Sage House Activities

November 2026

Regular Community Events



Chatter tables

Held every day, from 10am - 11am, in Daisy's Cafe & across Saturday mornings.



Knit & Natter

Held every Tuesday and Thursday, from 10am - 12pm, in Daisy's Cafe, except for the first Thursday of the month.

Other activities are available during the week, take a look at what's happening throughout November in our calendar

Week 1 activities

Booking is essential - 01243 888691

Week 2 activities

All our activities are donation-based

- Socialising
- Music and singing
- Nature and gardening
- Art & craft
- Movement & wellbeing
- Relaxation

All our activities run on a donation basis. As an independent charity, we rely on your kindness to keep supporting people living with dementia.

Monday 2nd November

Tick what you would like to attend

- 11am - 12pm **Music & Movement** ☐
- 2pm - 3pm **Singing for the soul** ☐

Tuesday 3rd November

Tick what you would like to attend

- 11am - 12pm **Christmas Craft** ☐
- 2pm - 3pm **Painting with Lisa** ☐

Wednesday 4th November

Tick what you would like to attend

- 11am - 12pm **Mens' Club** ☐
- 2pm - 3pm **Bingo** ☐

Thursday 5th November

Tick what you would like to attend

- 11am - 12pm **Chairobics** ☐
- 2pm - 3:30pm **Painting for fun** ☐

Friday 6th November

Tick what you would like to attend

- 11am - 12pm **Mindfulness** ☐
- 2pm - 3pm **Carpet Bowls** ☐

Monday 9th November

Tick what you would like to attend

- 11am - 12pm **Music & movement** ☐
- 2pm - 3pm **Singing for the soul** ☐

Tuesday 10th November

Tick what you would like to attend

- 11am - 12pm **Christmas Craft** ☐
- 2pm - 3pm **Painting with Lisa Ex-Services Support Group** ☐

Wednesday 11th November

Tick what you would like to attend

- 11am - 12pm **Watercolours** ☐
- 2pm - 3pm **Bingo** ☐

Thursday 12th November

Tick what you would like to attend

- 11am - 12pm **Chairobics** ☐
- 2pm - 3:30pm **Painting for fun** ☐

Friday 13th November

Tick what you would like to attend

- 11am - 12pm **Mindfulness** ☐
- 2pm - 3pm **Lisa's House of Games** ☐

Week 3 activities

Booking is essential - 01243 888691

Week 4 activities

All our activities are donation-based

- Socialising
- Music and singing
- Nature and gardening
- Art & craft
- Movement & wellbeing
- Relaxation

All our activities run on a donation basis. As an independent charity, we rely on your kindness to keep supporting people living with dementia.

Monday 16th November

Tick what you would like to attend

- 11am - 12pm **Music & movement** ☐
- 2pm - 3pm **Singing for the soul** ☐

Tuesday 17th November

Tick what you would like to attend

- 11am - 12pm **Christmas Craft** ☐
- 2pm - 3pm **Painting with Lisa** ☐

Wednesday 18th November

Tick what you would like to attend

- 10:30am - 12pm **Mens' Club** ☐
- 1pm - 3pm **Violinist Afternoon Tea** ☐

Thursday 19th November

Tick what you would like to attend

- 11am - 12pm **Chairobics** ☐
- 2pm - 3:30pm **Painting for fun** ☐

Friday 20th November

Tick what you would like to attend

- 11am - 12pm **Mindfulness** ☐
- 2pm - 3pm **Adrian Acton Cafe Performance** ☐

Monday 23rd November

Tick what you would like to attend

- 11am - 12pm **Music & movement** ☐
- 2pm - 3pm **Singing for the soul** ☐

Tuesday 24th November

Tick what you would like to attend

- 11am - 12pm **Christmas Craft** ☐
- 2pm - 3pm **Painting with Lisa** ☐

Wednesday 25th November

Tick what you would like to attend

- 11am - 12pm **Watercolours** ☐
- 2pm - 3pm **Bingo** ☐

Thursday 26th November

Tick what you would like to attend

- 11am - 12pm **Chairobics** ☐
- 2pm - 3:30pm **Painting for fun** ☐

Friday 27th November

Tick what you would like to attend

- 11am - 12pm **Mindfulness** ☐
- 2pm - 3pm **Peter Danks Quiz** ☐

Week 5 activities

Booking is essential - 01243 888691

- Socialising
- Music and singing
- Nature and gardening
- Art & craft
- Movement & wellbeing
- Relaxation

Monday 30th November

Tick what you would like to attend

- 11am - 12pm **Music & movement** ☐
- 2pm - 3pm **Singing for the soul** ☐



Writers Club

A new group for dementia carers, present or past, once a month for 2 hours on a Saturday morning.

Held on the third Saturday of the month 10.00am – 12:00pm at Daisy's Cafe, continuing on S**aturday 21st November.** Booking is essential.

No previous experience is necessary. Jill, a dementia carer herself, will offer suggestions and activities to create a relaxed, friendly and confidential environment.

You will have opportunities to write about your lived experience and to use your imagination. Sharing will be optional.

If you are tempted but would like more information **please phone reception** and leave your contact details phone and/or email, and Jill will get in touch.

How to book

Booking is essential - 01243 888691

Booking is essential for all Sage House activities and can be done online, or over the phone.

It's quick and easy to book your activities online. Simply visit **dementiasupport.org.uk/activities**, or scan the QR code below with your phone or tablet's camera.

Then just choose your activity and the date you'd like to attend and fill in a few details to reserve your space. **All our activities are donation-based, and your kind support means we can continue putting them on.**

Alternatively, you can call **01243 888691** or ask at reception to book. Our opening hours are Monday - Friday, 9am - 4pm.

Scan the QR code below to book online

If you have any questions, please contact us:
01243 888691
info@dementiasupport.org.uk
Sage House, City Fields Way, Tangmere, Chichester, PO20 2FP

Other events

All our activities are donation-based



One Stop Property Hub

Tuesday 3rd November
10am - 11am, at Sage House

Come along to this drop-in session and find out more information in relation to property purchasing or selling and any other queries you may have on the subject.



Violinist Sarah Borg Afternoon Tea

Wednesday 18th November
1pm - 3pm, at Sage House

Sarah is an extremely talented musician with over 15 years' experience playing the violin. Join us as she performs a beautiful mix of pop, classical, folk and musical theatre. Visit our What's On page to book



The Heritage of Rolls-Royce History Talk

Thursday 26th November
6pm - 7:15pm, at Sage House

Join us for The Heritage of Rolls-Royce, a captivating journey through the history of this prestigious marque. Visit our What's On page to book.

Other events





TANGMERE
SageHouse
by Dementia SUPPORT

To find out more about or to book any of our activities or services, please get in touch:

Telephone: 01243 888691
Email: info@dementiasupport.org.uk
Website: www.dementiasupport.org.uk

Sage House, City Fields Way, Tangmere,
Chichester, West Sussex, PO20 2FP

Sage House Tangmere is an independent dementia charity based in West Sussex and we rely on fundraising to support our services.

Find out more at: **www.dementiasupport.org.uk/get-involved**

Sage House Tangmere is a Charitable company limited by guarantee, registered in England and Wales.
Company No: 9044373. Charity No: 1158640