

# LYRICS AND LUNCH NETWORK

England & Wales · Charity number 1196797

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2021-11-26

**Register** [View on the Charity Commission register](#)

## Contact

---

**Address** 5 St. Chads Drive  
Lancaster  
LA1 2SE

**Phone** 07729177261

**Email** [contact@lyricsandlunch.org](mailto:contact@lyricsandlunch.org)

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

## Activities

---

**Objects:** THE OBJECT OF THE CIO IS FOR THE PUBLIC BENEFIT TO PROVIDE SUPPORT AND RELIEF AND TO PROMOTE SOCIAL INCLUSION AMONG PEOPLE DIAGNOSED WITH DEMENTIA WHO ARE SOCIALLY EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF THEIR DEMENTIA BY:A) PROVIDING WEEKLY/FORTNIGHTLY SINGING AND MUSIC SESSIONS, FOR PEOPLE IN THE LANCASTER AREA LIVING WITH DEMENTIA, AND THEIR CARERSB) SUPPORTING THE SETTING UP OF LOCAL LYRICS & LUNCH NETWORK GROUPS WITH TRAINING, DETAILED GUIDANCE AND ADVICE ON DEMENTIA CARE, THE STRUCTURE AND FORM OF THE LYRICS AND LUNCH MODEL ANYWHERE IN ENGLAND AND WALES

**Activities:** The charity creates community for those that are losing theirs by directing support and relief to people who are socially excluded from society, or parts of society as a result of their dementia and memory loss. The charity does so by providing the cared for and their carers with regular access to singing/music sessions, nourishing food and social eating.

## Classification

---

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Elderly/old People, People With Disabilities

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£11,331	£9,993	-	-
2023-12-31	£6,831	£4,953	-	-
2022-12-31	£3,649	£2,875	-	-

## Trustees

Name	Role	Appointed
<b>David Dawson</b>	Chair	2021-07-06
Carol Ann Holland		2021-07-06
Elisabeth Jane Shaw		2023-05-24
Lauren Kate Stockton		2021-07-06
Reginald Charles Haslam MRTPI rtd		2021-11-17
Steven Charles Pendrill		2021-07-06

**LYRICS AND LUNCH NETWORK**

England & Wales - Charity number 1196797

---

# Accounts

---

# The Lyrics and Lunch Network

## Annual Report 3 - 2024



The Lyrics and Lunch Network is a small, registered charity based in Lancaster. It is a Cinnamon Recognised Project and has strong ties with Lancaster University, which is represented on the board of trustees by Carol Holland and Elizabeth Shaw.

### Introduction

The L&LN was registered as a Charitable Incorporated Organisation in November 2021. **It creates community for those living with dementia and their carers** by directing support and relief to people who are socially excluded from society, or parts of society as a result of their dementia and memory loss.

The charity does so in three locations in Lancaster and Morecambe by providing the cared for and their carers with regular access to singing/music sessions, nourishing food and social eating. The charity also promotes and supports the setting up of local Lyrics and Lunch groups in other areas. It provides background metrics on dementia, volunteer training, guidance on the structure and form of the Lyrics and Lunch model, and advice on dementia care. It also delivers an ongoing advisory service to local L&L groups as part of a formal, annual review process.

### The Vision

The charity's vision is to seed a network of self sustaining, local Lyrics and Lunch groups across England and Wales, serving local communities, relieving stretched public services and delaying the transfer of those living with dementia from 'home care' to 'care home'.

### The Lyrics and Lunch Network

The seeding and setting up process is time consuming and network expansion in the period 2021 to 2023 was constrained by the few hours per week the charity was been able to fund the services of the Network Manager. Today, the charity's financial resources benefit from regular donations, the annual support of £2,000 per annum from its Mission Partner, St Thomas's Church Lancaster and applications to grant funding bodies. The Board of Trustees has responded to its improving financial position by resolving to direct more funding to staffing. Today its vision is being advanced by the part time posts of Network Manager and the recently created Field Officer.

During 2024 it.....

The charity now supports .....active groups, stretching from Lancaster to Thornborough in Buckinghamshire. During 2024 .....As part of its plans to expand the Network it is also setting out to forge stronger links with the Integrated Care Community and, through the offices of the charity's 'Ambassador' the Bishop of Lancaster, Deanery Groups in the Blackburn Diocese.

