PramaLife

Moran House
1 Holes Bay Park, Sterte Avenue West
Poole, Dorset BH15 2AA
Others

Phone: 01202207300

PramaLife is a Dorset charity (number 1172716) that provides care and opportunities for vulnerable older people. Our vision is a world where no-one is unfairly disadvantaged or excluded because of age or infirmity and where every person can enjoy life. For over thirty years, the core activity of our parent charity, PramaCare, has been to provide help and care for older people in their own homes so that they can continue to live independently without being forced into residential care. Our home care services extend across Dorset. PramaLife's focus is on reducing isolation and loneliness. In addition, we support those living with dementia, brain injury and carers.PramaLife currently manages over 45 clubs, groups and activities across Poole and East Dorset including Memory Lane Groups (for those living with dementia), Sporting Memories (dementia and reminiscence friendship clubs – there are more gentlemen than ladies attending these clubs), Museum Memories (dementia and reminiscence friendship clubs), Carer Support

Groups, Befriending services, Community Connectors (this is a buddying/ befriending scheme to re-integrate people back into community-based activities), Lunch Clubs, Coffee Mornings, Knit and Natter Groups, Art and Craft Activities and Exercise Clubs, such as Arm Chair Keep Fit.We work with over 2,078 people who attend these activities each month, the majority of whom would otherwise be lonely, isolated or facing social exclusion.A carer who attends one of our clubs says:"As Official Carer for Mary, my Mother-in-Law, I cannot praise or thank PramaLife enough for their thoughtfulness, professionalism and kindness.Mary loves her Memory Lanes and other functions organised by PramaLife. She has made many new friends, enjoys their company, the relaxed atmosphere and laughter which, without PramaLife she would have little."

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