The Lyrics and Lunch Network

Annual Report 4 - May 2026

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 several locations in Lancaster and Morecambe and 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, starter packs, 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 Charity's Vision

The charity's vision is to seed a network of self-sustaining, local Lyrics and Lunch groups across England and Wales. Starting in Lancaster and radiating outwards across Lancashire and beyond it aims to serve local communities, relieve stretched public services and delay the transfer of those living with dementia from 'home care' to 'care home'.

The Lyrics and Lunch Network

Three slightly different models now exist within the Network: Lyrics and Lunch, Lyrics and Laughter (which has tea and cake instead of lunch), and Lyrics and Laughter in Care Homes, where a local church will make a monthly visit to a care home to deliver our trademark fun singing session to residents and their visitors with a chance for pastoral conversations and support.

The seeding and setting-up process has proved to be resource hungry and time consuming. Network expansion in the period 2021 to 2023 was constrained by the Charity's limited financial resources and its ability to fund the services of the Network Manager for only one day per week. The Charity's financial position steadily improved during 2024 and 2025 with welcome growth in regular donations, annual support of over £2,000 per annum from its Mission Partner, St Thomas's Church Lancaster and a success in applying for grant funding. In the last quarter of 2024 the Board of Trustees had responded to this improved financial situation by supporting the part time post of Network Manager with a temporary one day per week Field Officer post. This continued throughout 2025 and into 2026..

The additional paid hours had an immediate, marked impact on the systematic approach the charity adopts to outreach and promotion. The charity now supports 13 active groups, stretching from Lancaster to Thornborough in Buckinghamshire. This includes 4 care homes wishing to establish regular Lyrics and Laughter groups with several more just looking for a regular musician in order to begin.

As part of its plans to expand the Network the Charity 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 2025 was £13,626.00. It represented a 20% increase on the 2024 figure and was influenced by an increase in regular donations, fund raising initiatives and continuing Mission Partner support from St Thomas Church, Lancaster. Income during 2025 exceeded spending on support staff, staff training, website maintenance and admin/branding by £396.00. This modest surplus of income over spending was a consequence of the decision to support the Network Manager with the temporary Field Officer post holder.

The Charity's reserves at the end of 2025 stood at £8,047.00. They now stand at £16,581 following a further successful application for grant funding.

The Way Forward

The temporary Field Officer post ended in April 2026. This was followed by a formal review of the combined effectiveness of the 2 paid posts by the Board of Trustees. They concluded that the momentum gained over the last 18 months in growing the network will continue to gather and most effectively by dispensing with the Field Officer post and increasing the paid hours of the Network Manager role from one to two and a half days per week.

The charity's reserves and income projections from regular donations and local fund raising is not sufficient to support the cost of the proposed increase in paid hours beyond the end of the first quarter of 2028 and the trustees are currently seeking further grant funding to sustain this post for 3 years until September 2029.

Publicity

During 2024/25 the charity issued quarterly newsletters, maintained its website and social media and started to develop a more structured programme of outreach initiatives, including two diocesan outreach meetings hosted by the Bishop of Lancaster, which have helped to bring about at least 2 new groups.

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 fourth AGM/Celebration Day, scheduled for May 16, 2026 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) has funded 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 has more recently moved on to looking at potential economic impact and we await those results.

The Board of Trustees in 2025

Carol Holland	Chair Person
Elizabeth Shaw	Secretary
Evelyn Kay	Trustee
James Needham	Trustee
Reginald Haslam	Ex-officio Treasurer

CHARITY COMMISSION FOR ENGLAND AND WALES

Charity Name	No (if any)
Lyrics and Lunch Network	

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
	01/01/2025		31/12/2025

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations	5,277	-	-	5,277	7,080
Fund Raising	8,349	-	-	8,349	4,251
Fees	- 0	-	-	-	
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
Sub total(Gross income for AR)	13,626	-	-	13,626	11,331
A2 Asset and investment sales, (see table).					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	- 0
Sub total	- 0	- 0	- 0	-	- 0
Total receipts	13,626	- 0	- 0	13,626	11,331
A3 Payments					
Staffing	11,226	-	-	11,226	8,892
Social Media	115	-	-	115	241
Insurance	264	-	-	264	264
Branding	1,625	-	-	1,625	396
Admin		-	-	-	200
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
	- 0	-	-	-	-
Sub total	13,230	-	-	13,230	9,993
A4 Asset and investment purchases, (see table)					
	- 0	- 0	- 0	-	
	- 0	- 0	- 0	-	
Sub total	- 0	- 0	- 0	-	- 0
Total payments	13,230	- 0	- 0	13,230	9,993
Net of receipts/(payments)	396	-	-	396	1,338
A5 Transfers between funds	- 0	-	-	-	-
A6 Cash funds last year end	7,641	-	-	7,641	-
Cash funds this year end	8,047	-	-	8,047	

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

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		8,047	-	-
		-	-	-
		-	-	-
	Total cash funds	8,047	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Unclaimed Gift Aid	2,298	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		Unrestricted	480	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Elisabeth Shaw	Elisabeth Jane Shaw	16/05/2026
	Carol Holland	Carol Holland	16/05/2026