

Network News

Creating community for those living with dementia and their carers



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WWW.LYRICSANDLUNCH.ORG



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Lyrics and Lunch is growing!



It is an absolute pleasure to be able to introduce Charis Watson, our most recent addition to the staff team.

Charis will be working alongside Jeanette and Alison, and more specifically with churches in the Northwest, looking to expand and develop the Lyrics and Lunch network.

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

Keeping active



With the beauty of nature in autumn, now is a great time to wrap up warm and go out for a walk. Staying active and eating healthily is good for all of us, but is especially important for people living with dementia. However, the challenges of the condition mean this may become more challenging. Here are some tips that might help:

1. Wrap up and get out!

Establishing a routine of waking up, having breakfast and getting dressed before going for a walk can be really beneficial. Just feeling the air on your skin and being stimulated by the outside world engages the mind and the brain. It is important to wear suitable clothing for the weather, especially footwear, but even a short, slow walk can be beneficial. Why not see where you can swap car journeys for walks? Some people prefer to have a purpose to going out - is there a letter that needs posting, or a prescription to pick up? Go to a local park and hear the crunch of the leaves as you step on them. Collect some conkers or colourful leaves to make autumn art at home.



Be realistic about how much activity can be done at one time, and think about what the rest of the day or week will look like. Having an opportunity to rest and recover after being outside is also important.

2. Activities in the house

Consider also the different activities that can be done in the home to help a person living with dementia to stay active. Gardening and planting new flowers / vegetables can be really rewarding to see grow day after day, and need attention - even if just watering. Helping with household chores, cooking and baking, and being involved in daily life is all stimulation and reinforces that the person is still important and has something to offer.

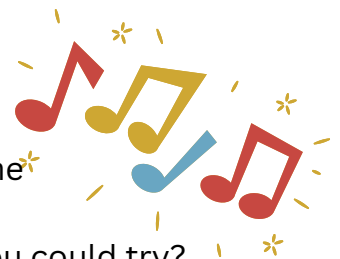
3. Indoor activities

Think about the person's hobbies and likes, and encourage them to engage in these - or find a new hobby entirely! Jigsaws and puzzle books keep the brain active, board games and card games can be fun - it might be that you can invite someone else to join in. Card-making personalises the times we need to send a card to someone; knitting can result in a beautiful item.

4. Make life fun

Have music on and sing along - maybe try dancing to your favourite tunes. Don't worry about getting the steps right - just have fun! With Strictly Come Dancing back on the television, why not dance along?

Buy healthy fruit and make a colourful salad with it - is there a new fruit you could try?



5. Contact others

Keep going to Lyrics and Lunch groups and talk to others about how they spend their time and share ideas. It may be that you want to meet up together on another day to go for a walk, or visit a coffee shop. And if you have great ideas or do something special, please contact us and let us know - we'd love to share your advice and see what different hobbies you all have!






Newcomers Welcome

We welcome everyone to Lyrics and Lunch -whether you've been many times in the past, or whether this is the first time you've joined us!

At one of our groups last week, we had the pleasure of the company of a new gentlemen who joined us along with his wife for the first time. Imagine my joy when I looked up from the piano to see his infectious smile and bright eyes looking back at me, obviously enjoying the group, and joining in enthusiastically!

This is why Lyrics and Lunch groups are so important -we are a family and have lots of fun.

If you know someone who might want to come along, why not invite them to your next session?



“At Lyrics and Lunch I am seen and known”



Grant application approved!



We have been working hard behind the scenes to obtain grants to enable us to further promote the good work Lyrics and Lunch groups across the country are doing, and to enable us to set up new groups.

I am very pleased to say that we have recently been awarded a grant that will cover the set up costs for any new group starting (terms and conditions will apply). If you are aware of any church that may be interested, please do let Jeanette know -or ask them to get in touch with Jeanette directly.

With new groups starting up, even more people can be welcomed and supported into the Lyrics and Lunch family, and what a blessing that would be to all of us.



We want to thank everyone who helps with the running of our Lyrics and Lunch groups. We know how hard you all work to make your group a success and we appreciate it. Without your support and dedication, people living with dementia and their carers wouldn't have access to the fun, friendly, supportive atmosphere that Lyrics and Lunch groups are known for. Thank you.





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, Network Manager and leader of 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 Christmas 2024).

email: contact@lyricsandlunch.org
tel: 07486 985357

We look forward to hearing from you!



www.lyricsandlunch.org

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