

PramaLife

England & Wales · Charity number 1172716

Details

Other names	PRAMALIFE LIMITED
Status	Registered
Legal form	Charitable company
Company number	10638675
Registered	2017-04-24
Register	View on the Charity Commission register

Contact

Address
Prama Charity Superstore
Unit 6
855 Knighton Heath Estate
Ringwood Road
Bournemouth
BH11 8NE

Phone 01202207315

Email info@prama.uk

Website www.prama.org

Activities

Objects: THE CHARITY'S OBJECTS ('OBJECTS') ARE SPECIFICALLY RESTRICTED TO THE FOLLOWING:4.1.1. TO FURTHER OR BENEFIT THE RESIDENTS OF LOCAL COMMUNITIES, WITHOUTDISTINCTION OF SEX, SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS OROther OPINIONS BY ASSOCIATING TOGETHER THE SAID RESIDENTS AND THELOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATIONS IN A COMMONEFFORT TO ADVANCE EDUCATION AND TO PROVIDE FACILITIES IN THE INTERESTSO F SOCIAL WELFARE FOR RECREATION AND LEISURE TIME OCCUPATION WITH THEOBJECTIVE OF IMPROVING THE CONDITIONS OF LIFE FOR THE RESIDENTS.4.1.2. TO ESTABLISH OR SECURE THE ESTABLISHMENT OF COMMUNITY CENTRESAND THE PROVISION OF ASSOCIATED ACTIVITIES AND TO MAINTAIN ORMANAGE OR CO-OPERATE WITH ANY STATUTORY AUTHORITY IN THEMaintenance AND MANAGEMENT OF ANY SUCH CENTRE FOR ACTIVITIESPROMOTED BY THE CHARITY IN FURTHERANCE OF THE ABOVE OBJECTS.4.2 THE CHARITY SHALL BE NON-PARTY IN POLITICS AND NON-SECTARIAN IN RELIGION.

Activities: Charitable community and outreach activities including dementia clubs, respite club, social pop-in clubs, coffee mornings, special interest groups, carers support groups, befriending, transport, day trips/coach holidays, theatre/events. The services are often provided in collaboration with other third-sector organisations. Potential to take on other community centres/activities in other areas.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Bournemouth
- Dorset
- Poole

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£454,319	£479,596	-	-
2024-03-31	£372,647	£432,428	-	-
2023-03-31	£335,506	£332,871	-	-
2022-03-31	£381,651	£338,501	-	-
2021-03-31	£283,840	£278,125	-	-

Trustees

Name	Role	Appointed
Ann Christine Tyndall		2025-02-17
Carola Campbell		2023-07-18
DAVID LAWRENCE FRANK CAWDERY		2024-12-10
Jacqui Rock		2024-10-15
Rev Peter David Homden		2024-05-23

PramaLife

England & Wales - Charity number 1172716

Accounts

Charity Registration No. 1172716

Company Registration No. 10638675 (England and Wales)

**PRAMALIFE
(CHARITABLE COMPANY
LIMITED BY GUARANTEE)**

**TRUSTEES'
REPORT AND ACCOUNTS**

FOR THE YEAR ENDED 31 MARCH 2025

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Bennett Revd J E Burgess Mrs C Campbell Revd P D Homden (appointed 23 May 2024) Ms J Rock (appointed 15 October 2024) Mr D L F Cawdery (appointed 10 December 2024) Ms A C Tyndall (appointed 17 February 2025) Mr N C Johnson (resigned 10 December 2024)
Company Secretary	Miss F C Tasdelen
Charity number	1172716
Company number	10638675
Registered office	Moran House 1 Holes Bay Park Sterte Avenue West Poole Dorset BH15 2AA
Independent Examiners	Saffery LLP Midland House 2 Poole Road Bournemouth BH2 5QY
Solicitors	Lester Aldridge Russell House Oxford Road Bournemouth BH8 8EX
Bankers	Barclays Leicester LE87 2BB

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

CONTENTS

	Page
Trustees report	1 - 10
Statement of trustees' responsibilities	11
Independent examiner's report	12
Statement of financial activities	13
Statement of financial position	14 - 15
Notes to the accounts	16-27

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

The directors and trustees present their annual report and the financial statements for the year ended 31 March 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Articles of Association, the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Objectives and activities

The objects clause in the company's Articles of Association states:

- (a) To further or benefit the residents of local communities, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for residents.
- (b) To establish or secure the establishment of community centres and the provision of associated activities and to maintain or manage or co-operate with any statutory authority in the maintenance and management of any such centre for activities promoted by the charity in furtherance of the above objectives.
- (c) The charity shall be non-party in politics and non-sectarian in religion.

PramaLife's sister charity PramaCare was founded in the 1980s to provide help and care for people in their own homes, enabling them to live independently without being forced into residential care.

On the 8th November 2017 PramaLife and PramaCare became subsidiaries of the new parent charity The Prama Foundation from where governance is exercised over the whole group. The ownership of Prama Trade was transferred from PramaLife to The Prama Foundation on 1st April 2018.

The activities of the organisation in the year towards the objectives are outlined in Achievements and Performance.

Achievements and Performance

PramaLife works with communities to deliver a range of collective and one-to-one support services across Bournemouth, Christchurch and Poole and East Dorset for the benefit of older adults and carers. PramaLife aims to enhance the health and well-being of older adults and carers by providing support which enables:

- Peer support and learning, including developing new skills.
- Understanding of what other support is available in the community and how to access it at the right time.
- People to make and sustain friendships
- People to remain physically active.
- The prevention of poor health and well-being.

PramaLife would not be able to achieve so much without the support of our 231 volunteers who work alongside our staff team in delivering the following activities:

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and Performance (Continued)

Group support for people living with dementia and their carers

PramaLife has a network of 18 Memory Lane groups and two Sporting Memories groups. The aim is to provide a range of activities to prompt participants memories and other cognitive skills, so that they can better maintain their well-being. Carers benefit from either peer support at the groups or using the time for some much-needed respite. The Memory Lane groups are led by paid staff because of the level of need amongst the group participants, with the support of volunteers, the Sporting Memories groups are entirely run by volunteers. During 2024/25 we supported 266 individual people through all the groups.

Other support for people with dementia and their carers

Oakley Friends - This is PramaLife's induction programme for carers of people who have been recently diagnosed with dementia. The aim is to provide carers with the skills, resilience and peer support they will need in caring for their family member/friend. The programme covers 10 weeks of two-hour sessions, topics include planning respite, legal and financial issues, continence etc. There is now more focus on mental well-being and how carers can manage relationships with family/friends which can become strained. Enabling peer support between carers is a key aim. During 2024/25 96 carers participated in the programme. We also organise monthly coffee mornings for carers from previous programmes (40+ on average attend) so that they can keep in touch and support each other.

Dementia Awareness Sessions - A key aim for PramaLife is to ensure that people can continue to live their own lives, participating in the activities they like. To facilitate this, we provide Dementia Awareness sessions for organisations across the private, voluntary and statutory sectors. The aim is for participants to learn more about dementia and how best they can adapt their building/services to welcome people living with dementia. During 2024/25 we provided sessions for 28 partner organisations and 491 participants.

Support with diets and nutrition for people with dementia and their carers - Dementia can profoundly affect what and how people eat, as a result in 2024/25 we worked in partnership with Bournemouth University (who have published a booklet providing guidance: Tips and hints for maintaining good nutrition as you age) to support just over 320 people with how they could enhance their diets and how they could support people with dementia with their eating: *Following this session at our carers course I have started to leave a big jug of squash and a glass available. L is using this and filling it up again herself as I leave a note to tell her how much to drink! So far so good. Also following this session I have purchased four small Tupperware pots and have filled them with carrot sticks, tomatoes, cucumber, olives, mini cheddars etc. and she seems to be taking this on board too. I am leaving notes to tell her to top this up when it's emptied.*

Carers Support Groups - PramaLife organises 13 carer support groups with the aim to enable peer support and share information about support services with the carers. In 2024/25 PramaLife supported 200 individual people at the groups. One group: Stress Busters is led by the carers themselves, and we would like to develop more similar groups. We are undertaking more work to support carers with their mental well-being. At any one time 65% of the carers we are working with tell us that they feel tired and stressed and their caring role is affecting their health and well-being.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and Performance (continued)

Social Activities - PramaLife provides a variety of groups enabling older adults to socialise together, activities include crafting and woodwork e.g. Men's Sheds, singing, and bingo; altogether 23 groups. We also provide five exercise groups and ten lunch and coffee morning groups. We cannot thank enough the skilled and committed volunteers who organise and lead these groups, which collectively supported 387 individual people during 2024/25.

During 2025/25, PramaLife also provided one to one support in the following ways:

FOCUS - PramaLife delivers the FOCUS scheme to support carers living in the Bournemouth, Christchurch and Poole conurbation through a contract with BCP Council, the original 5-year contract ended on 31 December 2024, but due to the success of the scheme the council have extended the contract for another year until 31 December 2025. Through the scheme we provide one to one support to carers including befriending and mentoring as well as monthly support groups. During 2024/25 we supported 138 carers through FOCUS.

Urgent Community Response - PramaLife has developed this scheme with the NHS. NHS paramedics visit older adults at home in the BCP conurbation who have had a fall or infection. The aim is to prevent hospital admissions, so if it is safe for the older adult to remain at home, they are then referred to PramaLife, so that we can check that they are recovering. We will contact them for a 10-day period, on average about five times, we all also assess whether they require any further support. During 2024/25 PramaLife supported 383 people through this scheme.

Supporting carers on discharge from hospital - PramaLife has been developing this scheme with the NHS over the past year. PramaLife is referred carers whose family members are being discharged from hospital or when they themselves have been hospitalised. We have supported 29 carers so far on the scheme and have learnt a lot, including working with NHS colleagues to ensure that carers receive seamless support with issues like continence for the cared for person when they return home.

East Dorset Volunteer Car Drivers Scheme - After the COVID lockdowns PramaLife took on this scheme in the Ferndown/Wimborne area. It involves volunteer drivers taking older adults to appointments and social visits. Transport is a significant need amongst the older adults we work with; many cannot drive for a variety of reasons and particularly in areas like East Dorset where there aren't the same public transport services as the conurbation, many older adults can become isolated. The benefits of the car scheme is illustrated by the following feedback:

It's a lifesaver. Without it I would not be able to visit my husband in his care home every week. You can rely on it and it's a very reasonable cost. I am very satisfied with this excellent service.

The car scheme is very important to me because it gets me to all my appointments with doctors and surgeons. They pick me up at my door, wait for me while I'm there and take me home again. All the drivers are lovely and kind-hearted. I would give this service 10 out of ten every time.

During 2024/25 PramaLife's volunteer drivers provided 691 journeys to older adults.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and Performance (continued)

The Access Well-being Poole Hub - This Hub was set up by PramaLife in the Dolphin Centre, with Help & Care and the NHS to support people with their mental well-being. PramaLife has the lease for the Hub, and we are responsible for the space and the fittings. Help & Care funded through a contract with the NHS, deliver the support, along with another 15 partner organisations, including Citizens Advice, BCP Housing and a range of specialist mental health and addiction support services. On average 300 people are visiting the Hub each month, with positive outcomes: *You gave us the opportunity to speak be heard and understood.*

A key aim was to demonstrate that if we provided shared space for organisations to work together this would enhance their service delivery, there is evidence that this happening: *Working with the Wellbeing Co-ordinators gives me access to people trained in aspects of therapy and with knowledge of other areas of support. The setting makes clients feel comfortable and less as though they are in treatment.*

The Impact of PramaLife's Support

We measure PramaLife's impact in variety of ways, including collecting feedback through confidential surveys and collating case studies. Following are some examples of the outcomes PramaLife is achieving:

Providing Quality Services - Of the 192 people we surveyed for our work on the Urgent Community Response Scheme, 154 (80%) rated the scheme very good: *From the first initial call and then the final referral for the NHS the telephone calls were very comfortable, informative, caring and the ease of questions not boring. It made me feel that I was being looked after in a confident professional way*, another 30 (18%) recorded good as their answer, 2 people gave an average score and one poor.

We received this feedback from 109 participants of our Memory Lane groups to the question: Is the group and its activities well organised? 100 said yes, 9 said to some extent, nobody gave a negative answer.

Connecting people to the support they need - An Urgent Community Response patient said of PramaLife: *I can't thank you enough - just having someone to talk to - signposting - amazing after nightmare of hospital & calling 111 - invaluable - made a horrible situation tolerable.*

A carer we supported through the FOCUS scheme reflected: *Prama are very helpful in suggesting other support groups, government bodies, council support etc. At a time when I was totally lost, incapable of doing much else besides the caring and overwhelmed by the enormity of my situation, Prama guided meas if taking me by the hand and led me through.*

Enabling peer support - *This carer group is the only real help that I receive and could not carry on without them. Meeting other carers and supporting one another gives me something to look forward to each month, thank you.*

Supporting people when their lives are profoundly changing - *It was an invaluable course and I want to thank you so much for your time and effort into putting this together. It has helped L and I considerably in dealing with P's sad diagnosis and deterioration. We realise this is going to be a long haul for all three of us but at least we know we have help should we get to breaking point at any time.*

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Achievements and Performance (continued)

Enhancing well-being and preventing ill health - *You know if you ask Prama to listen, they will. You feel you can trust them when your life might be falling apart, that gives you confidence to carry on knowing you are doing the best you can.*

I have an immediate feeling of my load being lightened. I found the carers group most helpful during that particularly stressful period and also very supportive since.

It helps to talk about how you are feeling, to listen to others about how they cope. Also, Prama staff can point you in the direction of help, who to approach, what you might do next, Prama are very good listeners too.

We received this feedback from 105 participants of our Memory Lane groups to the question: Does attending the group make you feel happier about your life? 91 said yes, 14 said to some extent, we did not receive any negative responses: *The fun, the laughter, and most importantly how good attending the group makes me feel about myself when I leave at the end.*

All what we are trying to achieve at PramaLife is encapsulated in the following feedback from a carer who attended our Musical memories group with her parents:

The Musical Memory group is a lovely place to bring mum and dad.

Although my mum does not remember where she is going or where she has been, it is obvious to me and dad that while mum is there, she is happy and relaxed and loves to sing and chat.

The group is a safe, supportive space for us to enjoy. It is a caring non-judgmental space full of love and fun. I have no worries that mum's behaviour can be a little "odd" at times – it really doesn't matter.

The volunteers and organisers are amazing. Caroline the facilitator is incredible, her enthusiasm, talent and fun is contagious. She has high expectations of everyone's capabilities and it works. People all join in carers, spouses and staff included. Everyone smiles and laughs a lot during sessions, singing, playing instruments and in some cases dancing. Music brings joy to everyone.

More recently I bring dad aged 92 years to the sessions. He has been caring for mum for many years and was not keen to join me. It has made a difference to him as well. He is more confident in a group, less isolated and is able to see how Dementia affects others. He is beginning to understand that we can't change Dementia, but we can enjoy moments along the way.

It's been a lifesaver for us. Thank you!

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Aims for 2025/26

We continue to extend and develop our support for older adults and carers, for example during 2024/25 we have further developed ways in which we can support carers with their mental well-being. We will continue to build on this success in 2025/26 by:

- Developing our support for people for people living with dementia, specifically by organising more support in the Christchurch area and developing the skills of the staff team.
- Developing more support for carers when their family members are discharged from hospital.
- Continuing to diversify our sources of income, monitoring spending and developing more effective ways in which to measure the impact of PramaLife's support services.

PramaLife's Funders

We cannot thank our supporters enough for helping PramaLife to sustain and develop its support services during 2024/25, particularly:

- Marsham Court Hotel ◦ Bournemouth Male Voice Choir ◦ St Johns Wimborne ◦
 - The Armed Forces Covenant Fund Trust ◦ Community Action Network ◦
- Alice Ellen Cooper Dean Charitable Foundation ◦ Christchurch Rotary Club ◦ Crowdfunder ◦
- Leonardo Trust ◦ National Lottery Community Fund ◦ BCP Council ◦ Poole Rotary Club ◦
 - Classic Cars on the Quay ◦ BH Coastal Lottery ◦ Poole Lions Charity Trust ◦
 - Christchurch Town Council ◦ Dorset Council ◦ Dorset HealthCare NHS Trust ◦
- Society of the Holy Child Jesus ◦ Sovereign Housing ◦ Incorporated Bournemouth Free Church Council ◦
 - Tesco ◦ Judy's Jams ◦ Talbot Village Trust ◦ D'Oyly Carte Charitable Trust ◦
- The Valentine Charitable Trust ◦ Vodafone ◦ Dorset Community Foundation ◦ Woodland Preserves ◦

We would also like to thank all those individuals who made a donation direct to PramaLife. Your support is very much appreciated.

We would also like to acknowledge the considerable in-kind support we receive from the Municipal and Owen Carter Almshouse and Immanuel Church, Bournemouth.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Financial Review

The total income for the charity was £454,319 (2023/24: £372,647) and the net deficit for the period was £25,277 (2023/24: deficit of £59,781)

Results

The results for the year, the state of the charity's affairs and transfers between the restricted and unrestricted funds are shown in the attached financial statements.

Reserves policy

The charity's total reserves amount to £90,941 (2023/24: £116,218) of which £3,238 (2023/24: £3,552) relate to restricted funds and £87,703 (2023/24: £112,666) relate to unrestricted funds.

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. Following a full review of the reserves policy during 2020/21 the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

The Reserves Policy was further reviewed by the trustees on 17 July 2024 where it was agreed that the minimum level of reserves should remain at £90,000.

Fixed assets

Full details of movements in tangible fixed assets are set out in note 14 to the financial statements.

Sources of funding

PramaLife is fortunate that it receives funding from a variety of sources to deliver its charitable activities, including:

- The Prama Foundation, especially using the surpluses from our charity shops.
- Charitable Trusts and the Big Lottery, we apply to a variety of trusts on a competitive basis for their grant support.
- BCP Council, we were awarded in 2020 a contract by BCP Council to provide voluntary support to carers, this has been extended until 31 December 2025. The Council is also funding PramaLife for its support of the Urgent Community Response scheme.
- The NHS, we receive funding for our work in supporting carers on discharge from hospital.
- Donations and legacies, e.g. group participants will donate PramaLife money to cover the cost of refreshments, or we may receive a donation from a family following the funeral of a family member who had participated in PramaLife groups/activities.
- Community fundraising e.g. concerts organised with the Bournemouth Male Voice Choir and Crowdfunding campaigns.

Expenditure

Expenditure in respect of PramaLife's community activities encompasses the management and delivery of activities, including salaries and specific costs associated with the activity e.g. materials for our Memory Lane groups. PramaLife contributes funds to the Foundation in return for administrative, financial management and governance support.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2025

Remuneration Policy

None of the trustees receives any remuneration. The remuneration of the senior staff is set by the trustees having regard to local market rates, experience needed and the degree of responsibility held.

Employee Involvement

The parent charity has mechanisms in place to ensure that the staff team are consulted with concerning issues which affect their employment. PramaLife continues to review how it consults and engages with the staff team to ensure that their views inform the development of the charity.

The charity seeks to give full and fair consideration to all applications for employment made to the charity by people living with disability and make efforts in respect of the continuing employment and training of employees who may become disabled while employed by the company. The charity seeks to introduce, maintain and develop arrangements involving employees, providing systematic relevant information, undertaking regular employee consultation and providing necessary training and career development to all staff members.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 24th February 2017, and registered as a charity with the Charity Commission on 24th April 2017. The company was formed under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Under the terms of the Memorandum of Association each member of the company guarantees to contribute £10 towards the assets of the company in the event of its being wound up while he/she is a member, and towards the costs, charges and expenses of winding up.

None of the trustees have any beneficial interest in the company.

On 8th November 2017 the trustees resigned as members of the organisation and appointed The Prama Foundation as sole corporate member. The trustees of The Prama Foundation have power to appoint and remove the board of PramaLife Limited.

The trustees, who are also directors for the purpose of company law, and who served during the period were:

Mr C Bennett

Revd J E Burgess

Mrs C Campbell

Revd P D Homden (appointed 23 May 2024)

Ms J Rock (appointed 15 October 2024)

Mr D L F Cawdery (appointed 10 December 2024)

Ms A C Tyndall (appointed 17 February 2025)

Mr N C Johnson (resigned 10 December 2024)

In addition, Peter Adams is co-opted as a representative of the carers PramaLife supports.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Structure, Governance and Management (continued)

The following trustees are also trustees of The Prama Foundation.

Mr C Bennett
Mrs C Campbell
Mr D L F Cawdery
Ms J Rock
Revd P D Homden (appointed 10 December 2024)
Ms A C Tyndall (appointed 17 September 2025)
Mr N C Johnson (resigned 10 December 2024)

The Prama Foundation has a board of directors which receives recommendations and information from two sub-committees focussing on:

- PramaCare (The Board of PramaCare)
- PramaLife (The Board of PramaLife)

The chair of each committee is held by a director of Prama Foundation and these make recommendations to the full Board of the Prama Foundation. The directors, who are also charity trustees, establish policies that are then implemented by the senior leadership team who are responsible for the employment of staff that carry out the objectives of the company.

New director/trustees are appointed following a review of skills by a nominations sub-committee. Each trustee elected meets with the senior management team and then observes a board or sub-committee meeting before final decisions are taken on appointment. The nominations sub-committee report to the board. Persons considered to be able to offer particular expertise to the charity are given a Trustee Handbook and Strategic Plan and meet with the Chair to receive a full explanation of the purposes, ethos and practices of PramaCare before being invited to serve on the board.

For the 2024/25 financial year, day to day management of the charity was delegated to the Senior Management Team who are led by the Managing Director.

Risk assessment

A risk register is maintained to focus on specific areas of PramaLife's activities and is discussed at each trustee meeting. This process includes a Board Assurance Framework enabling trustees to focus on the strategic risks which could prevent the charity from achieving its objectives. The principal risks of the charity relate to:

a) Failure to raise sufficient funding:

PramaLife has achieved a mix of income which will be important to sustain and develop. Currently our main sources of income are the contributions from the Prama Foundation including surpluses from the Prama charity shops, charitable trusts and donations. We will continue to apply to charitable trusts for their support, but we are diversifying our income through community fundraising, crowdfunding and promoting ethically our need for legacies.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Structure, Governance and Management (continued)

b) Failure to respond to safeguarding issues:

The health, safety and dignity of the people we support, and our staff and volunteers is paramount. We have implemented robust systems to identify risks to the safety of individuals and we provide support and training to our staff and volunteers in order that they can effectively manage any incidents which may occur.

c) Failure to recruit skilled volunteers:

We are fortunate to have the support of 231 skilled volunteers. However, in order to further sustain and develop our services we need to recruit more volunteers.

d) Failure to adapt to changing need and aspirations amongst the older adults and carers: Needs can change depending on new generations of older adults and our response must also be based on developing practice from elsewhere in the UK.

Prama's Head of Retail & Facilities is the designated Health and Safety officer.

Public Benefit

The trustees have given due regard to public benefit when planning the charity's activities, in accordance with sections G2 and G3 of the Charity Commission's General Guidance on Public Benefit (January 2010).

The paragraphs in this report set out our activities, achievements, and performance during the year, which are directly related to the objectives and purposes for which the charity exists. The charity achieves its principal objectives and purposes through services to any members of the public in the local community who have needs arising from age, disability or social isolation.

These benefits are directly related to the aims of the charity and are fully compliant with Principles 1 and 2 of the Charity Commission Principles on Public Benefit.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

On behalf of the board of trustees



Mr Colin Bennett, Chair

11th December 2025

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2025

The trustees, who are also directors of PramaLife Limited (Charitable Company Limited by Guarantee) for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources including the income and expenditure, of the charitable company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of accounts may differ from legislation in other jurisdictions.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PRAMALIFE LIMITED (CHARITABLE COMPANY LIMITED BY GUARANTEE)

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Respective responsibilities of trustees and examiner

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Casidhe Baleri
For and on behalf of Saffery LLP
Midland House
2 Poole Road
Bournemouth BH2 5QY

Date: 17 December 2025

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	Unrestricted Funds General	Restricted Funds	Total 2025	Total 2024
		£	£	£	£
<u>Income and Endowments from:</u>					
Donations and legacies	3	326,700	91,081	417,781	342,580
Charitable activities	4	34,072	-	34,072	30,067
Investments	5	2,466	-	2,466	-
Total income and endowments		363,238	91,081	454,319	372,647
<u>Expenditure on:</u>					
Raising funds	6	24,432	-	24,432	15,415
Charitable activities	7	363,769	91,395	455,164	417,013
Total expenditure		388,201	91,395	479,596	432,428
Net (expenditure) / income from activities		(24,963)	(314)	(25,277)	(59,781)
Net (expenditure) / income before transfers		(24,963)	(314)	(25,277)	(59,781)
Transfers between funds		-	-	-	-
Net movement in funds		(24,963)	(314)	(25,277)	(59,781)
Fund balances at 1 April		112,666	3,552	116,218	175,999
Fund balances at 31 March		87,703	3,238	90,941	116,218

PRAMLIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2025

	Notes	£	2025 £	£	2024 £
Fixed Assets					
Property, plant and equipment	14		2,832		5,627
			<u>2,832</u>		<u>5,627</u>
Current assets					
Trade and other receivables	15	89,306		66,989	
Cash at bank and in hand		125,722		166,841	
		<u>215,028</u>		<u>233,830</u>	
Liabilities					
Current liabilities	16	(126,919)		(123,239)	
			<u>88,109</u>		<u>110,591</u>
Net current assets			<u>88,109</u>		<u>110,591</u>
Total assets less current liabilities			<u>90,941</u>		<u>116,218</u>
			<u>90,941</u>		<u>116,218</u>
Net Assets					
			<u>90,941</u>		<u>116,218</u>
Income funds					
Restricted funds	18		3,238		3,552
Unrestricted funds			87,703		112,666
			<u>90,941</u>		<u>116,218</u>

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION (CONTINUED)

AS AT 31 MARCH 2025

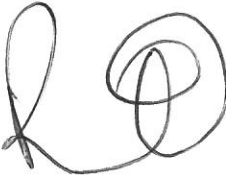
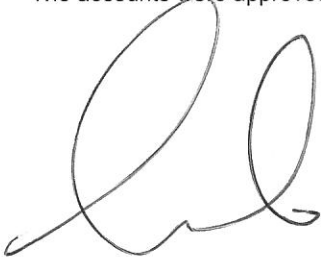
The company is entitled to exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the trustees on 11th December 2025



Mr Colin Bennett, Chair

Company Registration No. 10638675

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Company information

PramaLife Limited is a charitable company limited by guarantee, incorporated in England and Wales.

