

Memory Matters

Supporter Update - Spring 2026



Hello and welcome to Memory Matters.

As I step into my new role as Chief Executive Officer, I'm proud to look back on what we've achieved together and to share our plans for the months ahead.

With your support, we've continued to grow our services to meet the needs of our community. Our teams provide vital one-to-one support to thousands of people, and last year we launched our mobile Wayfinder Advice Bus, helping us reach more isolated communities across West Sussex.

As we approach our eighth birthday in May, it's a wonderful milestone that highlights how far we've come and none of this would be possible without you. Thank you for your continued care and generosity. Together, we are making a lasting difference.

With heartfelt thanks,
Emma Radley
Chief Executive Officer



Meet Edward and Gill



Edward and Gill are celebrating 60 years of marriage this year and have lived just outside Bognor Regis for the past 22 years. In 2022, following a GP referral, