

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)

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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 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

PRAMALIFE (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>90,941</u>		<u>116,218</u>
Total assets less current liabilities					
			<u>90,941</u>		<u>116,218</u>
Net Assets					
			<u>90,941</u>		<u>116,218</u>
Income funds	18				
Restricted funds			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

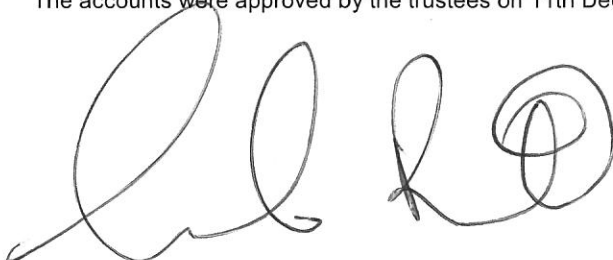
The company is entitled to exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

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

A handwritten signature in black ink, consisting of a large, stylized 'C' followed by a series of loops and a final flourish.

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
	-----	-----	-----	-----
	326,700	91,081	417,781	342,580
	-----	-----	-----	-----
Year ended 31 March 2024	296,331	46,249		
	-----	-----		

4 Charitable activities

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

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).

PRAMALIFE (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)	-	87,703
	<u>112,666</u>	<u>363,238</u>	<u>(388,201)</u>	<u>-</u>	<u>87,703</u>
Restricted funds					
Sporting memories project	2,441	-	(314)	-	2,127
Befriending scheme	1,111	-	-	-	1,111
Valentine Trust	-	15,000	(15,000)	-	-
Wellbeing Hub	-	76,081	(76,081)	-	-
	<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:

- Sporting Memories project: This is for regular activities to support older people who are lonely and/or isolated or have dementia.
- 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.
- Befriending scheme: This project supports lonely older people with volunteers.
- Valentine Trust: A grant to fund PramaLife activities in Poole supporting older people and carers.
- Wellbeing Hub: A joint project with the NHS and Help & Care to support and signpost adults who need emotional and practical support.

PRAMALIFE (CHARITABLE COMPANY LIMITED BY GUARANTEE)

NOTES TO THE ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

19 Analysis of net assets between funds

	Unrestricted funds £	Designated funds £	Restricted funds £	Total £
2024/25 - Current Year				
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)
	87,703	-	3,238	90,941
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)
	112,855	-	3,363	116,218

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	-	-
Lease payments recognised as an expense in the accounts	3,780	3,462

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.