



***Dedicated to alleviating loneliness and maintaining the dignity and independence of older people***

## President's Appeal - 2022

### Dear Friends and Supporters,

The Grateful Society is a Bristol based charity, founded in 1758, that aims to help improve the physical and mental well-being of older vulnerable people in Bristol and the surrounding areas. We aim to enhance their quality of life, alleviating loneliness and social isolation whilst helping them to maintain their dignity and independence. The last three years have been unprecedented with the elderly bearing the brunt of the impact of the pandemic. Throughout this period the charities the Grateful Society supports have proved themselves to be resourceful and resilient in meeting the challenges they faced in supporting the elderly and less fortunate in society.

The Grateful Society has been alongside them, supporting the creative and innovative way in which they have been able to respond to lockdown to relieve the isolation many experienced at this time. The funds we were able to provide ensured these organisations were able to continue their essential work and respond swiftly and effectively to immediate and specific requests for targeted support. We increased our funding recognising the unique circumstances that so many of the charities we support faced. For example, we provided extra help to alleviate loneliness including funding for telephone chat sessions, visits to homes, internet access and Christmas hampers.

I am pleased to report that all the charities we have supported have weathered the storm of Covid and this year they have been able to fully recover and resume their many crucial activities. More recently we have actively sought to increase our impact and the diversity of the groups we support entering into new partnerships with specific ethnic communities and other new partners including Lifecycle, Nordic walking and The Harbour charity (see inside for details). It is my honour to be President of The Grateful Society this year.

During the year I have had the pleasure of visiting many of the local community centres, lunch clubs memory/dementia cafes, stroke clubs, musical events, tea parties, classes on healthy living and other engaging activities. For many of the elderly and vulnerable, these events are often the highlight of their week, and for some it is the only day in the week they leave their home. In all of these visits I have been heartened by the joy and pleasure that so many experience in these clubs and activities and their warm and sincere appreciation for all that is provided for them with funding from The Grateful Society. I have also been impressed by the commitment of the volunteers who significantly multiply the impact of our support.

We all recognise that the forthcoming year will be one of exceptional economic hardship which will have a particular impact on the lives of the elderly and vulnerable. Many of the wonderful projects we support will also face more pressure on their finances as the cost of food, travel and energy increase.

All the money we raise comes from generous private donations and grant giving Trusts. So please do support my President's appeal this year, as generously as you can so that The Grateful Society can continue its charitable work in the service of our vulnerable older people and help make a real difference to their lives.

My sincere thanks for your support

**Dr Bhupinder Sandhu OBE  
President 2022**



## Two ways to make your donation

**1 Bank transfer**  
**Bank:** CAF Bank  
**Account no:** 00020662  
**Sort code:** 40-52-40

**2 Please send a cheque or a CAF cheque directly to:**  
Grateful Society,  
c/o Saffrey Champness,  
St Catherine's Court,  
Berkeley Place, Bristol BS8 1BQ  
(Prepaid addressed envelope enclosed)

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You can gift aid your donation by completing and returning the enclosed donation form with your cheque

## OUR PARTNER CHARITIES AND ORGANISATIONS

### NAILSEA MEMORY CAFÉ

This is a support group for people living with dementia that provides physical, mental, social activities that help them to live with dementia and improve their wellbeing. In addition, their carers attend a support group at the same time to share their common experiences. The wonderful work and dedication of the volunteers and staff is impressive



A regular attendee thanked The President and said: "It is very frustrating having dementia but activities here supported by The Grateful Society help. They light our inner candle a bit brighter for a bit longer. Thank you."

### The BS3 COMMUNITY

This community club organise, with the help of volunteers, a weekly lunch and quiz for pensioners at risk of social isolation and loneliness in a local restaurant, whose owner charges food at cost price only. For some this is the only social engagement they have all week and is very special and valuable.



An 81 yr old said "I don't think you will ever know the difference that staff and volunteers made to me during the pandemic. I felt scared and alone but their calls, care and laughs, flowers, Sunday lunches and jigsaws made me feel positive and connected."

### The CORNER CLUB

This is a charity set up in 1989 to reduce isolation and loneliness in older people living in and around Clifton. It has built back up to full capacity after the Covid lockdowns.



