



# Cinnamon Recommended Project

## Lyrics & Lunch



Lyrics and Lunch helps churches provide friendship, support, fun and faith to individuals living with dementia and those who care for them.

**Activity** Sessions involve fun group singing and musical activities followed by a brief dementia-friendly church service and lunch.



**Time Frames** It takes around 3 months to get a project off the ground. Groups run weekly or fortnightly and are around 2 hours long. Volunteers will need to allow time to set up and clear away.

### Financial Costs/Contribution

It costs £150-£200 to set up a project. This includes training, copyright for printing song lyrics, advertising on our website and social media. Most churches then charge guests around £3 per person to cover the cost of lunch



### Community Support

Lyrics and Lunch will help you to connect with social workers, occupational therapists, medical practices and other health professionals who may refer guests to you and vice versa.



### Project Support

Training, support and an annual conference day are provided by Lyrics and Lunch. You'll receive help to develop a song list and we have developed song books which are covered by copyright.

### Physical Resources

You'll need space for around 20 to sit comfortably, preferably in a circle, and somewhere to prepare and serve food.



### Human Resources

6-8 volunteers will support the project. One or more will lead singing - it might help if they play an instrument. 3 or 4 others will encourage guests to join in and at least 2 will help prepare and serve food.

**Church Involvement:** Your church will provide volunteers and space for the project, pray for your team and help cover your running costs, if necessary,

"It's the highlight of our week and we have made such good friends here."  
Lyrics and Lunch  
Beneficiary

### Replications

Lyrics & Lunch  
has

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Replications across  
the UK

"This is the only place we ever go except for the doctor's or the hospital. It's wonderful." Lyrics and Lunch Beneficiary

To start a **Lyrics & Lunch** project in your church, visit  
[www.lyricsandlunch.org](http://www.lyricsandlunch.org)