The registered office is Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' ('FRS 102'), 'Accounting and Reporting by Charities' the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a public benefit entity as defined by FRS 102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of certain financial instruments at fair value. The principal accounting policies adopted are set out below.

PramaLife meets the definition of a qualifying entity under FRS 102 and has therefore taken advantage of the disclosure exemptions available to it in accordance with paragraph 1.12 of FRS 102. Exemptions have been taken in relation to presentation of a cash flow statement.

1.2 Going concern

At the time of approving the accounts, the trustees having considered the impact of all risks and have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. There are no material uncertainties about the charity's ability to continue and thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that the income will be received.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known the legacy is treated as a contingent asset.

Gifts in kind and donated facilities are recognised as income, if a value can be reliably measured, at the value to the charity when received. In accordance with the Charities SORP (FRS 102), no amounts are included in the financial statements for services donated by volunteers, including professional services provided directly by volunteers.

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

1.5 Outgoing resources

Expenditure is recognised on an accruals basis. Expenditure has been allocated according to the Statement of Recommended Practice 'Accounting and Reporting by Charities'.

Resources expended attributable to each of raising of funds and charitable activities are allocated to cost categories for each. Where expenses are attributable to more than one of these, the cost category is split on the basis of estimates by the charity's management. Wages are apportioned based on employees' roles and time spent.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost, and subsequently measured at cost, net of depreciation and any impairment losses. Items are capitalised when their individual value is greater than £500.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	Over 10 years straight line, or the remaining term of the lease
Café and bar equipment	Over 5 years straight line
Theatre equipment	Over 5 years straight line
Office equipment	Over 3 years straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Accounting policies

(Continued)

1.7 Impairment of non-current assets

At each reporting end date the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments, and Section 12 Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's Statement of Financial Position when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of financial assets

Financial assets, other than those held at fair value through income and expenditure, are assessed for indicators of impairment at each reporting end date. Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. The impairment loss is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Concessionary loans are initially recognised at the amount received. Subsequently the loans are adjusted for any applicable repayments or interest.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Leases

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases.

Assets held under finance leases are recognised as assets at the lower of the asset's fair value at the date of inception and the present value of the minimum lease payments. The related liability is included in the statement of financial position as a finance lease obligation. Lease payments are treated as consisting of capital and interest elements. The interest is charged to net income/(expenditure) for the year so as to produce a constant periodic rate of interest on the remaining balance of the liability.

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies the trustees are required to make judgements, estimates and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis.

On 23 June 2021, the trustees of the Prama Foundation considered the extant approach to capitalising assets. It was decided that the existing policy of a limit of £250 below which items are not capitalised should be revised to "Items are capitalised when their individual value is greater than £500". This change has been applied to assets purchased during and after the 2020/21 financial year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

3 Donations and legacies

	Unrestricted Funds	Restricted Funds	2025 Total £	2024 Total £
	£	£	£	£
Donations and gifts	251,493	91,081	342,574	295,036
Legacies	3,207	-	3,207	4,644
Grant from parent charity	72,000	-	72,000	42,900
	<u>326,700</u>	<u>91,081</u>	<u>417,781</u>	<u>342,580</u>
Year ended 31 March 2024	<u>296,331</u>	<u>46,249</u>		

4 Charitable activities

	2025 £	2024 £
Community based activities:		
Memory clubs and social groups	25,090	21,969
Neighbourhood Support Schemes	8,982	8,098
	<u>34,072</u>	<u>30,067</u>

5 Investments

	2025 £	2024 £
Interest receivable	2,466	-

6 Raising funds

	2025 £	2024 £
Fundraising and publicity		
Staff costs	24,432	15,415

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

7 Charitable activities

	2025	2024
	£	£
Community based activities		
Memory clubs and social groups	27,689	33,395
Neighbourhood Support Schemes	5,123	8,148
Thematic projects	22,367	16,966
Staff costs	203,555	191,480
	<u>258,734</u>	<u>249,989</u>
Support costs (note 8)	192,532	163,128
Governance costs (note 9)	3,898	3,896
	<u>455,164</u>	<u>417,013</u>
Analysis by fund		
Unrestricted funds - general	363,770	369,453
Restricted funds	91,394	47,560
	<u>455,164</u>	<u>417,013</u>

8 Support costs

	2025	2024
	£	£
Staff costs - management and administration	147,489	137,235
Office utilities	21,581	9,240
Insurance	1,417	428
Computer expenses	260	362
Printing, stationery and office expenses	3,770	3,311
Telephone	4,332	4,278
Staff and volunteers - other costs	5,323	2,692
Miscellaneous expenses	4,843	2,399
Other expenses	335	216
Bank charges and interest	387	402
Depreciation	2,795	2,565
	<u>192,532</u>	<u>163,128</u>

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

9 Governance costs

	2025	2024
	£	£
Independent examiner's fees - current year	1,975	1,800
Independent examiner's fees - prior year	360	(420)
Legal and professional - current year	1,563	2,516
	<u>3,898</u>	<u>3,896</u>

10 Trustees

None of the trustees (or any persons connected with them) received any remuneration or expenses during the current or previous year.

11 Employees

Number of employees

The average weekly number of employees during the period was:

	2025 Headcount	2025 Full time equivalent	2024 Headcount	2024 Full time equivalent
Other community activities	20	9	12	5
Management and administration	2	2	2	2
	<u>22</u>	<u>11</u>	<u>14</u>	<u>7</u>

Employment costs

	2025	2024
	£	£
Wages and salaries	342,189	313,856
Social security costs	25,433	22,844
Other pension costs	7,854	7,430
	<u>375,476</u>	<u>344,130</u>

The number of employees whose annual remuneration was £60,000 or more was nil (2023/24: nil).

PRAMLIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

12 Net income from activities

	2025	2024
	£	£
Net income from activities is stated after charging:		
Depreciation	2,795	2,565
Independent Examiner's fees	1,975	1,800
	-----	-----

13 Taxation

The company is exempt from taxation due to its charitable status.

14 Property, Plant and Equipment

	Office equipment	Total
	£	£
Cost at 1 April 2024	8,386	8,386
Additions	-	-
Disposals	-	-
	-----	-----
Cost at 31 March 2025	8,386	8,386
	-----	-----
Depreciation at 1 April 2024	2,759	2,759
Charged	2,795	2,795
Disposals	-	-
	-----	-----
Depreciation at 31 March 2025	5,554	5,554
	-----	-----
Net book value at 31 March 2024	5,627	5,627
	-----	-----
Net book value at 31 March 2025	2,832	2,832
	-----	-----

15 Trade and other receivables

	2025	2024
	£	£
Amounts falling due within one year:		
Other receivables	52,654	7,500
Prepayments and accrued income	30,652	59,489
Amounts owed by group undertakings	6,000	-
	-----	-----
	89,306	66,989
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

16 Current liabilities

	2025	2024
	£	£
Trade payables	4,079	2,421
Other payables	86,192	87,486
Amounts owed to group undertakings	36,648	33,332
	<u>126,919</u>	<u>123,239</u>

17 Pension

The company operates a defined contribution scheme.

	2025	2024
	£	£
Contributions paid in year	<u>7,854</u>	<u>7,430</u>

18 Analysis of funds

2024/25 - Current Year

	Balance at 1.4.2024 £	Movement in funds		Transfers £	Balance at 31.3.2025 £
		Income in year £	Expenditure in year £		
General Funds					
Unrestricted income fund	112,666	363,238	(388,201)	-	<u>87,703</u>
Restricted funds					
Sporting memories project	2,441	-	(314)	-	<u>2,127</u>
Befriending scheme	1,111	-	-	-	<u>1,111</u>
Valentine Trust	-	15,000	(15,000)	-	<u>-</u>
Wellbeing Hub	-	76,081	(76,081)	-	<u>-</u>
	<u>3,552</u>	<u>91,081</u>	<u>(91,395)</u>	<u>-</u>	<u>3,238</u>
Total funds	<u>116,218</u>	<u>454,319</u>	<u>(479,596)</u>	<u>-</u>	<u>90,941</u>

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

18 Analysis of funds (Continued)

2023/24 - Prior Year Comparative	Movement in funds				Balance at 31.3.2024 £
	Balance at 1.4.2023 £	Income in year £	Expenditure in year £	Transfers £	
General Funds					
Unrestricted income fund	171,136	326,398	(394,833)	9,965	112,666
Restricted funds					
Sporting memories project	2,630	-	(189)	-	2,441
Magic table fund	1,122	-	(1,122)	-	-
Befriending scheme	1,111	-	-	-	1,111
Valentine Trust	-	15,000	(12,537)	(2,463)	-
Wellbeing Hub	-	31,249	(23,747)	(7,502)	-
	4,863	46,249	(37,595)	(9,965)	3,552
Total funds	175,999	372,647	(432,428)	-	116,218

The transfers from the Valentine Trust and Wellbeing Hub restricted funds to general funds relate to an allocation to cover general fund management costs as agreed with the funders.

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. As a result, the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes.

The purposes for which the restricted funds are held are as follows:

- a) Sporting Memories project: This is for regular activities to support older people who are lonely and/or isolated or have dementia.
- b) Magic Table Fund: This is a fund set up for local people to donate to for the purchase and maintenance of a "Magic Table" display unit for people with dementia in the Wimborne area.
- c) Befriending scheme: This project supports lonely older people with volunteers.
- d) Valentine Trust: A grant to fund PramaLife activities in Poole supporting older people and carers.
- e) Wellbeing Hub: A joint project with the NHS and Help & Care to support and signpost adults who need emotional and practical support.

PRAMLIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

19 Analysis of net assets between funds

2024/25 - Current Year	Unrestricted funds £	Designated funds £	Restricted funds £	Total £
Fund balances at 31 March 2025 are represented by:				
Fixed assets	2,832	-	-	2,832
Current assets	211,790	-	3,238	215,028
Creditors (amounts falling due within one year)	(126,919)	-	-	(126,919)
	<u>87,703</u>	<u>-</u>	<u>3,238</u>	<u>90,941</u>
 2023/24 - Prior Year Comparative				
Fund balances at 31 March 2024 are represented by:				
Fixed assets	5,627	-	-	5,627
Current assets	230,467	-	3,363	233,830
Creditors (amounts falling due within one year)	(123,239)	-	-	(123,239)
	<u>112,855</u>	<u>-</u>	<u>3,363</u>	<u>116,218</u>

20 Commitments under operating leases

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	Office equipment	
	2025	2024
	£	£
Within one year	-	-
	<u> </u>	<u> </u>
Lease payments recognised as an expense in the accounts	3,780	3,462
	<u> </u>	<u> </u>

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

21 Related parties

Control

For the period following its incorporation PramaLife was controlled ultimately by its founding members. On 8th November 2017 the founding members transferred their interest to The Prama Foundation which is now the sole member of PramaLife and whose trustees have the power to appoint and remove the board of directors.

Transactions

During the year no related party transactions occurred. Other transactions with the trustees are set out in note 10.

22 Parent company

PramaLife Limited is a wholly owned subsidiary of The Prama Foundation, a charity registered in the UK. Charity no. 1174197, Company no. 10778305.

The Prama Foundation is the ultimate parent undertaking of the largest and smallest group of undertakings for which the group accounts are presented, and has included the company in its group accounts, copies of which may be obtained from its registered office at Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

The principal purposes of The Prama Foundation are the advancement of physical, mental and spiritual health through the provision of care, facilities, services, support and practical advice, to relieve financial hardship amongst older people and people of any age suffering from a physical or mental illness or disability.

PramaLife

England & Wales - Charity number 1172716

Accounts

Charity Registration No. 1172716

Company Registration No. 10638675 (England and Wales)

**PRAMALIFE
(CHARITABLE COMPANY
LIMITED BY GUARANTEE)**

**TRUSTEES'
REPORT AND ACCOUNTS**

FOR THE YEAR ENDED 31 MARCH 2024

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Bennett Mr N C Johnson Revd J E Burgess Mrs C Campbell (appointed 18 July 2023) Revd P D Homden (appointed 23 May 2024) Mrs N Lee (resigned 22 February 2024) Mrs S B Mitchell (resigned 26 September 2023)
Company Secretary	Miss F C Tasdelen
Charity number	1172716
Company number	10638675
Registered office	Moran House 1 Holes Bay Park Sterte Avenue West Poole Dorset BH15 2AA
Independent Examiners	Saffery LLP Midland House 2 Poole Road Bournemouth BH2 5QY
Solicitors	Lester Aldridge Russell House Oxford Road Bournemouth BH8 8EX
Bankers	Barclays Barclays House 1 Wimborne Road Poole BH15 2FQ

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

CONTENTS

	Page
Trustees report	1 - 9
Statement of trustees' responsibilities	10
Independent examiner's report	11
Statement of financial activities	12
Statement of financial position	13-14
Notes to the accounts	15-26

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

The directors and trustees present their annual report and the financial statements for the year ended 31 March 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Articles of Association, the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Objectives and activities

The objects clause in the company's Articles of Association states:

- (a) To further or benefit the residents of local communities, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for residents.
- (b) To establish or secure the establishment of community centres and the provision of associated activities and to maintain or manage or co-operate with any statutory authority in the maintenance and management of any such centre for activities promoted by the charity in furtherance of the above objectives.
- (c) The charity shall be non-party in politics and non-sectarian in religion.

PramaLife's sister charity PramaCare was founded in the 1980s to provide help and care for people in their own homes, enabling them to live independently without being forced into residential care.

On the 8th November 2017 PramaLife and PramaCare became subsidiaries of the new parent charity The Prama Foundation from where governance is exercised over the whole group. The ownership of Prama Trade was transferred from PramaLife to The Prama Foundation on 1st April 2018.

The activities of the organisation in the year towards the objectives are outlined in Achievements and Performance.

Achievements and Performance

PramaLife works with communities to deliver a range of collective and individual support services across Bournemouth, Christchurch and Poole and East Dorset for the benefit of older adults and carers. PramaLife aims to enhance the health and well-being of older adults and carers by providing support which enables:

- Peer support and learning, including developing new skills.
- Understanding of what other support is available in the community and how to access it at the right time.
- People to make and sustain friendships
- People to remain physically active.
- The prevention of poor health and well-being.

In achieving these aims PramaLife provided the following support services in 2023/24 with a staff team of 14 and 248 volunteers.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and Performance (Continued)

Group Activities: PramaLife has developed a network of 60 support groups which meet either weekly or every month. The Memory Lane groups for people living with dementia and their carers are led by staff, however the majority of PramaLife's groups are led by volunteers, ensuring that we are making the best use of local skills and commitment. The groups provide two hours of activity, and in between meetings, PramaLife supports participants with various needs including bereavement and accessing other community based support.

The following table compares our performance between 2022/23 and 2023/24:

Type of Group	Number of Sessions		Number of Participants (Cumulative Total)	
	2022/23	2023/24	2022/23	2023/24
Memory Lane: Dementia Support	712	757	7,412	8,090
Pop-in/Social	678	726	12,527	14,026
Health and Fitness	147	156	1,334	1,731
Music	58	48	1,140	810
Arts and Crafts	166	173	1,411	1,597
IT Support Surgeries	89	-	241	-
Carers Support	208	255	2,209	2,489
Other Activities e.g. information days for carers	12	7	441	368
Total	2,070	2,122	26,715	29,111

During 2023/24 PramaLife developed two new support groups specifically so that we could reach different communities of people:

A support group specifically for carers from the Armed Forces community, we have helped 20 carers through this group so far. The group is led by a carer who is also an Army veteran. PramaLife is undertaking this work with the Veterans Hub, Wyke Regis and the Royal British Legion, Broadstone Branch.

A social group for older women from the local Bengali community and people from Middle Eastern and African communities: Beautiful Wisdom. PramaLife has developed this group the Bengali Community group and Unity Vision.

During 2023/24 420 of the group participants responded to a survey about the impact of the group activities:

Statement	Never	Rarely	Sometimes	Often	All the time
<i>I feel I am as healthy as possible</i>	2%	5%	27%	44%	22%
<i>I feel generally optimistic about the future</i>	3%	8%	31%	33%	25%
<i>I have the support I need or I know where to find it</i>	2%	3%	18%	33%	44%
<i>I feel connected and know what activities are available in my area</i>	2%	7%	24%	37%	30%
<i>I feel less lonely as a result of coming to this activity</i>	3%	2%	11%	33%	51%
<i>I gained the support of others in this group</i>	1%	2%	14%	38%	45%

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and Performance (continued)

PramaLife also organises:

The Oakley Friends programme, with the Leonardo Trust. This is a ten-week induction programme for carers of people recently diagnosed with memory loss, covering topics such as what is dementia and its impact, local support providers, welfare benefits, legal issues like making a will and power of attorney, organising respite care and managing incontinence. We also organise regular follow up meetings for the participants so that they can support each other with their new caring roles. In the past 12 months we have supported 122 carers on this programme.

Telephone Support Groups: These involve 3+ people involved on the same call, during 2023/24 PramaLife provided 273 groups for 961 participants (a cumulative total), for 2022/23 the figures were 290 and 1,051 respectively.

One to one support for older adults and carers through:

The FOCUS programme. This is funded through a contract we have with BCP Council. PramaLife recruits volunteers to provide one to one support to carers, either telephoning them regularly or meeting up for a walk and coffee. Some of the relationships focus on the caring role, but many do not. Carers tell us that they want to have a life which is not defined by their caring role, they want to discuss what interests them as an individual. We also recruit ex and current carers to provide mentoring support particularly for new carers or carers who are experiencing key changes in their roles, e.g. when the cared for person is moving into a care/nursing home. During 2023/24 we supported 134 carers on this programme, for 2022/23 it was 110 carers.

Dorset NHS Urgent Community Response scheme. PramaLife works with the Dorset Healthcare Trust with this scheme. It involves paramedics visiting older adults who have had for example a fall or an infection to assess whether it is safe for them to recover at home. PramaLife's role is to contact the patients for a 10-day period to ensure that they are recovering, and to provide them with further support to enhance their health and well-being, for example helping them to manage their care packages, applying for welfare benefits, support with accessing other community services etc.

We have received positive feedback from both the patients and NHS colleagues about our role, e.g. knowing that PramaLife will be following up patients gives the paramedics reassurance that the patient can recover at home. During 2023/24 PramaLife supported 1,214 patients, for 2022/23 it was 942 patients.

Since 2021 we have been collecting feedback from patients including asking them to score out of ten (ten being the highest) the quality of support they have received from PramaLife. The following results confirm that over 95% of the 553 patients who responded, scored PramaLife eight or over out of ten.

Score	Number of responses	% of responses
4	1	0.2%
5	4	0.7%
6	8	1.4%
7	14	2.4%
8	80	13.8%
9	101	17.4%
10	372	64.1%
Total	580	100%

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Achievements and Performance (continued)

East Dorset Volunteer Car Drivers scheme. PramaLife organise volunteer car drivers to help older adults access essential appointments with their GP and social activities in East Dorset. During 2023/24 the drivers provided 828 journeys, for 2022/23 it was 570 journeys.

East Dorset Good Neighbours. Local volunteers help older adults with tasks around the house, for example, hanging curtains, re tuning the television or taking items to the municipal dump. During 2023/24 26 older adults were helped in their homes.

Support for people who hoard: PramaLife has been supporting people who hoard to manage their belongings, waste and accommodation. Hoarding can occur for a variety of reasons, and can lead to people having an excessive amount of items and/or waste in their homes. This can affect their health and well-being, for example, it becomes difficult to heat their homes and it can be dangerous for visitors like care workers. During 2023/24 PramaLife supported 86 people with their hoarding.

Dementia Awareness: PramaLife delivers dementia awareness sessions to local statutory, private and voluntary sector colleagues, so that they can adapt the support services they provide. During 2023/24 PramaLife delivered 25 sessions for 383 participants.

Access Wellbeing Poole Hub: PramaLife developed the Hub with the NHS, Help & Care the Community Action Network and Legal & General. The Hub is based in the Dolphin Centre, and Legal & General very generously renovated the space for us.

PramaLife's role is to manage the space and co-ordinate the various partner agencies who use it, to enhance the mental well-being of the local community. Partner agencies include Help & Care who employ Wellbeing Co-ordinator's specifically for the Hub, Dorset MIND, the NHS Community Mental Health Team, We Are With You (the local addiction service), STARS (sexual abuse), Dorset Mental Health Forum, Steps to Well-being, BCP Council Housing and Citizens Advice . The Hub opened its doors on 29 January 2024 and has been providing support to over 500 visitors on a range of topics including:

- Mental health and emotional wellbeing
- Education, training, and employment
- Benefits advice and financial support
- Housing advice and support
- Support for carers
- Social connections and activities
- Bereavement and grief

PramaLife also continued with the following projects:

- Working with Bournemouth University we have been exploring how we can use Virtual Reality to support people living with dementia.
- Three young pen pals continued to write to three older adults.
- IT advice was provided to older adults including signposting them to Donate It for free re purposed IT equipment.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Aims for 2024/25

The key aim each year for PramaLife is how can we sustain and develop our existing support services. It is essential for example that we continue to provide all the support we can to people living with dementia and carers. It is a challenge raising all the funds PramaLife needs as many other worthy charities are also seeking funds.

During 2024/25 PramaLife will also:

- Seek to develop additional support services which help carers maintain a good level of mental well-being. Just over 65% of the carers we work with report that their caring role detrimentally affects their health and well-being.
- Review the way in which we monitor and evaluate PramaLife's support services, it is important that we always seek to improve our understanding of the impact the charity makes.
- Continue to develop our preventative approach, helping people to minimise the problems they are experiencing.
- Explore our future involvement with the Access Well-being Hub, PramaLife's aim was to ensure that the Hub was set up, we now want to discuss with partners who is best placed to sustain and develop this successful project.

PramaLife's Funders

We would not be able to achieve all of this without the support of our much-valued funders, including for 2023/24:

- Alice Ellen Cooper Dean Charitable Foundation · Leonardo Trust · ASDA · Marroys Bar ·
- National Lottery Community Fund · BCP Council · BH Coastal Lottery · Poole Lions Charity Trust · Co-Op ·
- Dorset Council · Dorset HealthCare NHS Trust · Society of the Holy Child Jesus · Sovereign Housing ·
- Incorporated Bournemouth Free Church Council · Tesco · Judy's Jams · D'Oyly Carte Charitable Trust ·
- Immanuel Church · The RS Brownlees Charitable Trust · The Valentine Charitable Trust · Vodafone ·
- Dorset Community Foundation · The Charity of Stella Symons · Inman Trust · Woodland Preserves ·
- Marsham Court Hotel · St Johns Wimborne · The Armed Forces Covenant Fund Trust ·
- Community Action Network · The Primrose Fund ·

We would also like to thank all those individuals who made a donation direct to PramaLife. Your support is very much appreciated.

We would also like to acknowledge the considerable in-kind support we receive from the Municipal and Owen Carter Almshouse and Immanuel Church, Bournemouth.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Financial Review

The total income for the charity was £372,647 (2022/23: £335,506) and the net deficit for the period was £59,781 (2022/23: surplus of £2,635)

Results

The results for the year, the state of the charity's affairs and transfers between the restricted and unrestricted funds are shown in the attached financial statements.

Reserves policy

The charity's total reserves amount to £116,218 (2022/23: £175,999) of which £3,552 (2022/23: £4,863) relate to restricted funds and £112,666 (2022/23: £171,136) relate to unrestricted funds.

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. Following a full review of the reserves policy during 2020/21 the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

The Reserves Policy was further reviewed by the trustees on 17 July 2024 where it was agreed that the minimum level of reserves should remain at £90,000.

In March 2023 PramaLife received grant income from funders for projects to be delivered during the 2024/25 financial year. As a result the unrestricted funds held at 31 March 2024 of £112,666 (2022/23: £171,136) is higher than its reserves policy level. These excess reserves will be used during 2024/25 to deliver agreed projects.

