



# **PramaLIFE**

## **Age Friendly Communities**

**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.

Registered Charity 1172716

# Meet the Team

Here to help you with information and advice.



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# Our Story...

In 1982, Dr. Chris Moran launched Prama Care. Initially to offer help to recently discharged hospital patients. Support was provided at that time from a few local church volunteers, and has since developed into a thriving charity providing domiciliary care.

In 2017, our trustees created PramaLife a new charity to provide community based activities for older adults and carers across Bournemouth, Christchurch and Poole and East Dorset. PramaLife delivers the following activities which lead to increased personal resilience and dignity amongst older adults and carers:

- Delivering a network of support groups, including help for carers and people living with dementia.
- Supporting people to access other services and/or helping them in between group meetings with issues in their lives.
- Supporting individuals to recover from illness/injury or who have become lonely and/or isolated.
- Developing the skills/awareness of our volunteers/staff and the older adults and carers we work with so that they can better deliver services or manage their lives.



# The Impact of PramaLife

*"Music brings back such lovely memories and being able to sing along with others. So nice to get out of four walls and not spending 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."*



# Activities Summary

Poole, Bournemouth, Christchurch & East Dorset

**Memory Lane** groups are for people with dementia or memory loss (you do not need to have a diagnosis). Everyone is welcome to attend and we always have quizzes, games, reminiscence 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, Soup Lunches, Cream Teas** are for people to come together and socialise with friendly faces and chat. It is an opportunity to 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, for carers to attend and gain the support of their peers and sharing experiences and advice.



**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 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.

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



**Bridget Barrett**

Poole Area

bridget.barrett@prama.uk  
07867 354578



**Carol Davies**

East Dorset Area

carol.davies@prama.uk  
07736 133445



**Tess Champion**

Bournemouth Area

tess.champion@prama.uk  
07912 272077

# Supporting people affected by Dementia

Memory Lane: Supportive Groups for People with Dementia or Memory Loss.

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

These groups are open to everyone and provide a warm and welcoming environment for 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.

## Musical & Sporting Memories

The aim of these groups is to provide a space for like-minded individuals to come together and socialise in a fun and engaging way. Whether it's a love for sports, a passion for quizzes and/or music, or just a desire to meet new people, these groups offer something for everyone.

Participants can expect to have a great time while building strong connections and friendships with others, who share their interests and enjoy bringing back old memories, through the magic of the things you love most in your life. So why not come along and join in the fun? You never know who you might meet or what new hobby you might discover!

### **Free Dementia Awareness Courses Available**

PramaLife offer a 1 hour Dementia Awareness information course.

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

For more information or to register, please contact Sue Warr.



07867 354 588



[sue.warr@prama.uk](mailto:sue.warr@prama.uk)





**PramaLIFE**  
Age Friendly Communities

# FOCUS

## CARER SUPPORT SCHEME



A FREE SERVICE AVAILABLE TO YOU AS A CARER IN BCP

### FOCUS

Friends Offering Carers Understanding and Support - The Project is an opportunity to talk and focus on you as the carer.

### CARERS SUPPORTING CARERS

Monthly groups to meet with other carers - understanding you are not the only one and not alone.

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

### BEFRIENDING & MENTORING 1-2-1 SUPPORT

Signposting to other support and services.

### CONFIDENTIALITY

All calls are treated confidentially, and if we aren't the right solution for you, we will try our best to signpost you to other support or help.

**IF YOU ARE NEW TO CARING OR YOUR CIRCUMSTANCES ARE CHANGES, PLEASE CONTACT WENDY BARTLETT**



**07736 134143**



**WENDY.BARTLETT@PRAMA.UK**



**WWW.PRAMALIFE.ORG**

**BCP**  
Council







01202 698325



info@leonardotrust.org

Are you caring for someone with Dementia?

The Course covers various aspects of dementia including professional speakers, topics include:

**Medical Aspects**

**Alzheimer's Society**

**Social Services**

**Continence Nurse**

**Legal Issues & Benefits**

**Occupational Therapy**

**Memory Assessment**

**Lifeline**

Also meetings for Friendly Support

Last Wednesday of every month 10.30 am to 12.00 am  
Canford Magna Centre, Oakley Lane, BH21 3AF

[www.leonardotrust.org/oakley-friends](http://www.leonardotrust.org/oakley-friends)

In Partnership with



**PrimaLIFE**  
Age Friendly Communities

**The Leonardo Trust**  
Helping People Who Care For Others



Registered Charity No 1086045

# Wimborne Area Neighbour Car

Assisted Transport Services in Wimborne

Do you reside in Wimborne or its surrounding areas?

Our team of volunteer-drivers can provide transportation for social events, appointments, or any other occasion. A small donation towards fuel costs is kindly requested.

## Good Neighbours *(Wimborne, West Moors, Ferndown)*

Assisting with one-off tasks, such as shopping, prescription pick-up, dog walking, lightbulb replacement and more.

## Arts & Crafts/Knit & Natter Groups

Get creative in a social environment!

We will supply ideas and materials for fun projects, you don't have to be an experienced crafter, just join in and have a fun couple of hours with us.



