

“Improving the wellbeing and independence of older people.”



## President's Appeal - 2023

Dear Friends and Supporters,

The Grateful Society is a long-established Bristol based charity that aims to improve the physical and mental well-being of older vulnerable people in Bristol and the surrounding areas to enhance their quality of life and alleviate loneliness and social isolation. It does so by raising funds through an annual appeal and providing grants from the donations received to largely volunteer led, local organisations supporting the elderly and less fortunate in society.

Since the pandemic the levels of loneliness have been on the increase, particularly in the South West, and are likely to rise further during the current period of exceptional economic hardship. This is concerning as frequent and sustained loneliness is also linked to heart disease, strokes and dementia.

In addition to the need to reach the increased number of elderly struggling with loneliness and social isolation, the organisations supported by The Grateful Society to address their needs are also challenged by the massive energy, food, transport and other cost increases will all have endured over the past twelve months or so. As a result, the demand for funding from The Grateful Society and similar charities has risen significantly and is likely to rise further next year. With your help, we hope to address that funding shortfall.

Today The Grateful Society supports around 25 organisations that collectively address the needs of large numbers of older and, often, vulnerable people in and around Bristol. Brief details on each of them follow. As ever, we actively seek to increase our impact and the diversity of the groups we

support and in the past year we have been able to fund an additional three organisations due to the generous response to our last appeal.

For many of the elderly and vulnerable, the various activities funded by The Grateful Society through our partner organisations are often the highlight of their week and, for some, it is the only day in the week they leave their home. Over the past year I have seen first-hand 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.

If you can, please support our appeal this year so that we are able to support our existing partner organisations meet their increased costs and tackle the greater number of elderly who need our support through them and new, volunteer led organisations.

My sincere thanks in anticipation of your support

**Simon Beswick**  
President, 2023



## Four ways to make your donation

### 1. Online

Through our website:  
[www.gratefulsociety.org](http://www.gratefulsociety.org)

### 2. JustGiving

[www.justgiving.com/gratefulsociety](http://www.justgiving.com/gratefulsociety)

### 3. Bank transfer

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

### 4. By cheque

The Grateful Society, c/o  
Saffrey Champness,  
St Catherine's Court, Berkeley  
Place, Bristol BS8 1BQ

Don't forget you can gift aid your donation online or by completing and returning the enclosed donation form with your cheque

# Our Partner Organisations

## Alive's BME Elders Evergreen Club

Alive works to prioritise health and wellbeing into later life. The Grateful Society's funding alongside that from St Monica's, Quartet, the Anchor Society and John James Foundation supports three valued groups of The Malcolm X Elders, The Evergreen Club, and the Golden Agers Club which, between them, provides a total of 130 older people from BME communities with vital social support, activities, and help accessing services. They were set up to tackle isolation and loneliness among the elders and bring people together to form friendships and have fun.



## Bristol After Stroke

Bristol After Stroke is an independent local charity helping people rebuild their lives after stroke. Their services offer a unique combination of practical, social, emotional and psychological support to stroke-affected people and their carers and loved ones.



## Bristol Beacon

Bristol Beacon is a music charity and venue which offers a diverse programme of music for all plus an extensive creative learning and community engagement programme and targeted programme for different age groups including the elderly. We believe in the power of music to break down barriers, transform lives, and celebrate this in everything we do.



## Bristol Music Trust

BMT utilises the power of music to enhance the quality of life of older people living with dementia. Activities 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.

## BS3 Community

With the help of volunteers, this community club organises 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."**

## Chinese CWS

The Chinese Community Wellbeing Society aims to: relieve sickness, hardship and distress amongst the Chinese community; provide facilities for recreation for them with a view to improving their conditions of life; and advance education and communication between the Chinese community and the local community. CWS runs various projects and activities, including a confidential free helpline for brief/one-off questions, more in-depth help, assistance to carers and the people they look after, targeted support for people living with dementia and their carers and support for victims of hate crime/incidents.



## EASTVILLE PARK

Eastville Park has become a popular destination for older people to enjoy being part of the Bowls Club and visiting its pop-up cafe. The Bowls Club provides a space where meaningful new friendships can be made for older people as well as providing wellbeing and mental health support and creating opportunities to reconnect with the community.



## GREENWAY CLUB, SOUTHMEAD

The John James Bristol Foundation, the Anchor Society and the Grateful Society fund their Monday Club and a Life Planning Co-ordinator to allow access to vital resources for older people within the community, giving them an opportunity to socialise and seek support.

## Let's Walk Bristol

With the financial support of The Grateful Society, Let's Walk Bristol offers a Nordic walking programme for older adults running at St George's Park to enhance their mobility, fitness and general wellbeing. The group covers several communities in inner Bristol with people staying for tea/coffee in the Beehive Centre (the local community centre) afterwards. Feedback from participants suggests that not only do people enjoy the wellbeing benefits of Nordic walking and the pleasure of being in St George Park, but it is developing into a supportive and social group.



## LIFE CYCLE

Life Cycle is primarily a Bristol-based organisation with the mission to transform lives and the environment through cycling. Life Cycle provides a range of cycling support (e.g., Access to discounted bicycles, Cycle Training, Group Cycle Rides, Get Cycling Courses, Bike Mechanic courses) to help people of all ages and abilities to get cycling. The Grateful Society supports its Over 55s project for older or isolated people who are looking to join our Wellbeing Café or Group Cycle rides so they can enjoy friendly company.