Fixed assets

Full details of movements in tangible fixed assets are set out in note 13 to the financial statements.

Sources of funding

As detailed in the section above concerning our Achievements and Performance, PramaLife is funded from a variety of sources, including:

- The Prama Foundation, especially using the surpluses from our charity shops.
- Grant funding e.g. from Charitable Trusts.
- BCP Council, we were awarded in 2020 a contract by BCP Council to provide voluntary support to carers.
- Donations and legacies, e.g. group participants will donate PramaLife money to cover the cost of refreshments, or we may receive a donation from a family following the funeral of a family member who had participated in PramaLife groups/activities.
- Community fundraising e.g. sponsored events like marathons.
- The NHS, we receive NHS funding for various projects, this funding is managed by partner organisations like BCP Council.

Expenditure

Expenditure in respect of PramaLife's community activities encompasses the management and delivery of activities, including salaries and specific costs associated with the activity e.g. materials for our Memory Lane groups. PramaLife contributes funds to the Foundation in return for administrative, financial management and governance support.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2024

Remuneration Policy

None of the trustees receives any remuneration. The remuneration of the senior staff is set by the trustees having regard to local market rates, experience needed and the degree of responsibility held.

Employee Involvement

The parent charity has mechanisms in place to ensure that the staff team are consulted with concerning issues which affect their employment. PramaLife continues to review how it consults and engages with the staff team to ensure that their views inform the development of the charity.

The charity seeks to give full and fair consideration to all applications for employment made to the charity by people living with disability and make efforts in respect of the continuing employment and training of employees who may become disabled while employed by the company. The charity seeks to introduce, maintain and develop arrangements involving employees, providing systematic relevant information, undertaking regular employee consultation and providing necessary training and career development to all staff members.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 24th February 2017, and registered as a charity with the Charity Commission on 24th April 2017. The company was formed under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Under the terms of the Memorandum of Association each member of the company guarantees to contribute £10 towards the assets of the company in the event of its being wound up while he/she is a member, and towards the costs, charges and expenses of winding up.

None of the trustees have any beneficial interest in the company.

On 8th November 2017 the trustees resigned as members of the organisation and appointed The Prama Foundation as sole corporate member. The trustees of The Prama Foundation have power to appoint and remove the board of PramaLife Limited.

The trustees, who are also directors for the purpose of company law, and who served during the period were:

Mr C Bennett

Mr N C Johnson

Revd J E Burgess

Mrs C Campbell (appointed 18 July 2023)

Revd P D Homden (appointed 23 May 2024)

Mrs N Lee (resigned 22 February 2024)

Mrs S B Mitchell (resigned 26 September 2023)

In addition, in September 2023, Peter Adams was co-opted as a representative of the carers PramaLife supports.

The following trustees are also trustees of The Prama Foundation.

Mr C Bennett

Mr N C Johnson

Mrs C Campbell (a trustee of the Prama Foundation prior to accepting PramaLife trusteeship)

Mrs N Lee (continues as a trustee of the Prama Foundation following resignation from trusteeship of PramaLife)

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Structure, Governance and Management (continued)

The Prama Foundation has a board of directors which receives recommendations and information from three sub-committees focussing on:

- Finance and General Purposes
- PramaCare (The Board of PramaCare)
- PramaLife (The Board of PramaLife)

The chair of each committee is held by a director of Prama Foundation and these make recommendations to the full Board of the Prama Foundation. The directors, who are also charity trustees, establish policies that are then implemented by the senior leadership team who are responsible for the employment of staff that carry out the objectives of the company.

New director/trustees are appointed following a review of skills by a nominations sub-committee. Each trustee elected meets with the senior management team and then observes a board or sub-committee meeting before final decisions are taken on appointment. The nominations sub-committee report to the board. Persons considered to be able to offer particular expertise to the charity are given a Trustee Handbook and Strategic Plan and meet with the Chair to receive a full explanation of the purposes, ethos and practices of PramaCare before being invited to serve on the board.

For the 2023/24 financial year, day to day management of the charity was delegated to the Senior Management Team.

Risk assessment

A risk register is maintained to focus on specific areas of PramaLife's activities and is discussed at each trustee meeting. During 2023/24 the risk management process was strengthened to include a Board Assurance Framework for the Boards of Trustees enabling them to focus on the strategic risks which could prevent the charity from achieving its objectives. The principal risks of the charity relate to:

a) Failure to raise sufficient funding:

PramaLife has achieved a mix of income which will be important to sustain and develop. Currently our main sources of income are the contributions from the Prama Foundation including surpluses from the Prama charity shops, charitable trusts and donations. We will continue to apply to charitable trusts for their support, but we will be looking to diversify our income through community fundraising and by promoting ethically our need for legacies.

b) Failure to respond to safeguarding issues:

The health, safety and dignity of the people we support, and our staff and volunteers is paramount. We have implemented robust systems to identify risks to the safety of individuals and we provide support and training to our staff and volunteers in order that they can effectively manage any incidents which may occur.

c) Failure to recruit skilled volunteers:

We are fortunate to have the support of 236 skilled volunteers. However, in order to further sustain and develop our services we need to recruit more volunteers.

d) Failure to adapt to changing need and aspirations amongst the older adults and carers PramaLife works with:

Needs can change depending on new generations of older adults and our response must also be based on developing practice from elsewhere in the UK.

The HR Lead is the designated Health and Safety officer.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Structure, Governance and Management (continued)

Public Benefit

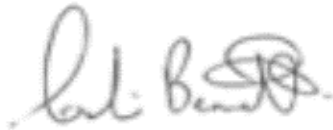
The trustees have given due regard to public benefit when planning the charity's activities, in accordance with sections G2 and G3 of the Charity Commission's General Guidance on Public Benefit (January 2010).

The paragraphs in this report set out our activities, achievements, and performance during the year, which are directly related to the objectives and purposes for which the charity exists. The charity achieves its principal objectives and purposes through services to any members of the public in the local community who have needs arising from age, disability or social isolation.

These benefits are directly related to the aims of the charity and are fully compliant with Principles 1 and 2 of the Charity Commission Principles on Public Benefit.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

On behalf of the board of trustees

A handwritten signature in dark ink, appearing to read 'Colin Bennett', is positioned above the printed name.

Mr Colin Bennett, Chair

10th December 2024

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2024

The trustees, who are also directors of PramaLife Limited (Charitable Company Limited by Guarantee) for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources including the income and expenditure, of the charitable company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of accounts may differ from legislation in other jurisdictions.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PRAMALIFE LIMITED (CHARITABLE COMPANY LIMITED BY GUARANTEE)

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Respective responsibilities of trustees and examiner

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Casidhe Baleri
For and on behalf of Saffery LLP
Midland House
2 Poole Road
Bournemouth BH2 5QY

Date: 12 December 2024

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	Unrestricted Funds General	Restricted Funds	Total 2024	Total 2023
		£	£	£	£
Income and Endowments from:					
Donations and legacies	3	296,331	46,249	342,580	313,224
Charitable activities	4	30,067	-	30,067	22,282
Total income and endowments		326,398	46,249	372,647	335,506
Expenditure on:					
Raising funds	5	15,415	-	15,415	10,371
Charitable activities	6	379,418	37,595	417,013	322,500
Total expenditure		394,833	37,595	432,428	332,871
Net (expenditure) / income from activities		(68,435)	8,654	(59,781)	2,635
Net (expenditure) / income before transfers		(68,435)	8,654	(59,781)	2,635
Transfers between funds		9,965	(9,965)	-	-
Net movement in funds		(58,470)	(1,311)	(59,781)	2,635
Fund balances at 1 April		171,136	4,863	175,999	173,364
Fund balances at 31 March		112,666	3,552	116,218	175,999

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2024

	Notes	£	2024 £	£	2023 £
Fixed Assets					
Property, plant and equipment	13		5,627		6,806
			<u>5,627</u>		<u>6,806</u>
Current assets					
Trade and other receivables	14	66,989		32,370	
Cash at bank and in hand		166,841		143,202	
		<u>233,830</u>		<u>175,572</u>	
Liabilities					
Current liabilities	15	(123,239)		(6,379)	
Net current assets			<u>110,591</u>		<u>169,193</u>
Total assets less current liabilities			<u>116,218</u>		<u>175,999</u>
Net Assets			<u>116,218</u>		<u>175,999</u>
Income funds					
Restricted funds	18		3,552		4,863
Unrestricted funds			112,666		171,136
			<u>116,218</u>		<u>175,999</u>

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION (CONTINUED)

AS AT 31 MARCH 2024

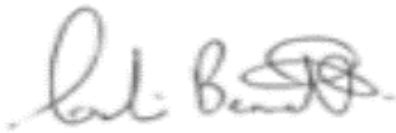
The company is entitled to exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the trustees on 10th December 2024



Mr Colin Bennett, Chair

Company Registration No. 10638675

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Company information

PramaLife Limited is a charitable company limited by guarantee, incorporated in England and Wales.

The registered office is Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' ('FRS 102'), 'Accounting and Reporting by Charities' the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a public benefit entity as defined by FRS 102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of certain financial instruments at fair value. The principal accounting policies adopted are set out below.

PramaLife meets the definition of a qualifying entity under FRS 102 and has therefore taken advantage of the disclosure exemptions available to it in accordance with paragraph 1.12 of FRS 102. Exemptions have been taken in relation to presentation of a cash flow statement.

1.2 Going concern

At the time of approving the accounts, the trustees having considered the impact of all risks and have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. There are no material uncertainties about the charity's ability to continue and thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that the income will be received.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known the legacy is treated as a contingent asset.

Gifts in kind and donated facilities are recognised as income, if a value can be reliably measured, at the value to the charity when received. In accordance with the Charities SORP (FRS 102), no amounts are included in the financial statements for services donated by volunteers, including professional services provided directly by volunteers.

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

1.5 Outgoing resources

Expenditure is recognised on an accruals basis. Expenditure has been allocated according to the Statement of Recommended Practice 'Accounting and Reporting by Charities'.

Resources expended attributable to each of raising of funds and charitable activities are allocated to cost categories for each. Where expenses are attributable to more than one of these, the cost category is split on the basis of estimates by the charity's management. Wages are apportioned based on employees' roles and time spent.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost, and subsequently measured at cost, net of depreciation and any impairment losses. Items are capitalised when their individual value is greater than £500.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	Over 10 years straight line, or the remaining term of the lease
Café and bar equipment	Over 5 years straight line
Theatre equipment	Over 5 years straight line
Office equipment	Over 3 years straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Accounting policies

(Continued)

1.7 Impairment of non-current assets

At each reporting end date the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments, and Section 12 Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's Statement of Financial Position when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of financial assets

Financial assets, other than those held at fair value through income and expenditure, are assessed for indicators of impairment at each reporting end date. Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. The impairment loss is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Concessionary loans are initially recognised at the amount received. Subsequently the loans are adjusted for any applicable repayments or interest.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Leases

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases.

Assets held under finance leases are recognised as assets at the lower of the asset's fair value at the date of inception and the present value of the minimum lease payments. The related liability is included in the statement of financial position as a finance lease obligation. Lease payments are treated as consisting of capital and interest elements. The interest is charged to net income/(expenditure) for the year so as to produce a constant periodic rate of interest on the remaining balance of the liability.

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies the trustees are required to make judgements, estimates and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis.

On 23 June 2021, the trustees of the Prama Foundation considered the extant approach to capitalising assets. It was decided that the existing policy of a limit of £250 below which items are not capitalised should be revised to "Items are capitalised when their individual value is greater than £500". This change has been applied to assets purchased during and after the 2020/21 financial year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

3 Donations and legacies

	Unrestricted Funds	Restricted Funds	2024 Total	2023 Total
	£	£	£	£
Donations and gifts	248,787	46,249	295,036	301,488
Legacies	4,644	-	4,644	-
Grant from parent charity	42,900	-	42,900	11,736
	-----	-----	-----	-----
	296,331	46,249	342,580	313,224
	-----	-----	-----	-----
Year ended 31 March 2023	296,947	16,277		
	-----	-----		

4 Charitable activities

	2024	2023
	£	£
Community based activities:		
Memory clubs and social groups	21,969	15,696
Neighbourhood Support Schemes	8,098	6,586
	-----	-----
	30,067	22,282
	-----	-----

5 Raising funds

	2024	2023
	£	£
Fundraising and publicity		
Staff costs	15,415	10,371
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

6 Charitable activities	2024	2023
	£	£
Community based activities		
Memory clubs and social groups	33,395	38,569
Neighbourhood Support Schemes	8,148	5,956
Thematic projects	16,966	6,029
Donations to other organisations	-	38
Staff costs	191,480	154,125
	-----	-----
	249,989	204,717
Support costs (note 7)	163,128	114,224
Governance costs (note 8)	3,896	3,559
	-----	-----
	417,013	322,500
	-----	-----
Analysis by fund		
Unrestricted funds - general	369,453	300,033
Restricted funds	47,560	22,467
	-----	-----
	417,013	322,500
	-----	-----
 7 Support costs		
	2024	2023
	£	£
Staff costs - management and administration	137,235	96,628
Office utilities	9,240	2,400
Insurance	428	612
Computer expenses	362	1,832
Printing, stationery and office expenses	3,311	4,356
Telephone	4,278	4,638
Staff and volunteers - other costs	2,692	2,828
Miscellaneous expenses	2,399	240
Other expenses	216	239
Bank charges and interest	402	257
Depreciation	2,565	194
	-----	-----
	163,128	114,224
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

8 Governance costs	2024	2023
	£	£
Independent examiner's fees - current year	1,800	1,650
Independent examiner's fees - prior year	(420)	246
Legal and professional - current year	2,516	763
Legal and professional - prior year	-	900
	3,896	3,559

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or expenses during the current or previous year.

10 Employees

Number of employees

The average weekly number of employees during the period was:

	2024	2024	2023	2023
	Headcount	Full time equivalent	Headcount	Full time equivalent
Other community activities	12	5	17	8
Management and administration	2	2	1	1
	14	7	18	9

Employment costs

	2024	2023
	£	£
Wages and salaries	313,856	239,126
Social security costs	22,844	16,532
Other pension costs	7,430	5,466
	344,130	261,124

The number of employees whose annual remuneration was £60,000 or more was nil (2022/23: nil).

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

11 Net income from activities	2024	2023
	£	£
Net income from activities is stated after charging:		
Depreciation	2,565	194
Independent Examiner's fees	1,800	1,650
	-----	-----
12 Taxation		
The company is exempt from taxation due to its charitable status.		
13 Property, Plant and Equipment	Office equipment	Total
	£	£
Cost at 1 April 2023	7,000	7,000
Additions	1,386	1,386
Disposals	-	-
	-----	-----
Cost at 31 March 2024	8,386	8,386
	-----	-----
Depreciation at 1 April 2023	194	194
Charged	2,565	2,565
Disposals	-	-
	-----	-----
Depreciation at 31 March 2024	2,759	2,759
	-----	-----
Net book value at 31 March 2023	6,806	6,806
	-----	-----
Net book value at 31 March 2024	5,627	5,627
	-----	-----
14 Trade and other receivables	2024	2023
	£	£
Amounts falling due within one year:		
Other receivables	7,500	19,627
Prepayments and accrued income	59,489	10,740
Amounts owed by group undertakings	-	2,003
	-----	-----
	66,989	32,370
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Current liabilities

	2024	2023
	£	£
Trade payables	2,421	1,704
Other payables	87,486	4,675
Amounts owed to group undertakings	33,332	-
	123,239	6,379

17 Pension

	2024	2023
	£	£
The company operates a defined contribution scheme.		
Contributions paid in year	7,430	5,466

18 Analysis of funds

2023/24 - Current Year

	Movement in funds				
	Balance at	Income in	Expenditure	Transfers	Balance at
	1.4.2023	year	in year		31.3.2024
	£	£	£	£	£
General Funds					
Unrestricted income fund	171,136	326,398	(394,833)	9,965	112,666
Restricted funds					
Sporting memories project	2,630	-	(189)	-	2,441
Magic table fund	1,122	-	(1,122)	-	-
Befriending scheme	1,111	-	-	-	1,111
Valentine Trust	-	15,000	(12,537)	(2,463)	-
Wellbeing Hub	-	31,249	(23,747)	(7,502)	-
	4,863	46,249	(37,595)	(9,965)	3,552
Total funds	175,999	372,647	(432,428)	-	116,218

The transfers from the Valentine Trust and Wellbeing Hub restricted funds to general funds relate to an allocation to cover general fund management costs as agreed with the funders.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

18 Analysis of funds (Continued)

2022/23 - Prior Year Comparative	Movement in funds				Balance at 31.3.2023 £
	Balance at 1.4.2022 £	Income in year £	Expenditure in year £	Transfers £	
General Funds					
Unrestricted income fund	162,311	319,229	(310,404)	-	171,136
	-----	-----	-----	-----	-----
Restricted funds					
Sporting memories project	1,625	1,277	(272)	-	2,630
Magic table fund	1,282	-	(160)	-	1,122
Befriending scheme	1,111	-	-	-	1,111
Sorted in Dorset	732	-	(732)	-	-
PramaLife Development	755	-	(755)	-	-
Reaching Communities	5,548	-	(5,548)	-	-
Valentine Trust	-	15,000	(15,000)	-	-
	-----	-----	-----	-----	-----
	11,053	16,277	(22,467)	-	4,863
	-----	-----	-----	-----	-----
Total funds	173,364	335,506	(332,871)	-	175,999
	-----	-----	-----	-----	-----

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. As a result, the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes.

The purposes for which the restricted funds are held are as follows:

- a) Sporting Memories project: This is for regular activities to support older people who are lonely and/or isolated or have dementia.
- b) Magic Table Fund: This is a fund set up for local people to donate to for the purchase and maintenance of a "Magic Table" display unit for people with dementia in the Wimborne area.
- c) Befriending scheme: This project supports lonely older people with volunteers.
- d) Sorted in Dorset: This was funding PramaLife raised at the Sorted in Dorset event was used to help develop the new kitchen at Old Rope Walk, please see also below.
- e) PramaLife development: This is a general fund for development of PramaLife activities.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

18 Analysis of funds (Continued)

- f) Reaching Communities: We were awarded a £100,000 grant by the Big Lottery in 2019, to develop a network of support groups and activities for older people and carers in Bournemouth.
- g) Valentine Trust: A grant to fund PramaLife activities in Poole supporting older people and carers.
- h) Wellbeing Hub: A joint project with the NHS and Help & Care to support and signpost adults who need emotional and practical support.

19 Analysis of net assets between funds

	Unrestricted funds £	Designated funds £	Restricted funds £	Total £
2023/24 - Current Year				
Fund balances at 31 March 2024 are represented by:				
Fixed assets	5,627	-	-	5,627
Current assets	230,278	-	3,552	233,830
Creditors (amounts falling due within one year)	(123,239)	-	-	(123,239)
	112,666	-	3,552	116,218
	-----	-----	-----	-----
2022/23 - Prior Year Comparative				
Fund balances at 31 March 2023 are represented by:				
Fixed assets	6,806	-	-	6,806
Current assets	170,709	-	4,863	175,572
Creditors (amounts falling due within one year)	(6,379)	-	-	(6,379)
	171,136	-	4,863	175,999
	-----	-----	-----	-----

20 Commitments under operating leases

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	Office equipment	
	2024	2023
	£	£
Within one year	-	-
	-----	-----
Lease payments recognised as an expense in the accounts	3,462	3,801
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

21 Related parties

Control

For the period following its incorporation PramaLife was controlled ultimately by its founding members. On 8th November 2017 the founding members transferred their interest to The Prama Foundation which is now the sole member of PramaLife and whose trustees have the power to appoint and remove the board of directors.

Transactions

During the year no related party transactions occurred. Other transactions with the trustees are set out in note 9.

22 Parent company

PramaLife Limited is a wholly owned subsidiary of The Prama Foundation, a charity registered in the UK. Charity no. 1174197, Company no. 10778305.

The Prama Foundation is the ultimate parent undertaking of the largest and smallest group of undertakings for which the group accounts are presented, and has included the company in its group accounts, copies of which may be obtained from its registered office at Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

The principal purposes of The Prama Foundation are the advancement of physical, mental and spiritual health through the provision of care, facilities, services, support and practical advice, to relieve financial hardship amongst older people and people of any age suffering from a physical or mental illness or disability.

PramaLife

England & Wales - Charity number 1172716

Accounts

Charity Registration No. 1172716

Company Registration No. 10638675 (England and Wales)

**PRAMALIFE
(CHARITABLE COMPANY
LIMITED BY GUARANTEE)**

**TRUSTEES'
REPORT AND ACCOUNTS**

FOR THE YEAR ENDED 31 MARCH 2023

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr C Bennett (appointed 21 September 2022) Mr N C Johnson Revd J E Burgess Mrs S B Mitchell (appointed 30 November 2022) Mrs N Lee (appointed 7 February 2023) Mrs C Campbell (appointed 18 July 2023) Mr T P Sharp (resigned 30 November 2022)
Chief Executive	Mr S M Robinson (left 7 April 2023)
Company Secretary	Miss F C Tasdelen
Charity number	1172716
Company number	10638675
Registered office	Moran House 1 Holes Bay Park Sterte Avenue West Poole Dorset BH15 2AA
Independent Examiners	Saffery LLP Midland House 2 Poole Road Bournemouth BH2 5QY
Solicitors	Lester Aldridge LLP Russell House Oxford Road Bournemouth BH8 8EX
Bankers	Barclays Leicester Leicestershire LE87 2BB

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

CONTENTS

	Page
Trustees report	1 - 14
Statement of trustees' responsibilities	15
Independent examiner's report	16
Statement of financial activities	17
Statement of financial position	18-19
Notes to the accounts	20-32

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

The directors and trustees present their annual report and the financial statements for the year ended 31 March 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Articles of Association, the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Objectives and activities

The objects clause in the company's Articles of Association states:

- (a) To further or benefit the residents of local communities, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for residents.
- (b) To establish or secure the establishment of community centres and the provision of associated activities and to maintain or manage or co-operate with any statutory authority in the maintenance and management of any such centre for activities promoted by the charity in furtherance of the above objectives.
- (c) The charity shall be non-party in politics and non-sectarian in religion.

PramaLife's sister charity PramaCare was founded in the 1980s to provide help and care for people in their own homes, enabling them to live independently without being forced into residential care.

On the 8th November 2017 PramaLife and PramaCare became subsidiaries of the new parent charity The Prama Foundation from where governance is exercised over the whole group. The ownership of Prama Trade was transferred from PramaLife to The Prama Foundation on 1st April 2018.

The activities of the organisation in the year towards the objectives are outlined in Achievements and Performance.

Achievements and Performance

PramaLife enables older adults and carers to lead independent and fulfilling lives, by enhancing their health and well-being.

PramaLife delivers a range of community-based activities across Bournemouth, Christchurch and Poole and East Dorset, which lead to increased personal independence, self-sufficiency and dignity. Altogether we supported 2,808 older adults and carers during 2022/23, providing a variety of support either collectively or individually:

Group activities: The table below covers our support groups across Bournemouth, Christchurch, Poole and East Dorset, for 2022/23.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

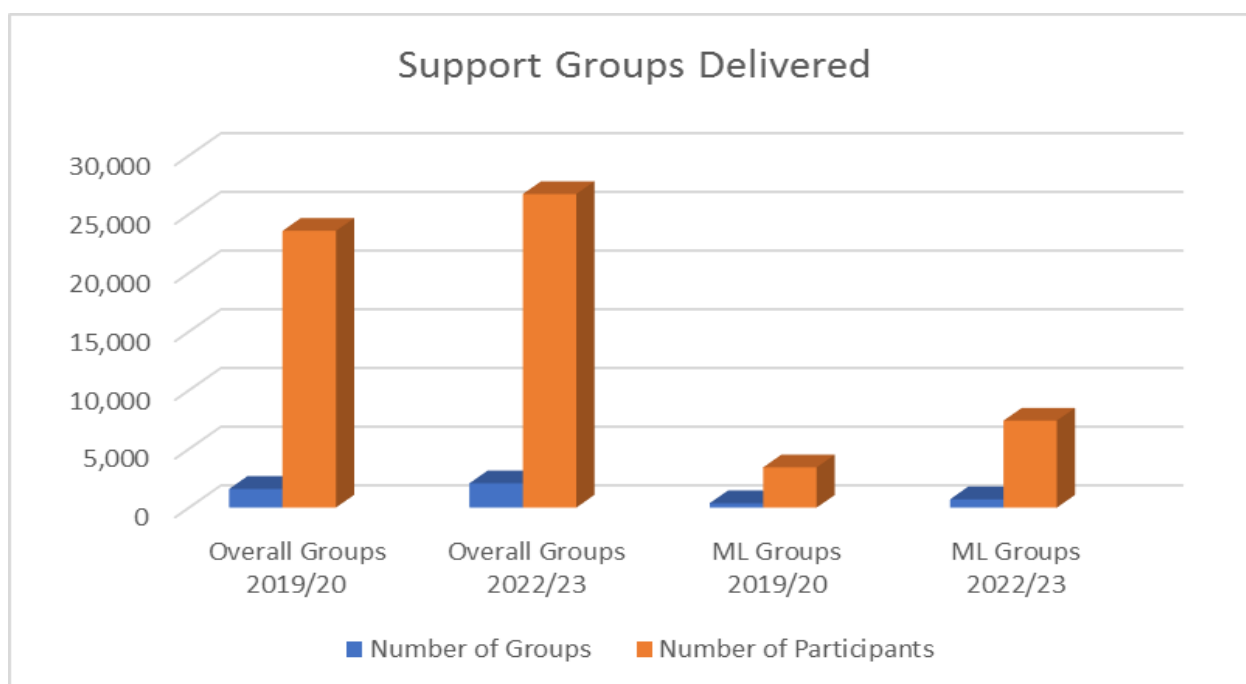
FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance (Continued)

Type of group	Number of sessions	Number of participants
		(a cumulative total)
Memory Lane	712	7,412
(Dementia Support)		
Pop-in/Social	678	12,527
Health and Fitness	147	1,334
Music	58	1,140
Arts and Crafts	166	1,411
IT Support Surgeries	89	241
Carers support	208	2,209
Other activities e.g. information days for carers	12	441
Total	2,070	26,715

The following chart compares the number of support groups PramaLife delivered in the period 2019/20 (the last year before the pandemic) and 2022/23. We delivered 1,593 groups in 2019/20 for 23,581 participants. For 2022/23 we delivered 2,070 groups for 26,715 participants.