## Young at Heart Group

The Young at Heart Group in Poole, is a place where you can come and meet new friends, have a good chat, enjoy tea and cakes and have a game of bingo.

## Gardening Groups

For those who are green fingered or enjoy being outdoors and in the fresh air.

You will be able to meet like-minded people and learn something new!



# Coffee Mornings, Pop-in Groups & Lunches

Join us for coffee, biscuits, and a chance to meet new people.

Are you looking to make new friends and step out of the house for a while? Consider attending one of our Pop-in Social Groups! While some attendees come to play bingo, others simply want to meet new people.

We also offer volunteering opportunities to ensure a safe and enjoyable experience for everyone involved.



## Keeping Fit & Healthy

Get moving with our Armchair Keep Fit classes.

Join our group and gently improve your balance and fitness level from the comfort of your own chair.

With certified instructors and a supportive environment, you can push yourself alongside others. Don't worry, we won't leave you out of breath, but we guarantee you'll leave with a smile!

Join our Balance and Active class every Monday in Ferndown or every Tuesday in Poole.



## Board Games & Dominoes

Join our Gaming Group for a fun and friendly competition!

Looking for some friendly competition and a chance to socialise with new people? Come join our group!

We offer a mix of old and new games, so there's something for everyone. Spend a few hours with your peers and make new friends while enjoying some friendly competition.

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.

## Our services include...



- Call in Service
- Companionship
- Dementia/Alzheimer's
- Domestic Services / Home Help
- Food Preparation & Serving
- High Dependency Care
- Hospital Discharge
- Brain Injury Support
- Transportation Service
- Medication Assistance
- Mental Health Condition
- Old Age/Elderly Care
- Personal Hygiene Care
- Physical Disability
- Respite cover
- Sensory Impairment
- Shopping Service / Errand
- Sit in Service

\*Please contact the Care Team regarding prices.

 01202 207309

 [referrals@prama.uk](mailto:referrals@prama.uk)





# Nail Cutting Services



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, Mudeford, Christchurch, Highcliffe, Burton, Ferndown, Three-Legged Cross, Verwood, Poole, Hamworthy, Upton, Creekmoor, Corfe Mullen, Parkstone, Wimborne and Wareham.*

*Prama Nail Care now have two clinics open for service, in Winton and Blandford.*

To book an appointment call our Nailcare team

**01202 207308**

**[nailcare@prama.uk](mailto:nailcare@prama.uk)**

**[www.pramacare.org.uk/nail-cutting-care](http://www.pramacare.org.uk/nail-cutting-care)**



\*Please contact the Nail Care Team regarding prices.

# Volunteering with Prama



Everything we do relies on the generosity of the people who support us. Our team of over 200 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.

## Contact us!

 [jo.keats@prama.uk](mailto:jo.keats@prama.uk)

 07999 402 128



Scan to find all PramaLife  
Volunteering opportunities!

Find a role that suits you!

[www.pramalife.org/volunteer](http://www.pramalife.org/volunteer)



Hi, I'm Jo, 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 Awards Evening. And, there is always coffee, cake and biscuits!

# 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 older 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.

**If you have any further questions about legacies or other ways to donate to our work at Prama, then please contact Chris Beale on 07485 572449 or [chris.beale@prama.uk](mailto:chris.beale@prama.uk)**



### Ashley Cross

0930–1630 Monday to Saturday  
11 Bournemouth Road  
Lower Parkstone, BH14 0EF  
01202 741732



### Blandford

0930–1630 Monday to Saturday  
Unit 2 Greyhound House, Market  
Place, Blandford DT11 7EB  
01258 440994



### Bournemouth Superstore

0900–1700 Monday to Saturday  
Unit 3A Westover Retail Park,  
Bournemouth, BH9 3JS  
01202 804920



### Boscombe

1000–1600 Monday to Saturday  
Unit 12 Sovereign Centre  
Boscombe, BH1 4SX  
01202 804910



### Christchurch

0900–1700 Monday to Saturday  
59 High St, Christchurch, BH23 1AS  
01202 977074



### Donation Drop Off Point

0930–1430 Monday to Friday  
Unit 22 Benson Road, Nuffield  
Industrial Estate, Poole, BH17 0GB  
01202 207315



### Kinson

1000–1600 Monday to Saturday  
1518 Wimborne Road, Kinson, BH11 9AE  
01202 574557



**FAST & FREE COLLECTION OF SALEABLE  
FURNITURE & LARGE DONATIONS**



01202 207315



FURNITURE@PRAMA.UK



07460 298053

**If you would like to volunteer in one of  
our shops we would love to have you!**



01202 207315



volunteer@prama.uk



www.pramalife.org/volunteer



### Parkstone

0900–16.30 Monday to Saturday  
378 Ashley Road, Parkstone, BH14 9DQ  
01202 737487



### Tuckton

0930–1630 Monday to Saturday  
173 Tuckton Road, Bournemouth, BH6 3LA  
01202 433491



### West Moors

0900–1600 Monday to Friday  
2C Farm Road, West Moors, BH22 0JL  
01202 896860



### Westbourne

0900–1700 Monday to Saturday  
61 Seamoore Road, Westbourne, BH4 9AE  
01202 804915