## **Funding**

Income from donations, fees and fundraising during 2024 was £11,330.00. This 72% increase on the 2023 figure was influenced in part by a successful grant application to Music for All, The Power of Music, a marked increase in regular donations, fund raising initiatives and continuing Mission Partner support from St Thomas Church, Lancaster. Income during 2024 exceeded spending on support staff, staff training, website maintenance and admin/branding by £1,338.00. The Charity's reserves at the beginning of 2025 stood at £7,641.00.

## **Paid Posts**

The work of the L&LN charity has been strengthened by the additional support of the Field Officer post. A 12 month appointment was made in September 2024 and this has had a marked impact on the ability of the charity to reach out and connect with the care community and potential new local groups. The Board of Trustees recognises that its existing financial resources together with forecast donations and Gift Aid monies will not be sufficient to maintain the current operation level beyond that 12 month period. The trustees recognise that a step change in the network expansion will only be achieved if the field officer post is extended beyond August 2025. It is, therefore, focusing on further applications to national and regional grant aiding bodies.

## **Publicity**

During 2024/25 the charity issued quarterly news letters, maintained its website and social media and started to develop a more structured programme of outreach initiatives.

The charity also held an informative Celebration Day as part of its formal AGM, gathering supporters, teams, network group leaders, and others to receive updates and information about the Network and its development as well as the care for those living with dementia. The charity has extended invitations for the third AGM/Celbration Day, scheduled for May....., to local health care providers and care agencies as well as others to whom it may be of interest.

## **Research**

The National Institute for Health and Care Research, Applied Research Collaboration North West Coast (ARC NWC) is funding an independent research project, examining the impact of the Lyrics and Lunch model on quality of life, neuropsychiatric symptoms, social isolation, loneliness, cognition, carer burden and depressive symptoms in people with dementia and their carers.

The study is moving into year 3, following publication of interim findings and identification of further areas of research.

## **The Board of Trustees**

Carol Holland	Chair Person
Elizabeth Shaw	Secretary
Reg Haslam	Finance and Funding
David Dawson	Trustee
Evelyn Kay	Trustee
James Needham	Trustee

**LYRICS AND LUNCH NETWORK**

England & Wales - Charity number 1196797

---

# Accounts

---



## Trustees' Annual Report for the period

From 01 01 2023

Period start date To 31 12 2023

Period end date

Charity name: The Lyrics and Lunch Network

Charity registration number: 1196797

### Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>THE OBJECT OF THE CIO IS FOR THE PUBLIC BENEFIT TO PROVIDE SUPPORT AND RELIEF AND TO PROMOTE SOCIAL INCLUSION AMONG PEOPLE DIAGNOSED WITH DEMENTIA WHO ARE SOCIALLY EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF THEIR DEMENTIA BY:</p> <p>A) PROVIDING WEEKLY/ FORTNIGHTLY SINGING AND MUSIC SESSIONS, FOR PEOPLE IN THE LANCASTER AREA LIVING WITH DEMENTIA, AND THEIR CARERS</p> <p>B) SUPPORTING THE SETTING UP OF LOCAL LYRICS &amp; LUNCH NETWORK GROUPS WITH TRAINING, DETAILED GUIDANCE AND ADVICE ON DEMENTIA CARE, THE STRUCTURE AND FORM OF THE LYRICS AND LUNCH MODEL ANYWHERE IN ENGLAND AND WALES</p>

<p>Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>	<p>Para 1.17 and 1.19</p>	<p>The Lyrics and Lunch network was registered as a Charitable Incorporated Organisation in November 2021. It has strong ties with the Centre for the Study of Aging Research (C4AR) at Lancaster University, which is represented on the board of trustees. It is also recognised by the Cinnamon Network which supports faith based social action.</p> <p><b>The charity creates community for those living with dementia and their carers</b> by directing support and relief to people who are socially excluded from society, or parts of society as a result of dementia and memory loss.</p> <p>The charity does so in three locations in the City of Lancaster by providing the cared for and their carers with regular access to singing/ music sessions, nourishing food and social eating. The charity also promotes and supports the setting up of local Lyrics and Lunch groups in other areas. It provides background metrics on dementia, volunteer training, guidance on the structure and form of the Lyrics and Lunch model, and advice on dementia care. It also delivers an ongoing advisory service to local L&amp;L groups as part of a formal, annual review process.</p> <p>During 2023 the charity issued quarterly news letters, maintained/developed its website and social media and instituted a more structured programme of outreach initiatives. In pursuit of its vision to seed a network of self sustaining, local Lyrics and Lunch groups across England and Wales, it has connected with 4 potential new locations. As part of its plans to expand the Network it is also seeking to forge stronger links with the Integrated Care Communities and, through the offices of the charity's 'Ambassador' the Bishop of Lancaster, Deanery Groups in the Blackburn Diocese.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>The provision of support and relief and promotion of social inclusion among people living with dementia and memory loss who are socially excluded from society or parts of society as a result of their dementia is the guiding principle governing the activities of the charity</p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
--	----------------	--

