

Network News

Creating community for those living with dementia and their carers



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WWW.LYRICSANDLUNCH.ORG



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Carers Corner

Lyrics and Lunch is thrilled to introduce the “Carers Corner”. We know that caregiving can be both rewarding and challenging, and we want this space to be a place of support, encouragement for all those who care for a loved one.

In each edition, we are going to share helpful tips, inspiring stories and practical advice. Our goal is to help you feel valued, heard and connected as you are not alone in this journey.



Lyrics and Lunch at Midge Hall, Leyland, invites new guests

The Lyrics and Lunch group at **Midge Hall Methodist Church, Leyland** is looking for new members! Please let others from that area know so they can join the Group. (Jeanette says their cakes are exceptional!)

Contact: kaibland-layworker@outlook.com

07481 761842





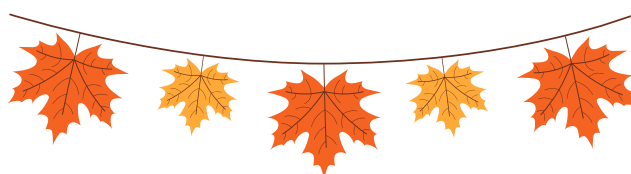
Goodbye and thank you, Charis.



We would like to thank Charis for her amazing contribution as Lyrics and Lunch Field Officer for the last year. It has been an exciting time in which the Network has grown and developed and Charis has worked hard to support this growth. Charis has moved on to do Teacher Training and we wish her well in the future.

Welcome Evgenia.

We would like to welcome our new Field Officer, Evgenia Apostolou. Originally from Greece, Evgenia has been in the UK for 5 years and is currently studying for a PhD in Criminology. (We hope she won't come across too many criminals while working with us!!) "I'm excited to be joining Lyrics and Lunch," says Evgenia, "I can already see the joy we can bring to the lovely people who come along."



New Group Coming Soon to Caton

Look out for a new community **Lyrics and Laughter Group** coming to Caton, near Lancaster, in the New Year. This will be a joint venture between some of the churches in Caton and Brookhouse. If you would like to know more about this, either as a guest or if you could offer to help contact Rev Helen Scamman. Her email is vicar@stpaulscaton.org.uk



Lyrics and Laughter expands to Wales



Rev Maggie, Residents, and Team singing “Let’s go Fly a Kite.”

In August Jeanette was very excited to spend a few days in Newtown, Powys, with **Rev Maggie Rich**, who is a Baptist Minister and Chaplain to two Care Homes. There they worked together to introduce the Lyrics and Laughter in Care Homes project to **The Oaks** and **Plas Cae Crwn** Care Homes.

Both Care Homes were delighted to join the project and Rev Maggie has a real heart for supporting older people. She doesn’t hang about either! Both the new groups are already up and running and delighting residents with the fun they have together.

We are also very grateful to Rev Maggie because she is going to help us to provide a short addendum to the Songbook with a few songs in Welsh and she is also taking every opportunity to spread the word about **Lyrics and Lunch** and **Lyrics and Laughter** to her colleagues.



Three of the Carers Team at Plas Cae Crwn, whom Jeanette nicknamed “The Three Degrees” enjoying joining in.



Lyrics and Laughter now has its own logo. Big thanks to Will Shepherd for his design!

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

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We look forward to
hearing from you!

www.lyricsandlunch.org

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