This increase is partly because we have prioritised developing our Memory Lane groups; support for people living with memory loss and their carers. In 2019/20 we delivered 377 groups for 3,427 participants in 2022/23 this grew to 712 groups and 7,412 participants. Since 1 April 2022 we have added two more groups to our network, giving us a current total of 19 groups.



PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance (continued)

The overall quality of PramaLife's support groups is good, following are some examples of the impact we have made. This table summarises feedback we received from 123 participants of our dementia support groups to a questionnaire we distributed in January/February 2023.

Question	Never	Rarely	Sometimes	Often	All the time
<i>I have the support I need, or I know where to find it</i>	-	8%	18%	28%	46%
<i>I feel less lonely as a result of coming to this activity</i>	-	1%	6%	39%	54%
<i>I gained the support of others in this group</i>	-	2%	12%	34%	52%

This feedback is supported by unsolicited feedback we receive from group participants:

Dad now attends 4 afternoons a week and to be honest it has become his only real social activity and one that he enjoys and always returns from upbeat, so therefore we are starting to rely on them completely and based on the fact that we cannot locate any other groups or day centres at all in the area, I'm a little nervous that should your organisation change direction with regards to the clubs you offer, or he no longer meets your requirements, we could be in a very vulnerable situation as we are (rightly or wrongly) trying to keep him at home (where he lives alone) as that's where we think he wants to be and as long as we can keep him occupied a few days a week to combat loneliness feel this is best for his wellbeing at this time. As always, thank you, your staff, and volunteers.

These clubs are my lifeline. When Tom was diagnosed, he became depressed and stopped wanting to go out. It was terrible. Then I heard about this group. When I first suggested going, Tom refused. I told him 'If we don't go, we will become lonely and be totally isolated'. The next day he said that he would go – just once. He said that if he didn't like it, he wouldn't go back, so I agreed, of course. That was over a year ago now! All these people here aren't just old people. They are our friends. Without this group I don't know where we would be.

What you do with Prama is a very precious gift to people living with dementia.

Like all our groups PramaLife's IT support surgeries have also made an impact as highlighted by the following case study: Jim (96 years old) was referred to us by the NHS, unfortunately he has had a stroke which limits his mobility; Jim is visited by carers but the ability to use IT is important in his life to remain connected with his family and what is happening in the wider world. Jim had a laptop, but it had become unusable, and several people had tried to fix it and had inadvertently made further mistakes. Jim has some IT skills but not enough to fix the problem: *I have always been quite good with computers, but even so, needed support. Without this support I would not be on the internet and connecting with my family and friends.*

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance (continued)

Adrien organised for Jim to be provided with a new tablet via Donate IT: *I was supplied with a tablet that I use every day. The tablet is the centre of my life. I am so appreciative. I am using it for everything including Skype, You Tube, and reading the newspaper online. We asked Jim whether it had helped with his health and well-being: Very much so, since my stroke, my memory diminished, and I find it difficult following books, my tablet provides me with sorts of activities instead. The tablet also helps me to remain in touch with friends and family, I feel less isolated.*

In response to our question about what Jim would say to other older adults who do not want to use IT/the Internet, Jim responded: *They are missing a gift that can change your life.*

PramaLife is also now delivering a greater variety of support for more older adults and carers than in 2019/20, during 2022/23 we delivered the following:

The Yours Sincerely Pen Pal scheme: PramaLife matches up young volunteers with older adults and they remain in contact and support each other through letters. During 202/23 17 young pen pals (five of them were also successfully completing their Duke of Edinburgh Awards) were writing to 19 older adults. We have learnt a lot from this project including:

- The pen pals enjoy communicating by letter writing. It is a more reflective way of engaging with each other and it allows both parties to express themselves in different ways.
- Letter writing has also helped the participants to be more aware of themselves and others around them, the process also helped them through the pandemic.
- The volunteers developed a variety of skills and experiences e.g., they have developed a better understanding of the ageing process and their teamwork was enhanced because they were swapping ideas about tackling their letter writing.

This learning is reflected in the following feedback from a young and older pen pal:

Volunteer: *I volunteered for two years, writing quite long letters, partly because I would also include other material/pictures in the letters. I thought this made them more lively, e.g., photos of our dogs. When I started it was useful speaking to the other volunteers about what to include in the letters. After about three months I found it easy. I had one pen pal and I found our correspondence and conversation easy. I helped my pen pal set up WhatsApp to share photos. The advice I would give is just do it, it is really lovely, I have enjoyed writing the letters. You find things about yourself, it helps you to reflect on your own life. For both pen pals it is knowing that there is someone else out there who is thinking about you, who is trying to understand you. For a young person it can be a great support network. It made me more aware of my own older relatives and whether I was doing enough to remain in contact with them. I helped my Grand Mother set up WhatsApp so we could have family group chats. Letter writing also helped me with my report and essay writing and writing my personal statement, it made me more precise (I can waffle) and made me a better editor of my work.*

Older Adult: *I have been a pen pal for 18 months and it has been rewarding. It has helped that we both like pets, and it gave me a lot of pleasure to introduce my pen pal to TS Eliot's poems about cats, especially Mccavity. With my eye sight deteriorating and getting older this is a very good scheme for me, I am so glad that I have made a new friend.*

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance (continued)

Supporting patients referred to PramaLife by the NHS's Urgent Community Response (UCR) scheme:

Since February 2022 PramaLife has provided staff and volunteer support to patients who are recovering from an illness/injury at home, including:

- Calling patients on average 4 to 5 times over an initial 10-day period to ensure that they are recovering.
- Identifying whether the patient and/or their carer require any additional support for example with their welfare benefits, household tasks etc.
- Providing ongoing support to patients and/or their carers after the initial 10-day period who are experiencing challenges with maintaining a good level of health and well-being, e.g., they are isolated and/or lonely.

Examples of additional support we have provided includes:

- Assisting patients with emergency shopping.
- Supporting carers to access local carers support groups.
- Supporting patients with their welfare benefits and access to other financial support.
- Supporting patients with the maintenance of their heating systems.
- Supporting patients to de clutter their homes and the cleaning of their homes.
- Organising counselling support for patients.
- Supporting patients with referrals to Adult Social Care for social care assessments and liaising with their GP practice.
- Organising for a representative from a church to visit the patient to assist her carer (her daughter) in enabling her mother to make decisions about the support she requires, including adaptations to her house to assist with her mobility.

During 2022/23 PramaLife supported 942 patients, we contacted 267 of them to gather feedback of their experiences including their responses to the following questions.

Overall, how was your experience of our service?

Excellent	107	40.0%
Very good	129	48.0%
Good	23	9.0%
Neither Good nor Poor	1	0.3%
Poor	1	0.3%
Very Poor	2	1.0%
Don't Know	4	1.5%

Did the calls from PramaLife enhance the patients mental well-being (please note not all the patients we contacted have been supported by PramaLife):

Yes	176	94.0%
No	12	6.0%

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance (continued)

We also ask the patient to rate the quality of support provided by PramaLife using a score out of ten:

10	94	57.0%
9	32	20.0%
8	29	17.5%
7	5	3.0%
6	2	1.0%
5	1	0.5%
4	1	0.5%
0	1	0.5%

Amy Hassan, the Service Lead for Urgent Community Response scheme also provided the following feedback about PramaLife's involvement:

PramaLife have been an integral part of Urgent Community Response (UCR) development for many reasons:

- Knowing that our patients can be followed up following UCR input helps us to take positive risks with keeping people at home.*
- If patients or care givers identify any concerns following UCR input, they can raise this to PramaLife whom will support through signposting, liaising back with UCR or other services and giving reassurance.*
- Helps service users to feel more confident about the decision to stay at home and improves overall satisfaction with their care.*
- PramaLife often pick up on issues that during the UCR visit did not seem relevant or appropriate at the time by service user but following a visit have been highlighted and addressed during their PramaLife welfare checks. This has been a really positive aspect of this service to offer support on issues that could often prevent further risks of needing health or social care intervention.*
- PramaLife have also been obtaining UCR service feedback from our patients, which has enabled us to identify learning objectives and ensures that the service continues to improve and deliver best practice.*

Without PramaLife support the following risks have been identified:

- Possible increase in admissions due to UCR team taking less risks due to less availability of follow up resources to support UCR decision to support patient to remain at home*
- Impact on patient experience and confidence in UCR service*
- Risk of service users contacting GP/111/999 again due to needs not being met that may have been picked up by PramaLife in their welfare checks.*

PramaLife has the potential to develop and deliver further interventions on top of their current service provision to support our service users. PramaLife are a valuable resource for UCR, which has clearly demonstrated to play a huge part in the development of UCR, but most importantly providing patient centred care and supporting people to remain in their own homes.

Supporting NHS patients being discharged from hospital and/or living in the community: In addition to our work with the UCR scheme as outlined above PramaLife also supported another 131 NHS patients with their non-clinical support needs agreed 18+. The support included:

- One off tasks on discharge from hospital for example shopping.
- Supporting patients/carers with complex non-clinical needs, for example assisting with welfare benefits including collating evidence for a claim with a person, drafting the application/appeal and/or supporting the person to access other advice/support.
- Supporting the person socially and/or connecting them with support/services in their community.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance (continued)

By tackling non-clinical tasks patients are finding challenging, it then allows them to focus on their own health and well-being. There are short term outcomes e.g. the patient may be receiving more income because of a welfare benefit claim or support to enable them to rehabilitate following discharge from hospital. There are also long-term outcomes, for example the patient will have developed their resilience and skills to tackle future challenges. They are also better aware of the support which is available to them and how to access it. Following are two case studies about our work.

Referral: De-cluttering property and cleaning with a patient who experiences long term health conditions

What did you think of the service you got from us, e.g. was it friendly, did we make an effort to understand you and your needs?

You have attended my home address on four occasions now to help me with an application and to help me to get organised to continue to clear my property of unwanted items and clean up a bit. I have been able to talk to you about what I need and want to do to help myself in my own difficult position.

Are you happy with the outcome, e.g. do you have a better understanding of the benefits system, were you successful in getting new benefits, were you happy with the furniture removal etc?

I have been awarded £40 per week for as long as I apply to receive this. I have also received money to pay for a new cooker, as well as £920 to deep clean my flat and get items removed, and a further £920 to get shelves and equipment put in my flat at a suitable height for me to reach from my wheelchair/crutches and to keep my flat tidy on an ongoing basis.

Has undertaking the task had a good impact on your health and well-being? For example, can you get on with other aspects of your lives?

The additional income will help a lot and is a relief. I feel like I have someone who I can talk to who can help me with the things I am struggling with.

Referral: Supported with welfare benefits and accessing a wheelchair. Feedback provided by their carer (daughter).

What did you think of the service you got from us, e.g. was it friendly, did we make an effort to understand you and your needs?

To be totally honest you were a breath of fresh air I had been struggling with many aspects of mums care and really didn't know which way to turn and along came you, previous to your visit I had tried on many occasions to sort mums benefits and having never been on benefits really had no idea where to start so yes the telephone numbers and advise you gave were perfect I called straight away and sorted within the hour all these things add to the stress of caring and just to know that what mum was in receipt of was correct was a great relief and one less thing to stress about .

Are you happy with the outcome, e.g. do you have a better understanding of the benefits system, were you successful in getting new benefits, were you happy with the furniture removal etc.?

Not really all confusing to me but at least I knew that mum was getting thing entitled too and no further action required was good.

Has undertaking the task had a good impact on your health and well-being? For example, can you get on with other aspects of your lives?

The information you gave me for wheelchairs to allow us to get mum out was amazing.. Thank you again for taking the time to come and give help and advice to us it was very much appreciated.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance (continued)

Oakley Friends: With the support of the Leonardo Trust, PramaLife successfully took on the Oakley Friends programme for carers from its volunteer founders in 2022/23. Both organisations know that the 10-week programme makes a significant impact on the health and well-being of the carers who attend. For example, they are:

- More aware of the support which is available to them and how to access it.
- More aware of the plans they will need to make to cope with their caring roles in the future.
- More aware about how they can support each other; the friendships they make on the course stand them in good stead for the future.

Topics covered on the course include briefings on the memory loss and its impact, how carers can access support from statutory and voluntary organisations, welfare benefits and legal issues. 12 carers completed the programme which finished in March 2023 and 25 carers signed up for the new programme in April 2023. In addition to the programme sessions, we also organise coffee meetings for previous and current programme participants. The carers get a lot out of these opportunities, providing peer support to each and sharing their experiences as carers. We are also aware that the carers have made friends through these sessions which further supports them in their roles. 19 carers attended the February meeting and 21 in March 2023.

Supporting carers from the Armed Forces community: Since 2021 PramaLife has been working with carers and partner organisations from the armed forces community to better understand their needs (they start to care earlier in their lives than people in the general population) and partner organisations including the Defence Medical Welfare Service and the NHS to provide support both individually and collectively. We have engaged with 242 carers/cared for people from the community and with the Defence Medical Welfare Service and the Veterans Hub in Wyke Regis we are now developing carers support groups in the Bournemouth, Christchurch and Poole/Weymouth and Portland conurbations.

PramaLife also delivered the following projects:

- 290 Telephone Support groups (which involve three + participants) for 1,051 participants
- 570 volunteer car journeys for older adults in East Dorset
- 67 older adults supported through the Good Neighbours scheme (which involves volunteers in East Dorset helping older adults with household tasks like taking items to the tip, re hanging curtains etc.)
- 110 individual older adults and carers supported each week through our befriending schemes, including for our contract with BCP Council to deliver the FOCUS befriending and mentoring scheme for carers: *I can't thank you enough for all your help. You have really kept me going. I would have been lost without your support.*
- The use of Virtual Reality equipment to add value to our group support for older adults, particularly for people living with dementia.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and Performance (continued)

PramaLife's staff and volunteer team: We would not be able to deliver our services without the skills and commitment of the staff team and our team of 236 volunteers. Following is our staff team and their roles:

Title	Hours	Key tasks
PramaLife Manager	37.5	Line management, project development and fundraising. Sue also leads on the hoarding project with the NHS, works with Keith on Oakley Friends and delivers dementia awareness courses.
NHS Project and FOCUS Scheme Support Worker	37.5	Leads on PramaLife's projects with the NHS and the Befrienders/Mentors contract for carers for BCP Council – FOCUS
Project Co-ordinator	37.5	Support with the NHS projects, and the Befrienders/Mentors contract for carers for BCP Council – FOCUS. Leads on developing the Telephone Support Groups and Oakley Friends
Data Co-ordinator	16	Managing the data for the NHS projects and the Befrienders/Mentors contract for carers for BCP Council – FOCUS. Administering PramaLife's CRM database - Lamplight
Volunteer Co-ordinator	37.5	Recruiting and supporting PramaLife's volunteers and support with projects e.g., Yours Sincerely and the use of Virtual Reality
Poole Manager	24	Developing and organising a programme of activities and support groups for older people and carers in Poole, and line managing Memory Lane (dementia support) group leaders
East Dorset Manager	25	Developing and organising a programme of activities and support groups for older people and carers in East Dorset, as well as the voluntary car drivers scheme and Good Neighbours
Bournemouth Manager	25	Developing and organising a programme of activities and support groups for older people and carers in Bournemouth
Neighbour Car Coordinator	10	Co-ordinating the East Dorset volunteer car drivers scheme
8 x Memory Lane Group Leader	An average of 7 hours a week	Organising support groups for people with memory loss/dementia and their carers
Saturday Friends Group Leader	3	A support group for older adults on Canford Heath, which Darcy organises with the Association of Residents of Canford Heath

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Aims for 2023/24

The key challenge for PramaLife is to sustain and develop all the activities described above, as a result we are developing a long term fundraising plan for PramaLife, whilst investing time and resources to enhance the way in which we monitor and evaluate our performance to ensure that PramaLife remains responsive to change and new need. In addition to this work, we will be developing a major partnership project: **The Poole Well-being Hub**

PramaLife is developing the hub with the NHS (who are funding the initiative), Legal and General (who own the leasehold for the Dolphin Shopping Centre and who are providing funding to renovate the space), the Community Action Network and Help & Care. We will be using retail space at the Shopping Centre to:

- Provide support to people individually and collectively with their health and well-being.
- Provide space to partner organisations so that they can also provide support from the Hub, e.g., the NHS's Community Mental Health Team.

PramaLife's role will be to:

- Take on the lease for the Hub space.
- Manage the Hub space ensuring it is clean and tidy and manage the timetable of activities at the Hub.
- Work with our partners Help & Care to organise health promotion events, engage with specific communities we know do not enjoy good health outcomes and work with private sector partners e.g., the retailers in developing the centre of Poole as age and dementia friendly.

To do this PramaLife will employ a Hub Manager and Administrator, both full time posts. Help & Care will employ five workers to support people with their health and well-being.

Our Funders

We would not be able to achieve all of this without the support of our much-valued funders, including for 2022/23:

AFC Bournemouth · Alice Ellen Cooper Dean Charitable Foundation · Arnold Clark Community Fund · Leonardo Trust · ASDA · Marroys Bar · National Lottery Community Fund · Awards for All · NHS England · BCP Council · BH Coastal Lottery · Poole Lions Charity Trust · Clothworkers Foundation · Prince of Wales's Charitable Fund · Co-Op · Dorset Council · Skipton Charitable Foundation · Dorset HealthCare NHS Trust · Society of the Holy Child Jesus · Edward Gosling Foundation · Souter Charitable Trust · Francis Winham Foundation · Garfield Weston Foundation · Sovereign Housing · Incorporated Bournemouth Free Church Council · Tesco · Judy's Jams · Justitia Lodge and Amanuensis Masonic Lodges · The Ferndown Ukulele Strummers · Longfleet Baptist Church · Broadstone URC Church · Canford Heath Towns Women Guild · Immanuel Church · Lytchett Minster Turbary Allotment Trust · The RS Brownlees Charitable Trust · The Valentine Charitable Trust · Vodafone · Spar · MVM Charitable Trust · Dorset Community Foundation · The Charity of Stella Symons · Greenhill Fellowship Trust · Inman Trust · Woodland Preserves · Tuesday Club · Woodroffe Benton · Versus Arthritis · Marsham Court Hotel · St Johns Wimborne · Charles Hayward Foundation · The J&M Family Foundation · The Armed Forces Covenant Fund Trust ·

We would also like to thank all those individuals who made a donation direct to PramaLife. Your support is very much appreciated. We would also like to acknowledge the considerable in-kind support we receive from the Municipal and Owen Carter Almshouse and Immanuel Church, Bournemouth.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Financial Review

The total income for the charity was £335,506 (2021/22: £381,651) and the net surplus for the period was £2,635 (2021/22: £43,150)

Results

The results for the year, the state of the charity's affairs and transfers between the restricted and unrestricted funds are shown in the attached financial statements.

Reserves policy

The charity's total reserves amount to £175,999 (2021/22: £173,364) of which £4,863 (2021/22: £11,053) relate to restricted funds and £171,136 (2021/22: £162,311) relate to unrestricted funds.

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. Following a full review of the reserves policy during 2020/21 the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

In March 2023 we received significant grant income from funders for projects to be delivered during the 2023/24 financial year, for example we received £42,853 in respect of projects being delivered in partnership with the NHS. As a result the unrestricted funds held at 31 March 2023 are higher as the Charity SoRP requires income to be recognised when it is received rather than at the time it is utilised to deliver the agreed project.

Fixed assets

Full details of movements in tangible fixed assets are set out in note 13 to the financial statements.

Sources of funding

As detailed in the section above concerning our Achievements and Performance, PramaLife is funded from a variety of sources, including:

- The Prama Foundation, especially using the surpluses from our charity shops.
- Grant funding e.g. from Charitable Trusts.
- BCP Council, we were awarded in 2020 a contract by BCP Council to provide voluntary support to carers.
- Donations and legacies, e.g. group participants will donate PramaLife money to cover the cost of refreshments, or we may receive a donation from a family following the funeral of a family member who had participated in PramaLife groups/activities.
- Community fundraising e.g. sponsored events like marathons.

Expenditure

Expenditure in respect of PramaLife's community activities encompasses the management and delivery of activities, including salaries and specific costs associated with the activity e.g. materials for our Memory Lane groups. PramaLife contributes funds to the Foundation in return for administrative, financial management and governance support.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2023

Remuneration Policy

None of the trustees receives any remuneration. The remuneration of the senior staff is set by the trustees having regard to local market rates, experience needed and the degree of responsibility held.

Employee Involvement

The parent charity has mechanisms in place to ensure that the staff team are consulted with concerning issues which affect their employment. During 2022/23 this included a meeting of the Joint Consultative Committee which involved elected members of the staff team from different sections of the organisation, senior officers and a trustee. PramaCare will be reviewing how we consult and engage with the staff team to ensure that it is an effective process for all the team.

The charity seeks to give full and fair consideration to all applications for employment made to the charity by people living with disability and make efforts in respect of the continuing employment and training of employees who may become disabled while employed by the company. The charity seeks to introduce, maintain and develop arrangements involving employees, providing systematic relevant information, undertaking regular employee consultation and providing necessary training and career development to all staff members.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 24th February 2017, and registered as a charity with the Charity Commission on 24th April 2017. The company was formed under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Under the terms of the Memorandum of Association each member of the company guarantees to contribute £10 towards the assets of the company in the event of its being wound up while he/she is a member, and towards the costs, charges and expenses of winding up.

None of the trustees have any beneficial interest in the company.

On 8th November 2017 the trustees resigned as members of the organisation and appointed The Prama Foundation as sole corporate member. The trustees of The Prama Foundation have power to appoint and remove the board of PramaLife Limited.

The current trustees are also trustees of The Prama Foundation.

The trustees, who are also directors for the purpose of company law, and who served during the period were:

Mr C Bennett (appointed 21 September 2022)
Mr N C Johnson
Revd J E Burgess
Mrs S B Mitchell (appointed 30 November 2022)
Mrs N Lee (appointed 7 February 2023)
Mrs C Campbell (appointed 18 July 2023)
Mr T P Sharp (resigned 30 November 2022)

The Prama Foundation has a board of directors which receives recommendations and information from three sub-committees focussing on:

- Finance and General Purposes
- Care (The Board of PramaCare)
- PramaLife (The Board of PramaLife)

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Structure, Governance and Management (continued)

The chair of each committee is held by a director of The Prama Foundation and these make recommendations to the full board of The Prama Foundation. The directors, who are also charity trustees, establish policies that are then implemented by the chief executive officer (CEO) who is responsible for the employment of staff that carry out the objectives of the company.

New director/trustees are appointed following a review of skills by a nominations sub-committee. Each trustee elected meets with the CEO and then observes a board or sub-committee meeting before final decisions are taken on appointment. The nominations sub-committee report to the board. Persons considered to be able to offer particular expertise to the charity are given a Trustee Handbook and Strategic Plan and meet with the CEO to receive a full explanation of the purposes, ethos and practices of PramaLife before being invited to serve on the board.

Day to day management of the charity is delegated to the the Senior Management Team.

Risk assessment

A risk register is maintained to focus on specific areas of PramaLife's activities and is discussed at each trustee meeting. During 2023/24 PramaLife will be reviewing how it identifies and mitigates its risks. The HR Lead is the designated Health and Safety officer.

The principal risks of the charity relate to:

a) Failure to raise sufficient funding:

PramaLife has achieved a mix of income which will be important to sustain and develop. Currently our main sources of income are the contributions from the Prama Foundation including surpluses from the Prama charity shops, charitable trusts and donations. We will continue to apply to charitable trusts for their support, but we will be looking to diversify our income through community fundraising and by promoting ethically our need for legacies.

b) Failure to respond to safeguarding issues:

The health, safety and dignity of the people we support, and our staff and volunteers is paramount. We have implemented robust systems to identify risks to the safety of individuals and we provide support and training to our staff and volunteers in order that they can effectively manage any incidents which may occur.

c) Failure to recruit skilled volunteers:

We are fortunate to have the support of 236 skilled volunteers. However, in order to further sustain and develop our services we need to recruit more volunteers.

d) Failure to adapt to changing need and aspirations amongst the older adults and carers PramaLife works with: Needs can change depending on new generations of older adults and our response must also be based on developing practice from elsewhere in the UK.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Structure, Governance and Management (continued)

Public Benefit

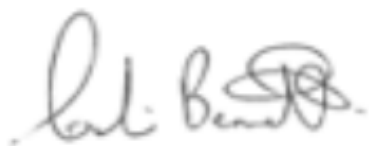
The trustees have given due regard to public benefit when planning the charity's activities, in accordance with sections G2 and G3 of the Charity Commission's General Guidance on Public Benefit (January 2010).

