



PramaLIFE
Age friendly communities

GROUPS HANDBOOK

Anniversary
Celebration

40  **Prama**
Dignity in later life

A welcome to Prama

Why do we do what we do?

Prama's goal is to enable all older people to age better.

Specifically we: Promote a positive image of older age, challenging stereotypes and highlighting how much older people contribute to their communities.

Enable older people to manage their own lives, developing their own solutions for their needs so that they can continue to experience good health and well-being.

Support older people who are experiencing disadvantage and/or barriers to the support they need. We want to tackle complex needs like loneliness, mitigating the impact this has on the lives of a significant number of older people.

So call our Activity Managers, pop along to see what we do, join in or watch on, a very warm Prama welcome awaits you all!

Steve

Steve Robinson
CEO Prama



From vision to practical outcomes!

Vision

A world where no one is unfairly disadvantaged or excluded due to age or infirmity and where everyone can enjoy life as they age

Mission

As a Christian charity we enable those who live with vulnerability or isolation enjoy their independence, lead fulfilling lives and fully contribute to society

Values

Compassion
Helpfulness
Respect
Integrity
Sensitivity
Trust

Principles and mechanisms

Dignity in Later Life
Pathways to Dignity
Age Friendly Principles
Life Course Approach
Care Quality Framework
Human Rights of Older People
Combating abuse
Loneliness & isolation
Healthy ageing
Advocacy

Delivery

Registered Care
Home care
Nailcare
Brain Injury
Community activities
Online participation
Research and lobbying
Advocacy and representation

MEET THE TEAM

*These are your PramaLife Managers.
They can give you information, and are available
to help you throughout your time with us.*



Bridget Barrett
Poole Area

Groups, activities and
Volunteers
bridget.barrett@prama.uk
07867 354578
01202 207310



Carol Davies
East Dorset Area

Groups, activities and
Volunteers
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07736 133445
01202 666195



Tess Champion
Bournemouth Area

Groups, activities and
Volunteers
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07912 272077



Keith Gubbins
Telephone and Online

Groups, activities and Volunteers
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01202 804914



Samantha Pavey
Carers

One to One support,
Groups and Volunteers
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01202 207329



Mandy Russell
Carers

One to One support,
Groups and Volunteers
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07716 991618



Chris Wakefield
Prama Fundraiser

Events, activities and
Volunteers
chris.wakefield@prama.uk
07775 677162



Aaron Head
Charity Shops Dorset

Locations and Volunteers
aaron.head@prama.uk
01202 207315
07745 539703



Sue Warr
PramaLife Manager

sue.warr@prama.uk
07867 354588



Chris Beale
**Programmes
Director**

chris.beale@prama.uk
07716991618

Pathways to Dignity

Prama's goal is for communities of all ages to come together, where Older People are recognised, valued and included in all aspects of society.

We have developed our Pathways to Dignity, in partnership with our clients and teams - to demonstrate our commitment in all we try to achieve as a charity.

1. Support

Older People need to be surrounded by and will respond to, people who love, care, appreciate and accept them.



2. Empowerment

Older People need to feel valued and valuable. This happens when they feel safe and respected.



3. Boundaries and expectations

Older People need clear expectations of what they can contribute to, and expect from, society, it's rules and expected behaviours, as well as the consequences for breaching them. All people should be encouraged to do their best.



4. Constructive use of time

Older People need opportunities to continue learning and growing. To develop skills and interests with others.



Pathways to Dignity

5. Engagement in learning

Older People need a sense of the lasting importance of learning and a belief in their own abilities.



6. Positive values



Older People need to develop and maintain strong guiding values or principles to help them make healthy life choices.

8. Positive identity

Older people need to believe in their own self-worth and to feel that they have control over the things that happen to them.



7. Social competencies

Older People need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.





We have 55 clubs, groups and activities across Bournemouth, Poole, Christchurch and East Dorset.



Outstanding care in your own home,
From personal care to respite and end of life care.



Working with communities locally and across the UK to improve life for those aging without children, or other family members available to help.



Furniture Warehouse Poole, Kinson, Parkstone
- Ashley Road, Tuckton, Ashley Cross,
Boscombe, West Moors and Ferndown, and
Blandford Volunteer in our shops and have fun!

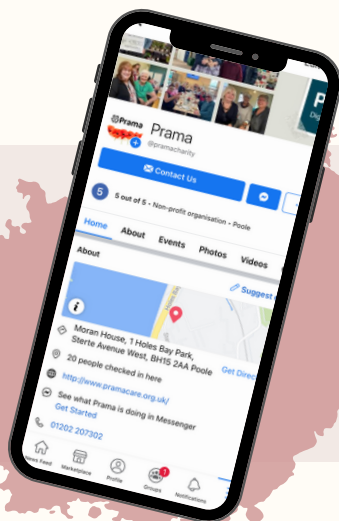
Follow us!



www.pramacare.co.uk

www.pramalife.org

info@prama.org



Supporting people with dementia and memory loss

If you are interested in any of our groups or services, call your local PramaLife manager for details of activities near you.



