill Marshall
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