## 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 funds 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:



## Mercy Group – Clifton Cathedral

The Mercy Group supports those with low mood, anxiety, isolation, addiction, low self-esteem, family issues, mental or physical trauma, ongoing or terminal illness, bereavement and all life-affecting issues. Post pandemic the group is concentrating on those who are isolated, particularly the elderly, and provides monthly lunches and afternoon teas as well as visiting at home and staying in regular touch by telephone.



**" 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"**

## MUSIC IN HOSPITALS



MiH aims to improve the health and wellbeing of people through the healing power of live music. The Charity's professional musicians share bespoke live music with people in health and care settings across the UK who might not otherwise get to experience it. This includes people living with dementia, mental health problems and serious illnesses. The Grateful Society is helping the Charity realise its vision for live music to be an integral and accessible part of health and care for everyone.

## Bristol Pakistani Welfare Organisation Women's Club



This club is aimed at women from all backgrounds over the age of 50+. The club aims to benefit wellbeing, enrich life and reduce the risk of loneliness through a variety of activities and groups including board games, physical activity and cooking.

## Pill Lunch Club

Pill Lunch Club meets every Thursday for its members (mostly old and some with disabilities) and provides a home cooked lunch and dessert. The club has volunteer drivers who collect members who cannot walk. For some of its members this is the only time in the week that they leave their homes.

## RWA



Purpose-built in 1858, the RWA has been described as one of Britain's most beautiful art galleries. An independent charity, RWA's mission is to ensure it is somewhere everyone feels welcomed, valued and nourished, and that art is accessible to all, working within and beyond our building to inspire people of all backgrounds, using creativity to develop skills, enhance lives and boost wellbeing. With the financial support of The Grateful Society, the RWA runs a particular programme for dementia sufferers and their carers.

## Somali Resource Centre



St Monica Trust, the Dolphin Society and the Grateful Society jointly fund their Community Elders' Activities Programme for community elders. This includes coffee mornings, visiting green spaces, information & advice sessions, mental health & well-being sessions, and social events to enhance social connections for lonely elders. Most of the older people they work with feel lonely and socially isolated and reported to us that the funding has enabled them to

***offer community elders services that fit better with their ethnic, cultural, and religious values and preferences."***

## St James Priory



St James Priory is the Charity responsible for the Historic Grade 1 Listed Priory Church. It also operates St James House, on site Supported Housing accommodation for people in recovery from addiction, and a monthly lunch club (supported by The Grateful Society) for the elderly in the inner city of Bristol.



## Stroke Clubs – Nailsea and Weston



We support both the Nailsea and Weston Stroke Clubs, both friendly groups open to all stroke survivors and run mostly by stroke survivors. The clubs are there to provide information, communication support, a range of social activities (including arts, sports, exercise and singing) and an opportunity to talk to someone who understands because they have been through it.

## Nailsea Memory Café



NMC supports people living with dementia and their carers living in and around Nailsea and the northern area of North Somerset through the provision of physical, mental, social activities that help improve their wellbeing. In addition, their carers attend a support group at the same time to share their common experiences. A regular attendee 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."***

## Patchway Pensioners Club

The club 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."***

## ROLLS ROYCE PENSION CLUB

A bi-weekly club for pensioners of Rolls Royce, Filton, alternating between playing table tennis and a club lunch meeting.

## The Harbour



The Harbour provides a professional psychotherapy provision to adults affected by death, dying and bereavement in Bristol and the surrounding area. The Harbour has over 30 years' experience supporting and improving mental health, providing an accessible, affordable and inclusive therapy service. The Grateful Society provides support for the first 10 counselling sessions for the over 60s that cannot afford it.

## Trinity Care

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.

***"There is a great atmosphere of joy and friendliness"***

## The Park



The Park Centre is a vibrant community hub in South Bristol with the aim of supporting local people of all ages, including the elderly, to learn, gain employment, be fit and healthy, appreciate each other, enjoy life, and reach their full potential.

## The Wellspring Settlement

A specific legacy funds an on-going programme to enable the Wellspring Settlement to proactively identify and then support (through a programme of activities) the elderly and isolated in the local community and to extend its reach into neighbouring communities.

# Working together



## ANCHOR, DOLPHIN & GRATEFUL SOCIETIES

It has been a pleasure to meet regularly and work with the Presidents of the Anchor and the Dolphin Societies – Jane Oakland and Ed Corrigan. 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, including co-funding certain projects/organisations.

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

We are a key member of this group of grant funders who work together to meet the priority needs of older people in Bristol. Chaired by Roger Opie, the other Alliance members include Anchor Society, the Dolphin Society, the Grateful Society, John James Bristol Foundation, the Quartet Community Foundation, St Monica's Trust and the Society of Merchant Venturers. BOPFA creates more funding opportunities within the community and aims to help organisations become sustainable, improve existing services or develop innovations that will have a positive effect on the quality of life for older people.

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

We have continued to work closely with St Monica's Trust, particularly in relation to funding (from the late Robert Long's generous legacy) the Wellspring Settlement community project based in the inner city to identify the lonely and socially isolated in that community and to alleviate loneliness through a programme of activities.

## OSBORNE CLARKE, EPIGRAM and HOBBS

To appeal to the next generations, we are moving more of our communication, fund-raising and grant giving online. Aligned with that we have updated our branding, logo and website ([www.gratefulsociety.org](http://www.gratefulsociety.org)). None of this would have been possible without the generous support of Osborne Clarke, their designers (Epigram) and their printers (Hobs), all of whom have provided their services without charge and for which we are extremely 'grateful.'

### GRATEFUL SOCIETY

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Founded 1758  
Registered Charity number 202349  
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# Past Presidents

## 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
2022	Professor Bhupinder Sandhu OBE *

\* denotes Trustee      \*\* denotes Chair of Trustees