"The Grateful Society continued to support us through the pandemic and is one of the reasons we were able to keep going through the Very Strange Times of Covid." Sara Cech-Lucas - Chair of the trustees The SJRA Corner Club

**CHINESE COMMUNITY WELL-BEING SOCIETY (CCWS) now incorporates the Chinese Women's Group.** Their aim is to relieve hardship and distress among the elderly, by providing assistance, advice and services amongst the Chinese community. It provides recreational, educational, cultural and social activities.



The Grateful Society were present at one of their educational seminars on health issues including diabetes and heart disease followed by a healthy demonstration lunch.

### SOMALI RESOURCE CENTRE & SOMALI ELDERS

The Somali population is the second largest migrant community in Bristol. Older people of Somali heritage face many issues including social isolation, loneliness and difficulty in accessing mainstream services.

The Grateful Society has enabled the Somali Elders group to meet, have a healthy lunch and receive useful advice and information as well as help with accessing essential services.



"The elder's quality of life has been improved enabling them to stay independent and contribute to society, thanks to Grateful's help"

### THE OLD PATCHWAY PENSIONS CLUB

This enables pensioners in the Patchway area to meet regularly, socialise and enjoy quizzes, various entertainments, raffles and the occasional day trips funded by the Grateful Society. Due to many of the club members being very elderly and on their own, these are the only trips they get to the coast or garden centres.



"We thank The Grateful Society for your previous grants, and for the trips it enables us to do, it means a lot to us to be able to do this for the elderly "community."

### MARMALADE TRUST

This Bristol based charity is dedicated to raising awareness of and combatting loneliness. It brings companionship and joy to those who would otherwise spend Christmas day alone. The Grateful Society will be funding the hosting of free lunches for lonely individuals on Christmas day throughout Bristol, North Somerset and South Gloucestershire supported by a network of friendly volunteers.



One diner commented "It means everything to know someone cares. Without the Marmalade Trust, I wouldn't have spoken to or seen anyone over Christmas. I am so grateful"

### BRISTOL BLACK CARERS

BBC is an award-winning charity that provides culturally appropriate support and services to carers and their families from the Caribbean, African and Asian communities across Bristol.



"Grateful funding will benefit the elderly through bringing them together again to rekindle the friendships in person. To get out of their homes breaking loneliness and isolation. To be creative and have a laugh with each other" said the founder.

## ALIVE

This is a charity dedicated to improving the lives of older people and their carers. They provide meaningful engagement in care homes and provide community activity and support through their Meeting Centres. Some of the activities include the following: music, poetry, horticultural therapy, and creative art. The Grateful Society support will help facilitate the many activities offered.

"I haven't seen him so excited and engaged and the first time I've seen him walking without a stick for ages. You give us hope" said a dementia sufferers partner during their first visit to an Alive allotment.

## BRISTOL MUSIC TRUST

Their activities utilise the power of music to enhance the quality of life of older people living with dementia and include "Mail a Musician" concerts for the elderly, many with dementia. The Grateful Society has contributed towards a Dementia Friendly Concert, broadcast live and streamed to care homes across the country, featuring the London Symphony Orchestra conducted by Sir Simon Rattle.



"That's the most movement I have seen in a month" said a dementia sufferer's wife after her husband was dancing listening to live musicians.

## THE HARBOUR.

Since 1992 The Harbour have offered specialist grief counselling to people with a serious or life-threatening illness, their carers, loved ones, and people who have been bereaved. This has been a vital and invaluable source of support for thousands.



Support from the Grateful Society will enable The Harbour to provide support for the first 10 counselling sessions for the over 60s that cannot afford it.

## NORDIC WALKING IN INNER CITY BRISTOL

This organisation is a recent addition to the groups The Grateful Society supports. It aims to encourage Nordic walking as a particular activity for the elderly to enhance their mobility, fitness and general wellbeing. The group covers a number of communities in inner Bristol.



## BRISTOL AFTER STROKE. NAILSEA STROKE CLUB. WESTON SPEAKABILITY STROKE CLUB



Each of the organisations play an important role supporting older people who have had a stroke, providing them with a place of safety to come and share their experiences, socialise and join in many appropriate enjoyable activities.

**LIFE CYCLE** is a Bristol based national charity which champions cycling. Their recent initiative is aimed at supporting older people to cycle safely with others, led by an experienced leader achieving a healthier, safer and better quality of life including their mental health.