The paragraphs in this report set out our activities, achievements, and performance during the year, which are directly related to the objectives and purposes for which the charity exists. The charity achieves its principal objectives and purposes through services to any members of the public in the local community who have needs arising from age, disability or social isolation.

These benefits are directly related to the aims of the charity and are fully compliant with Principles 1 and 2 of the Charity Commission Principles on Public Benefit.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

On behalf of the board of trustees



Mr Colin Bennett, Chair

28th November 2023

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2023

The trustees, who are also directors of PramaLife Limited (Charitable Company Limited by Guarantee) for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources including the income and expenditure, of the charitable company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of accounts may differ from legislation in other jurisdictions.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PRAMALIFE LIMITED (CHARITABLE COMPANY LIMITED BY GUARANTEE)

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Respective responsibilities of trustees and examiner

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Casidhe Baleri
For and on behalf of:
Saffery LLP
Chartered Accountants
Midland House
2 Poole Road
Bournemouth BH2 5QY

Date: 4 December 2023

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted Funds General	Restricted Funds	Total 2023	Total 2022
		£	£	£	£
<u>Income and Endowments from:</u>					
Donations and legacies	3	296,947	16,277	313,224	370,650
Charitable activities	4	22,282	-	22,282	11,001
Total income and endowments		319,229	16,277	335,506	381,651
<u>Expenditure on:</u>					
Raising funds	5	10,371	-	10,371	9,882
Charitable activities	6	300,033	22,467	322,500	328,619
Total expenditure		310,404	22,467	332,871	338,501
Net income / (expenditure) from activities		8,825	(6,190)	2,635	43,150
Net income / (expenditure) before transfers		8,825	(6,190)	2,635	43,150
Transfers between funds		-	-	-	-
Net movement in funds		8,825	(6,190)	2,635	43,150
Fund balances at 1 April		162,311	11,053	173,364	130,214
Fund balances at 31 March		171,136	4,863	175,999	173,364

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2023

	Notes	£	2023 £	£	2022 £
Fixed Assets					
Property, plant and equipment	13		6,806		-
			6,806		-
Current assets					
Trade and other receivables	14	32,370		35,180	
Cash at bank and in hand		143,202		168,576	
			175,572	203,756	
Liabilities					
Current liabilities	15	(6,379)		(30,392)	
Net current assets					
			169,193		173,364
Total assets less current liabilities					
			175,999		173,364
Net Assets					
			175,999		173,364
Income funds					
Restricted funds	18		4,863		11,053
Unrestricted funds			171,136		162,311
			175,999		173,364

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION (CONTINUED)

AS AT 31 MARCH 2023

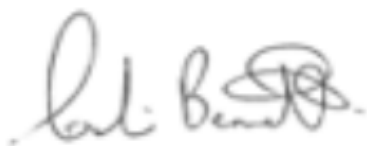
The company is entitled to exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the trustees on 28th November 2023



Mr Colin Bennett, Chair

Company Registration No. 10638675

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Company information

PramaLife Limited is a charitable company limited by guarantee, incorporated in England and Wales.

The registered office is Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' ('FRS 102'), 'Accounting and Reporting by Charities' the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a public benefit entity as defined by FRS 102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of certain financial instruments at fair value. The principal accounting policies adopted are set out below.

PramaLife meets the definition of a qualifying entity under FRS 102 and has therefore taken advantage of the disclosure exemptions available to it in accordance with paragraph 1.12 of FRS 102. Exemptions have been taken in relation to presentation of a cash flow statement.

1.2 Going concern

At the time of approving the accounts, the trustees having considered the impact of all risks and have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. There are no material uncertainties about the charity's ability to continue and thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that the income will be received.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known the legacy is treated as a contingent asset.

Gifts in kind and donated facilities are recognised as income, if a value can be reliably measured, at the value to the charity when received. In accordance with the Charities SORP (FRS 102), no amounts are included in the financial statements for services donated by volunteers, including professional services provided directly by volunteers.

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

1.5 Outgoing resources

Expenditure is recognised on an accruals basis. Expenditure has been allocated according to the Statement of Recommended Practice 'Accounting and Reporting by Charities'.

Resources expended attributable to each of raising of funds and charitable activities are allocated to cost categories for each. Where expenses are attributable to more than one of these, the cost category is split on the basis of estimates by the charity's management. Wages are apportioned based on employees' roles and time spent.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost, and subsequently measured at cost, net of depreciation and any impairment losses. Items are capitalised when their individual value is greater than £500.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	Over 10 years straight line, or the remaining term of the lease
Café and bar equipment	Over 5 years straight line
Theatre equipment	Over 5 years straight line
Office equipment	Over 3 years straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Accounting policies

(Continued)

1.7 Impairment of non-current assets

At each reporting end date the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments, and Section 12 Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's Statement of Financial Position when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of financial assets

Financial assets, other than those held at fair value through income and expenditure, are assessed for indicators of impairment at each reporting end date. Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. The impairment loss is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Concessionary loans are initially recognised at the amount received. Subsequently the loans are adjusted for any applicable repayments or interest.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Leases

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases.

Assets held under finance leases are recognised as assets at the lower of the asset's fair value at the date of inception and the present value of the minimum lease payments. The related liability is included in the statement of financial position as a finance lease obligation. Lease payments are treated as consisting of capital and interest elements. The interest is charged to net income/(expenditure) for the year so as to produce a constant periodic rate of interest on the remaining balance of the liability.

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies the trustees are required to make judgements, estimates and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis.

On 23 June 2021, the trustees of the Prama Foundation considered the extant approach to capitalising assets. It was decided that the existing policy of a limit of £250 below which items are not capitalised should be revised to "Items are capitalised when their individual value is greater than £500". This change has been applied to assets purchased during the 2020/21 year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Unrestricted Funds	Restricted Funds	2023 Total £	2022 Total £
	£	£	£	£
Donations and gifts	285,211	16,277	301,488	337,150
Legacies	-	-	-	5,000
Grant from Government	-	-	-	840
Grant from parent charity	11,736	-	11,736	27,660
	-----	-----	-----	-----
	296,947	16,277	313,224	370,650
	-----	-----	-----	-----
Year ended 31 March 2022	346,112	24,538		
	-----	-----		

4 Charitable activities

	2023 £	2022 £
Community based activities:		
Memory clubs and social groups	15,696	5,407
Neighbourhood Support Schemes	6,586	5,594
	-----	-----
	22,282	11,001
	-----	-----

5 Raising funds

	2023 £	2022 £
Fundraising and publicity		
Staff costs	10,371	9,882
Other fundraising costs	-	-
	-----	-----
	10,371	7,068
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Charitable activities

	2023	2022
	£	£
Community based activities		
Memory clubs and social groups	38,569	75,887
Neighbourhood Support Schemes	5,956	4,755
Thematic projects	6,029	10,574
Donations to other organisations	38	-
Staff costs	154,125	151,695
	-----	-----
	204,717	242,911
Support costs (note 7)	114,224	83,548
Governance costs (note 8)	3,559	2,160
	-----	-----
	322,500	328,619
	-----	-----
Analysis by fund		
Unrestricted funds - general	300,033	213,774
Restricted funds	22,467	114,845
	-----	-----
	322,500	328,619
	-----	-----

7 Support costs

	2023	2022
	£	£
Staff costs - management and administration	96,628	70,307
Office utilities	2,400	2,399
Insurance	612	507
Computer expenses	1,832	4,597
Printing, stationery and office expenses	4,356	1,903
Office equipment leasing	-	420
Telephone	4,638	3,807
Staff and volunteers - other costs	2,828	688
Miscellaneous expenses	240	235
Other expenses	239	61
Bank charges and interest	257	227
Depreciation	194	163
Provision for doubtful debts	-	(1,766)
	-----	-----
	114,224	83,548
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

8 Governance costs

	2023	2022
	£	£
Independent examiner's fees - current year	1,650	1,475
Independent examiner's fees - prior year	246	(35)
Legal and professional - current year	763	720
Legal and professional - prior year	900	-
	3,559	2,160

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or expenses during the current or previous year.

10 Employees

Number of employees

The average weekly number of employees during the period was:

	2023	2023	2022	2022
	Headcount	Full time equivalent	Headcount	Full time equivalent
Other community activities	17	8	10	8
Management and administration	1	1	2	2
	18	9	12	10

Employment costs

	2023	2022
	£	£
Wages and salaries	239,126	210,723
Social security costs	16,532	15,765
Other pension costs	5,466	5,395
	261,124	231,883

The number of employees whose annual remuneration was £60,000 or more was nil (2021/22: nil).

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

11 Net income from activities

	2023	2022
	£	£
Net income from activities is stated after charging:		
Depreciation	194	442
Independent Examiner's fees	1,650	1,470
	<u> </u>	<u> </u>

12 Taxation

The company is exempt from taxation due to its charitable status.

13 Property, Plant and Equipment

	Office equipment	Total
	£	£
Cost at 1 April 2022	1,853	1,853
Additions	7,000	7,000
Disposals	(1,853)	(1,853)
	<u> </u>	<u> </u>
Cost at 31 March 2023	7,000	7,000
	<u> </u>	<u> </u>
Depreciation at 1 April 2022	1,853	1,853
Charged	194	194
Disposals	(1,853)	(1,853)
	<u> </u>	<u> </u>
Depreciation at 31 March 2023	194	194
	<u> </u>	<u> </u>
Net book value at 31 March 2022	-	-
	<u> </u>	<u> </u>
Net book value at 31 March 2023	6,806	6,806
	<u> </u>	<u> </u>

14 Trade and other receivables

	2023	2022
	£	£
Amounts falling due within one year:		
Other receivables	19,627	29,252
Prepayments and accrued income	10,740	5,928
Amounts owed by group undertakings	2,003	-
	<u> </u>	<u> </u>
	32,370	35,180
	<u> </u>	<u> </u>

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

15 Current liabilities

	2023	2022
	£	£
Trade payables	1,704	2,044
Other payables	4,675	4,987
Amounts owed to group undertakings	-	23,361
	6,379	30,392

17 Pension

	2023	2022
	£	£
The company operates a defined contribution scheme.		
Contributions paid in year	5,466	5,395

18 Analysis of funds

2021/22 - Prior Year Comparative	Movement in funds				Balance at 31.3.2022
	Balance at 1.4.2021	Income in year	Expenditure in year	Transfers	
	£	£	£	£	£
General Funds					
Unrestricted income fund	21,680	357,113	(223,656)	7,174	162,311
Restricted funds					
Home Safely project	650	-	(632)	(18)	-
Sporting memories project	2,027	-	(402)	-	1,625
Magic table fund	1,434	-	(152)	-	1,282
Befriending scheme	1,115	-	(4)	-	1,111
Sorted in Dorset	732	-	-	-	732
Co-Operative Community Grant	7,156	-	-	(7,156)	-
PramaLife Development	755	-	-	-	755
Reaching Communities	43,992	-	(38,444)	-	5,548
Valentine Trust	7,598	15,000	(22,598)	-	-
Old Rope Walk Refurbishment	43,075	9,538	(52,613)	-	-
	108,534	24,538	(114,845)	(7,174)	11,053
Total funds	130,214	381,651	(338,501)	-	173,364

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

18 Analysis of funds (Continued)

2022/23 - Current Year	Movement in funds				Balance at 31.3.2023
	Balance at 1.4.2022	Income in year	Expenditure in year	Transfers	
	£	£	£	£	£
General Funds					
Unrestricted income fund	162,311	319,229	(310,404)	-	171,136
	-----	-----	-----	-----	-----
Restricted funds					
Sporting memories project	1,625	1,277	(272)	-	2,630
Magic table fund	1,282	-	(160)	-	1,122
Befriending scheme	1,111	-	-	-	1,111
Sorted in Dorset	732	-	(732)	-	-
PramaLife Development	755	-	(755)	-	-
Reaching Communities	5,548	-	(5,548)	-	-
Valentine Trust	-	15,000	(15,000)	-	-
	-----	-----	-----	-----	-----
	11,053	16,277	(22,467)	-	4,863
	-----	-----	-----	-----	-----
Total funds	173,364	335,506	(332,871)	-	175,999
	-----	-----	-----	-----	-----

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. As a result, the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

In March 2023 we received significant grant income from funders for projects to be delivered during the 2023/24 financial year, for example we received £42,853 in respect of projects being delivered in partnership with the NHS. As a result the unrestricted funds held at 31 March 2022 are higher as the Charity SORP requires income to be recognised when it is received rather than at the time it is utilised to deliver the agreed project.

Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes.

The purposes for which the restricted funds are held are as follows:

- a) Home Safely project: This provides specially formatted identity bracelets to people with dementia, if they are unable to find their way home the police can locate their carers. This project was concluded in 2021/22.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

18 Analysis of funds (Continued)

- b) Sporting Memories project: This is for regular activities to support older people who are lonely and/or isolated or have dementia.
- c) Magic Table Fund: This is a fund set up for local people to donate to for the purchase and maintenance of a "Magic Table" display unit for people with dementia in the Wimborne area.
- d) Befriending scheme: This project supports lonely older people with volunteers.
- e) Sorted in Dorset: This was funding PramaLife raised at the Sorted in Dorset event and will be used to develop the new kitchen at Old Rope Walk, please see also below.
- f) Co-Operative Community Grant: This is a grant from the Co-Op originally awarded to assist us in purchasing a new mini bus. We no longer required a mini bus and the Co-Op confirmed that we could use the grant for the purchase of other items. This grant was used in 2021/22 to support a number of PramaLife projects such as Memory Lane groups.
- g) PramaLife development: This is a general fund for development of PramaLife activities.
- h) Reaching Communities: We were awarded a £100,000 grant by the Big Lottery in 2019, to develop a network of support groups and activities for older people and carers in Bournemouth between 2019/21.
- i) Valentine Trust: A grant to fund PramaLife activities in Poole supporting older people and carers.
- j) Old Rope Walk Refurbishment: This fund comprises of 4 grants from Awards for All (£9,435), the Morrisons Foundation (£17,000), BCP Council Community Infrastructure Levy (£23,600) and the Rank Foundation (£750). These funds are being invested in renovating the kitchen at Old Rope Walk, Poole a major hub for PramaLife activity, and also IT equipment for the use of all older people. This project was completed in 2021/22.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

19 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
2021/22 - Prior Year Comparative			
Fund balances at 31 March 2022 are represented by:			
Current assets	192,703	11,053	203,756
Creditors (amounts falling due within one year)	(30,392)	-	(30,392)
	-----	-----	-----
	162,311	11,053	173,364
	-----	-----	-----
 2022/23 - Current Year			
Fund balances at 31 March 2023 are represented by:			
Current assets	170,709	4,863	175,572
Creditors (amounts falling due within one year)	(6,379)	-	(6,379)
	-----	-----	-----
	164,330	4,863	169,193
	-----	-----	-----

20 Commitments under operating leases

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	Office equipment	
	2023	2022
	£	£
Within one year	-	1,198
	-----	-----
Lease payments recognised as an expense in the accounts	3,801	3,504
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

21 Related parties

Control

For the period following its incorporation PramaLife was controlled ultimately by its founding members. On 8th November 2017 the founding members transferred their interest to The Prama Foundation which is now the sole member of PramaLife and whose trustees have the power to appoint and remove the board of directors.

Transactions

During the year no related party transactions occurred. Other transactions with the trustees are set out in note 9.

22 Parent company

PramaLife Limited is a wholly owned subsidiary of The Prama Foundation, a charity registered in the UK. Charity no. 1174197, Company no. 10778305.

The Prama Foundation is the ultimate parent undertaking of the largest and smallest group of undertakings for which the group accounts are presented, and has included the company in its group accounts, copies of which may be obtained from its registered office at Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

The principal purposes of The Prama Foundation are the advancement of physical, mental and spiritual health through the provision of care, facilities, services, support and practical advice, to relieve financial hardship amongst older people and people of any age suffering from a physical or mental illness or disability.

PramaLife

England & Wales - Charity number 1172716

Accounts

Charity Registration No. 1172716

Company Registration No. 10638675 (England and Wales)

**PRAMALIFE
(CHARITABLE COMPANY
LIMITED BY GUARANTEE)**

**TRUSTEES'
REPORT AND ACCOUNTS**

FOR THE YEAR ENDED 31 MARCH 2022

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Revd P L Southcombe (retired 08/09/21) Mr T P Sharp Mr N C Johnson Revd J E Burgess
Chief Executive	Mr S M Robinson
Company Secretary	Miss F C Tasdelen
Charity number	1172716
Company number	10638675
Registered office	Moran House 1 Holes Bay Park Sterte Avenue West Poole Dorset BH15 2AA
Independent Examiners	Saffery Champness LLP Midland House 2 Poole Road Bournemouth BH2 5QY
Solicitors	Lester Aldridge Russell House Oxford Road Bournemouth BH8 8EX
Bankers	Barclays Barclays House 1 Wimborne Road Poole BH15 2FQ

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

CONTENTS

	Page
Trustees report	1 - 12
Statement of trustees' responsibilities	13
Independent examiner's report	14
Statement of financial activities	15
Statement of financial position	16-17
Notes to the accounts	18-31

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The directors and trustees present their annual report and the financial statements for the year ended 31 March 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Articles of Association, the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Objectives and activities

The objects clause in the company's Articles of Association states:

- (a) To further or benefit the residents of local communities, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for residents.
- (b) To establish or secure the establishment of community centres and the provision of associated activities and to maintain or manage or co-operate with any statutory authority in the maintenance and management of any such centre for activities promoted by the charity in furtherance of the above objectives.
- (c) The charity shall be non-party in politics and non-sectarian in religion.

PramaLife's sister charity PramaCare was founded in the 1980s to provide help and care for people in their own homes, enabling them to live independently without being forced into residential care.

In recent years PramaCare has expanded its domiciliary care function to include a wider range of activities that aim to support older people and those living with vulnerability, in the broader spectrum of life, keeping them active in the community for longer, combating isolation and marginalisation, and providing activities that contribute to the enjoyment of life.

These broader activities have now become well established in the communities of Poole and East Dorset and PramaLife was formed to adopt the existing programme and manage further expansion.

On the 8th November 2017 PramaLife and PramaCare became subsidiaries of the new parent charity The Prama Foundation from where governance is exercised over the whole group. The ownership of Prama Trade was transferred from PramaLife to The Prama Foundation on 1st April 2018.

The activities of the organisation in the year towards the objectives are outlined in Achievements and Performance.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Achievements and Performance

Working alongside our team of volunteers and community partners PramaLife delivers a range of support and activities for and with older adults and carers.

Group support:

PramaLife has developed a network of 60 support groups across the Bournemouth, Christchurch and Poole conurbation and East Dorset. These groups are organised on either a weekly, bi weekly and monthly basis. We particularly want to thank Immanuel Church, Southbourne, Bournemouth for all their support.

Type of group	Social	Support for people dementia and their carers	Exercise and falls prevention	Craft and gardening	Carers support	IT support
Number of individual groups	19	17	3	11	8	2
Number of group sessions organised in 2021/22	388	418	84	134	100	18
Cumulative number of participants	6,897	3,787	706	932	734	67

Telephone Friendship Groups:

These groups enable 3+ people to participate in the same telephone call. We developed the groups as a response to the Covid-19 lockdowns when people could not socialise and the fact that many of the older adults with whom we work did not have access to the internet but virtually all had a landline. During 2021/22 we organised 314 group sessions for a cumulative total of 1,737 participants.

Support for carers in Bournemouth, Christchurch and Poole – the FOCUS scheme:

PramaLife is funded by BCP Council to provide one to one voluntary and group support to carers to enhance their health and well-being. During 2021/22 we supported 73 carers, doubling the number of carers we supported in the previous year. Our target is to increase this to 100 carers each year. This one to one support involves either befriending or mentoring; the latter provided by ex-carers. The groups include a male carers walking group, beach walks and coffee mornings for all carers.

Support for individual older adults:

During the lockdowns we were referred older adults who were lonely. We are still supporting 50 of them, with volunteers contacting them by telephone for conversation.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Achievements and Performance (continued)

Working with the NHS to respond to immediate need amongst older adults and carers:

January 2022 saw PramaLife develop two projects with colleagues from the Dorset HealthCare NHS Trust. One project focused on helping patients who were being discharged from hospital or are receiving NHS support in the community with their non-clinical needs. For example, help with their welfare benefits, shopping or moving furniture to allow for new equipment to be installed. By 31 March 2022 we had supported 50 people through this project.

The other project focuses on supporting people who had been visited by the new NHS Urgent Community Response Teams. The patient may have experienced a fall at home or have an infection and the aim is to prevent their admission to hospital. PramaLife's role is to follow up on the visit from the paramedics ensuring that the patient is recovering and to signpost them to further support if required. By 31 March 2022 we had supported 18 people through this project.

Intergenerational support:

In December 2021, we took on the Yours Sincerely pen pal scheme from our partners the Community Action Network. This scheme involves 18 young volunteers writing to 21 older adults. This scheme enables the young volunteers to develop their skills and become aware of lives of older adults and for the latter it helps them to remain connected to the wider community.

PramaLife also took on the following two schemes during 2020/21 from the outstanding volunteers who had developed and organised them for the previous 10 years.

East Dorset Voluntary Car scheme:

This involves 18 voluntary car drivers providing journeys for older adults, mostly for hospital and other NHS appointments and social activities. We expect to be catering for other types of trips in forthcoming years. During 2021/22 our volunteers provided 542 journeys for 549 passengers.

East Dorset Good Neighbours scheme:

This involves volunteers visiting older adults in their homes to assist with one off household tasks, for example, re-tuning a TV, changing light bulbs, helping with a specific task in the garden etc. As many people were still shielding or wary of inviting people in to their homes during 2021/22 we did not see so much activity on this scheme; eventually supporting 19 households with tasks. We expect this figure to significantly increase in 2022/23.

Other significant projects delivered by PramaLife during 2021/22 included:

Renovating the kitchen at Old Rope Walk, Hamworthy, Poole - Old Rope Walk is a housing complex for older adults of limited means. Owned by the charity, the Municipal and Owen Carter Almshouse, they are valued partners to PramaLife and provide us with free office space and the use of their communal areas to deliver our group activities. The kitchen plays an important role in delivering these activities and PramaLife raised £54,325 to fully renovate the kitchen and purchase new furniture for the communal area. We are not only using the kitchen to provide nutritious meals for people who attend our activities, but in time want to use the facilities to provide training.

Supporting carers from the Armed Forces community - We recognise that differing communities have differing needs and we must ensure that we work with communities to tackle them. Working with our partners the Veterans Hub (Wyke Regis), the Defence Medical Welfare Service and the NHS Dorset CCG we applied to NHS England for a small grant to find out more about the experiences of carers from the Armed Forces community.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Achievements and Performance (continued)

We gathered feedback from 202 carers/cared for people, which has highlighted considerable need. We have found out that carers from this community tend to start caring at an earlier age than the general population of carers which means that they are juggling paid employment with their caring role and that there are specific issues around people seeking support and coping with mental health needs. We are now planning how we can tackle this need with our partners, the carers and the wider armed forces community.

Accessing the rail network for people with dementia and their carers - With the support of South Western Railway and the Poole Bay Rotary Club (who provided 8 volunteers for the project), PramaLife worked with four people with dementia and their carers to explore the accessibility of the rail network. The resulting report to the railway company made a series of recommendations covering such issues as purchasing tickets, accessing stations and trains, signage, and advice for passengers planning to travel. All the participants in the project were full of praise for the railway staff and their customer care skills. The more accessible existing services are the better it is for everyone, for example the longer someone living with dementia can continue using trains enhances their well-being as well as providing a passenger for the rail system.

Our Volunteers

We cannot thank enough all our 190 volunteers. Our volunteers support us with a variety of tasks across all our activities. They help us to organise the groups, cater for meals – their cooking is exceptional, contact people by telephone or meet up with people face to face, they provide trips in their cars and help people with their shopping, as well as helping with a variety of tasks in a person's home from writing letters to fixing the curtains; all to enhance older adults and carers health and well-being. More than that they are supportive colleagues to the staff team, they bring a different perspective to our work, using the skills and experiences they have developed in their lives and careers.

Tackling the Pandemic and Lockdowns

Through the implementation of effective health and safety measures, we were able to quickly re-start our community-based activities and support services for older adults and carers when the lockdowns lifted. However, we recognise that the impact of the pandemic will be felt for several years to come. People have become more isolated, exacerbating existing long-term health conditions. We have identified a detrimental impact particularly on people with dementia and their carers.

However, the pandemic also prompted us to develop new services which we aim to sustain and further develop. The experience has also made us reflect on our skills, we are building on our ability to motivate and enable the people we work with to make their own decisions and to focus on the people who face significant barriers to accessing the support they need.

