



Bournemouth, Poole, Christchurch & East Dorset

Offering a wide range of activities and support services which look to directly tackle social isolation, increase personal independence, and help people enjoy life as they age.

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The PramaLife Team

Find us online



@pramacharity
@pramacharityshops



pramacare.org.uk
pramalife.org



@pramacharity
@pramacharityshops

Welcome

Here at PramaLife, we have developed over 60 Clubs, Groups and Activities for adults and carers who need assistance to continue living full lives independently, whether that's from ill health, disability or age related issues.

As a charity, our mission is to support our community by delivering trusted services that reflect our values of respect, compassion and faith.

I'm immensely proud of our amazing volunteer teams who work across all our groups, charity shops and projects which means that we can continue to offer the fantastic services that we do, to enhance the lives of adults and carers needing support across Bournemouth, Christchurch, Poole and East Dorset.

I hope this handbook gives you a good introduction to PramaLife. If you have any questions at all, or want to let us know how we're doing, please speak with one of the team in this brochure.



We're proud to be making a real difference to the lives of older people, carers and the wider community.

FERISER TASDELEN
Managing Director

Our story

In 1982, Dr. Chris Moran launched the 'Pain Relief And Management Association' to offer help to recently discharged hospital patients in Dorset. At that time, support was provided by a few local church volunteers. Since then it has grown and developed into a thriving charity providing domiciliary care; the PramaCare of today.

Launching PramaLife in 2017, we looked to also address the needs of local residents outside the home to enhance lives in the community by providing clubs, groups and activities for adults and carers across Bournemouth, Christchurch, Poole and East Dorset.



PramaLife now offers a wide range of activities and services which look to directly tackle social isolation, increase personal independence, and help people enjoy life as they age.

As a Christian charity, we believe that people of all faiths and none deserve the love, compassion and support to live the fullest lives they can and our services help achieve that.

The impact of PramaLife

“Music brings back such lovely memories and being able to sing along with others. It is so nice to get out of four walls and not spend so much time on my own. Please keep these groups going as it’s a life saver to so many.”



“Memory Lane means a great deal to me. It has helped me through the darkest time of my life. The whole group is welcoming, friendly and understanding.”

“I was very pleased in discovering this group as I have been physically and mentally ill for many years and have felt very welcome and made friends.”



“I am a volunteer for this group but being among people makes life interesting, for everyone has a story to tell and I enjoy coming to this group.”

“Excellent group, always friendly and welcoming with interesting topics and fun activities. We always go home uplifted.”



Our activities & groups

All of our groups are led by an experienced group leader helping people to relax and enjoy themselves. We understand doing something new can be daunting but the team are here to make it easy for you to find your feet in your own way.



Memory Lane groups are for people with dementia or memory loss (you do not need to have a diagnosis). Everyone is welcome, including carers and family members and we always have quizzes, games, a chance to reminisce and refreshments in a warm and friendly environment.



Sporting Memories groups are for people who are interested in sport. All sessions include a quiz, a sporting news sheet, refreshments and an activity such as Indoor Curling or Bowling.



Coffee Mornings, Pop-in Groups & Lunch Clubs are for people to come together and socialise with friendly faces and chat. It is an opportunity to relax and meet new people.



Knit & Natter and Art & Craft groups are for people to get creative, start new craft projects, make woollen items, or create art in a social environment.



Carers Support groups are for carers to attend and gain the support of their peers through sharing experiences and advice, or simply for respite from their caring responsibilities.

For more information or any enquiries you might have about joining or volunteering at the PramaLife Groups, please contact one of the team:

www.pramalife.org 01202 804914

Poole, Bournemouth, Christchurch & East Dorset



Gardening groups are for people who have an interest in gardening or simply enjoy the opportunity to be outdoors.



121 Telephone Befriending involves volunteers supporting older adults who may be lonely, isolated or housebound by keeping in touch with a regular phone call.



FOCUS Carers Mentoring and Befriending Scheme

involves volunteers supporting carers as a befriender, providing a friendly voice on a regular basis; or, as a mentor who is able to empathise and provide the experience of being a carer themselves.



Wimborne Area Neighbour Car is run by volunteer drivers using their own cars to get people to activities, commitments and appointments.



East Dorset Good Neighbours is run by volunteers undertaking one-off tasks such as shopping, collecting a prescription or walking a dog for an older neighbour.



BRIDGET BARRETT

Poole Area

bridget.barrett@prama.uk
07867 354578



TESS CHAMPION

Bournemouth Area

tess.champion@prama.uk
07912 272077



CAROL DAVIES

East Dorset Area

carol.davies@prama.uk
07736 133445

Meet more of the team

Managers



CHRIS BEALE
Programmes Director
chris.beale@prama.uk
07485 572449



SUE WARR
**PramaLife Manager &
Dementia Education lead**
sue.warr@prama.uk
07867 354588



MAJA GANDURSKA
Wellbeing Hub Manager
maja.gandurska@prama.uk
07469 660867

Carer's Support



KEITH GUBBINS
Project Coordinator
keith.gubbins@prama.uk
01202 804914
07999 402114



MANDY RUSSELL
PramaLife Administrator
mandy.russell@prama.uk
07716 991617



Support for Carers

Check out our Carer Support Scheme, **FOCUS** and get the support you need and deserve.