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	The local Lyrics and Lunch groups of which there are now seven with a further 4 in discussion with the charity are run by teams of volunteers.
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Charity's 7 active groups serve the needs of 150 carers and cared for living with dementia. The 2 year research project which commenced during 2022 is examining the impact of Lyrics and Lunch on the following outcome measures: quality of life, neuropsychiatric symptoms such as agitation, social isolation, loneliness, cognition, carer burden and mood and depressive symptoms in people with dementia and their carers.</p> <p>The study is moving into year 2, recruitment of data for the study will close at the end of April 2024, analysis of the qualitative data will be conducted in May and papers will then be assembled for publication and public dissemination in June and July 2024. The study will enumerate the extent to which the Lyrics and Lunch model delays the transfer from 'home care' to 'care home'.</p> <p>The emotional and financial consequences for both the families involved and the stretched public services are potentially huge.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set

Para 1.41

Network expansion has been constrained by the few hours per week the charity trustees have been able to call on the services of the paid, Network Manager. The charity's financial resources have grown during 2023 and in August 2023 the Board of Trustees responded to its improving financial position by resolving to direct more funding to staffing. Today its vision is being advanced by the part time post of Network Manager.

The work of the trustees during 2023 has been guided by the following 7 point Development Plan.

- 1) To network with and support the active, local Lyrics and Lunch groups, share good practice, monitor and review their performance and promote the important service they provide through the quarterly newsletter, dialogue with health and social services and wider publicity.
- 2) To seed an expanding network of self sustaining, local Lyrics and Lunch groups across England and Wales by increasing the Network Manager's hours and creating a Field Officer post.
- 3) To prepare a funding plan that will identify appropriate, grant giving bodies and make applications for funding that will support the paid posts of the Network Manager and Field Officer.
- 4) To prepare a phased plan of action that will guide the work of the paid post holders in promoting the benefits of the Lyrics and Lunch model to new areas; making connections with both potential local groups in these new areas and their social and health providers; and delivering support for the setting up of these new groups.
- 5) To double the number of local Lyrics and Lunch groups.
- 6) To monitor progress of the independent and fully funded 2 year research project.
- 7) To strengthen the Board of Trustees with individuals that will bring additional energy, relevant skills and experience.

<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	<p>The Board of Trustees has developed a funding strategy after a rigorous and wide ranging analysis of potential funding sources. This has taken longer than expected and the trustees are only now in a position to reach out with formal applications for funding.</p>
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income during 2023 of £6,830 was derived from donations and fundraising and exceeded spending on the single part time paid post, staff training and website maintenance by £1,878. The Charity had unrestricted funds of £ 6,304 at the end of 2023, sufficient to support the planned increase in operational levels during 2024.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity's work is funded by donations, many of which are regular monthly donations. It now also receives annual support of £2,000 per annum from its Mission Partner, St Thomas's Church Lancaster.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	The risks facing the charity relate to under achievement of its objective to attract funding from regional and national bodies, increase the paid hours of the Network Manager and Field Officer posts and expand the network.
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	The charity is a Charitable Incorporated Organisation and its objects, powers, activities and membership are embodied in its formal constitution.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	The board of trustees identifies individuals with the skills and experience that will strengthen the charity and contribute to the realisation of its vision. Proposed resolutions to appoint trustees are considered and voted upon at the Annual General Meetings.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>The charity trustees will make available to each new charity trustee, on or before his or her first appointment:</p> <p>(a) a copy of this constitution and any amendments made to it; and</p> <p>(b) a copy of the L&amp;LN's latest trustees' annual report and statement of accounts.</p> <p>(c) a copy of the L&amp;LN Handbook</p> <p>(d) a copy of the adopted development strategy and annual implementation plan.</p>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	

Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	The Lyrics and Lunch Network
Other name the charity uses	The L&L Network
Registered charity number	1196797
Charity's principal address	5 St. Chads Drive, Lancaster LA1 2SE



Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------


#### Name of chief executive or names of senior staff members (Optional information)

--

### Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

### Other optional information

--

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Reg Haslam</i>	<i>David Dawson</i>
--------------	-------------------	---------------------

Full name(s)	Reginald Charles Haslam	David Dawson
--------------	-------------------------	--------------

Position (eg Secretary, Chair, etc)	Treasurer	Chair person
--	-----------	--------------

Date	
------	--



Charity Name		No (if any)	
Lyrics and Lunch Network			
<b>Receipts and payments accounts</b>			
For the period from	Period start date	To	Period end date
	1-1-23		31-12-23

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>				
Donations	6,797	-	-	6,797
Fund Raising	34	-	-	34
Fees	-0	-	-	-
	-0	-	-	-
	-0	-	-	-
	-0	-	-	-
	-0	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>6,831</b>	<b>-</b>	<b>-</b>	<b>6,831</b>
<b>A2 Asset and investment sales, (see table).</b>				
	-0	-0	-0	-
	-0	-0	-0	-
<b>Sub total</b>	<b>-0</b>	<b>-0</b>	<b>-0</b>	<b>-</b>
<b>Total receipts</b>	<b>6,831</b>	<b>-0</b>	<b>-0</b>	<b>6,831</b>
<b>A3 Payments</b>				
Staffing	3,772	-	-	3,772
Social Media	65	-	-	65
Training	175	-	-	175
Branding	941	-	-	941
	-0	-	-	-
	-0	-	-	-
	-0	-	-	-
	-0	-	-	-
<b>Sub total</b>	<b>4,953</b>	<b>-</b>	<b>-</b>	<b>4,953</b>
<b>A4 Asset and investment purchases, (see table)</b>				
	-0	-0	-0	-
	-0	-0	-0	-
<b>Sub total</b>	<b>-0</b>	<b>-0</b>	<b>-0</b>	<b>-</b>
<b>Total payments</b>	<b>4,953</b>	<b>-0</b>	<b>-0</b>	<b>4,953</b>
<b>Net of receipts/(payments)</b>	<b>1,878</b>	<b>-</b>	<b>-</b>	<b>1,878</b>
<b>A5 Transfers between funds</b>	<b>-0</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>4,426</b>	<b>-</b>	<b>-</b>	<b>4,426</b>
<b>Cash funds this year end</b>	<b>6,304</b>	<b>-</b>	<b>-</b>	<b>6,304</b>

### Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds
		to nearest £	to nearest £
<b>B1 Cash funds</b>		6,303	-
		-	-

		-	-
	<b>Total cash funds</b>	<b>6,303</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	Agreement Error	OK
		<b>Unrestricted funds</b>	<b>Restricted funds</b>
	<b>Details</b>	<b>to nearest £</b>	<b>to nearest £</b>
<b>B2 Other monetary assets</b>	Unclaimed Gift Aid	1,419	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
<b>B3 Investment assets</b>			-
			-
			-
			-
			-
			-
	<b>Details</b>	<b>Fund to which asset belongs</b>	<b>Cost (optional)</b>
<b>B4 Assets retained for the charity's own use</b>			-
			-
			-
			-
			-
			-
			-
			-
			-
			-
	<b>Details</b>	<b>Fund to which liability relates</b>	<b>Amount due (optional)</b>
<b>B5 Liabilities</b>		Unrestricted	480
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	
		Reg Haslam	
		Carol holland	

<b>CC16a</b>
<b>Last year</b>
to the nearest £
3,007
472
170
-
-
-
-
-
3,649
- 0
- 0
3,649
2,444
406
25
-
-
-
-
-
-
2,875
- 0
2,875
774
-
-
4,426
<b>Endowment funds</b>
to nearest £
-
-

-
-
OK
<b>Endowment funds</b>
to nearest £
-
-
-
-
-
-
-
<b>Current value (optional)</b>
-
-
-
-
-
<b>Current value (optional)</b>
-
-
-
-
-
-
-
-
-
<b>When due (optional)</b>
<b>Date of approval</b>