Memory Lane

Our very popular Memory Lane groups have been designed for people with dementia or memory loss (no need for a diagnosis of dementia).

These groups are not restricted, everyone is welcome to attend, we reminisce using images, quizzes, games and music to create a warm and friendly environment.

Sporting Memories

Sporting Memories groups are for people who are interested in sport, these sessions include a variety of activities such as quizzes, a sporting news sheet, refreshments and an activity such as indoor curling or bowling.



If you care for someone who is living with dementia or memory loss, you can either leave that person at one of our groups, or stay with them and have the support from other carers in similar situations and/or our knowledgeable group leaders.



Coffee Mornings, Pop-in Groups, Lunches, & Cream Teas



If you are looking for a casual place to join in for a chat or listen to the local gossip, then get in touch with your local Prama Manager.

Often there is bingo, but some people attend to make new friends. There are also volunteering opportunities to make the experience a safe and enjoyable place to be.

if there isn't something in your area let us know, we are always looking for ideas to expand our network.

Feeling Crafty?

Art and Craft 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.



Knit and Natter

It doesn't matter if you are a proficient knitter or a crochet novice, have a cup of tea and chat and enjoy some relaxing social time.

Everyone is Welcome!

Learn & Share Computers

- From very basic to the more technical stuff
- Learn how to access the internet
- Do online shopping or applications
- Learn how to FaceTime/Skype friends or family
- Phone texting and using WhatsApp

Aimed at the 55+ age group. Use our laptops or preferably bring your own device.



If you are interested in any of our groups or services - call your local PramaLife Manager for details of our activities near you.



Gardening Groups

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

You will be able to meet people with the same interests and make new friends!

Keeping Fit & Healthy

Join a group for some gentle armchair keep fit, or improve your balance.

With qualified instructors do as much as you can with others, We won't leave you out of breath, but you will leave with a smile!

A Balance and Active class is also held every Monday in Ferndown.



Board games & dominoes

Old and new games for some friendly competition!

By joining this group you will be able to enjoy playing games with peers, meeting new people and enjoying some company for a few hours.

Unique to your area.....



Ferndown Connectors

(Coming soon to Poole & Bournemouth)

Supports people to 'get back out into the community' by providing a volunteer who will come with them if they have lost confidence by being bereaved, made redundant, having a long-term health condition, or any other reason.

Wimborne Area Neighbour Car

If you live in the Wimborne areas, then our volunteer drivers can pick you up from home, for social activities, appointments or any other occasion. You will be required to contribute a donation towards fuel.



East Dorset Good Neighbours

Wimborne West Moors Ferndown & Verwood

Undertaking one-off tasks such as shopping, collecting a prescription, walking your dog, befriending, changing a lightbulb and so on.

We work very closely with a number of other groups, services and organisations in Dorset and are continually revising and developing the activities that we are able to provide to support people.

For more information visit **pramalife.org** or contact your Local PramaLife Manager

Support for Family Carers

Carers Support Groups, for family carers to attend and gain the support of their peers over a cup of tea! These groups sometimes have speakers, and information provided to participants by other local services.



Carers Mentoring and Befriending Scheme

We provide this service on behalf of Bournemouth, Poole and Christchurch council to offer you, as a carer, the opportunity to talk to and seek help and advice from experienced volunteers.

Befriending volunteers are recruited for their listening and communication skills. We can match you up with a fully trained volunteer befriender with similar interests to chat with on a regular basis.

If you are new to caring or your circumstances are changing, we can also support you with a volunteer mentor, who are existing or ex-carers. They can offer you guidance, provide you with useful information and advice or their personal experience for your future caring role.



We realise that not all carers will need or want a mentor or befriender, and may wish to get support from other activities such as, participating in a walking group or another group activity with others in the same situation.

Telephone Friendship Groups

If you can't get out, but would like to hear some friendly voices, the Telephone Friendship Groups will bring the group to you. 'Meeting' together, even if you can't do this face to face. Chat about hobbies or holidays, people or pets.... You don't need the internet to take part – just a telephone!



Telephone Friendship Groups are telephone-based social groups for people. Each group will be comprised of 5 - 6 people. The call will run on average between 15 and 45 minutes per scheduled session. Participants will be able to take part from their own home.

Even if you would prefer not to take part in the conversation, you can still listen in!

Volunteers are always welcome to host telephone groups!



