

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 supportsactive groups, stretching from Lancaster to Thornborough in Buckinghamshire. During 2024As 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.

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