One cycle buddy sent in this message to the Grateful Society President "I have found Lifecycles services to be invaluable. The group rides have afforded not only an enjoyable outdoor exercise event, but also companionship and fun."

## THE TRINITY LUNCH CLUB, HOTWELLS

The Grateful Society contributes to this very successful Club for local people over 60 who are at risk of experiencing isolation and loneliness. It meets on Mondays for lunch, quiz, singing and other activities and provides transport. During Covid the funding enabled ongoing contact with over 30 members.

"There is a great atmosphere of joy and friendliness"



## COTE HOUSE

The Grateful Society is contributing towards refurbishment of Katherine House along with making smaller areas of interest in corridors, including seating areas on a walk to the dining room that gives interest and in turn increases mobility.

## OTHER CHARITY ORGANISATIONS WE SUPPORT AND WORK WITH INCLUDE:

**Pill Lunch Club, Wyldewood Arts, Young at Heart, Eastville Park Bowls Club, The Park Centre.**

## WORKING TOGETHER

It has been a pleasure to meet regularly and work with the Presidents of the Dolphin and The Anchor Societies - Dr Joyshri Sarangi and Jenny Lacey. We have been able to discuss the shared aims of our societies and optimal ways to manage our activities for the benefit of older citizens. We have also shared our experiences and supported each other in order to work more effectively.



### BRISTOL OLD PEOPLE'S FUNDING ALLIANCE (BOPFA)

The President has joined meetings of BOPFA, ably chaired by Roger Opie. BOPFA has helped to coordinate activities the charities working with older people run and, with Bristol City Council, working to help the elderly in the community. It also helps to identify deserving groups that need funding.

### ST MONICA'S TRUST COMMUNITY DEVELOPMENT AND BRISTOL INNER CITY WELLSRING SETTLEMENT

We have continued to work closely with St Monica's Trust via Adam Rees, Director of charities impact, including jointly funding (from the late Robert Long's generous legacy) the Wellspring Settlement community project based in the inner city and co-ordinated, initially, for three years by an old people's development worker. The project provides support across the localities with the aim of encouraging collaboration, linking older people back into existing services, particularly after Covid, to help maintain their independence, alleviate loneliness and enhance their mental and physical wellbeing.

## List of Past Presidents

1963	George Edward McWatters
1964	George Henry Ross Goobey
1965	Tom James Hood
1966	John Henshaw Britton
1967	Charles Henry Kinnersley
1968	Paul Robinson
1969	George Morey Tricks
1970	John Vemon Wills
1971	John Gordon
1972	The Earl Waldegrave
1973	Kenneth Alfred Leader Brown
1974	John Sutcliffe Camm
1975	John Osborne Gough
1976	William Nicholas Hood
1977	Timothy Christian Merrett Stock
1978	John Charles Tolmie Harvey
1979	Simon John Douglas Awdry
1980	Christopher Wilson Thomas
1981	Colin Ramsay McCay
1982	David Cuthbert Tudway Quilter
1983	Anthony Leonard Robinson
1984	Julian Cecil Somerville Mills
1985	Hugo Huntington-Whiteley
1986	Anthony Richard Wynniatt Eve
1987	Charles Humphrey Cridland Densham
1988	Stuart Morrison Andrews
1989	Christopher John Leon Moorsom *
1990	William Arthur Waldegrave
1991	Timothy Ritchie Thom
1992	Robert Edward John Bemays
1993	Nicholas Gordon Knibb Hutchen *
1994	John Moger Woolley
1995	Peter Ryan Cridland Densham
1996	Sir Richard Gaskell
1997	David John Marsh
1998	Andrew Robert Thomhill
1999	George Edward Cedric Lankester
2000	Charles Nigel Sommerville
2001	Kenneth Tim Pearce
2002	Peter McIlwraith
2003	Cullum McAlpine
2004	Charles John Calcroft Wyld
2005	David John Cryer
2006	Tom Angus Hood
2007	Grant Stephen Watson
2008	John Howard Newman
2009	Guy Stobart
2010	Michael James Henry
2011	Julian Telling
2012	Hugh Beresford Coakham
2013	Susan Darwall Smith **
2014	Robert Drewett *
2015	Mark Hill
2016	Alastair Currie
2017	Nick Cryer
2018	David Powell
2019	Mark Mason
2020	Jackie Cornish
2021	Allan Rosengren *

\* denotes Trustee

\*\* denotes Chair of Trustees