To find out more please call:

Keith Gubbins

07999 402114

keith.gubbins@prama.uk

Sue Warr

07867 354588

sue.warr@prama.uk

Leonardo Trust is funding PramaLife to provide Telephone Groups for Carers to give people the opportunity to meet and talk together, even if they can't do that face to face.

Carers often find it hard to take time for themselves for a chat, to get information from professionals or support from other Carers - now you can do that from your home phone or mobile phone.

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

 **PramaLIFE**
Age Friendly Communities



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.



Prama is a Dorset based Christian charity providing 'outstanding'* home care and community activities for older people, those with dementia, carers and people living with an acquired brain injury. We encourage support from family and friends and aim to create links with the local community through our range of community services including pop-ins, special interest and dementia clubs.

Our Vision is a world where no one is unfairly disadvantaged or excluded, due to age or infirmity and where every person can enjoy life as they age.

How to leave a lasting legacy

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 Wakefield on 01202 207300 or chris.wakefield@prama.uk



Registered with
**FUNDRAISING
REGULATOR**

VOLUNTEER

With Prama



Everything we do relies on the generosity of the people who support us. Our team of over 200 volunteers ensure 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 your local PramaLife Manager (details on page 3) and talk to them about 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 our
volunteering
opportunities!*



Contact us!

sue.warr@prama.uk

VOLUNTEER

With Prama



If you would like to volunteer in one of our shops we would love to have you. We have plenty of roles both on and off the shop floor, if you have skills in online selling on Ebay or marketplace we would love to hear from you.



Kinson

Ferndown

Tuckton

Ashley Cross

Parkstone

Boscombe

Ferndown

Blandford

Poole Warehouse

Pop into your local shop and see how you could help, or call us on 01202 207310 for more details.

Fundraising Campaigns

co
op



SCAN HERE

Help support Prama whilst you shop, choose us as your charitable cause via your Co-op membership. For every £1 members spend on selected Co-op branded products and services, 2p goes towards Prama. Scan the QR code or go to:
<https://membership.coop.co.uk/causes/58819>

Did you know you can also donate to Prama through texting LIFE!

£3 Text LIFE 3

£5 Text LIFE 5

£10 Text LIFE 10

JustGiving™

£5

Pays for a trip to the hospital for an older person that does not have access to their own transport, using our volunteer-led Neighbour Car Service.

£10

Pays the cost of one 45 minute Telephone Friendship Group for 7 older people/carers.

£20

Pays for 20 older people to enjoy a pop-in group session, with peers and friends in a safe environment. They might play card games or have a fun game of bingo.

£50

Pays for 10 people with dementia / memory loss and their carers, to enjoy one of our Memory Lane Groups.

TEXT LIFE _____
70085

Texts cost your donation amount(s) plus your standard rate

£3 Text LIFE 3
£5 Text LIFE 5
£10 Text LIFE 10

*Your donations really make a difference!
To donate scan the QR code*



SCAN HERE

Your care, your way, in your home



You may just be looking for a little assistance with your everyday activities, or more support to enjoy independence in your own home; PramaCare is here to help.

Many of our clients begin with a little help once or twice a week, then as time goes on and needs change, visits can be increased or extended. Our aim is to help you live well and independently at home.

Your plan of care is worked out with you and reviewed regularly so that your needs are met and you feel in control of your life.

Examples of the care we provide include:

- Meal preparation, help with household chores, companionship.
- Personal care visits from 30 minutes to a few hours, once a week to several times a day.
- Support to get out to appointments and activities or little extra help and confidence building.



We also offer dementia care, support for people with acquired brain injury and end-of-life care. Our care is bespoke, whatever your needs.

Domestic support

Cleaning & laundry

Meal preparation

Companionship

Shopping

Prescription collection

Accompanied appointments

Help getting out and about

Sitting Service

Personal Care

Washing & dressing

Nail cutting

Support with eating and drinking

Administering medication

For more information call 01202 207300 or see www.pramacare.org.uk

Finger or Toenail cutting in your home by our friendly, trained staff

To book an appointment
call **01202 207308**

Single Service	£19.00
Multiple Service	£33.00*

*Multiple services is one person with finger and toenail cutting – or 2 people at the same address having one service each.



When other foot problems are identified, clients are referred to their GP for specialist care. Please note that Prama does not provide a full chiropodist service.

Each client must purchase a personal set of nail clippers & file (£12.00) to be kept at their home.

Prama, Moran House, Poole BH15 2AA
Registered Charity Number 801967
www.pramacare.org.uk



**£250 bonus
when you
start caring
with us!**

Get a £250 Bonus just to join Prama's growing team!
Work anytime between 7am and 2pm or 4pm and 11pm.
Live in the BCP, Ferndown, Blandford or Wimborne area, we
have a guaranteed hours contract for you!

