

### 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 team of professionally trained Care Attendants.

**Helping people at home  
every day of the year since 1982**

Ask to see Pramacare's 7-minute DVD,  
the Pramacare Vision, or view online at  
**[www.pramacare.co.uk](http://www.pramacare.co.uk)**



**Pramacare's ethos follows the example of Jesus Christ, who showed care and love in a practical way.**

As a non-denominational Christian charity Pramacare is committed to helping people regardless of creed, culture, or age. We understand that each person we support is an individual and we seek to provide compassionate support, giving dignity and respect.

### What people say about Pramacare...

*"As a daughter it's so reassuring to know that Mum is being looked after. When I see her with her care attendant I'm so aware of the compassion and professionalism."*

*"I couldn't cope without Pramacare. They are lovely people. They looked after my husband until he passed away and now they are here for me."*

*"Thank you all for your friendly help during my recovery from surgery. Carers who came to help were always cheerful and friendly and encouraging during what has become a long slow and difficult period of time."*



*"Pramacare truly is Christianity with its sleeves rolled up."*  
Author and speaker Joni Ereckson Tada

#### OUR ADDRESS:

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

**Telephone: 01202 207301**  
**[www.pramacare.co.uk](http://www.pramacare.co.uk)**

## PRAMACARE FOOTCARE

*In your own home*



**Compassionate, professional  
toenail cutting service**

*"With Pramacare I'm met as a person. I'm an individual and not a service user."*

**Pramacare Client**

**Pramacare**  
Helping people at home 

**[www.pramacare.co.uk](http://www.pramacare.co.uk)**

Registered charity number: 801967



PRAMACARE

Telephone: 01202 207301



### Toenail cutting service

Pramacare's toenail cutting service\* is extremely popular and used by people in Poole, Bournemouth and East Dorset. The service is provided to those who:

- have poor sight
- have poor mobility
- are housebound
- are referred by their GP

A fully trained Care Attendant who has been trained by the Podiatry Service from Bournemouth and Poole Teaching PCT will visit and provide the toenail cutting service. If there is more than one person resident at the same address we can provide the same service for a reduced fee.

Pramacare is a registered provider with the Care Quality Commission (formally CSCI). See our report at [www.CQC.org.uk](http://www.CQC.org.uk)

### PRAMACARE FOOTCARE FEES

To arrange an appointment call 01202 207301

**ON THE FIRST VISIT**  
a one off payment of  
**£7.50 per person**

This is for the cost of your own set of clippers and file, which remain your property and will be used for future appointments.

### INDIVIDUALS

**£11.90 each visit**

### GROUPS

2 people living at the same address

**£17.45 combined**

3 people or more living at the same address

**£8.50 each person**

**Cancellation fee 50% of cost**  
**(24 hour cancellation notification period)**

\*Prices 2009. Please check current prices when making your appointment.

*\* Pramacare currently does not provide other chiropody treatments, these would need to be booked through a GP. When other foot problems are identified Clients are referred back to their GP for specialist care.*

### Other Pramacare Services

Each day Pramacare's dedicated team of Care Managers and Care Attendants provide help directly to people in Bournemouth, Poole and East Dorset.

By simply calling the Pramacare Care Centre, on **01202 207321**, a request for help can be made by an individual or, with their consent, by a concerned relative, friend, or family doctor.

Once the request has been made Pramacare will arrange for a qualified Care Assessor to visit and discuss the specific needs of the person, before a Care Attendant is assigned. A refundable charge is made for this assessment service.

*We offer a range of care services:*

- Getting in/out of bed
- Washing
- Bathing
- Dressing
- Toileting
- Shopping
- Food preparation
- Household jobs
- Night-sitting (occasional)
- Respite sits



**ASK ABOUT  
OUR DAY  
CENTRE  
FACILITY**

*A separate sheet lists our care fees.*



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