

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)

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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

PramamaLife 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

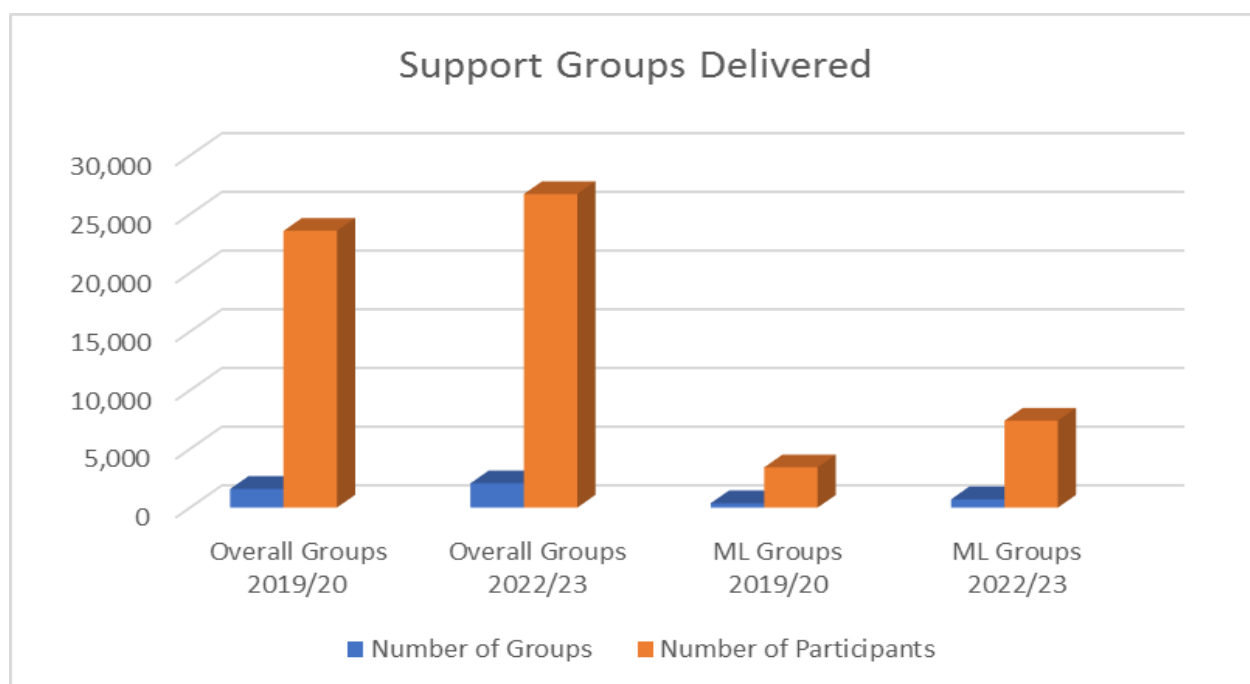
FOR THE YEAR ENDED 31 MARCH 2023

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.



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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.*

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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.*

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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%

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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.

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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 advice 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.

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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.

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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

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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.

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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.

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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

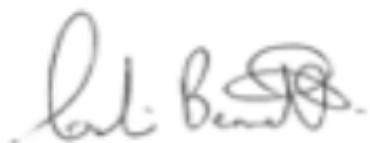
The trustees have given due regard to public benefit when planning the charity's activities, in accordance with sections G2 and G3 of the Charity Commission's General Guidance on Public Benefit (January 2010).

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
Income and Endowments from:		£	£	£	£
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
		-----	-----	-----	-----
Expenditure on:					
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	18				
Restricted funds			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

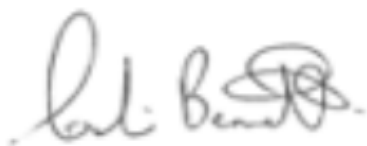
The company is entitled to exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

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
	<hr/>	<hr/>

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)
	<hr/>	<hr/>
Cost at 31 March 2023	7,000	7,000
	<hr/>	<hr/>
Depreciation at 1 April 2022	1,853	1,853
Charged	194	194
Disposals	(1,853)	(1,853)
	<hr/>	<hr/>
Depreciation at 31 March 2023	194	194
	<hr/>	<hr/>
Net book value at 31 March 2022	-	-
	<hr/>	<hr/>
Net book value at 31 March 2023	6,806	6,806
	<hr/>	<hr/>

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	-
	<hr/>	<hr/>
	32,370	35,180
	<hr/>	<hr/>

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

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

18 Analysis of funds

2021/22 - Prior Year Comparative

	Balance at 1.4.2021 £	Movement in funds			Balance at 31.3.2022 £
		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)
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	164,330	4,863	169,193
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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
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Lease payments recognised as an expense in the accounts	3,801	3,504
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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.