

# Network News

Creating community for those living with  
dementia and their carers  
*incorporating Lyrics and Laughter*



EASTER EDITION 2026, ISSUE 15

WWW.LYRICSANDLUNCH.ORG



## In this edition

- Celebration Day 2026- Saturday May 16th with Special Guest Jill Duff, Bishop of Lancaster.
- New Group- Rufford St Mary's



A very Happy Easter to everyone  
in the Lyrics and Lunch Family.

**"Thine be the glory, risen conquering Son  
Endless is the victory thou o'er death hast won!"**

## CARERS CORNER

Create a relaxed, unhurried environment.

Dementia can affect how quickly a person processes information, so rushing them can lead to confusion, anxiety, or frustration.

-Reducing background noise, keeping routines consistent, and using a gentle tone when speaking can all help create a sense of safety and reassurance.





**You are invited to**  
*Lyrics and Lunch*



*Network Celebration Day 2026*

## **Grey Hair is a Crown of Glory**

### **Valuing Older People**



**Special Guest Speaker**  
**Rt Revd Dr Jill Duff**  
**Bishop of Lancaster**

**Sat 16<sup>th</sup> May 2026 at St Thomas Church Centre Lancaster**  
**9.30am until 2.30pm, Lunch provided- Please book**  
**Parking available**

**9.30.am coffee**

**9.45 Introduction**

**10am Keynote Speaker Bishop Jill**

**10.45 Discussion and feedback (with more coffee)**

**11.30 Network Updates and sharing**

**12.15 Lunch**

**1pm AGM**

**1.45 Celebratory Singing**

**2.30pm Finish**

**To book email [contact@lyricsandlunch.org](mailto:contact@lyricsandlunch.org)**

**or phone 07486 985 357**

**Let us know if you have any dietary issues**

**No cost but donations welcome.**

# Scottish Celebration and Ceilidh January 2026



The Scottish Celebration and Ceilidh in January was a wonderful evening filled with laughter, lively music, and plenty of dancing.



Everyone joined in, creating a warm and welcoming atmosphere that truly reflected the spirit of our community, and the food was delicious! We raised around £800 to help us to recruit and support new groups.

## New Group: Rufford St Mary's

Jeanette and her husband Alan had a lovely day training our new Lyrics and Laughter group at Rufford St Mary's Church recently. There was much laughter and fun along the way.

The group will be meeting on the first Thursday of every month, starting on May 7<sup>th</sup> from 2pm to 3:30pm.

Everyone is welcome.

For more details email

Helen Hindle, email [hmhindle@gmail.com](mailto:hmhindle@gmail.com)

or call **01772 815738**



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

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