Furthermore, the pandemic highlighted to PramaLife that we must do more to use technology to support people. We are continuing to develop our skills in delivering the telephone support groups and we launched an IT support project. We estimate that more than a third of the older adults we work with do not use IT or the internet, this can cut them off from services and links to others. Our aim is to develop people's confidence and skills with IT, assist people with free/low cost equipment and identify low cost internet packages for them. We are also introducing more technology into our group activities including the use of Virtual Reality headsets.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The Impact and Outcomes of PramaLife's Activities

PramaLife achieves significant outcomes for older adults and carers, by working alongside them to enhance their health and well-being, during January/February 2022 we surveyed 300 participants across all our support groups for older adults and carers, following are the key results:

Question	Never	Rarely	Sometimes	Often	All the time
<i>I have the support I need or I know where to find it</i>	2%	3%	20%	29%	46%
<i>I feel less lonely as a result of coming to this activity</i>	1%	4%	13%	28%	54%
<i>I gained the support of others in this group</i>	-	2%	19%	32%	47%

We also collect feedback and case studies which demonstrate that we are achieving key outcomes, including:

~ Supporting people to sustain and/or develop new friendships:

It is wonderful, and is a God send, especially at the moment. It couldn't have come at a better time, I look forward to having a laugh with M. I didn't think it would make such a difference, but it has.

I really appreciate the calls I feel like I have known A for such a long time, yet it is has only been a few weeks. At first, I didn't think having a befriender would be much use to me, but now I really look forward to A calling me every week.

I really look forward to my 2 o'clock call as at first, I didn't know anyone and was worried but since being on the calls I have made friends and we have met up for a tea. We do call each other during the week.

It makes me feel not so sorry for myself, it feels nice and I have conversations that I wouldn't have with family or friends.

I enjoy the nice company, I even met a neighbour down the road over the telephone calls who I didn't know. We now go on car journeys together and have met each other's family.

If I feel down or know others are feeling low, we can call each other. We know that each one of us are there for each other.

It's great to know that I have regular contact with my buddy/mentor and that I can contact her outside of our agreed times should the need arise. My chats with my buddy often include topics outside of caring and that provides a level of "escape" which I find very helpful. Being able to offload to my buddy rather than to friends is good. Getting sympathy, understanding and encouragement from my Buddy certainly gives me a boost.

It is nice to have someone else to offload to as you don't always want to burden your family. It is good to have someone impartial.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The Impact and Outcomes of PramaLife's Activities (continued)

~ Supporting people to access the information they need:

I have been so grateful for all the support that you have given me, it is very reassuring to know that you are at the end of a phone, and to be able to talk through any problems or worries with someone who understands the burden unpaid carers face, because I feel that sometimes we are "passed by" from the powers that be, because we just simply get on with things.

I have attended a coffee morning and found that incredibly useful and loved the venue! It was so lovely to talk to a couple of other carers too and hear about their situation. Listening to others takes you out of your own situation and in a bizarre way is comforting. I find that as a carer the more useful information I receive, the less isolated I feel. I know the scheme is somewhere I can go for help if I need it.

Speak to FOCUS! As much as you might get help and advice from other charities, your GP or social services, FOCUS at PramaLife are the people who will steer you and help you overcome each hurdle.

~ Supporting people to be physically active:

I did enjoy the walk and would do it again. I believe it did help, was good to get out for a few hours. There have been times where I've planned to go out then later in the day changed my mind, telling myself I will go out the next day. Meeting up with others for a walk made it less likely I would change my mind. I was a bit anxious about meeting a group, however I felt calm and relaxed.

I would love to access more of this, it gave me motivation to come out.

~ Providing opportunities for people to volunteer, so that they can use their skills and time to help others:

A said she first thought of volunteering for us back when she was shielding from the pandemic, she said that she was at a loss and sat at home and wanted something to do to occupy her. A has had health problems and had been speaking to Steps 2 wellbeing who mentioned volunteering. A then was sent some lists and she chose Prama over another option as she said the others were being too pushy!

A said that this opportunity had fulfilled all her expectations, she said that she likes talking to older people and that this need has been met through FOCUS, she said that she has used her own knowledge of the care sector to help with the role and this has 'made such a difference to my life.' A said that she feels she has made an impact on the carers life as the carer has been able to open up to her. A said that the carer didn't realise how much support she could get but with her help and guidance she has managed to get some care in place.

A became tearful when she said that she feels appreciated and that she has gained confidence since volunteering for the FOCUS scheme, she said that we are always encouraging and 'really person centred, not only for the carer but for the volunteers' A said that she would recommend volunteering for the FOCUS scheme to anyone as it is a positive thing for an individual to do, it builds your self- confidence and makes you feel better. A said that she is now thinking about herself, this has changed her outlook and that this has made her eager to explore other opportunities, she said "I'm not on the scrap heap yet."

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

The Impact and Outcomes of PramaLife's Activities (continued)

Overall the impact PramaLife makes can be best summarised by the following comments from a carer who attends one of our Memory Lane (Dementia Support groups):

Although I used to take my Mother-in-Law to a number of activities through various organisations, PramaLife were always at the forefront in offering assistance, they were the only organisation who telephoned or "doorstep" visited me on a weekly basis throughout the lockdown and were the first to contact me when matters eased.

They are simply superb, my Mother In-Law and others are uplifted on every occasion we and they attend their functions and Memory Classes. They enter the room, sometime morose, lonely and thinking they have forgotten everything and invariably leave in high spirits. This is due not only to the friendliness and professionalism of the staff and volunteers, but also the careful planning and presentations of past music, songs, films, photographs and so, so much more - all designed to draw from them memories they thought they had forgotten, restoring a measure of self-confidence often so lacking.

My Mother-in-Law is often in low spirits despite the efforts of my wife and myself, but when I say to her "We are going to PramaLife today" she somehow remembers, smiles, becomes animated and quite honestly cannot get out of her little flat fast enough. Thanks to PramaLife.

Our Funders

We would not be able to achieve all of this without the support of our much-valued funders, including for 2021/22:

- AFC Bournemouth
- Alice Ellen Cooper Dean Charitable Foundation
- Arnold Clark Community Fund
- Asda Bournemouth
- ASDA Poole
- Aviva
- Awards for All
- BCP Council
- BH Coastal Lottery
- Big Give
- Clothworkers Foundation
- Co-Op Charminster
- Dorset Chamber of Commerce and Industry
- Dorset Council
- Dorset HealthCare NHS Trust
- Edward Gosling Foundation
- Francis Winham Foundation
- Garfield Weston Foundation
- Incorporated Bournemouth Free Church Council
- Independent Age
- Judy's Jams
- Kinson Bowling Club
- Lake House Charitable Foundation
- Leeds Building Society
- Leonard Laity Stoate Charitable Trust
- Leonardo Trust
- Lytchett Minster & Upton Young at Heart Club
- Marroys Bar
- National Lottery Community Fund
- NHS England
- Percy Bilton Charitable Trust
- Postcode Community Trust
- Poole Lions Charity Trust
- Prince of Wales's Charitable Fund
- Richard Davies Charitable Foundation
- Sainsburys Castlepoint
- Skipton Charitable Foundation
- Society of the Holy Child Jesus
- Souter Charitable Trust
- South Western Railway
- Sovereign Housing
- Tesco Bournemouth
- Tesco Poole
- Valentine Charitable Trust
- WO Street Charitable Foundation
- Westfield Health

Our heartfelt thanks go to the following who participated in the London Marathon to support PramaLife: Laura Bullivant, Stuart Champion, Leila Dara, Nikki Ellis, Elizabeth Griffin, Julie and Keith Gubbins and Jack Warr.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Our Funders (continued)

We would also like to thank all those individuals who made a donation direct to PramaLife. Your support is very much appreciated.

We would also like to acknowledge the considerable in-kind support we receive from the Municipal and Owen Carter Almshouse and Immanuel Church, Bournemouth.

Our Learning and the Future

PramaLife's future success depends on the following key issues:

Our ability to recruit volunteers and staff with a broad range of skills and experiences. We particularly want to diversify our team of staff and volunteers so that they represent all the communities we work with. Likewise, we recognise that we must take every opportunity to enhance our skills. To ensure success we need effective people skills, including listening skills; people tell us that the more they feel valued the more it motivates them to take action themselves and our ability to enable people to think through what will make a difference in their lives and what they need to do to achieve that. In April 2022 we were joined by a new full time Volunteer Co-ordinator who will be assisting us in this aim.

Our ability to raise sufficient funds to sustain and develop our services. We are exploring a variety of ways in which to raise much needed funds. In doing so we also need to ensure that we are collecting demonstrable evidence of the impact of PramaLife. We will be frank about when things have not worked out well as well as when we have been successful.

Our ability to work across all communities in understanding the differing needs and aspirations of the older adults and carers we work alongside. PramaLife is a responsive charity, accountable to local people. In achieving this we will continue to develop new ways for older adults and carers to influence the decision making of the charity and participate alongside trustees, staff and volunteers in reviewing and developing PramaLife's services.

We must be responsive to emerging need, for example we know that a lot of the older adults and carers we work with are experiencing challenges because of the cost of living crisis. We must make sure that people are getting the advice they need, and access to monetary support and low-cost resources when available.

Alongside this we want to explore new ways of delivering services, for example we are making more use of technology and want to support more people with IT, because we are seeing increasingly how access to the internet is affecting people's access to information and support.

Our ability to work in partnership; PramaLife is at its best when it is working with partners from across the statutory, voluntary and private sectors, sharing resources and learning. The key aim for PramaLife is to ensure that older adults and carers we work with can live the lives they want. We know that if we achieve this, then there will be benefits for PramaLife and the partners we work with, and we must always put the needs of the people we support first. In future years we will be working with partners including BCP Council in achieving Age Friendly Community status, to the standards required by the World Health Organisation, for the Bournemouth, Christchurch and Poole conurbation.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Financial Review

The total income for the charity was £381,651 (2020/21: £283,840) and the net surplus for the period was £43,150 (2020/21: £5,715)

The activities of PramaLife are funded by Prama charity shops, grants from charitable trusts, a BCP Council contract and income from donors, legacies and community fundraising.

Results

The results for the year, the state of the charity's affairs and transfers between the restricted and unrestricted funds are shown in the attached financial statements.

Reserves policy

The charity's total reserves amount to £173,364 (2020/21: £130,214) of which £11,053 (2020/21: £108,534) relate to restricted funds and £162,311 (2020/21: £21,680) relate to unrestricted funds.

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. Following a full review of the reserves policy during 2020/21 the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

In March 2022 we received significant grant income from funders for projects to be delivered during the 2022/23 financial year, for example we received £56,025 in respect of projects being delivered in partnership with the NHS. As a result the unrestricted funds held at 31 March 2022 are higher as the Charity SoRP requires income to be recognised when it is received rather than at the time it is utilised to deliver the agreed project.

Fixed assets

Full details of movements in tangible fixed assets are set out in note 13 to the financial statements.

Sources of funding

As detailed in the section above concerning our Achievements and Performance, PramaLife is funded from a variety of sources, including:

- The Prama Foundation, especially using the surpluses from our charity shops.
- Grant funding e.g. from Charitable Trusts.
- BCP Council, we were awarded in 2020 a contract by BCP Council to provide voluntary support to carers.
- Donations and legacies, e.g. group participants will donate PramaLife money to cover the cost of refreshments, or we may receive a donation from a family following the funeral of a family member who had participated in PramaLife groups/activities.
- Community fundraising e.g. sponsored events like marathons.

Expenditure

Expenditure in respect of PramaLife's community activities encompasses the management and delivery of activities, including salaries and specific costs associated with the activity e.g. materials for our Memory Lane groups. PramaLife contributes funds to the Foundation in return for administrative, financial management and governance support.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2022

Remuneration Policy

None of the trustees receives any remuneration. The remuneration of the senior staff is set by the trustees having regard to local market rates, experience needed and the degree of responsibility held.

Employee Involvement

The parent charity operates a Joint Consultative Committee which is attended by elected members of staff from different areas of the organisation, the chief executive officer and a trustee. This forum is used formally as a means of consultation and dissemination of information and meets three times per year.

The charity seeks to give full and fair consideration to all applications for employment made to the charity by disabled people and make efforts in respect of the continuing employment and training of employees who may become disabled while employed by the company. The charity seeks to introduce, maintain and develop arrangements involving employees, providing systematic relevant information, undertaking regular employee consultation and providing necessary training and career development to all staff members.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 24th February 2017, and registered as a charity with the Charity Commission on 24th April 2017. The company was formed under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Under the terms of the Memorandum of Association each member of the company guarantees to contribute £10 towards the assets of the company in the event of its being wound up while he/she is a member, and towards the costs, charges and expenses of winding up.

None of the trustees have any beneficial interest in the company.

On 8th November 2017 the trustees resigned as members of the organisation and appointed The Prama Foundation as sole corporate member. The trustees of The Prama Foundation have power to appoint and remove the board of PramaLife Limited.

The current trustees are also trustees of The Prama Foundation.

The trustees, who are also directors for the purpose of company law, and who served during the period were:

Revd P L Southcombe (retired 08/09/21)

Mr T P Sharp

Mr N C Johnson

Revd J E Burgess

The Prama Foundation has a board of directors which receives recommendations and information from four sub-committees focussing on:

- Finance and General Purposes
- Human Resources
- Care (The Board of PramaCare)
- PramaLife (The Board of PramaLife)

The chair of each committee is held by a director of The Prama Foundation and these make recommendations to the full board of The Prama Foundation. The directors, who are also charity trustees, establish policies that are then implemented by the chief executive officer (CEO) who is responsible for the employment of staff that carry out the objectives of the company.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Structure, Governance and Management (continued)

New director/trustees are appointed following a review of skills by a nominations sub-committee. Each trustee elected meets with the CEO and then observes a board or sub-committee meeting before final decisions are taken on appointment. The nominations sub-committee report to the board. Persons considered to be able to offer particular expertise to the charity are given a Trustee Handbook and Strategic Plan and meet with the CEO to receive a full explanation of the purposes, ethos and practices of PramaLife before being invited to serve on the board.

Day to day management of the charity is delegated to the CEO - Mr S Robinson and the Senior Management Team.

Risk assessment

A risk register is maintained to focus on specific areas of PramaLife's activities and is discussed at each trustee meeting. The Estates Manager is the designated Health and Safety officer.

The principal risks of the charity relate to:

a) Failure to raise sufficient funding:

PramaLife has achieved a mix of income which will be important to sustain and develop. Currently our main sources of income are the contributions from the Prama Foundation including surpluses from the Prama charity shops, charitable trusts and donations. We will continue to apply to charitable trusts for their support, but we will be looking to diversify our income through community fundraising and by promoting ethically our need for legacies.

b) The continuing impact of the pandemic:

PramaLife needs to maintain standards of health and safety at our face to face support groups to prevent infection, we also need to continue developing services which support people if there is a need to self-isolate.

c) Failure to respond to safeguarding issues:

The health, safety and dignity of the people we support, and our staff and volunteers is paramount. We have implemented robust systems to identify risks to the safety of individuals and we provide support and training to our staff and volunteers in order that they can effectively manage any incidents which may occur.

d) Failure to recruit skilled volunteers:

We are fortunate to have the support of 180 skilled volunteers. However, in order to further sustain and develop our services we need to recruit more volunteers.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Structure, Governance and Management (continued)

Public Benefit

The trustees have given due regard to public benefit when planning the charity's activities, in accordance with sections G2 and G3 of the Charity Commission's General Guidance on Public Benefit (January 2010).

The paragraphs in this report set out our activities, achievements, and performance during the year, which are directly related to the objectives and purposes for which the charity exists. The charity achieves its principal objectives and purposes through services to any members of the public in the local community who have needs arising from age, disability or social isolation.

These benefits are directly related to the aims of the charity and are fully compliant with Principles 1 and 2 of the Charity Commission Principles on Public Benefit.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

On behalf of the board of trustees



Mr T Sharp, Chair

5th October 2022

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2022

The trustees, who are also directors of PramaLife Limited (Charitable Company Limited by Guarantee) for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources including the income and expenditure, of the charitable company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of accounts may differ from legislation in other jurisdictions.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF PRAMALIFE LIMITED (CHARITABLE COMPANY LIMITED BY GUARANTEE)

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Respective responsibilities of trustees and examiner

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Nicholas Fernyhough FCA CTA DChA

For and on behalf of:

Saffery Champness LLP

Chartered Accountants

Midland House

2 Poole Road

Bournemouth BH2 5QY

Date: 16 November 2022

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

**STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 31 MARCH 2022

	Notes	Unrestricted Funds General	Restricted Funds	Total 2022	Total 2021
		£	£	£	£
<u>Income and Endowments from:</u>					
Donations and legacies	3	346,112	24,538	370,650	283,840
Charitable activities	4	11,001	-	11,001	-
Total income and endowments		357,113	24,538	381,651	283,840
<u>Expenditure on:</u>					
Raising funds	5	9,882	-	9,882	7,068
Charitable activities	6	213,774	114,845	328,619	271,057
Total expenditure		223,656	114,845	338,501	278,125
Net income / (expenditure) from activities		133,457	(90,307)	43,150	5,715
Net income / (expenditure) before transfers		133,457	(90,307)	43,150	5,715
Transfers between funds		7,174	(7,174)	-	-
Net movement in funds		140,631	(97,481)	43,150	5,715
Fund balances at 1 April		21,680	108,534	130,214	124,499
Fund balances at 31 March		162,311	11,053	173,364	130,214

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2022

	Notes	£	2022 £	£	2021 £
Fixed Assets					
Property, plant and equipment	13		-		163
			<u>-</u>		<u>163</u>
Current assets					
Trade and other receivables	14	35,180		30,491	
Cash at bank and in hand		168,576		190,122	
			<u>203,756</u>	<u>220,613</u>	
Liabilities					
Current liabilities	15	(30,392)		(40,562)	
Net current assets					
			<u>173,364</u>		<u>180,051</u>
Total assets less current liabilities					
			<u>173,364</u>		<u>180,214</u>
Creditors: amounts falling due after more than 1 yr	16		-		(50,000)
Net Assets					
			<u>173,364</u>		<u>130,214</u>
Income funds					
Restricted funds	18		11,053		108,534
Unrestricted funds			162,311		21,680
			<u>173,364</u>		<u>130,214</u>

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION (CONTINUED)

AS AT 31 MARCH 2022

The company is entitled to exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the trustees on 5th October 2022



Mr T Sharp, Chair

Company Registration No. 10638675

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Company information

PramaLife Limited is a charitable company limited by guarantee, incorporated in England and Wales.

The registered office is Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' ('FRS 102'), 'Accounting and Reporting by Charities' the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a public benefit entity as defined by FRS 102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of certain financial instruments at fair value. The principal accounting policies adopted are set out below.

PramaLife meets the definition of a qualifying entity under FRS 102 and has therefore taken advantage of the disclosure exemptions available to it in accordance with paragraph 1.12 of FRS 102. Exemptions have been taken in relation to presentation of a cash flow statement.

1.2 Going concern

At the time of approving the accounts, the trustees having considered the impact of all risks including Covid-19 have reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. There are no material uncertainties about the charity's ability to continue and thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that the income will be received.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known the legacy is treated as a contingent asset.

Gifts in kind and donated facilities are recognised as income, if a value can be reliably measured, at the value to the charity when received. In accordance with the Charities SORP (FRS 102), no amounts are included in the financial statements for services donated by volunteers, including professional services provided directly by volunteers.

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

- 1.5 Expenditure is recognised on an accruals basis. Expenditure has been allocated according to the Statement of Recommended Practice 'Accounting and Reporting by Charities'.

Resources expended attributable to each of raising of funds and charitable activities are allocated to cost categories for each. Where expenses are attributable to more than one of these, the cost category is split on the basis of estimates by the charity's management. Wages are apportioned based on employees' roles and time spent.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost, and subsequently measured at cost, net of depreciation and any impairment losses. Items are capitalised when their individual value is greater than £500.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	Over 10 years straight line, or the remaining term of the lease
Café and bar equipment	Over 5 years straight line
Theatre equipment	Over 5 years straight line
Office equipment	Over 3 years straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Accounting policies

(Continued)

1.7 Impairment of non-current assets

At each reporting end date the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments, and Section 12 Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's Statement of Financial Position when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of financial assets

Financial assets, other than those held at fair value through income and expenditure, are assessed for indicators of impairment at each reporting end date. Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. The impairment loss is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Concessionary loans are initially recognised at the amount received. Subsequently the loans are adjusted for any applicable repayments or interest.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Leases

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases.

Assets held under finance leases are recognised as assets at the lower of the asset's fair value at the date of inception and the present value of the minimum lease payments. The related liability is included in the statement of financial position as a finance lease obligation. Lease payments are treated as consisting of capital and interest elements. The interest is charged to net income/(expenditure) for the year so as to produce a constant periodic rate of interest on the remaining balance of the liability.

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies the trustees are required to make judgements, estimates and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis.

On 23 June 2021, the trustees of the Prama Foundation considered the extant approach to capitalising assets. It was decided that the existing policy of a limit of £250 below which items are not capitalised should be revised to "Items are capitalised when their individual value is greater than £500". This change has been applied to assets purchased during the 2020/21 year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

3 Donations and legacies

	Unrestricted Funds	Restricted Funds	2022 Total £	2021 Total £
	£	£	£	£
Donations and gifts	312,612	24,538	337,150	198,491
Legacies	5,000	-	5,000	9,800
Grant from Government	840	-	840	54,680
Grant from parent charity	27,660	-	27,660	20,869
	-----	-----	-----	-----
	346,112	24,538	370,650	283,840
	-----	-----	-----	-----
Year ended 31 March 2021	268,023	15,817		
	-----	-----		

In 2021, of the total income from charitable activities, £268,023 was to unrestricted funds and £15,817 was to restricted funds.

4 Charitable activities

	2022 £	2021 £
Community based activities:		
Memory clubs and social groups	5,407	-
Neighbourhood Support Schemes	5,594	-
	-----	-----
	11,001	-
	-----	-----

In 2021, no income from charitable activities was received.

5 Raising funds

	2022 £	2021 £
Fundraising and publicity		
Staff costs	9,882	7,068
Other fundraising costs	-	-
	-----	-----
	9,882	7,068
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

6 Charitable activities

	2022	2021
	£	£
Community based activities		
Memory clubs and social groups	75,887	7,128
Neighbourhood Support Schemes	4,755	-
Thematic projects	10,574	3,807
Donations to other organisations	-	3,000
Staff costs	151,695	138,478
	-----	-----
	242,911	152,413
Support costs (note 7)	83,321	116,448
Governance costs (note 8)	2,387	2,196
	-----	-----
	328,619	271,057
	-----	-----
Analysis by fund		
Unrestricted funds - general	213,774	239,444
Restricted funds	114,845	31,613
	-----	-----
	328,619	271,057
	-----	-----

7 Support costs

	2022	2021
	£	£
Staff costs - management and administration	70,307	107,862
Office utilities	2,399	2,400
Insurance	507	555
Computer expenses	4,597	382
Printing, stationery and office expenses	1,903	531
Office equipment leasing	420	584
Telephone	3,807	2,603
Staff and volunteers - other costs	688	991
Miscellaneous expenses	235	65
Other expenses	61	33
Loss on sale of fixed assets	-	-
Amortisation of intangible assets	-	-
Depreciation	163	442
Provision for doubtful debts	(1,766)	-
	-----	-----
	83,321	116,448
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

8 Governance costs

	2022	2021
	£	£
Independent examiner's fees	1,440	1,470
Bank charges and interest	227	114
Legal and professional	720	612
	2,387	2,196

9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or expenses during the current or previous year.

10 Employees

Number of employees

The average weekly number of employees during the period was:

	2022	2022	2021	2021
	Headcount	Full time equivalent	Headcount	Full time equivalent
Other community activities	10	8	11	6
Management and administration	2	2	2	2
	12	10	13	8

Employment costs

	2022	2021
	£	£
Wages and salaries	210,723	231,462
Social security costs	15,765	16,384
Other pension costs	5,395	5,562
	231,883	253,408

The number of employees whose annual remuneration was £60,000 or more was nil.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

11 Net income from activities

	2021	2020
	£	£
Net income from activities is stated after charging:		
Depreciation	163	442
Independent Examiner's fees	1,440	1,470
	-----	-----

12 Taxation

The company is exempt from taxation due to its charitable status.

13 Property, Plant and Equipment

	Office equipment	Total
	£	£
Cost at 1 April 2021	1,853	1,853
Additions	-	-
Disposals	-	-
	-----	-----
Cost at 31 March 2022	1,853	1,853
	-----	-----
Depreciation at 1 April 2021	1,690	1,690
Charged	163	163
Disposals	-	-
	-----	-----
Depreciation at 31 March 2022	1,853	1,853
	-----	-----
Net book value at 31 March 2022	-	-
	-----	-----
Net book value at 31 March 2021	163	163
	-----	-----

14 Trade and other receivables

	2022	2021
	£	£
Amounts falling due within one year		
Trade debtors	-	-
Other receivables	29,252	28,504
Prepayments and accrued income	5,928	333
Amounts owed by group undertakings	-	1,654
	-----	-----
	35,180	30,491
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

15 Current liabilities

	2022	2021
	£	£
Trade payables	2,044	4,020
Other payables	4,987	13,708
Amounts owed to group undertakings	23,361	21,784
Provisions	-	1,050
	30,392	40,562

16 Creditors: amounts falling due after more than one year

	2022	2021
	£	£
Borrowings (Bounceback Loan)	-	50,000

17 Pension

The company operates a defined contribution scheme.

