

Lyrics and Lunch at St Chad's Lancaster.

Music to feed the brain and lunch to enjoy together.
For people living with dementia and their Carers.

Thank you for your interest in Lyrics and Lunch. This is a singing and music group where we sing old, familiar songs and learn a few new ones. We have a go at singing simple rounds and at playing percussion instruments along with some of the songs.

There is a suggestion box and you can tell us what songs you would like to sing and any good ideas you have as to how we could improve the sessions.

We ask that each person is accompanied by a carer, but it need not necessarily be the same person every session.

When: It takes place fortnightly, on alternate Tuesdays at 10.45am or 12.15. The early group gathers at 10.45, starts singing at 11am and has lunch at 12.15. This is soup, sandwiches, cake, fresh fruit and tea, coffee or juice. The second group joins us for lunch at 12.15 and sings afterwards.

Where: St Chad's Church Hall, Torrisholme Road, Lancaster LA1 2RJ. There is a small car park and also on street parking nearby. The Church is right by a bus stop where Number 3 buses stop twice each hour (ask for St Chad's Church.) If you use a Number 2 or 4 bus you can get off at the top of Scale Hall Lane and it is a short walk down Torrisholme Road to the church. There is disabled access and toilet facilities.

Cost: £3 per person. This is to cover the cost of food. St Chad's are kindly giving us the use of their facilities free of charge but we try to give them something towards the running costs of the hall each term.



Who is running the sessions? The group is an initiative of St Thomas' Church in the centre of Lancaster. We are running it in conjunction with St Chad's Church and using their premises to make it more accessible for people from Morecambe and also because it is a much easier venue for parking, which carers have told us is very important.

The music leader is Jeanette Main, an experienced music teacher, who is also Third Age Coordinator at St Thomas' Church. The team of volunteers includes people who have already supported a singing group for people living with dementia and others who just enjoy singing and talking to people.



Jeanette Main

There is at least one person at each session who has a current First Aid Certificate and a Food Safety Qualification.

All the volunteers have undergone safer recruitment procedures which comply with the Policy on Safeguarding Vulnerable Adults at St Thomas' Church and key leaders have DBS certificates (the new CRB.) The group is approved by the Parochial Church Council (PCC) at St Thomas' Church.

Will it be 'churchy?' Not really. Most of the session is just familiar songs and chat. We do have a hymn or two and a Bible reading at the end of the session and a box where you can put prayer requests but we also have a suggestion box where you are welcome to tell us if there is anything you are not comfortable with, as well as songs you would like to sing.

What if I do want to talk about matters of faith? Members of the team will be happy to talk about anything you'd like to discuss and if you would like to be put in touch with someone for a proper chat, perhaps a Pastoral Visitor or member of the Clergy we can arrange that for you.

If you have any special dietary requirements please let us know. Thanks.

To register for the group please contact Jeanette at St Thomas' Church,
by email jeanette@st.tees.org.uk
by phone on 07486 985 357
or phone the Church Office on 01524-590410

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