**LYRICS AND LUNCH NETWORK**

England & Wales - Charity number 1196797

---

# Accounts

---



## Trustees' Annual Report for the period

From 01 01 2022 Period start date To 31 12 2022 Period end date

Charity name: The Lyrics and Lunch Network

Charity registration number: 1196797

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>THE OBJECT OF THE CIO IS FOR THE PUBLIC BENEFIT TO PROVIDE SUPPORT AND RELIEF AND TO PROMOTE SOCIAL INCLUSION AMONG PEOPLE DIAGNOSED WITH DEMENTIA WHO ARE SOCIALLY EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF THEIR DEMENTIA BY:</p> <p>A) PROVIDING WEEKLY/FORTNIGHTLY SINGING AND MUSIC SESSIONS, FOR PEOPLE IN THE LANCASTER AREA LIVING WITH DEMENTIA, AND THEIR CARERS</p> <p>B) SUPPORTING THE SETTING UP OF LOCAL LYRICS &amp; LUNCH NETWORK GROUPS WITH TRAINING, DETAILED GUIDANCE AND ADVICE ON DEMENTIA CARE, THE STRUCTURE AND FORM OF THE LYRICS AND LUNCH MODEL ANYWHERE IN ENGLAND AND WALES</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>The Lyrics and Lunch network was registered as a Charitable Incorporated Organisation in November 2021. It has strong ties with the Centre for the Study of Aging Research (C4AR) at Lancaster University, which is represented on the board of trustees. It is also recognised by the Cinnamon Network which supports faith based social action.</p> <p><b>The charity creates community for those that are losing theirs</b> by directing</p>

support and relief to people who are socially excluded from society, or parts of society as a result of their dementia and memory loss.

The charity does so in the Lancaster area by providing the cared for and their carers with regular access to singing/music sessions, nourishing food and social eating. The charity also promotes and supports the setting up of local Lyrics and Lunch groups in other areas. It provides background metrics on dementia, volunteer training, guidance on the structure and form of the Lyrics and Lunch model, and advice on dementia care. It also delivers an ongoing advisory service to local L&L groups as part of a formal, annual review process.

During 2022 the charity has developed its website and social media, formally conferred the role of 'Ambassador' upon the Bishop of Lancaster and launched a quarterly newsletter. Articles describing and promoting the Lyrics and Lunch model have appeared in the local press and in the Lancaster District Magazine. The work of the charity has also featured on Channel 5 news during 'Dementia Awareness Week' and will appear on TBN, the Christian TV Channel, during 2023 as part of its 'All In' documentary series.

In pursuit of its vision to seed a network of self sustaining, local Lyrics and Lunch groups across England and Wales, it has connected with six potential new locations, provided training and support to one location and assisted in seeding two new groups.

		<p>There are currently seven active groups stretching from Lancaster to Thornborough in Buckinghamshire.</p> <p>A step change in network expansion will come only with the support of increased hours for the Network Manager and the support of a new post of Field Officer. This will require a substantial increase in the funding of the charity and support from national and regional grant aiding bodies. The trustees have identified potential funders, made approaches and begun to prepare applications for funding with the assistance of the Cinnamon Network.</p> <p>During 2022 the charity also secured funding for an independent, 2 year research project administered by C4AR, The National Institute for Health and Care Research, Applied Research Collaboration North West Coast (ARC NWC). The researcher has been appointed and will examine the impact of the Lyrics and Lunch model on the following outcome measures: quality of life, neuropsychiatric symptoms such as agitation, social isolation, loneliness, cognition, carer burden and mood and depressive symptoms in people with dementia and their carers.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>The provision of support and relief and promotion of social inclusion among people diagnosed with dementia and memory loss who are socially excluded from society or parts of society as a result of their dementia is the guiding principle governing the activities of the charity</p>

**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	The local Lyrics and Lunch groups of which there are now seven with a further 4 in discussion with the charity are run by teams of volunteers.
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The charity's 7 active groups serve the needs of 150 carers and cared for living with dementia. The 2 year research project which commenced during 2022 is examining the impact of Lyrics and Lunch on the following outcome measures: quality of life, neuropsychiatric symptoms such as agitation, social isolation, loneliness, cognition, carer burden and mood and depressive symptoms in people with dementia and their carers.</p> <p>The charity is also examining the extent to which the Lyrics and Lunch model delays or halts the transfer from 'home care' to 'care home'. The emotional and financial consequences for both the families involved and the stretched public services are potentially huge.</p>

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set

Para 1.41

The seeding and setting up process is time consuming and network expansion is currently restricted by the few hours per week the charity can call on the services of the Network Manager. The charity recognises that a step change in network expansion and realisation of its vision will come only with the support of increased hours for the Network Manager and the support of a new post of Field Officer. This will require a substantial increase in the funding of the charity and support from national and regional grant aiding bodies.

The work of the trustees during 2023 will be guided by the following 7 point Development Plan.

