



# Network News

Incorporating 'Lyrics & Laughter'.

Music to feed the brain and refreshments to enjoy together. For people living with dementia and their carers.

Summer 2023

A very warm welcome to the third edition of the Lyrics & Lunch network newsletter; keeping you in touch with what's happening locally as well as nationally. If your group has any news, photos, suggestions or celebrations, please do drop us a line for submission in the next newsletter. We aim to produce this newsletter quarterly. Contact details are at the end.

No space for a *Group Focus* feature in this issue, but look out for Heysham St John's next time!

## OUR GROUPS

We currently have groups running in Lancashire at; **Lancaster** (St Thomas' & St Chad's), **Heysham**, **Thornton-Cleveleys**, which is near Blackpool, **Preesall/Knott End** and further south at **Thornborough** in Buckinghamshire and **Swavesey** in Cambridgeshire. We hope that several new groups will be starting soon. We will let you know when and where they are. Please see our website for full details about all the groups and if you are on holiday or visiting another area, why not pop in on one of our other groups? A warm welcome is guaranteed!

This is a particularly exciting edition of your newsletter, as we report on our very successful first *Celebration Day and AGM* in April, plus give you a summary of our *annual report*. See over for full details and photos.

Firstly, a big thank you to all those made the effort to attend in April. We had representatives from five out of seven of our groups, from our local area and much further afield, as well as supporters and trustees. Feedback suggested that everyone enjoyed the event and found it very useful. As well as the obligatory fun singing session and delicious lunch, there were presentations, photo displays, faith reflections and an exchange of ideas.

Whilst it wasn't especially a fundraising event, the Lyrics And Lunch Network received an incredible £1,000 from various donations as a result of the day!!

A huge thank you to those generous people. The money will be invaluable in helping us set up and support new groups.

## Branded Tabards

Thornborough were the first of our groups to get our branded tabards. Having just secured an even better deal, we are now delighted to be able to offer them to groups at a much discounted rate of just £8 each! If you would like to order tabards for your helpers, please get in touch NOW and wear them with pride!



# Lyrics and Lunch Annual Celebration Day and AGM 2023



Network manager and co-founder Jeanette Main welcomed everyone to the event at St Thomas' Church Centre in Lancaster on 22nd April.



Prof Carol Holland, Lancaster University director of the Centre For Ageing Research was next with a very informative presentation about the different types of dementia and explained the research which we have commissioned.



Introducing our groups with a photo display.



Network newsletter editor and media coordinator Steve Pendrill gave a presentation about publicity with tips about taking better photos.

“We had a great day celebrating the progress of Lyrics and Lunch as a non-pharmaceutical intervention which really enhances lives,” said Jeanette. “There is real joy in being together, singing, laughing and sharing a meal. We hope to grow the network significantly in the coming year to reach more people with this support.” said a delighted Jeanette afterwards.



Here we are.... Some of the attendees; group leaders, volunteers and supporters gather for a photo.



Lunchtime and some of our wonderful volunteers served up delicious home-made soups, sandwiches, drinks and cakes.

Letting our hair down with the all important singing session!



Scarf waving and musical instruments are a popular and fun part of many Lyrics & Lunch sessions and it was no different at our event!

Lyrics and Lunch stalwart and co-founder Peter, ably leads the 'rounds', as the day draws to a close.



# IN THE NEWS...

Publicity whether online or in print, local or national, is important for us and a subject your newsletter editor spoke about at our recent **Celebration Day**. As our network grows, we are delighted to see any group in the news. The Thornborough group prompted a great article online on 'The Methodist Church' blog (below left).



Lyrics Lunch network trustee, helper and enthusiast, Jenny Guilder (pictured front centre) got a rousing send off on her last day at the St Thomas' session recently. She was thanked for all her hard work and dedication and was presented with a portrait photography voucher as a gift from everyone. Jenny, who has been in training to become curate at Morecambe Parish Church said "I've loved being part of the Lyrics and Lunch team and I'll still be cheering you on and spreading the word."

Both the Morecambe Visitor and Lancaster Guardian newspapers featured our celebration day.

We welcome Dr Elisabeth Shaw as a new network trustee. Elisabeth manages the Biomedical & Life Sciences, Bio imaging Facility at Lancaster University and is a member of St Thomas' Church. She is passionate about the work of Lyrics And Lunch and hopes to offer insight into research practice, standard operating procedures, risk assessment and any other appropriate support.



**Note From The Editor:**  
I am already thinking about your next newsletter, **but I really need your help!**... Please drop me a line if your group has anything that you would like to share... a regular attendee's **special occasion**, a **thank you** to a helper who has gone the extra mile, **something funny** that happened, or a **fundraising success**. Don't be shy; we'd love to hear from you! If possible do send a photo(s) with it, (with permission from those in it of course). Also, if you have any ideas for future newsletters or the network as a whole, please get in touch. You can email me directly at [steve@stevependrill.plus.com](mailto:steve@stevependrill.plus.com). I look forward to hearing from you soon! -Steve Pendrill

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