FOCUS

Friends Offering Carers Understanding and Support - This project is an opportunity to talk and focus on you as a carer.



**Befriending & Mentoring
1-2-1 Support**

Signposting to other support and services.

Carers Supporting Carers

Monthly groups to meet with other carers - understanding that you are not alone.

Sharing experiences, gaining a sense of perspective, understanding transitions/future developments, developing and sustaining friendship.



Confidentiality

All calls are treated confidentially. If you require additional support, we will try our best to signpost you to other support or help.

If you are new to caring or your circumstances are changing, please contact us!



WENDY BARTLETT

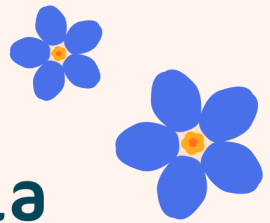
NHS Project & FOCUS Coordinator

wendy.bartlett@prama.uk

07736 134143

A FREE SERVICE AVAILABLE TO YOU AS A CARER IN BCP

Supporting people affected by dementia



Dementia Awareness Training

PramaLife provides Dementia Awareness Training Sessions for organisations, churches, and groups of individuals by appointment only.

These sessions include:

- A description of local services and support
- Five key messages about dementia
- Providing examples of people living with dementia
- Understanding the progression of dementia
- Understanding the complexities of completing simple tasks

For bookings and more information, please contact Sue Warr, PramaLife Manager on sue.warr@prama.uk

Memory Lane Groups

Our Memory Lane Groups are designed for individuals experiencing memory loss or dementia, regardless of whether they have received a formal diagnosis.

These groups are open to everyone, providing a warm and welcoming environment. Our aim is to offer a space for like-minded individuals to come together and socialise in a fun and engaging way with reminiscing using quizzes, games, music, and images.

You can choose to leave your loved one with us, or stay with them and receive support from our knowledgeable group leaders, volunteers and other caregivers in similar situations

For more information on Memory Lane groups near where you live, contact Mandy on the details below or visit www.pramalife.org to see all our groups across Poole, Bournemouth, Christchurch and East Dorset.



01202 804914



mandy.russell@prama.uk



Oakley Friends Dementia Information Course

Are you caring for someone with dementia?

PramaLife run free 10 week Dementia Awareness courses in conjunction with The Leonardo Trust. The sessions take place twice a year in April and September.

If your family member or friend is affected by dementia, this course is a great way for you to develop your understanding.

These information courses cover a variety of aspects of dementia, including professional speakers, topics include:

- Medical Aspects
- Social Services
- Legal Issues & Benefits
- Memory Assessment
- Care and Support
- Alzheimer's Society
- Continence Nurse
- Occupational Therapy
- Lifeline
- Aids and Adaptations



In conjunction with **The Leonardo Trust**
Helping People Who Care For Others



For more information, or to book your place please call or email Keith on keith.gubbins@prama.uk



01202 804914 or 07999 402114



*"We always leave feeling
cared for and uplifted."*





Whether you require occasional assistance with daily tasks or would like more comprehensive support to maintain independence in your home, PramaCare is available to provide the necessary support.

Several of our clients initially seek minimal assistance once or twice per week, which can be increased or extended as circumstances evolve.

We collaborate with you and your family in developing a personalised plan of care that is periodically reviewed to ensure it continues to address your requirements, empowering you to maintain control over your life. Please contact the Care Team regarding prices.

Our Services include:

- ✓ Personal care for example washing, showering, bathing and dressing
- ✓ Meal preparation
- ✓ Assistance with medication
- ✓ Shopping for you or with you
- ✓ Escorting to and from appointments
- ✓ Social outings or simply company at home
- ✓ Domestic help



referrals@prama.uk



01202 207309

www.pramacare.org.uk

Registered Charity 801967

Our Nail Care Team can perform basic nail cutting, in the comfort of your own home or in one of our clinics, by our friendly staff, trained by the NHS.

The first appointment may vary in price, following an assessment of your toe nails. For home visits - you are required to purchase a personal set of nail clippers & files to be kept at your home. We are recommended by the NHS and GP's in the BCP and Dorset areas.

We are trained to cut clients toe/finger nails who are medicating for diabetes or on blood thinners.



**We have Nail Care Workers
across the Dorset and BCP
areas including:**

Blandford, Bournemouth, Kinson,
Bearwood, Charminster,
Mudford, Christchurch,
Highcliffe, Burton, Ferndown,
Three-Legged Cross, Verwood,
Poole, Hamworthy, Upton,
Creekmoor, Corfe Mullen,
Parkstone, Wimborne &
Wareham.