	2022	2021
	£	£
Contributions paid in year	5,395	5,052

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Analysis of funds

2020/21 - Prior Year Comparative

	Movement in funds				Balance at 31.3.2021 £
	Balance at 1.4.2020 £	Income in year £	Expenditure in year £	Transfers £	
General Funds					
Unrestricted income fund	(2,213)	268,023	(246,512)	2,382	21,680
Restricted funds					
Home Safely project	2,096	-	(1,446)	-	650
Sporting memories project	1,272	817	(62)	-	2,027
Memory clubs	803	-	(803)	-	-
Magic table fund	1,562	-	(128)	-	1,434
Ferndown conversation	1,033	-	-	(1,033)	-
Carers support groups	441	-	-	(441)	-
Befriending scheme	1,115	-	-	-	1,115
Healthwatch	700	-	-	(700)	-
Sorted in Dorset	732	-	-	-	732
Co-Operative Community Grant	7,156	-	-	-	7,156
PramaLife Development	755	-	-	-	755
Reaching Communities	63,547	-	(19,347)	(208)	43,992
Valentine Trust	-	15,000	(7,402)	-	7,598
Cancer Awareness	2,426	-	(2,426)	-	-
Old Rope Walk Refurbishment	43,075	-	-	-	43,075
	126,713	15,817	(31,614)	(2,382)	108,534
Total funds	124,500	283,840	-278,126	-	130,214

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Analysis of funds (Continued)

2021/22 - Current Year	Movement in funds				Balance at 31.3.2022
	Balance at 1.4.2021	Income in year	Expenditure in year	Transfers	
	£	£	£	£	£
General Funds					
Unrestricted income fund	21,680	357,113	(223,656)	7,174	162,311
	-----	-----	-----	-----	-----
Restricted funds					
Home Safely project	650	-	(632)	(18)	-
Sporting memories project	2,027	-	(402)	-	1,625
Magic table fund	1,434	-	(152)	-	1,282
Befriending scheme	1,115	-	(4)	-	1,111
Sorted in Dorset	732	-	-	-	732
Co-Operative Community Grant	7,156	-	-	(7,156)	-
PramaLife Development	755	-	-	-	755
Reaching Communities	43,992	-	(38,444)	-	5,548
Valentine Trust	7,598	15,000	(22,598)	-	-
Old Rope Walk Refurbishment	43,075	9,538	(52,613)	-	-
	-----	-----	-----	-----	-----
	108,534	24,538	(114,845)	(7,174)	11,053
	-----	-----	-----	-----	-----
Total funds	130,214	381,651	(338,501)	-	173,364
	-----	-----	-----	-----	-----

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. As a result, the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

In March 2022 we received significant grant income from funders for projects to be delivered during the 2022/23 financial year, for example we received £56,025 in respect of projects being delivered in partnership with the NHS. As a result the unrestricted funds held at 31 March 2022 are higher as the Charity SoRP requires income to be recognised when it is received rather than at the time it is utilised to deliver the agreed project.

Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes.

The purposes for which the restricted funds are held are as follows:

- a) Home Safely project: This provides specially formatted identity bracelets to people with dementia, if they are unable to find their way home the police can locate their carers.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

18 Analysis of funds (Continued)

- b) Sporting Memories project: This is for regular activities to support older people who are lonely and/or isolated or have dementia.
- c) Memory clubs: This is funding received for the development of a support group and good practice: "Museum Memories" for people experiencing memory loss.
- d) Magic Table Fund: This is a fund set up for local people to donate to for the purchase and maintenance of a "Magic Table" display unit for people with dementia in the Wimborne area.
- e) Ferndown Conversation: This grant was received to fund a community wide discussion on issues affecting older people and vulnerable people in Ferndown and to implement subsequent activities.
- f) Carer Support Groups: This fund provides ongoing facilitation and support to family members across Dorset who are caring for people with dementia.
- g) Befriending scheme: This project supports lonely older people with volunteers.
- h) Healthwatch: This funds training for people who may be vulnerable to falling and how best to mitigate this.
- i) Sorted in Dorset: This was funding PramaLife raised at the Sorted in Dorset event and will be used to develop the new kitchen at Old Rope Walk, please see also below.
- j) Co-Operative Community Grant: This is a grant from the Co-Op originally awarded to assist us in purchasing a new mini bus. We are no longer purchasing a mini bus and the Co-Op have confirmed that we can use the grant for the purchase of other items.
- k) PramaLife development: This is a general fund for development of PramaLife activities.
- l) Reaching Communities: We were awarded a £100,000 grant by the Big Lottery in 2019, to develop a network of support groups and activities for older people and carers in Bournemouth between 2019/21.
- m) Valentine Trust: A grant to fund PramaLife activities in Poole supporting older people and carers.
- o) Cancer Awareness: A grant from Action Hampshire to promote cancer awareness to older people in the BCP and East Dorset areas, including older people with learning disabilities.
- p) Old Rope Walk Refurbishment: This fund comprises of 4 grants from Awards for All (£9,435), the Morrisons Foundation (£17,000), BCP Council Community Infrastructure Levy (£23,600) and the Rank Foundation (£750). These funds are being invested in renovating the kitchen at Old Rope Walk, Poole a major hub for PramaLife activity, and also IT equipment for the use of all older people.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

19 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
2020/21 - Prior Year Comparative			
Fund balances at 31 March 2021 are represented by:			
Tangible assets	163	-	163
Current assets	112,079	108,534	220,613
Creditors (amounts falling due within one year)	(40,562)	-	(40,562)
Creditors (amounts falling due after one year)	(50,000)	-	(50,000)
	-----	-----	-----
	21,680	108,534	130,214
	-----	-----	-----

2021/22 - Current Year

Fund balances at 31 March 2022 are represented by:

Current assets	192,703	11,053	203,756
Creditors (amounts falling due within one year)	(30,392)	-	(30,392)
Creditors (amounts falling due after one year)	-	-	-
	-----	-----	-----
	162,311	11,053	173,364
	-----	-----	-----

20 Commitments under operating leases

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	Office equipment	
	2021	2020
	£	£
Within one year	1,198	1,705
Between two and five years	-	276
	-----	-----
	1,198	1,981
	-----	-----
Lease payments recognised as an expense in the accounts	3,504	2,323
	-----	-----

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2022

21 Related parties

Control

For the period following its incorporation PramaLife was controlled ultimately by its founding members. On 8th November 2017 the founding members transferred their interest to The Prama Foundation which is now the sole member of PramaLife and whose trustees have the power to appoint and remove the board of directors.

Transactions

During the year no related party transactions occurred. Other transactions with the trustees are set out in note 9.

22 Parent company

PramaLife Limited is a wholly owned subsidiary of The Prama Foundation, a charity registered in the UK. Charity no. 1174197, Company no. 10778305.

The Prama Foundation is the ultimate parent undertaking of the largest and smallest group of undertakings for which the group accounts are presented, and has included the company in its group accounts, copies of which may be obtained from its registered office at Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

The principal purposes of The Prama Foundation are the advancement of physical, mental and spiritual health through the provision of care, facilities, services, support and practical advice, to relieve financial hardship amongst older people and people of any age suffering from a physical or mental illness or disability.

PramaLife

England & Wales - Charity number 1172716

Accounts

Charity Registration No. 1172716

Company Registration No. 10638675 (England and Wales)

**PRAMALIFE
(CHARITABLE COMPANY
LIMITED BY GUARANTEE)**

**TRUSTEES'
REPORT AND ACCOUNTS**

FOR THE YEAR ENDED 31 MARCH 2021

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Revd P L Southcombe Mr T Sharp Mr N C Johnson Revd J Burgess (appointed 10 June 2020)
Chief Executive	Mr S M Robinson
Company Secretary	Miss F C Tasdelen
Charity number	1172716
Company number	10638675
Registered office	Moran House 1 Holes Bay Park Sterte Avenue West Poole Dorset BH15 2AA
Independent Examiners	Saffery Champness LLP Midland House 2 Poole Road Bournemouth BH2 5QY
Solicitors	Lester Aldridge Russell House Oxford Road Bournemouth BH8 8EX
Bankers	Barclays Barclays House 1 Wimborne Road Poole BH15 2FQ

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

CONTENTS

	Page
Trustees report	1 - 9
Statement of trustees' responsibilities	10
Independent examiners' report	11
Statement of financial activities	12
Statement of financial position	13-14
Notes to the accounts	15-29

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2021

The directors and trustees present their annual report and the financial statements for the year ended 31 March 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the Charity's Articles of Association, the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective January 2019).

Objectives and activities

The objects clause in the company's Articles of Association states:

- (a) To further or benefit the residents of local communities, without distinction of sex, sexual orientation, race or of political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation and leisure time occupation with the objective of improving the conditions of life for residents.
- (b) To establish or secure the establishment of community centres and the provision of associated activities and to maintain or manage or co-operate with any statutory authority in the maintenance and management of any such centre for activities promoted by the charity in furtherance of the above objectives.
- (c) The charity shall be non-party in politics and non-sectarian in religion.

PramaLife Limited's sister charity PramaCare was founded in the 1980s to provide help and care for people in their own homes, enabling them to live independently without being forced into residential care.

In recent years PramaCare has expanded its domiciliary care function to include a wider range of activities that aim to support older people and those living with vulnerability, in the broader spectrum of life, keeping them active in the community for longer, combating isolation and marginalisation, and providing activities that contribute to the enjoyment of life.

These broader activities have now become well established in the communities of Poole and East Dorset and PramaLife was formed to adopt the existing programme and manage further expansion.

On the 8th November 2017 PramaLife and PramaCare became subsidiaries of the new parent charity The Prama Foundation from where governance is exercised over the whole group. The ownership of Prama Trade was transferred from PramaLife to The Prama Foundation on 1st April 2018.

The activities of the organisation in the year towards the objectives are outlined in Achievements and Performance.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Achievements and Performance

Due to the coronavirus pandemic 2020/21 was a year of adaptation, change and success for PramaLife. In April 2020 we found ourselves, like the rest of the UK, in lockdown. Like many organisations, our activities had traditionally involved face to face contact with the people we support, along with the partner organisations who help us. We were therefore faced with the situation of vastly increased need unable to access the networks of support groups we had established. We are incredibly proud of what we have achieved in the face of such a challenge and so grateful to our staff and volunteers, along with the generosity and flexibility of our funders.

This is some of what we did.

Supporting older people and carers with practical tasks: Adapting the traditional PramaLife activities was a challenge but we are very aware that adapting to lockdown was even more problematic for some of the people we support. For example, many do not have access to the internet and do not have a car so simple tasks such as shopping and picking up a prescription became unbearably complicated.

We supported older people and carers on 856 occasions with their shopping, picking up their prescriptions or with hot meals, the impact of this support is illustrated by the following feedback:

"I have been so grateful for all the support that you have given me S, it is very reassuring to know that you are at the end of a phone, and to be able to talk through any problems or worries with someone who understands the burden unpaid carers face, because I feel that sometimes we are "passed by" from the powers that be, because we just simply get on with things. Your practical help in organising food shopping for me at the beginning of this pandemic was a great relief, because I couldn't get online shopping and my son had become very very anxious, I was able to reassure him he wouldn't starve."

"Having the meals delivered every Sunday makes such a difference. It really does mean an awful lot to me. It makes you realise that people haven't forgotten about us. I'm here on my own and really don't see many people. It's such a treat and seeing someone face to face is something to look forward to. C will always post a letter for me as well. I don't bother to do much cooking when its just me, so a nice hot meal is something to really look forward to. I miss going out and meeting up with friends, we just can't do it now. I've had my first vaccine so hopefully we can soon get back to normal.....do you think we ever will?"

Supporting people with their physical and mental well-being: As noted above, many of the people we support do not have access to the internet so the most effective way we could support older people and carers throughout a lot of 2020/21 was by "old fashioned telephone". We did this in several ways:

One to one calls: We were very fortunate many of our volunteers agreed to remain in contact with a lot of the older people and carers who would normally be attending our support groups. This commitment coupled with us supporting volunteers to contact carers (the Focus scheme funded by BCP Council) and individual older people who had been referred to us (we recruited 30 new volunteers to help us to do so, altogether we have 180 register volunteers now), meant that over the year we made 14,468 calls to 636 people, with positive feedback:

"It is wonderful, and is a Godsend, especially at the moment. It couldn't have come at a better time, I look forward to having a laugh with M. I didn't think it would make such a difference, but it has."

"I really appreciate the calls I feel like I have known A for such a long time, yet it is has only been a few weeks. At first, I didn't think having a befriender would be much use to me, but now I really look forward to A calling me every week."

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Telephone Support Groups (TSG's): During the pandemic we started to explore how we could use technology to more effectively support people. These groups involve 3+ people in a joint call environment we established and are free to landlines. As virtually all the people we support have a landline these groups were an effective solution to bring isolated people together. PramaLife, by 31 March 2021, had successfully developed 9 groups in the BCP conurbation involving 140 people. The groups were hosted by a volunteer/member of staff and helped people maintain/develop friendships, share information and support each other. Like all our support, the groups were also a stepping stone for people to participate in other activities. As one host commented:

"I think the TSG's are particularly useful in helping people gain access to others in the outside world, whilst remaining in the safety of their own home. I know many of our participant's plan their lives around their weekly 'coffee morning' and it has become a firm fixture in the calendar of many. There have been several friendships made, as well as supportive relationships, whereby participants have shared experiences and helped each other through difficult times. As an example, one person had their benefits stopped after a medical review (over the phone) and the other participants provided suggestions and encouragement to her to enable her to have the confidence to appeal the decision which is now going to tribunal and she will have a face to face medical, so there has been some real benefit to talking through problems and shared experiences."

PramaLife Friendship Line: We received 156 calls to our Friendship Line, helping us to engage with people we had not previously helped; 30 of the callers are still receiving ongoing support from PramaLife. The length of the calls ranged from 30 minutes to two hours, with loneliness and/or isolation due to the pandemic being the key motivation for the calls. Bereavement was another issue highlighted and a lot of callers were just frustrated and frightened of the situation with the pandemic overall. A common feeling for callers was unworthiness. Some stated this was because they felt someone needed the call more than them, whilst others said they did not feel useful to society anymore.

The notes of the calls highlighted the benefits of the conversations e.g. calls beginning with the caller feeling anxious and the calls finishing with laughter. We were also able to signpost callers to other support; we have counted 16 organisations callers were signposted to.

PramaLife also delivered a variety of other support to older people and carers throughout 2020/21 including:

Online support groups: Fortunately some of the older people and carers we support were already online so we organised 78 online sessions for 575 participants altogether, activities ranged from Sporting Memories for people with dementia to an online exercise group for LGBT+ people we delivered with the Inclusive Church.

Face to face support groups: When the regulations allowed we organised support groups for small groups of older people and/or carers; altogether 29 sessions for 128 people. Activities ranged from Tai Chi to peer group support for carers, again feedback was positive:

"It was brilliant, I was so glad that I met people because I haven't been meeting people. And I'm on my own. People do shopping for me, but they don't speak to me, they just leave it on the doorstep and I shout thank you. I do phone people, but it's not the same as talking face to face. I didn't see anyone over Christmas, I would have been completely alone. I did enjoy it (the support group), it made a big difference, and I didn't have to worry about getting there either. I think it was well organised and it was nice to see people. I don't go out anywhere, I know I can walk around the block, but that's not very interesting."

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Activity packs and HOPE FM: We organised for activity packs to be dropped off to the 80 people we support with dementia and their carers/family. The packs contained activities and exercises to assist people to maintain their health and well-being, including alleviating some of the impact of the persons dementia. We continued to develop and refine the content, introducing an "interesting topics" section, hobbies factsheets, recipes, and healthy lifestyle information.

To support people to use their activity packs and help other older people, PramaLife delivered a weekly radio programme on Hope FM. This included a compilation of quizzes, song selection and facts/information on the subject matter. Reminiscence sessions including personal recollections of listeners were specifically developed. So successful were the broadcasts that by mid-May the show was given its very own name 'Thanks for the Memory', with a permanent time slot at 9am. The following feedback highlights how the show brought a family together, the daughter who lives in London feedback:

"I know M has been setting it up for mum and dad, to listen to. They all enjoy each episode very much, and I do ask Mum about it each week. Thank you so much for the dedication to mum and dad, lovely song as well. They are definitely listening today. Really appreciated!"

PramaLife also took on two new schemes in February 2021. The local volunteers co-ordinating the schemes retired, and the schemes would have ceased unless immediate action was not taken:

East Dorset Neighbour Car scheme: This is a volunteer car drivers scheme which supports people to access essential services, e.g. hospital/GP appointments. We are now supporting 15 volunteer car drivers who in turn help 260 passengers with essential journeys:

Mrs D is 76 years old, she is partially sighted, can no longer walk and has no family so is wholly reliant on transport to get from A to B. Mrs D feels that without the voluntary drivers to take her, she would be in her own words "up the spout." Mrs D feels safe with the volunteer drivers as they take care of her from the moment they pick her up, to the moment they drop her off back at her home. This is unlike a regular taxi driver who would just leave her at the end of her journey. She would have to go about her business on her own and then book a return journey with another driver.

East Dorset Good Neighbours scheme: This involves 7 local volunteers supporting up to 75 people a year, pre-pandemic, with household tasks e.g. gardening or helping with reading. The scheme will re commence along with our other activities in 2021/22.

PramaLife's funding: Developing and delivering the above services was further complicated by the impact the pandemic had on our funding. Prama's charity shops had to close, a key source of income for PramaLife. In addition we were expecting to accrue £25,000 from our traditional community fundraising which also stopped. This lack of funding also affected our cash flow. We took decisive action, furloughing 7 members of staff in April; 154 hours in total each week. Four colleagues remained working; 130 hours each month. All the staff team were back together by 1 November 2020, partly because we were successful in applying for £93,965 of emergency grants from the following funders:

- Big Lottery
- Dorset Community Foundation
- CAF Bank
- Scottish and Southern Electricity (SSE)
- Sovereign Housing
- Talbot Village Trust

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2021

This action, coupled with the support of our existing funders, meant that we could successfully sustain and develop PramaLife and ensure that we did not have to make any redundancies:

- Alice Ellen Cooper Dean Charitable Foundation
- Anchor Foundation
- Austin Hope Pilkington
- BCP Council
- Big Lottery Community Fund
- CAN Network
- Heritage Lottery Fund
- Hope in the Community
- Leonardo Trust
- The Good Exchange
- Valentine Charitable Trust

Our work has only been possible due to the gifts of others. We do not take them for granted and are so grateful for every grant given.

We are proud with how our volunteers/staff and the older people and carers we work with have responded to the crisis. They have all been flexible and resilient. We also know that a lot of the people are still struggling, for example in early January 2021 we surveyed 42 of the people we support with dementia/their family carer, since the start of the pandemic:

- 76% reported that they were more anxious, 2% less and 22% felt the same.
- 81% had seen their mental health deteriorate, 5% had seen an improvement and 14% felt the same.
- 76% were lonelier, 2% less and 22% felt the same.
- All 42 respondents said that they were really looking forward to coming back to our support groups.

We recruited more skilled committed volunteers during 2020/21, learnt new skills and established new partnerships - which are helping us to reach more people. We know that we must be flexible over the coming years because of potential restrictions and we have developed various plans so that we can adapt quickly. We are giving specific focus to people with additional needs to help them to re-engage with community life, this involves helping people to physically access support as well as assisting them with their confidence and mental well-being. By remaining in contact with and responding to the needs of a significant number of people we are well placed to help them and others as we develop even better community-based activities for all older people and carers.

Financial review

The total income for the charity was £283,840 (2019/20: £499,972 of which £383,862 related to continuing operations) and the net surplus for the period was £5,716 (2019/20: surplus of £120,298 of which £160,377 related to continuing operations).

The activities of PramaLife are funded by Prama charity shops, grants from charitable trusts, a BCP Council contract and income from donors, legacies and community fundraising.

During 2020/21 to compensate for the loss of income from the charity shops and community fundraising, some of the staff team were furloughed and we also successfully applied for emergency grants.

Results

The results for the year, the state of the charity's affairs and transfers between the restricted and unrestricted funds are shown in the attached financial statements.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT

FOR THE YEAR ENDED 31 MARCH 2021

Reserves policy

The charity's total reserves amount to £130,215 (2019/20: £124,499) of which £108,534 (2019/20: £126,712) relate to restricted funds and £21,681 (2019/20: deficit of £2,213) relate to unrestricted funds.

The trustees monitor the level of reserves on a regular basis throughout the year and set a target level appropriate to the charity's current position and future plans through the annual budgeting process and to ensure reserves provide for the long term need for working capital and to provide for short term fluctuations in income from donations and grants. Following a full review of the reserves policy during 2020/21 the trustees consider it prudent to maintain a minimum reserve of £90,000 in this respect.

During 2020/21, the charity's unrestricted reserves have improved significantly however the level of reserves held at the end of the financial year are not consistent with the level of reserves set by the trustees. The trustees have noted this and aim through the business planning process to address the reserves position over the medium term while continuing to deliver the objects of the PramaLife charity.

Note 21 to the accounts identifies those funds that can only be realised through the sale of tangible fixed assets and investments.

Fixed assets

Full details of movements in tangible fixed assets are set out in note 16 to the financial statements.

Sources of funding

As detailed in the section above concerning our Achievements and Performance, PramaLife is funded from a variety of sources, including:

- The Prama Foundation, especially using the surpluses from our charity shops. This funding was significantly affected by the pandemic.
- Grant funding e.g. from Charitable Trusts, during 2020/21 we were fortunate to have grants from 15 different organisations.
- BCP Council, we were awarded in 2020 a contract by BCP Council to provide voluntary support to carers.
- Donations and legacies, e.g. group participants will donate PramaLife money to cover the cost of refreshments, or we may receive a donation from a family following the funeral of a family member who had participated in PramaLife groups/activities.
- Community fundraising e.g. sponsored events like marathons. This type of fundraising was significantly affected by the pandemic.

Expenditure

Expenditure in respect of PramaLife's community activities encompasses the management and delivery of activities, including salaries and specific costs associated with the activity e.g. materials for our Memory Lane groups. PramaLife contributes funds to the Foundation in return for administrative, financial management and governance support.

Remuneration policy

None of the trustees receives any remuneration. The remuneration of the senior staff is set by the trustees having regard to local market rates, experience needed and the degree of responsibility held.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Employee involvement

The parent charity operates a Joint Consultative Committee which is attended by elected members of staff from different areas of the organisation, the chief executive officer and a trustee. This forum is used formally as a means of consultation and dissemination of information and meets three times per year.

The charity seeks to give full and fair consideration to all applications for employment made to the charity by disabled people and make efforts in respect of the continuing employment and training of employees who may become disabled while employed by the company. The charity seeks to introduce, maintain and develop arrangements involving employees, providing systematic relevant information, undertaking regular employee consultation and providing necessary training and career development to all staff members.

Structure, governance and management

The organisation is a charitable company limited by guarantee, incorporated on 24th February 2017, and registered as a charity with the Charity Commission on 24th April 2017. The company was formed under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. Under the terms of the Memorandum of Association each member of the company guarantees to contribute £10 towards the assets of the company in the event of its being wound up while he/she is a member, and towards the costs, charges and expenses of winding up.

None of the trustees have any beneficial interest in the company.

On 8th November 2017 the trustees resigned as members of the organisation and appointed The Prama Foundation as sole corporate member. The trustees of The Prama Foundation have power to appoint and remove the board of PramaLife Limited.

The current trustees are also trustees of The Prama Foundation.

The trustees, who are also directors for the purpose of company law, and who served during the period were:

Revd P L Southcombe

Mr T Sharp

Mr N C Johnson

Revd J Burgess (appointed 10 June 2020)

The Prama Foundation has a board of directors which receives recommendations and information from four sub-committees focussing on:

- Finance and General Purposes
- Human Resources
- Care (The Board of PramaCare)
- PramaLife (The Board of PramaLife)

The chair of each committee is held by a director of The Prama Foundation and these make recommendations to the full board of The Prama Foundation.

The directors, who are also charity trustees, establish policies that are then implemented by the chief executive officer (CEO) who is responsible for the employment of staff that carry out the objectives of the company.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

New director/trustees are appointed following a review of skills by a nominations sub-committee. Each trustee elected meets with the CEO and then observes a board or sub-committee meeting before final decisions are taken on appointment. The nominations sub-committee report to the board. Persons considered to be able to offer particular expertise to the charity are given a Trustee Handbook and Strategic Plan and meet with the CEO to receive a full explanation of the purposes, ethos and practices of PramaLife before being invited to serve on the board.

Day to day management of the charity is delegated to the CEO - Mr S Robinson and the Senior Management Team.

Risk assessment

A risk register is maintained to focus on specific areas of PramaLife's activities and is discussed at each trustee meeting. The Estates Manager is the designated Health and Safety officer.

