

Network News

Creating community for those living with dementia and their carers



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SUMMER EDITION 2024, EDITION 7



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Celebration Day Special

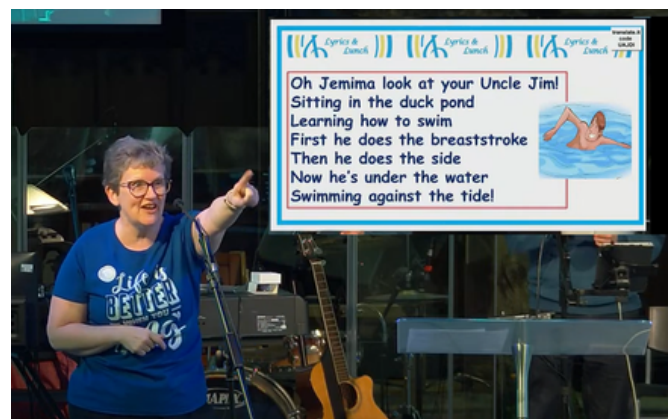
Over 50 people joined us in May as we celebrated 10 years of Lyrics and Lunch. It was a wonderful day with the local MP, Cat Smith, opening the day; a guest speaker from the Bay Information Hub; an amazing theatre performance and a really helpful discussion afterwards. There was also a wonderful lunch; an informative AGM and a joyful singalong to close.

Turn the page to find out more...

Mission Partner News

St Thomas's Church, Lancaster, chooses 12 Christian charities to support - one for each month of the year. I am delighted to be able to tell you that Lyrics and Lunch has been adopted from the start of 2024, which means we have been able to share more about what we do with all three congregations, and we will benefit from ongoing prayer and financial aid. In June we were able to be part of a special

Sunday event promoting all the mission partners, including getting the congregations singing and joining in with actions, which went down really well and everybody enjoyed it.



Top tips for keeping cool in warm weather !



1. Dress appropriately

Light-coloured, loose-fitting clothes made from natural fibres can help keep people comfortable and prevent overheating. A hat or cap for outside is also a good idea.

2. Keep the house as cool as possible

It might be important to check that the central heating isn't on, and to invest in some fans if necessary. The easiest way to keep a room cool is to keep the curtains or blinds closed and stop the sun / heat from coming in. In the evening, open the windows to let the warm air out and the cooler air in.

3. Avoid the midday sun

The general advice is that we all stay out of the sun between 11am and 3pm -the hottest part of the day, and this is certainly important for people with dementia. When you are outside, try and keep to the shade, reapply sunscreen regularly and keep hydrated by sipping on water throughout the day.

4. Find cool ways to cool down

If a person with dementia is getting hot or agitated, a cool bath or shower will help. Alternatively, having a wash cloth and a bowl of cool water (pop some ice cubes in), so they can dab themselves when needed does help. Placing a cool wash cloth on the insides of a person's wrists or the back of the neck are the most effective spots to cool someone quickly.

Putting an ice pack, or bottle of frozen water by the fan cools the air that is being circulated.

Enjoy some lollies -this will also help the person keep hydrated. Why not try making your own lollies with the flavour of your choice, or even try freezing yoghurt!.



5. Check on the person regularly

When someone with dementia gets too hot, they will become more confused and less aware of the temperature or how to help themselves. By checking in regularly (or asking a trusted neighbour), we can spot the signs that someone is overheating and get help faster.

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.

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





Celebration Day

What a wonderful day!

As well as the fun, friendship and laughter that we have all come to expect from a Lyrics and Lunch gathering, we also had a very encouraging AGM. This detailed our plans for the coming year (stage 1 -apply for grants to enable the start up of more Lyrics and Lunch groups targeting Lancashire and Cumbria), and included a summary of the research into how Lyrics and Lunch is helping those with dementia. This was very interesting, and motivates us to continue with what we do, as well as help us to address any possible barriers that stop people being able to join a Lyrics and Lunch group.

If you would like a copy of our Celebration Day booklet (either printed or via email), which has this written in more detail, please do email in and ask.



“It was great hearing practical advice from the speakers ”



Drama Performance

Based on their own experiences supporting a friend who developed dementia, the theatre company gave a poignant, yet often humorous, performance detailing the difficulties supporting a person with dementia -that we all know too well. How many of us have phoned one place for support to be told we need to contact someone else? Or been on hold to the GP surgery for a lengthy time, with ‘soothing’ music on repeat? And yet, there is humour and hope to be found on this journey, and there were plenty of laughs and smiles in the audience as we felt heard, understood and could relate to the story. We are grateful to the company for giving up their time and sharing their story with us, which was a springboard for many good conversations, and sharing of ideas and stories.

We want to thank everyone who was able to come along and join in our celebrations, especially for all the volunteers that helped with the organisation and set up, refreshments, and the general running of the day.

If you have any feedback, we would love to hear from you! What went well for you, and what could we include next year to make it even better?



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