

Network News

Creating community for those living with dementia and their carers



NEW YEAR EDITION 2026, ISSUE 14

WWW.LYRICSANDLUNCH.ORG



In this edition

- Scottish Celebration and Ceilidh on Jan 17th
- Thanks so much to our co-founder Peter
- News from around the Network: Thornborough and Caton

We hope you had a lovely Christmas. Above is a picture from the Christmas meal which our St Thomas Lancaster group enjoyed. We wish you fun, joy and laughter in 2026. If you're able to get to Lancaster on January 17th why not join us for our Scottish Celebration and Fundraiser which is sure to be great fun. Details inside.



Huge Thanks to Peter!

At our St Chad's Lancaster Christmas Celebration we also said goodbye and thank you SO much to our co-founder Peter Burrow. He has been Jeanette's right hand man since the very first Lyrics and Lunch meeting in September 2013. He accompanied her to London for the two awards we won and has been a huge support in so many ways, not least his great singing voice!. We wish him very well in his retirement and hope he will pop along to sing with us when he can. Jeanette presented him with a collage of memories from Lyrics and Lunch!





Scottish Celebration and Ceilidh

in aid of Lyrics and Lunch



Sat 17th January 2026

3pm-8pm

St Thomas Church Centre, Lancaster



**Family-friendly early Burns Night,
Music and dancing
with Ceilidh Band "The Adopted Scots"**

Scottish Buffet Meal

including Haggis, Clootie Dumpling and Cranachan



**£10 Adult, £5 Child
£25 Family (2 Adults and up to 3 children)**



Further details and tickets email
contact@lyricsandlunch.org
or phone 07486 985 357
or scan the code to book online



News from around the Network

Katy kindly sent us some updates from the **Thornborough group**, who have been very busy! Pictures show a tea party in August with ukelele entertainment and of their entry in the Christmas Tree festival in the village, showing the ornaments they made depicting their love of both music and cake. They got a trophy for second place- well done! Sadly they also lost a founder volunteer who died during the year, and family and friends set up a Memory Giving account for donations to Lyrics and Lunch funds, for which we are very grateful.



Katy says: "All in all we have had a good year and welcomed some new guests. I know we are not a big group but the latest feedback from Peter, one of our newest guests, was "Thank you for all you do. You have made such a difference to our family" - a reminder of the reason and value of why we do this."

New Groups coming soon

We have some new groups starting very soon. Jeanette and Evgenia will be leading the training session for a new Lyrics and Laughter group at Brookhouse Methodist Hub, near Caton which will be starting later this month. The group are planning to meet twice a month on Tuesdays between 2pm and 3.30pm, with the first session planned for Tuesday 27th January. Everyone is welcome.



For more details contact

Revd Helen Scamman, email vicar@stpaulscaton.org.uk

Two new Care Home groups are planned to begin soon, at The Sands in Morecambe and Sands Meadows in Hest Bank supported by local churches.

Watch this space for more new groups soon!



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

Cheques can be made payable 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 let us know. 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 new Lyrics and Laughter in Care Homes project.

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,
Network Development
Manager and leader of the
St Chad's and St Thomas'
groups in Lancaster.**

Contact Details

Jeanette can be reached on
contact@lyricsandlunch.org
07486 985357

Field Officer Evgenia Apostolou
can be reached on
evgenia@lyricsandlunch.org

We look forward to
hearing from you!

www.lyricsandlunch.org

Registered charity number: 1196797