The principal risks of the charity relate to:

a) Failure to raise sufficient funding:

PramaLife has achieved a mix of income which will be important to sustain and develop. Currently our main sources of income are the contributions from the Prama Foundation including surpluses from the Prama charity shops, charitable trusts and donations. We will continue to apply to charitable trusts for their support, but we will be looking to diversify our income through community fundraising and by promoting ethically our need for legacies.

b) The continuing impact of the pandemic:

PramaLife needs to maintain standards of health and safety at our face to face support groups to prevent infection, we also need to continue developing services which support people if there is a need to self-isolate.

c) Failure to respond to safeguarding issues:

The health, safety and dignity of the people we support, and our staff and volunteers is paramount. We have implemented robust systems to identify risks to the safety of individuals and we provide support and training to our staff and volunteers in order that they can effectively manage any incidents which may occur.

d) Failure to recruit skilled volunteers:

We are fortunate to have the support of 180 skilled volunteers. However, in order to further sustain and develop our services we need to recruit more volunteers.

Public Benefit

The trustees have given due regard to public benefit when planning the charity's activities, in accordance with sections G2 and G3 of the Charity Commission's General Guidance on Public Benefit (January 2010).

The paragraphs in this report set out our activities, achievements, and performance during the year, which are directly related to the objectives and purposes for which the charity exists. The charity achieves its principal objectives and purposes through services to any members of the public in the local community who have needs arising from age, disability or social isolation.

These benefits are directly related to the aims of the charity and are fully compliant with Principles 1 and 2 of the Charity Commission Principles on Public Benefit.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

TRUSTEES REPORT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Plans for the future

Our immediate challenge is to re-establish our network of face to face support groups. We know that some of the participants who were attending before the pandemic have become increasingly isolated and we will need to support them to re-engage.

We will also be focusing on:

- Developing the reach and quality of the support we provide to people with dementia and their family carers.
- Developing services and support which reach all communities, be they geographical (we particularly want to support communities which lack advantage) as well as specific communities of people e.g. BAME communities, the LGBT+ community and veterans.
- Developing technological solutions to supporting older people and carers. This will include further developing our Telephone Support Groups and supporting people in their use of IT and the internet.
- Enhancing the way in which we monitor and evaluate our work, the more we understand the impact of our work and learn from our experiences and our partners, the more we will be able to improve the support we offer.

Underpinning all our work is the aim to develop the Bournemouth, Christchurch and Poole conurbation and Dorset as an Age Friendly Community. We will be doing this in partnership with the Prama Foundation, and partners in the voluntary, statutory and private sectors.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

On behalf of the board of trustees



Mr N C Johnson, Chairman

29th September 2021

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees, who are also directors of PramaLife Limited (Charitable Company Limited by Guarantee) for the purpose of company law, are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources including the income and expenditure, of the charitable company for that period.

In preparing these accounts, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of accounts may differ from legislation in other jurisdictions.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

INDEPENDENT EXAMINERS' REPORT

TO THE TRUSTEES OF PRAMALIFE LIMITED (CHARITABLE COMPANY LIMITED BY GUARANTEE)

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021.

Respective responsibilities of trustees and examiner

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement


Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Nicholas Fernyhough FCA CTA DChA

For and on behalf of:

Saffery Champness LLP

Chartered Accountants

Midland House

2 Poole Road

Bournemouth BH2 5QY

Date: 18 October 2021

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

		Total 2021			Total 2020			
	Notes	Unrestricted Funds General	Restricted Funds	Continuing Operations	Unrestricted Funds General	Restricted Funds	Continuing Operations	Discontinued Operations
		£	£	£	£	£	£	£
<u>Income and Endowments from:</u>								
Donations and legacies	3	268,023	15,817	283,840	205,813	170,903	376,716	40,715
Charitable activities	4	-	-	-	7,146	-	7,146	67,151
Other trading activities	5	-	-	-	-	-	-	7,324
Other income	6	-	-	-	-	-	-	920
Total income and endowments		268,023	15,817	283,840	212,959	170,903	383,862	116,110
<u>Expenditure on:</u>								
Raising funds	7	7,068	-	7,068	-	-	-	5,530
Charitable activities	8	239,444	31,613	271,057	149,742	73,743	223,485	150,659
Total expenditure		246,512	31,613	278,125	149,742	73,743	223,485	156,189
Net income / (expenditure) from activities		21,511	(15,796)	5,715	63,217	97,160	160,377	(40,079)
Net income / (expenditure) before transfers		21,511	(15,796)	5,715	63,217	97,160	160,377	(40,079)
Transfers between funds		2,382	(2,382)	-	-	-	-	-
Net movement in funds		23,893	(18,178)	5,715	63,217	97,160	160,377	(40,079)
Fund balances at 1 April		(2,213)	126,712	124,499	(65,430)	29,552	(35,878)	40,079
Fund balances at 31 March		21,680	108,534	130,214	(2,213)	126,712	124,499	-

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2021

	Notes	£	2021 £	£	2020 £
Fixed Assets					
Property, plant and equipment	16		163		605
			163		605
Current assets					
Trade and other receivables	17	30,491		118,010	
Cash at bank and in hand		190,122		18,926	
		220,613		136,936	
Liabilities					
Current liabilities	18	(40,562)		(13,042)	
Net current assets					
			180,051		123,894
Total assets less current liabilities					
			180,214		124,499
Creditors: amounts falling due after more than 1 yr	19		(50,000)		-
Net Assets					
			130,214		124,499
Income funds					
Restricted funds	21		108,534		126,712
Unrestricted funds			21,680		(2,213)
			130,214		124,499

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION (CONTINUED)

AS AT 31 MARCH 2021

The company is entitled to exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021.

No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts under the requirements of the Companies Act 2006.

The trustees acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the trustees on 29th September 2021



Mr N C Johnson, Chairman

Company Registration No. 10638675

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Company information

PramaLife Limited is a charitable company limited by guarantee, incorporated in England and Wales.

The registered office is Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

1.1 Accounting convention

These accounts have been prepared in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' ('FRS 102'), 'Accounting and Reporting by Charities' the Statement of Recommended Practice for charities applying FRS 102, the Companies Act 2006 and UK Generally Accepted Accounting Practice as it applies from 1 January 2019. The charity is a public benefit entity as defined by FRS 102.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared on the historical cost convention, modified to include the revaluation of certain financial instruments at fair value. The principal accounting policies adopted are set out below.

PramaLife meets the definition of a qualifying entity under FRS 102 and has therefore taken advantage of the disclosure exemptions available to it in accordance with paragraph 1.12 of FRS 102. Exemptions have been taken in relation to presentation of a cash flow statement.

1.2 Going concern

At the time of approving the accounts, the trustees having considered the impact of all risks including Covid-19 have reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. There are no material uncertainties about the charity's ability to continue and thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that the income will be received.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Accounting policies

(Continued)

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known the legacy is treated as a contingent asset.

Gifts in kind and donated facilities are recognised as income, if a value can be reliably measured, at the value to the charity when received. In accordance with the Charities SORP (FRS 102), no amounts are included in the financial statements for services donated by volunteers, including professional services provided directly by volunteers.

Government grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received.

1.5 Expenditure is recognised on an accruals basis. Expenditure has been allocated according to the Statement of Recommended Practice 'Accounting and Reporting by Charities'.

Resources expended attributable to each of raising of funds and charitable activities are allocated to cost categories for each. Where expenses are attributable to more than one of these, the cost category is split on the basis of estimates by the charity's management. Wages are apportioned based on employees' roles and time spent.

1.6 Property, plant and equipment

Property, plant and equipment are initially measured at cost, and subsequently measured at cost, net of depreciation and any impairment losses. Items are capitalised when their individual value is greater than £500.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	Over 10 years straight line, or the remaining term of the lease
Café and bar equipment	Over 5 years straight line
Theatre equipment	Over 5 years straight line
Office equipment	Over 3 years straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Accounting policies

(Continued)

1.7 Impairment of non-current assets

At each reporting end date the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments, and Section 12 Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's Statement of Financial Position when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include trade and other receivables and cash and bank balances, are measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Impairment of financial assets

Financial assets, other than those held at fair value through income and expenditure, are assessed for indicators of impairment at each reporting end date. Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. The impairment loss is recognised in net income/(expenditure) for the year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including trade and other payables and bank loans are recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future receipts discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method. Concessionary loans are initially recognised at the amount received. Subsequently the loans are adjusted for any applicable repayments or interest.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate employment of an employee or to provide termination benefits.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Leases

Leases are classified as finance leases whenever the terms of the lease transfer substantially all the risks and rewards of ownership to the lessees. All other leases are classified as operating leases.

Assets held under finance leases are recognised as assets at the lower of the asset's fair value at the date of inception and the present value of the minimum lease payments. The related liability is included in the statement of financial position as a finance lease obligation. Lease payments are treated as consisting of capital and interest elements. The interest is charged to net income/(expenditure) for the year so as to produce a constant periodic rate of interest on the remaining balance of the liability.

Rentals payable under operating leases, including any lease incentives received, are charged to income on a straight line basis over the term of the relevant lease.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies the trustees are required to make judgements, estimates and assumptions about the carrying value of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis.

On 23 June 2021, the trustees of the Prama Foundation considered the extant approach to capitalising assets. It was decided that the existing policy of a limit of £250 below which items are not capitalised should be revised to "Items are capitalised when their individual value is greater than £500". This change has been applied to assets purchased during the 2020/21 year.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

3 Donations and legacies

	Unrestricted Funds	Restricted Funds	2021 Total	2020 Continuing Operations	2020 Discontinued Operations
	£	£	£	£	£
Donations and gifts	182,674	15,817	198,491	286,715	40,715
Legacies	9,800	-	9,800	-	-
Grant from Government	54,680	-	54,680	-	-
Grant from parent charity	20,869	-	20,869	90,001	-
	-----	-----	-----	-----	-----
	268,023	15,817	283,840	376,716	40,715
	-----	-----	-----	-----	-----
Year ended 31 March 2020	246,528	170,903			
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In 2020, of the total income from charitable activities, £246,528 was to unrestricted funds and £170,903 was to restricted funds.

4 Charitable activities

	2021 Total	2020 Continuing Operations	2020 Discontinued Operations
	£	£	£
Ferndown community centre:			
Rents and room hire	-	-	31,585
Coach tours and holidays	-	-	21,789
Theatre shows	-	-	11,348
Functions and events	-	-	2,429
Other community based activities:			
Memory clubs and social groups	-	7,146	-
	-----	-----	-----
	-	7,146	67,151
	-----	-----	-----

In 2020, of the total income from charitable activities, £67,151 was to unrestricted funds and £nil was to restricted funds.

5 Other trading activities

	2021	2020 Continuing Operations	2020 Discontinued Operations
	£	£	£
Theatre bar sales	-	-	7,324
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In 2020, of the total income from charitable activities, £7,324 was to unrestricted funds and £nil was to restricted funds.

6 Other income

	2021	2020 Continuing Operations	2020 Discontinued Operations
	£	£	£
Other income	-	-	920
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In 2020, of the total income from charitable activities, £920 was to unrestricted funds and £nil was to restricted funds.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

7 Raising funds

	2021	2020	2020
		Continuing	Discontinued
		Operations	Operations
	£	£	£
Fundraising and publicity			
Staff costs	7,068	-	-
	-----	-----	-----
	7,068	-	-
	-----	-----	-----
Fundraising trading: costs of goods sold and other costs			
Theatre bar	-	-	3,885
Staff costs	-	-	1,645
	-----	-----	-----
	-	-	5,530
	-----	-----	-----
Total	7,068	-	5,530
	-----	-----	-----

8 Charitable activities

	2021	2020	2020
		Continuing	Discontinued
		Operations	Operations
	£	£	£
Coach tours and holidays			
Coach hire and expenses	-	-	10,869
Accommodation and tour attractions	-	-	7,830
Travel staff costs	-	-	9,104
Theatre			
Performers charges	-	-	7,699
Licences and other costs	-	-	1,610
Advertising and publicity	-	-	2,928
Community centre building			
Staff costs	-	-	25,297
Utilities	-	-	15,492
Repairs	-	-	1,468
Cleaning	-	-	728
Functions	-	-	702
Community based activities			
Memory clubs and social groups	7,128	29,990	-
Thematic projects	3,807	2,159	-
Donations to other organisations	3,000	2,181	8,300
Staff costs	138,478	92,640	-
	-----	-----	-----
	152,413	126,970	92,027
	-----	-----	-----
Support costs (note 9)	116,448	93,888	58,218
Governance costs (note 10)	2,196	2,627	414
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	271,057	223,485	150,659
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PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

8 (Continued)	2021	2020	2020
		Continuing	Discontinued
	£	Operations	Operations
		£	£
Analysis by fund			
Unrestricted funds - general	239,444	149,742	142,359
Unrestricted funds - designated	-	-	-
Restricted funds	31,613	73,743	8300
	271,057	223,485	150,659

9 Support costs

	2021	2020	2020
		Continuing	Discontinued
	£	Operations	Operations
		£	£
Staff costs - management and administration	107,862	87,349	22,240
Office utilities	2,400	-	1,721
Insurance	555	563	562
Computer expenses	382	243	491
Printing, stationery and office expenses	531	-	1,778
Office equipment leasing	584	1,433	313
Telephone	2,603	1,764	1,488
Staff and volunteers - other costs	991	444	340
Miscellaneous expenses	65	417	225
Other expenses	33	-	5,600
Loss on sale of fixed assets	-	-	19,756
Amortisation of intangible assets	-	-	696
Depreciation	442	618	3,008
Provision for doubtful debts	-	1,057	-
	116,448	93,888	58,218

10 Governance costs

	2021	2020	2020
		Continuing	Discontinued
	£	Operations	Operations
		£	£
Independent examiner's fees	1,470	1,548	-
Bank charges and interest	114	486	414
Legal and professional	612	593	-
	2,196	2,627	414

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

11 Trustees

None of the trustees (or any persons connected with them) received any remuneration or expenses during the current or previous year.

12 Employees

Number of employees

The average weekly number of employees during the period was:

	2021	2021	2020	2020
	Headcount	Full time equivalent	Headcount	Full time equivalent
Community Centre activities	-	-	5	1
Other community activities	11	6	7	3
Trading activities	-	-	1	-
Management and administration	2	2	4	3
	13	8	17	7

Employment costs

	2021	2020	2020
		Continuing Operations	Discontinued Operations
	£	£	£
Wages and salaries	231,462	164,244	54,777
Social security costs	16,384	11,981	2,910
Other pension costs	5,562	3,766	601
	253,408	179,991	58,287

The number of employees whose annual remuneration was £60,000 or more was nil.

13 Net income from activities

	2021	2020	2020
		Continuing Operations	Discontinued Operations
	£	£	£
Net income from activities is stated after charging:			
Depreciation	442	618	3,008
Amortisation	-	-	696
Independent Examiner's fees	1,470	1,548	-

14 Taxation

The company is exempt from taxation due to its charitable status.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

15 Intangible assets

	2021	2020	2020
		Continuing	Discontinued
	£	Operations	Operations
		£	£
Goodwill at cost at 1 April 2020	-	-	16,700
Disposals	-	-	(16,700)
	-----	-----	-----
Good will at 31 March 2021	-	-	-
	-----	-----	-----
Amortisation at 1 April 2020	-	-	3,340
Charged	-	-	696
Disposals	-	-	(4,036)
	-----	-----	-----
Amortisation at 31 March	-	-	-
	-----	-----	-----
Net book value at 31 March	-	-	-
	-----	-----	-----

Goodwill represents the value of net liabilities taken over on adoption of the business at the Barrington Centre, Ferndown, Dorset. The goodwill was transferred to Ferndown Town Council on the 31 August 2019, the date on which the Centre was transferred to Ferndown Town Council.

16 Property, Plant and Equipment

	Office equipment	Total
	£	£
Cost at 1 April 2020	1,853	1,853
Additions	-	-
Disposals	-	-
	-----	-----
Cost at 31 March 2021	1,853	1,853
	-----	-----
Depreciation at 1 April 2020	1,248	1,248
Charged	442	442
Disposals	-	-
	-----	-----
Depreciation at 31 March 2021	1,690	1,690
	-----	-----
Net book value at 31 March 2021	163	163
	-----	-----
Net book value at 31 March 2020	605	605
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The only assets held on 31 March 2021 relate to office equipment to be used for continuing operations which amounted to a net book value of £163.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

17 Trade and other receivables

	2021	2020
	£	£
Amounts falling due within one year		
Trade debtors	-	16,820
Other receivables	28,504	40,140
Prepayments and accrued income	333	-
Amounts owed by group undertakings	1,654	61,050
	30,491	118,010

18 Current liabilities

	2021	2020
	£	£
Trade payables	4,020	1,335
Other payables	13,708	1,524
Amounts owed to group undertakings	21,784	9,133
Provisions	1,050	1,050
	40,562	13,042

19 Creditors: amounts falling due after more than one year

	2021	2020
	£	£
Borrowings (Bounceback Loan)	50,000	-

20 Pension

The company operates a defined contribution scheme.	2021	2020
	£	£
Contributions paid in year	5,052	4,366

The contributions are all attributed to the main activities, being the operation of a community centre and other community activities.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

21 Analysis of funds

2019/20 - Prior Year Comparative

	Movement in funds				Balance at 31.3.2020 £
	Balance at 1.4.2019 £	Income in year £	Expenditure in year £	Transfers £	
Designated funds					
Intangible asset fund	13,360	-	-	(13,360)	-
	-----	-----	-----	-----	-----
	13,360	-	-	(13,360)	-
	-----	-----	-----	-----	-----
General Funds					
Unrestricted income fund	(47,010)	329,068	(297,631)	13,360	(2,213)
	-----	-----	-----	-----	-----
Restricted funds					
Furnishings fund	8,300	-	(8,300)	-	-
Home Safely project	3,526	-	(1,430)	-	2,096
Sporting memories project	1,172	100	-	-	1,272
Memory clubs	5,219	626	(5,042)	-	803
Magic table fund	1,688	-	(126)	-	1,562
Digital display board	4,001	-	(4,001)	-	-
Ferndown conversation	1,033	-	-	-	1,033
Carers support groups	134	307	-	-	441
Befriending scheme	1,103	30	(18)	-	1,115
Healthwatch	700	-	-	-	700
Sorted in Dorset	872	-	(140)	-	732
Dementia Friendly Communities	2,795	-	(2,795)	-	-
Co-Operative Community Grant	7,309	11	(164)	-	7,156
PramaLife Development	-	915	(160)	-	755
Reaching Communities	-	100,000	(36,454)	-	63,546
Valentine Trust	-	10,000	(10,000)	-	-
Cancer Awareness	-	8,129	(5,703)	-	2,426
Old Rope Walk Refurbishment	-	50,785	(7,710)	-	43,075
	-----	-----	-----	-----	-----
	37,852	170,903	(82,043)	-	126,712
	-----	-----	-----	-----	-----
Total funds	4,202	499,971	(379,674)	-	124,499
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PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

21 Analysis of funds

2020/21 - Current Year

	Movement in funds				Balance at 31.3.2021 £
	Balance at 1.4.2020 £	Income in year £	Expenditure in year £	Transfers £	
General Funds					
Unrestricted income fund	(2,213)	268,023	(246,512)	2,382	21,680
	-----	-----	-----	-----	-----
Restricted funds					
Home Safely project	2,096	-	(1,446)	-	650
Sporting memories project	1,272	817	(62)	-	2,027
Memory clubs	803	-	(803)	-	-
Magic table fund	1,562	-	(128)	-	1,434
Ferndown conversation	1,033	-	-	(1,033)	-
Carers support groups	441	-	-	(441)	-
Befriending scheme	1,115	-	-	-	1,115
Healthwatch	700	-	-	(700)	-
Sorted in Dorset	732	-	-	-	732
Co-Operative Community Grant	7,156	-	-	-	7,156
PramaLife Development	755	-	-	-	755
Reaching Communities	63,546	-	(19,347)	(208)	43,991
Valentine Trust	-	15,000	(7,402)	-	7,598
Cancer Awareness	2,426	-	(2,426)	-	-
Old Rope Walk Refurbishment	43,075	-	-	-	43,075
	-----	-----	-----	-----	-----
	126,712	15,817	(31,613)	(2,382)	108,534
	-----	-----	-----	-----	-----
Total funds	124,499	283,840	(278,125)	-	130,214
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Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes.

The purposes for which the restricted funds are held are as follows:

- a) Furnishings fund: This was for the refurbishment of the internal furnishings of the Barrington Centre and was transferred to Ferndown Town Council when they took on the lease for the building.
- b) Home Safely project: This provides specially formatted identity bracelets to people with dementia, if they are unable to find their way home the police can locate their carers.
- c) Sporting Memories project: This is for regular activities to support older people who are lonely and/or isolated or have dementia.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

21 (Continued)

Restricted funds (Continued)

- d) Memory clubs: This is funding received for the development of a support group and good practice: "Museum Memories" for people experiencing memory loss.
- e) Magic Table Fund: This is a fund set up for local people to donate to for the purchase and maintenance of a "Magic Table" display unit for people with dementia in the Wimborne area.
- f) Digital Display Board: This fund represented a donation for a new digital information display board at the Barrington Centre. The digital information display board was transferred to Ferndown Town Council when they took on the lease for the building.
- g) Ferndown Conversation: This grant was received to fund a community wide discussion on issues affecting older people and vulnerable people in Ferndown and to implement subsequent activities.
- h) Carer Support Groups: This fund provides ongoing facilitation and support to family members across Dorset who are caring for people with dementia.
- i) Befriending scheme: This project supports lonely older people with volunteers.
- j) Healthwatch: This funds training for people who may be vulnerable to falling and how best to mitigate this.
- k) Sorted in Dorset: This was funding PramaLife raised at the Sorted in Dorset event and will be used to develop the new kitchen at Old Rope Walk, please see also below.
- l) Dementia Friendly Communities: This fund was used to engage with local businesses in supporting people with dementia and raising awareness of dementia.
- m) Co-Operative Community Grant: This is a grant from the Co-Op originally awarded to assist us in purchasing a new mini bus. We are no longer purchasing a mini bus and the Co-Op have confirmed that we can use the grant for the purchase of other capital items.
- n) PramaLife development: This is a general fund for development of PramaLife activities.
- o) Reaching Communities: We were awarded a £100,000 grant by the Big Lottery in 2019, to develop a network of support groups and activities for older people and carers in Bournemouth between 2019/21.
- p) Valentine Trust: A grant to fund PramaLife activities in Poole supporting older people and carers.
- q) Cancer Awareness: A grant from Action Hampshire to promote cancer awareness to older people in the BCP and East Dorset areas, including older people with learning disabilities.
- r) Old Rope Walk Refurbishment: This fund comprises of 4 grants from Awards for All (£9,435), the Morrisons Foundation (£17,000), BCP Council Community Infrastructure Levy (£23,600) and the Rank Foundation (£750). These funds are being invested in renovating the kitchen at Old Rope Walk, Poole a major hub for PramaLife activity and also IT equipment for the use of all older people.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

22 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
2019/20 - Prior Year Comparative			
Fund balances at 31 March 2020 are represented by:			
Tangible assets	605	-	605
Current assets	10,224	126,712	136,936
Creditors (amounts falling due within one year)	(13,042)	-	(13,042)
	-----	-----	-----
	(2,213)	126,712	124,499
	-----	-----	-----
2020/21 - Current Year			
Fund balances at 31 March 2021 are represented by:			
Tangible assets	163	-	163
Current assets	112,079	108,534	220,613
Creditors (amounts falling due within one year)	(40,562)	-	(40,562)
	-----	-----	-----
	71,680	108,534	180,214
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23 Commitments under operating leases

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	Office equipment	
	2021	2020
	£	£
Within one year	1,705	-
Between two and five years	276	-
	-----	-----
	1,981	-
	-----	-----
Lease payments recognised as an expense in the accounts	2,323	1,433
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PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

24 Related parties

Control

For the period following its incorporation PramaLife was controlled ultimately by its founding members. On 8th November 2017 the founding members transferred their interest to The Prama Foundation which is now the sole member of PramaLife and whose trustees have the power to appoint and remove the board of directors.

Transactions

During the year, income of £11,250 (2019/20: £4,310) was received in respect of community workers from Hope in the Community, a charity where a trustee, Rev P Southcombe is also a trustee.

In addition, PramaLife granted Hope in the Community £3,000 to develop community projects in the Bournemouth area for older people.

Other transactions with the trustees are set out in note 11.

25 Parent company

On 8th November 2017 PramaLife Limited became a wholly owned subsidiary of The Prama Foundation, a charity registered in the UK.

Charity no. 1174197, Company no. 10778305.

The Prama Foundation is the ultimate parent undertaking of the largest and smallest group of undertakings for which the group accounts are presented, and has included the company in its group accounts, copies of which may be obtained from its registered office at Moran House, 1 Holes Bay Park, Sterte Avenue West, Poole, Dorset BH15 2AA.

The principal purposes of The Prama Foundation are the advancement of physical, mental and spiritual health through the provision of care, facilities, services, support and practical advice, to relieve financial hardship amongst older people and people of any age suffering from a physical or mental illness or disability.