



“Improving the wellbeing and independence of older people.”

President's Appeal - 2024

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 and to enhance their quality of life and alleviate loneliness and social isolation. It does so by raising funds through an annual appeal and using the funds raised from donations to provide grants to largely volunteer-led, local organisations supporting the elderly and less fortunate in our wider City area.

Living amongst us, here in the Bristol area, elderly people are experiencing increasingly extreme levels of isolation, which have been exacerbated by the prolonged period of exceptional economic hardship – something we know directly affects their health and wellbeing with strong links to heart disease, strokes and dementia.

There are some wonderful projects and dedicated people who seek to support the lonely elderly, but those worthy organisations already supported by The Grateful Society have also been challenged by the massive energy, food, transport and other cost increases incurred over a sustained period. 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.

The generous response to last year's appeal has enabled the Grateful Society to support nearly 30 organisations which collectively address the needs of a very large number of elderly and often vulnerable people in and around Bristol. To date I have been able to increase the number of organisations we support by 7 - nearly 25% - but there is much to be done.

Throughout my life I have gained much pleasure and delight through a love of music, and I recognise the power music has to bring people together and stimulate the heart and soul. Its benefits for the elderly are well-recognised, of course, but I felt a personal motivation to build upon this uniting force to benefit our elderly and isolated here in Bristol. I am proud that The Grateful Society now support the elderly through Music at St George's Community Ticket Club (where I am a Trustee) as well as at the Bristol Beacon. Additionally, we have supported the wonderful Bristol Ensemble to launch and run a new project specifically supporting the elderly of our City.

It has been a privilege and an education to visit many of the projects and activities supported by The Grateful Society during my year as President. I have been humbled by the work being done within our communities, especially by the volunteers who give their time and energy to improve the lives of others. Never in modern times has the financial support from benefactors been so needed or valued.

With that in mind, I would like to invite you to support The Grateful Society's 2024 Presidential Appeal so we can continue to support and build upon the essential work of the organisations and volunteers who are committed to improve the lives of the vulnerable elderly in our communities.

With sincere thanks for your support.

Chris Ladkin
President, 2024



Four ways to make your donation

1. Online

Through our website:
www.gratefulsociety.org

2. JustGiving

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 30
Galingale Way, Portishead,
Bristol, BS20 7LU

New Supported Organisations

St George's Bristol

The Community Ticket Club is dedicated to supporting elderly residents, helping them maintain their independence and enhance their wellbeing.

Lunchtime concerts are particularly popular, as they help alleviate concerns about visiting the city centre and travelling home after dark. Our venue is fully accessible, and the St George's team is highly experienced in accommodating people with mobility issues and other challenges.

We are committed to making every concert a welcoming and enjoyable experience for all our attendees.



“It's not just music, it's the being together... the feeling of community.”

One Green Kitchen

Our vision is 'to change the world's future through green meals'. We will support women and the elderly from the various marginalised groups across Bristol and the surrounding area.



Ardagh Bowling club

Provides a warm, friendly space serving hot soup and various activities.

This is a social group for the over 55s one day a week from 11-2pm. The club encourages people who are lonely to enjoy a chat and something warm to eat also try out a few activities to encourage movement and exercise and meeting new friends for company.

Square Food Foundation

“Back in the Kitchen” has a 10-year track record of supporting older people to improve their health, well-being, and independence. We have shown that by coming together to learn new skills and increase knowledge of nutrition, students improve physical health, decrease feelings of isolation, and encourage feelings of positivity and self-esteem. Our elderly students have come to rely on this weekly class as a source of positive interaction, “a highlight of the week” and “a reason to get out of the house.”



“We are thrilled to announce that Square Food Foundation has received a generous grant from The Grateful Society. This support will significantly enhance our "Back In The Kitchen" programme, a cooking class designed to combat social isolation. Thanks to The Grateful Society, we can continue to bring people together, foster community connections, and promote well-being through the joy of cooking. Together, we are making a difference, one meal at a time.”
Sophie Jerrold & Alice Morrison, Square Food Foundation.

