

# Network News

*Creating community for those living with dementia and their carers*



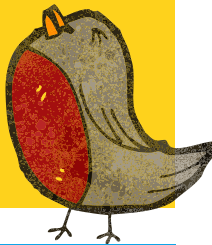
CHRISTMAS EDITION 2024, ISSUE 9

WWW.LYRICSANDLUNCH.ORG



## In this edition

- Christmas song trivia
- Christmas hints and tips
- Putting the 'fun' into fundraising!



## Christmas Trivia

Here at Lyrics and Lunch we know all about the power of music, but did you know...

- Christmas Carols originated so that people who were unable to read the bible could still learn the story of Jesus' birth?
- The most frequently requested Christmas song on radio is 'All I Want for Christmas is You'
- In the 16th Century, Oliver Cromwell and his Puritan government banned the singing of Christmas Carols.
- *Jingle Bells* was the first song played in space (16th Dec 1965)



*do you have a favourite Christmas tune?*

## Our groups

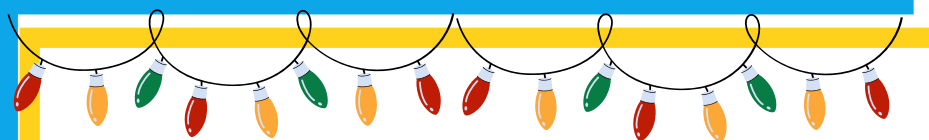
- St Thomas', Lancaster
- St Chad's, Lancaster
- St John's, Sandylands, Heysham
- Christ Church, Thornton
- St Oswalds, Preesall
- Methodist Church, Thornborough
- Bethel Baptist, Swavesey



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



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



# Christmas



This time of year is full of expectations of time enjoyed with family, good food and relaxation. Living with dementia, or supporting someone with dementia over Christmas, may mean this is more challenging, but the festivities can still be enjoyable for all. Here are some simple tips to help you:

**Plan ahead.** Wherever possible spread out visitors, be clear about how long is reasonable for them to stay -whether that's days, hours or minutes, and let them know in advance. Plan meals and snacks -don't be afraid to ask visitors to bring 'something sweet' or 'something to drink' with them to make it easier for you.



**Spread out activities.** Having one thing over three days is more manageable than three things on one day! Use your calendar to book things in sensibly. Having it written down for easy reference is also helpful.

**Put the Christmas decorations up slowly** -not only is this more manageable, but it is easier for the person living with dementia to adapt to, which lessens confusion.

**Involve the person living with dementia wherever possible.** Would they like to put the nativity scene up? Would they like to help write Christmas cards, or put stamps on the envelopes? You may find they remember the blessing to say over candles, or the words to Christmas songs / carols perfectly; this is often the kind of thing the brain retains even when other memories have begun to fade.

**Keep to routines.** If you always go for a walk in the morning / listen to the radio over breakfast, keep doing it. This is a really good coping strategy and you may find visitors enjoy being part of your daily life!



**Be prepared for repetition.** Whether in the form of questions, or anecdotes and memories evoked of long ago, it is usual for people living with dementia to need more reassurance or repeat themselves more at special times like this. It can be frustrating but try to remind yourself the person cannot change the way their brain retains information -reacting positively to them will encourage participation and inclusion.

**Need a repeat prescription?** GP surgeries and pharmacies may be operating on limited opening hours over the Christmas and New Year period so make sure you're stocked up with all the necessary medication in advance.



**Care homes.** If you are visiting someone in a care home, make a note of the times you are welcome to visit them -many places are quite stringent on the day, and visiting them the day before / closest weekend is preferable -don't feel guilty about visiting on the actual day; it's more important to spend quality time with them when you are more able to do so.

# Merry Christmas

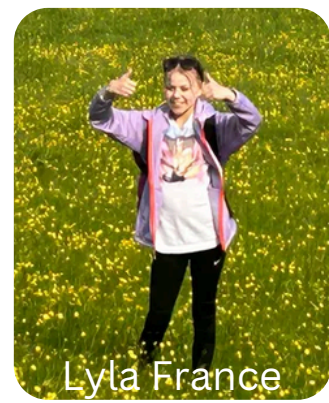
# Fundraising News

## 3 Peak Challenge

A massive thank you to Lyla France, who raised an amazing **£295** by walking the Yorkshire 3 Peaks! This is what she wrote when asking for fundraising:

**“Do you want to join me in making a difference? As part of my Archbishop of York Project for school I decided to walk the Yorkshire 3 Peaks this half term for charity. I did all 3 separately in 8 hrs 28 mins and would like to raise as much money as I could for a good cause in my community. My charity is “Lyrics and Lunch”. They support people with and affected by dementia. Every donation will help”**

**A big thank you Lyla!**



Lyla France

“Every Donation will help”

## Beetle Drive

Our Thornborough group held their annual Lyrics and Lunch fundraiser and raised £360 by holding a beetle drive with a ploughman's supper. It was a sell-out and it looked like a lot of fun!

During the August bank holiday, Thornborough hosted a free cream tea for all Lyrics and Lunch guests, inviting all the volunteers from around the village who bake cakes for the group as a way of saying thank you. What a great idea!

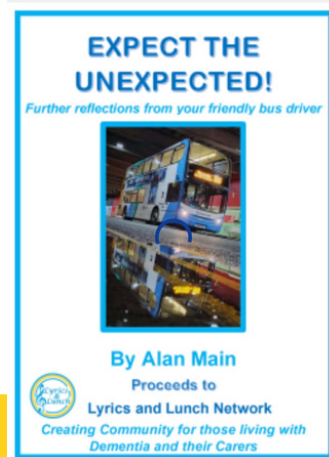


## Expect the Unexpected

Jeanette's husband, Alan Main is a bus driver and written several books about his travels. He sells these funny, heart warming tales with all donations going to Lyrics and Lunch.

You can donate on this link: <https://gofund.me/8503e6dd>

Please email [contact@lyricsandlunch.org](mailto:contact@lyricsandlunch.org) if you would like either a physical copy or a pdf.



## What's your group doing?

We do ask each of our groups to fundraise once a year for the network. Hopefully this page has given you some ideas of what your groups can do, but if you need further help, please do get in touch. As a charity, fundraising is vital to our ongoing work.





# 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

[contact@lyricsandlunch.org](mailto:contact@lyricsandlunch.org)  
07486 985357

We look forward to hearing from you!



# [www.lyricsandlunch.org](http://www.lyricsandlunch.org)

*Registered charity number: 1196797*