

Network News

Creating community for those living with dementia and their carers



EASTER EDITION 2025, ISSUE 11

WWW.LYRICSANDLUNCH.ORG



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Annual Celebration Day: Book Now!

EMBRACING AGE
Later life in all its fullness



Saturday 17th May at St Thomas Centre, Lancaster,
Guest Speaker Paul Crowther from the charity Embracing Age
Also hear about our new Lyrics and Laughter project in Care Homes,
10am till 3pm, Lunch included, donations welcome.

Email contact@lyricsandlunch.org or phone 07486 985 357 to book.

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



New group: Midge Hall, Leyland
Starts Wednesday 14th May
Check out the next page for
more information

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

Midge Hall

We recently trained a new group at Midge Hall Methodist Church, Leyland, which will be starting on Wednesday 14th May. The group will run on the 2nd and 4th Wednesdays of each month. If you or someone you know is interested in joining, please get in touch: kaibland-layworker@outlook.com



We had an amazing lunch with three different homemade soups, and a selection of homemade cakes and sweet treats. This group will definitely make sure you are well fed with delicious food!

We ended the day with singing, laughter, and learning all the actions! Jeanette even handed over to one of the volunteer musicians who led us in a fabulous rendition of *She'll be Coming Round the Mountain*.



Ready for Easter?



Warmer Weather

As we head towards Easter, the days are gradually getting warmer and the sun is finally getting his hat on! It also means that it's even more important to stay hydrated, get your sun hat out, and lather on the sun cream if you're out.



For those with dementia, staying hydrated can be more of a struggle, and dehydration can lead to headaches, increased confusion, and urinary tract infections. Having a cup or bottle of water close by encourages us all to drink more, and if drinking is difficult, ice lollies or yoghurts have a high liquid content.

Activities to do

There are often many activities which go on at Easter in the community, local National Trust sites, and at church - why not get the whole family involved? Getting out and about is important for us all and helps to combat loneliness, even sitting in the garden or going for a walk nearby to see the spring flowers can be good for our mental wellbeing.

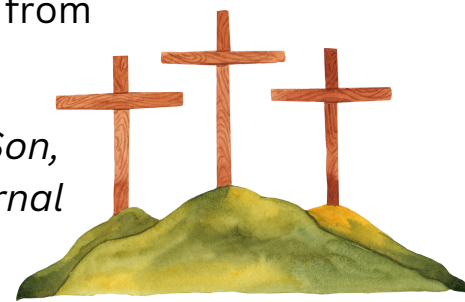
Easter Reflections from Charis

As we approach Easter, why not take some time to reflect on Jesus and His love for you. Take a look outside, what do you see? You might notice flowers blooming, young birds and animals about, and the sun shining (I hope!). As new life appears this season, let us remember the new life that Jesus offers us through Him.

To reflect further, you might want to read or listen to John 19 & 20 in the Bible which guides us through Jesus' death and resurrection. *What emotions do you feel? Which person do you most relate to? Who is Jesus to you?*

You could also listen to the wonderful hymn, Thine be the glory, that we often sing during Easter time at Lyrics and Lunch. You might want to pick out certain verses or words that you like. Verse two (Lo, Jesus meets us, risen from the tomb...) is my favourite!

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16





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
07486 985357

We look forward to hearing from you!

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www.lyricsandlunch.org

Registered charity number: 1196797