1

To network with and support the active, local Lyrics and Lunch groups, share good practice, monitor and review their performance and promote the important service they provide through the quarterly newsletter, dialogue with health and social services and wider publicity.

2

To seed an expanding network of self sustaining, local Lyrics and Lunch groups across England and Wales by increasing the Network Manager's hours and creating a Field Officer post.

3

To prepare a funding plan that will identify appropriate, grant giving bodies and make applications for funding that will support the paid posts of the Network Manager and Field Officer.

4

To prepare a phased plan of action that will guide the work of the paid post holders in promoting the benefits of the Lyrics and Lunch model to new areas; making

		<p>connections with both potential local groups in these new areas and their social and health providers; and delivering support for the setting up of these new groups.</p> <p>5 To double the number of local Lyrics and Lunch groups.</p> <p>6 To monitor progress of the independent and fully funded 2 year research project that will seek to determine and document the qualitative and quantitative benefits of the Lyrics and Lunch model on the carers and cared for living with dementia.</p> <p>7 To strengthen the Board of Trustees with individuals that will bring additional energy, relevant skills and experiences.</p>
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Income during 2022 of £3,694.50 was derived from donations, fees and fundraising and exceeded spending on the single part time paid post, staff training and website maintenance by £773,00. The Charity had unrestricted funds of 4,869.00 at the end of 2022, sufficient to support the current, operational level during 2023.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	The charity is a Charitable Incorporated Organisation and its objects, powers, activities and membership are embodied in its formal constitution.
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	The board of trustees identifies individuals with the skills and experience that will strengthen the charity and contribute to the realisation of its vision. Proposed resolutions to appoint trustees will be considered and voted upon at the Annual general Meetings.

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	<p>The charity trustees will make available to each new charity trustee, on or before his or her first appointment:</p> <ul style="list-style-type: none"> <li>(a) a copy of this constitution and any amendments made to it; and</li> <li>(b) a copy of the <u>L&amp;LN's</u> latest trustees' annual report and statement of accounts.</li> <li>(c) <u>a copy of the L&amp;LN Handbook</u></li> <li>(d) <u>a copy of the adopted development strategy and annual implementation plan.</u></li> </ul>
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related	Para 1.51	

parties		
Other		

### Reference and Administrative details

Charity name	The Lyrics and Lunch Network
Other name the charity uses	The L&L Network
Registered charity number	<b>1196797</b>
Charity's principal address	5 St. Chads Drive LANCASTER LA1 2SE

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	David Dawson	Chair Person		
2	Lauren Stockton	Secretary		
3	Reg Haslam	Finance & Funding		
4	Steve Pendrill	Publicity		
5	Jenny Guildler	C of E		
6	Carol Holland	Lancaster University		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>		

**Name of trustees holding title to property belonging to the charity**

<b>Trustee name</b>	<b>Dates acted if not for whole year</b>	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

--

## Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

## Other optional information

--

## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

--	--

Full name(s)

David Dawson	Reg Haslam
--------------	------------

Position (eg Secretary,  
Chair, etc)

Chair Person	Finance and Funding
--------------	---------------------

Date

--



## Receipts and payments accounts

CC16a

For the period from	Period start date 01 01 2022	To	Period end date 31 12 2022
---------------------	---------------------------------	----	-------------------------------

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	3,007			3,007	-
Fees	170	-	-	170	-
Fund Raising	472	-	-	472	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b> (Gross income for AR)	<b>3,649</b>	<b>-</b>	<b>-</b>	<b>3,649</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>3,649</b>	<b>-</b>	<b>-</b>	<b>3,649</b>	<b>-</b>
<b>A3 Payments</b>					
Staff	2,444	-	-	2,444	-
Staff Training	25	-	-	25	-
Word Press	406	-	-	406	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>2,875</b>	<b>-</b>	<b>-</b>	<b>2,875</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>2,875</b>	<b>-</b>	<b>-</b>	<b>2,875</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>774</b>	<b>-</b>	<b>-</b>	<b>774</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>774</b>	<b>-</b>	<b>-</b>	<b>774</b>	<b>-</b>

### Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		4,426	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>4,426</b>	<b>-</b>	<b>-</b>

(agree balances with receipts and payments account(s))

Agreement Error OK OK

**B2 Other monetary assets**

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
Unclaimed Gift Aid	443	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

**B3 Investment assets**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

**B4 Assets retained for the charity's own use**

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Creditors	Unrestricted Fund	224	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	David dawson	
	Reg Haslam	