

Be part of the vision

The Pramacare story

Pramacare is a Dorset-based domiciliary care charity. In the 1980s Dr. Chris Moran, a consultant at Christchurch Hospital, saw patients being discharged from hospital care, even though there was no support for them at home. His vision was to provide Pain Relief and Management, from where the name PRAMA (the Pain Relief and Management Association) originated.

Pramacare today

Since Pramacare's foundation in 1982 the vision has broadened to include personal care. Today the charity has grown from a handful of dedicated volunteers to a professional, trained team of Care Attendants, working every day of the year.



Care Attendants experiencing the hoist and learning how to use it as part of Pramacare's induction training.

Pramacare in the future

With cutbacks in access and funding to Social Care, Pramacare's work is continually growing. The charity is a registered provider with the Care Quality Commission (formally CSCI) and an approved provider with Social Services.

Ask to see Pramacare's 7-minute DVD, the Pramacare Vision, or view online at www.pramacare.co.uk

Helping people help people

With more financial support and more Care Attendants Pramacare will be able to help even more people. Its mission is to support the whole person and to be accessible to as many people as possible. The charity has a resident Chaplain and close links with local churches through which any of the people it helps can request spiritual support.

Care fee subsidies

Through our charity shops, ongoing fundraising and donations Pramacare is able to subsidise the cost of care for those on a reduced income.

Be part of the Pramacare vision

You can support the work of Pramacare in your prayers, both for the people that the charity helps, the dedicated team of Care Attendants and all those involved in the day to day running and management of this growing and much needed body of people.

Please fill in the form on this leaflet or contact the Pramacare office to find out about supported giving, opportunities to become a Care Attendant or to arrange for a Pramacare representative to visit your school, club or church.

Together we can make a difference

Pramacare Partnership Packs

Posters and a Pramacare DVD are all included in our Partnership Packs. If you would like to help Pramacare then register for a pack by calling **01202 207310**.



Giving just £2.00 each month will help subsidise someone's care



"For some of our Clients their Care Attendant is the only person they may see. Some people have no one."

"Caring becomes part of your life. I can honestly say that I love the work. It's such a great privilege to help people. To make sure that someone is warm, fed and safe and you've made such a difference."

Quotes from Pramacare Care Attendants.
Full interviews are available www.pramacare.co.uk/day

Email: fundraising@pramacare.co.uk



Telephone: 01202 207310



www.pramacare.co.uk