- ➔ ONLY WORK TWO WEEKENDS A MONTH
- ➔ FLEXIBLE WORKING HOURS
- ➔ INDUSTRY LEADING PAY
- ➔ FRIENDLY ONGOING TRAINING

We provide fully paid training for all our Carers with ongoing shadowing and training. Plenty of career progression opportunities within the domiciliary care team, brain Injury support team, nailcare and the wider Prama Charity, there are lots of opportunities to grow with us.

Apply today and start your journey with your £250 welcome bonus

hr@prama.uk
pramacare.co.uk

**01202
207302**

Activities Summary



PRAMALIFE IN BOUNREMOUTH, POOLE, CHRISTCHURCH & EAST DORSET

Memory Lane groups for people with dementia or memory loss (no need for a diagnosis of dementia) . Everyone is welcome to attend and we always have quizzes, games, reminiscence and refreshments in a warm and friendly environment.

Sporting Memories groups 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.

Museum Memories making use of the experience and collections of the Poole Museum.

Coffee Mornings, Pop-in Groups, Soup Lunches, Cream Teas For people to come together and socialise over a cup of tea with friendly faces and chat!

Knit and Natter Groups For people to produce woollen items and share tea and experiences whilst they do!

Art and Craft Groups To get creative in a social environment!

Carers Support Groups For informal carers to attend and gain the support of their peers over a cup of tea!

Ferndown Connectors Supports people to 'get back out into the community' by providing a volunteer who will come with them if they have lost confidence by being bereaved, made redundant, having a long-term health condition, or any other reason.

Gardening groups For those who are green fingered or just enjoy the opportunity to be outdoors!



There are plenty of volunteer opportunities at our groups!

Telephone Friendship Groups – Supported by a volunteer Host and joining people together in groups over the phone. Can be topic based or can just be for a friendly conversation over a coffee in your own home.

Telephone Groups For Carers – Hosted by a volunteer joining informal carers together over the phone.

121 Telephone Befriending – Volunteers supporting people who may be lonely, isolated or housebound by keeping in touch with a regular phone call.

FOCUS Carers Mentoring and Befriending Scheme – Volunteers supporting informal carers as a telephone 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 – Drivers using their own cars to get people to activities and appointments.

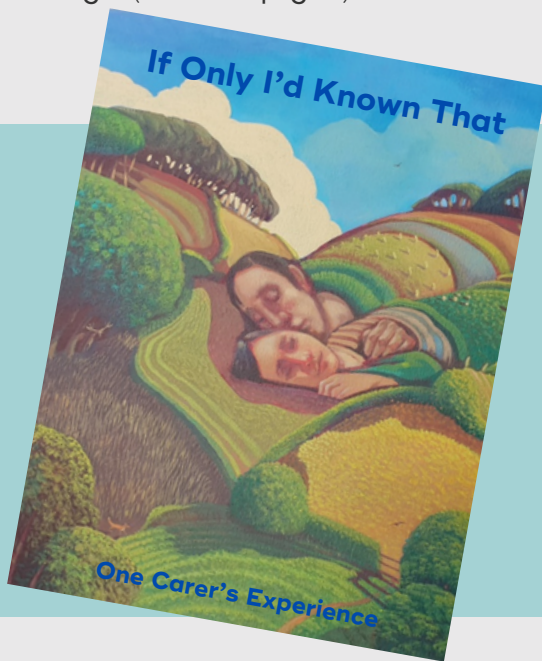
East Dorset Good Neighbours – Undertaking one-off tasks such as shopping, collecting a prescription, walking a dog etc.

 For enquiries, finding what's local to you or to book a place for an activity, please contact your local PramaLife Manager (details on page 3)

If Only I'd Known That

Helpful advice for Carers in Dorset

Available for collection at
Moran House
1 Holes Bay Park, Poole,
BH15 2AA





 **Prama**
Charity Shops

FAST AND FREE

COLLECTION OF SALEABLE FURNITURE

WHAT:

WE CAN COLLECT ANY FURNITURE IN A SALEABLE
CONDITION. SEND US PICTURES
VIA FACEBOOK MESSENGER OR EMAIL
FURNITURE@PRAMA.UK

WHERE:

DONATE SMALLER FURNITURE OR ELECTRICALS
IN PERSON TO OUR KINSON OR WEST MOORS
SHOPS OR TO OUR FURNITURE WAREHOUSE ON
THE NUFFIELD IND EST IN POOLE

CONTACT:



01202 207315



FURNITURE@PRAMA.UK



@PRAMACHARITYSHOPS

01202 207315 pramalife.org/charity-shops