

Sage House Activities

October 2026

Regular Community Events



Chatter tables

Held every day,
from 10am - 11am,
in Daisy's Cafe.



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 October in our calendar

Week 1 activities

 Booking is essential - 01243 888691

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

Thursday 1st October

Tick what you would like to attend

 11am - 12pm
Music & Movement ☐

 2pm - 3:30pm
Painting for fun ☐

Friday 2nd October

Tick what you would like to attend

 11am - 12pm
Christmas star making workshop ☐

 2pm - 3pm
Carpet bowls ☐

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 **Saturday 17th October**. 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.

Week 2 activities

All our activities are donation-based

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 5th October

Tick what you would like to attend

 11am - 12pm
Music & movement ☐

 2pm - 3pm
Singing for the soul ☐

Tuesday 6th October

Tick what you would like to attend

 11am - 12pm
Gardening club ☐

 2pm - 3pm
Painting with Lisa ☐

Wednesday 7th October

Tick what you would like to attend

 11am - 12pm
Boys Club ☐

 2:30pm - 3:30pm
Chichester Cinema Talk ☐

Thursday 8th October

Tick what you would like to attend

 11am - 12pm
Chairobics ☐

 2pm - 3:30pm
Painting for fun ☐

Friday 9th October

Tick what you would like to attend

 11am - 12pm
Mindfulness ☐

 2pm - 3pm
Adrian Acton Cafe performance ☐

Week 3 activities

 Booking is essential - 01243 888691

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

Monday 12th October

Tick what you would like to attend

 11am - 12pm
Music & movement ☐

 2pm - 3pm
Singing for the soul ☐

Tuesday 13th October

Tick what you would like to attend

 11am - 12pm
Gardening club ☐

 2pm - 3pm
Painting with Lisa ☐

Wednesday 14th October

Tick what you would like to attend

 10:30am - 12pm
Watercolour ☐

 2pm - 3pm
Bingo ☐

Thursday 15th October

Tick what you would like to attend

 11am - 12pm
Chairobics ☐

 2pm - 3:30pm
Painting for fun ☐
 12:30pm - 3pm
Craft workshop with
Rolls Royce *Booking required* ☐

Friday 16th October

Tick what you would like to attend

 11am - 12pm
Music & Movement ☐

 2pm - 3pm
Tabletop Games in
the Cafe ☐

Week 4 activities

All our activities are donation-based

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 19th October

Tick what you would like to attend

 11am - 12pm
Music & movement ☐

 2pm - 3pm
Singing for the soul ☐

Tuesday 20th October

Tick what you would like to attend

 11am - 12pm
Gardening club ☐

 2pm - 3pm
ABBA Afternoon Tea ☐

No Knit & Natter due to event

Wednesday 21st October

Tick what you would like to attend

 11am - 12pm
Boys Club ☐

 2pm - 3pm
Bingo ☐

Thursday 22nd October

Tick what you would like to attend

 11am - 12pm
Chairobics ☐

 2pm - 3:30pm
Painting for fun ☐

Friday 23rd October

Tick what you would like to attend

 11am - 12pm
Mindfulness ☐

 2pm - 3pm
Carpet bowls ☐

Week 5 activities

 Booking is essential - 01243 888691

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

Monday 26th October

Tick what you would like to attend

● 11am - 12pm
Music & movement ☐

● 2pm - 3pm
Singing for the soul ☐

Tuesday 27th October

Tick what you would like to attend

● 11am - 12pm
Gardening club ☐

● 2pm - 3pm
Painting with Lisa ☐

Wednesday 28th October

Tick what you would like to attend

● 10:30am - 12pm
Watercolour ☐

● 2pm - 3pm
Bingo ☐

Thursday 29th October

Tick what you would like to attend

● 11am - 12pm
Chairobics ☐

● 2pm - 3:30pm
Painting for fun ☐

Friday 30th October

Tick what you would like to attend

● 11am - 12pm
Mindfulness ☐

● 2pm - 3pm
Sage House Quiz ☐

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



Discover the history of Chichester Cinema - A Talk

Wednesday 7th October
2:30pm - 3:30pm, at Sage House

Join us for a free, informal and entertaining talk from the team at Chichester Cinema. They will be sharing the fascinating history behind the cinema



Craft Workshop with Rolls Royce

Thursday 15th October
12:30pm - 3pm, at Sage House

Join us for a hands-on workshop with craftspeople from Rolls-Royce, where you can try your hand at leatherwork and marquetry. **Booking required.** Visit: dementiasupport.org.uk/whats-on to book.



The Battle of Britain and Operation Sealion

Tuesday 20th October
6pm - 7:15pm, at Sage House

Join Harry Sherrard as he uncovers a different perspective on our "Finest Hour", the Battle of Britain.

Other events



The Siena Singers Choral Concert

Musical Director Giles White



A musical journey from Sacred to Spirituals featuring English and European choral music and solo songs. Featuring pieces by Palestrina, Pitoni, Lotti and well-known English baroque composers, the concert will move from the Renaissance to the Romantics and on to the 20th century with well-known settings by Stanford, Grieg and Bruckner followed by musical theatre classics.

Enjoy the delightful sounds of the Siena Singers performing for the first time at Sage House in Tangmere - all proceeds will go to the charity.

Spaces are limited so make sure to book early!

Friday 23rd October 7pm - 9pm Doors open at 6.30pm
£15 per person - Includes a glass of wine

To book, please call **01243 888691** to speak to reception or book online www.dementiasupport.org.uk/whats-on

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



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

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TANGMERE
SageHouse
by  **Dementia
SUPPORT**