Bristol Dementia Action Alliance

BDAA exists to educate the communities of Bristol about dementia and provide activity groups for those living with dementia and their carers. Our current memory cafes are for everyone to come together to relax, chat and enjoy entertainment which includes music, movement and reminiscence.

This funding enables us to explore additional options such as offering a separate carers space with support, whilst their loved one with dementia is also supported.

“Together, we will make a difference to the lives of people living with dementia.”



Friends of Hillfields Library

The group is led by local residents, with members of the group helping to shape what we do each week.



Support from The Grateful Society has helped bring in much needed arts resources which we will use over the coming year - exploring different forms of art not only helps the group to connect with their creativity but also bonds individuals together with shared experiences.

“I was unsure about going out after covid, this group improved my wellbeing and helps me to meet people in the community”

Bristol Ensemble

The Bristol Ensemble is a pilot project that will bring high quality classical music concerts to around 100 people in four or five care homes in deprived areas of Bristol. Concerts will be performed by a small group of professional musicians that play for the Bristol Ensemble, Bristol's only professional orchestra.



IMPERMANENCE

IMPERMANENCE is a dance theatre company based at The Mount Without, Bristol.

Planning to host ten monthly Social Clubs for people over 60 at risk of loneliness/isolation including care home residents. The Social Clubs offer short performances, lunch at roundtables, presentations about wellbeing, signposting to support organisations (eg. Age UK) & a short dance workshop.

“My husband passed away this year, and I don't go out much any more, especially not at night. I felt comfortable coming to this event as it is in the day and I knew I would be able to chat with other people”

Continued Support

Bristol Beacon

Bristol Beacon is a prominent music and arts venue in Bristol, enriching lives through the power of music. They offer a variety of programmes with a particular focus on older adults. These initiatives include music-making clubs, health and wellbeing sessions, and immersive concerts, all aimed at improving the quality of life for vulnerable groups, such as those living with dementia. Bristol Beacon also supports intergenerational events, ensuring that music and arts remain accessible and beneficial to everyone in the community.



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.



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.”

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.



BS3

BS3 Community Development's Connect with Ease project helps older adults confidently access online services through 1:1 support and computer literacy programmes. By building digital skills, the project strengthens connections with loved ones and improves wellbeing. Prioritising online safety, BS3 follows Age UK guidelines to protect against fraud. Their informal, person-centered approach ensures learning is accessible, supportive, and socially engaging.



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.”



Friends of Eastville Park

Friends of Eastville Park supports Community Connect, working to reduce social isolation among older people in the community. Each week, they provide a warm welcome, a hot meal, and a space for conversation. Many attendees say it's their only social interaction of the week, offering them friendship and a sense of belonging. It's a vital service that helps foster connections and brighten lives.

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”

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.



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.



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 Mercy Group

As part of their mission to combat isolation, The Mercy Group hosts regular meals, often serving over 100 people. They hope to hold weekly events, ranging from coffee and cake gatherings to full lunches. On Christmas Day, they provided a special lunch for over 100 people, most of whom were over 65.

Together for Change

The Marmalade Trust

The Marmalade Trust supports people experiencing loneliness in Bristol, North Somerset, and South Gloucestershire. Since the global pandemic that began in 2020, exacerbated by the cost of living crisis, loneliness is more prevalent than ever, with many older people experiencing social isolation. We support older people back into social contact and help rebuild their lost confidence.

The photo below shows our President, Chris, taking some marmalade to the Marmalade Trust HQ – something we've been told no one has done before.



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, John James Bristol Foundation, the Quartet Community Foundation, St Monica 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 TRUST COMMUNITY DEVELOPMENT AND BRISTOL INNER CITY WELLSRING SETTLEMENT

We have continued to work closely with St Monica Trust's community development, 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.

Past Presidents since 1976

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1983	Anthony Robinson
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1985	Hugo Huntington-Whiteley
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