



# Lyrics and Lunch®

Creating community for those living with dementia and their carers



## **Lyrics and Laughter® in Care Homes**

*Harness the well-proven benefits of music along with good company and laughter to bring more joy into the lives of your care home residents.*

Lyrics and Laughter is part of the Lyrics and Lunch family- a growing national network of groups. It uses the benefits of singing and group music-making with fun, friendship and laughter to enhance the lives of older people and is particularly good for those living with dementia. Lyrics and Lunch Network is a registered charity and we support all our member groups with training, resources, newsletters, ideas and an annual conference day.

### **What are the benefits of Lyrics and Laughter for our residents?**

The benefits of musical activities for the elderly are well documented, especially for those living with dementia. Lyrics and Laughter provides an event you can run regularly and invite friends and family to join in, thereby encouraging visits and giving family and friends the chance to make positive memories of their loved ones taking part and enjoying the music. This can provide better wellbeing for residents, who will often feel happier and better supported even if they can't remember the event afterwards!

### **Is there anything else besides the music?**

We recommend you finish the session with tea and cake and a good chance to chat and share together with their visitors. This really adds to the wellbeing created by the session and everyone can chat about the music they have just enjoyed together.

### **Why join the Lyrics and Lunch family?**

We are a charity, not a profit-making organisation. We keep costs to a minimum and help you to link with volunteers in your local area to help you.

As a network of groups, we share ideas, resources, grant opportunities and new developments together. Nearby groups even sometimes share musicians!

### **What kind of music do you sing?**

The main part of the session includes all kinds of familiar music; songs from the shows, things people may have sung at school, popular songs from the 50s, 60s and 70s and so on. We also have fun with rounds, action songs and playing percussion instruments for part of the time.

We deliberately mix in some fun and laughter as we believe that laughter really is a medicine.



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





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## **What makes this different from other singing projects?**

Many of the volunteers who support our groups are from local churches.\* This link enables us to provide the added benefit of spiritual support to those who are unable to get to church. We find that even those who may not have been to church for years remember the old hymns and are comforted by this very short input at the end of a session, which comprises of two hymns with a very short Bible reading and 2 minute thought for the day in between them.

We deliberately set this at the end so that if anyone really felt they didn't want to be part of it they could still enjoy the rest of the session and simply leave before this part. In practice we have never found anyone objected to it, being happy to sing an old hymn even if they were not churchgoers, but we have had lots of appreciative feedback from people who found it particularly comforting.

\*We would be happy to look into extending this to other faiths where appropriate.

## **What support do you provide to get us started?**

1. You receive a training session for your team and any volunteers you may already have on board and we will run a sample session with your residents as part of that.
2. Branded posters and leaflets for your group so that you can invite friends and family of your residents to come and be part of the fun.
3. A start-up pack of colourful, large print, booklets with all the words for songs in four ready-made sessions and pdfs to print for additional repertoire.
4. Our brand-new Team Handbook with lots of useful information including further suggested running orders for sessions and a selection of 20 suggested Bible readings and 'Thought for the day' slots.
5. Lyrics and Lunch team lanyards.

## **Items we can organise for you and pass on at cost price**

1. Props for the singing including colourful chiffon scarves, a bubble machine and percussion instruments if you don't already have them.
2. Other branded items if required.

Please let us know if you would like to know more, and we will be happy to hear from you.



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