Prama Nailcare operate two clinics in Winton and Blandford.

To book an appointment call our Nailcare team



nailcare@prama.uk



01202 207308

www.pramacare.org.uk/nail-cutting-care

Volunteering with Prama

Everything we do relies on the generosity of the people who support us. Our team of over 250 volunteers ensures that there is always a cheery welcome to a group, club or charity shop.

If you would like to volunteer in one of the specific activities mentioned, or you have a skill to start a group that we don't already run, then please contact Jo Keats, Volunteer Coordinator to discuss what would work for you.

You don't have to 'sign up' straight away, come and meet the groups you'd like to volunteer for or talk to one of our phone volunteers to see what is the best option for you.



Scan to find all PramaLife Volunteering opportunities!

Hi I'm Jo Keats, PramaLife's Volunteer Coordinator.

I am here to help you through your volunteering journey.

We would love to welcome you into the PramaLife Community, get involved with activities, join in for our annual Christmas Party and our Volunteer Awards Evening.

... and, there is always coffee, cake and biscuits!

Get in touch!

 volunteer@prama.uk

 07999 402 128



Leaving a lasting legacy

Leaving a gift in your will to Prama can provide crucial funds for our work; every day our charity supports hundreds of people across Dorset to enjoy life as they age.

If you would like to leave a gift to Prama in your will, it's very straightforward. You can include a gift in a new will or you can amend an existing will with a codicil (which is a separate document to complete and keep with your will). Your solicitor can help you with these arrangements.



Gifts to registered charities are generally exempt from inheritance and capital gains taxes.

A gift to Prama would greatly benefit people in Dorset with minimum burden to your estate.



Registered with
**FUNDRAISING
REGULATOR**

If you have any further questions about legacies or other ways to donate to our work at Prama, then please contact Programmes Director, Chris Beale.



chris.beale@prama.uk



07485 572449


Ashley Cross

0930-1630 Mon - Sat
11 Bournemouth Road
Lower Parkstone, BH14 0EF
01202 741732

Blandford

0930-1630 Mon - Sat
Unit 2 Greyhound House,
Market Place, Blandford
DT11 7EB
01258 440994

Bournemouth Superstore

0900-1700 Mon - Sat
Unit 3A Westover Retail Park,
Bournemouth, BH9 3JS
01202 804920 

Tuckton

0930-1630 Mon - Sat
173 Tuckton Road,
Bournemouth, BH6 3LA
01202 433491

Kinson

1000-1600 Mon - Sat
1518 Wimborne Road
Kinson, BH11 9AE
01202 574557

Parkstone

0900-16.30 Mon- Sat
378 Ashley Road
Parkstone, BH14 9DQ
01202 737487



Boscombe

1000-1600 Mon - Sat
Unit 12 Sovereign Centre
Boscombe, BH1 4SX
01202 804910

Christchurch

0900-1700 Mon - Sat
59 High St, Christchurch
BH23 1AS
01202 977074



AARON HEAD

Head of Retail
aaron.head@prama.uk
07745 539703



LUCY PIKE

Retail Team Lead
lucy.pike@prama.uk
01202 207315



01202 207315



furniture@prama.uk



Furniture to donate?

We offer fast and FREE collection of saleable furniture and large donations.

Just send us pictures of your furniture on WhatsApp or email, and we will then arrange a day for collection!

 **07460 298053**  **furniture@prama.uk**

www.pramalife.org/charity-shops/donation-centre

Donation Drop Off Point

0930-1430 Mon - Fri 01202 207315



Unit 22 Benson Road, Poole, BH17 0GB

West Moors

0900-1600 Mon - Fri

2C Farm Road, West Moors,

BH22 0JL

01202 896860 

Westbourne

0900-1700 Mon - Sat

61 Seamoor Road,

Westbourne, BH4 9AE

01202 804915

New from September 2024...

Winton Discount Shop

0930-1700 Mon - Sat

400 Wimborne Road, Winton

BH9 2HB

01202 804004

Bearwood

0900-1700 Mon - Sat

Unit 2 King John Avenue,

Bournemouth, BH11 9TF

01202 804000

All proceeds go towards Prama's work in supporting adults managing ill health, disability or age related issues and their carers across Bournemouth, Christchurch, Poole and East Dorset, including people living with memory loss and other long term health conditions.



www.pramalife.org/charity-shops

Get the care you need & the community you deserve

PramaLife's aim is to support local people to be independent and lead fulfilling lives by creating links with the local community through our range of community services including pop-in social groups, special interest activities and dementia clubs.

We also offer support to local carers who are seeking advice and/or guidance on caring for their loved ones.



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In 2023....

- 66 support groups across BCP & East Dorset
- 2,000+ activities & groups
- 26,000 people impacted by PramaLife services.