

Network News

Creating community for those living with dementia and their carers



EASTER EDITION 2024, EDITION 6



WWW.LYRICSANDLUNCH.ORG



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Celebration Day at St Thomas', Lancaster Sat 18th May, 10.30-15.30

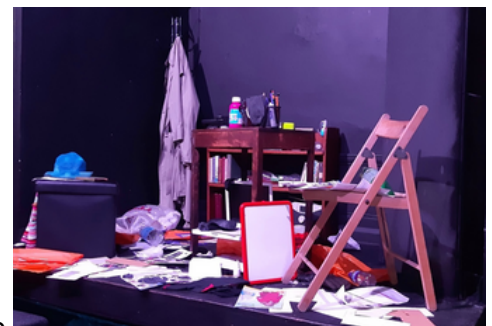
Come and join us for a day of celebration of Lyrics and Lunch, including a theatre production (see below!), followed by discussion time, lunch (please do remember to book), and our AGM, ending the day with a Lyrics and Lunch sing-a-long for us all to enjoy. Email or phone for more details.

“William Kite has Memory Issues”

This one-hour drama focuses on gentle 60-something, William Kite, and his interactions with interested individuals and agencies – GP surgery, police, fraudsters, Occupational Therapist, social worker and friends as he attempts to come to terms with his changing reality.

Written from the writer's own experience of seeking support for someone with early-onset Alzheimer's disease this show aims to provide an entertaining, thought-provoking and occasionally humorous audience experience in its depiction of the impact of encroaching dementia on an intelligent, independent individual.

Come and join us on our Celebration Day to enjoy this production together and discuss the issues it raises.



News from Thornborough



Recently we celebrated the 91st birthday of one of our founder guests, Sheila. We had a lot of fun but sadly, she passed away a week later as her dementia declined rapidly. We have also lost another founder guest who has now gone into a residential home. However, we have had an encouraging number of new people joining as well!

We were visited by the Managers of the Care and Support Team, the social prescribers connected to our local GP Surgeries, who followed their visit with an article on the GPs Facebook page. They enjoyed their visit and said *"We found the group to be warm and welcoming. The enjoyment was clear to see for all involved and Katy and her team worked really hard to ensure everyone was included"*.



One of our volunteers sings in a local choir (The Lenborough Singers) and for their fundraising concert this spring they chose to support our Lyrics and Lunch group! The concert was a sellout with 350 tickets sold. We provided a team of volunteers to serve the interval refreshments and I was given three minutes to explain what we do, so I shared the five threads that underpin the charity and a brief explanation of what a session looks like.

We also had a display board up, complete with sensory scarves, musical instruments and leaflets. The choir master also backed up how wonderful the charity is, given her dad has been one of our guests (the one who has just gone into a home). The audience were very generous and I have received the news that **£1000** was raised for us! We will be donating some of that to the Network, to help fund and support the work you do on our behalf.

A number of people came up to speak to me after the concert, another couple have signed up to join the group, most of the leaflets were taken, and another lady has contacted me since to ask about being a volunteer. So I think the evening was definitely a success and has immensely raised the profile of Lyrics and Lunch and our group.

What amazing news! Many thanks to Katy, the leader of the Thornborough group, and her fantastic team of volunteers.

Our groups

- St Thomas', Lancaster
- St Chad's, Lancaster
- St John's, Sandylands, Heysham
- Christ Church, Thornton
- St Oswalds, Preesall
- Methodist Church, Thornborough
- Bethel Baptist, Swavesey

And an affiliated group, "The Sunshine Singers" at Lancaster Friendship Centre.

We are currently working with three other churches who are hoping to start Lyrics and Lunch groups - in Aberdeen, Blackpool and Darlington.

For more information on any of our groups, please see our website

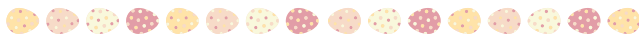


Water!

We all know that it's good to keep hydrated, and drinking water throughout the day has many health benefits.

Someone with dementia may become dehydrated if they are unable to recognise that they are thirsty, or are unable to communicate this. This can lead to headaches, increased confusion, and urinary tract infections, all of which can make dementia symptoms worse.

Having a cup or bottle of water close by will encourage us all to drink more. If drinking is difficult, ice lollies or yoghurts have a high liquid content.



“Lyrics and Lunch is a great place to meet people who understand”



New Appointment



We are very excited to announce the appointment of Alison O'Neill as Field Officer. She will be working alongside Jeanette Main in the office helping promote our groups and reach new churches, so they in turn can serve their communities.



Happy socks



One of St Thomas' favourite songs is 'Black Socks', when we all compare our socks -we have colourful ones, stripey ones, spotty ones, socks with dogs on, socks with fruit on, and what we know as gentleman's socks (argyle patterned as pictured). This leads us to wondering two things -what are the happiest socks you own, and what is your favourite song to sing at your Lyrics and Lunch group?

Please do get in touch and let us know!



*“Black socks, they never get dirty,
The longer you wear them the stronger they get!
Sometimes, I think I should wash them, but then
a voice says to me ‘Don’t bother yet! Not yet!*

Not yet! Not yet! NOT YET!’ ”



How to support our work

financially

Lyrics and Lunch is a registered charity and receives no government funding.

To be able to provide this vital resource, we depend on the generosity of others. Please consider if you are able to give.

Our bank details are: Lyrics and Lunch Network

NatWest Bank -sort code 01-00-61,
Account number 20698607

Or cheques can be made to **Lyrics and Lunch Network**, and sent to 5 Chad's Drive, Lancaster, LA1 2SE.

If you are able to gift aid your donation, please tell us. Thank you!

prayerfully

We believe that prayer is central to our work and would really appreciate prayers for all our current groups, for new groups to be set up, and for our Celebration Day.

We also like to be able to pray for you. If there is anything you would like prayer for, please contact Jeanette in confidence.

word of mouth

If you enjoy being part of Lyrics and Lunch, why not tell others. We are very happy to support any church or organisation wanting to start their own local Lyrics and Lunch group.



Jeanette Main, founder of Lyrics and Lunch, and piano player for the St Chad's and St Thomas's groups in Lancaster.

Contact Details

We always love to hear from our network with photos and stories, and with suggestions of what you want to see in our next issue (coming out Summer 2024).

email: contact@lyricsandlunch.org
tel: 07486 985357

We look forward to hearing from you!



www.lyricsandlunch.org

Registered charity number: 1196797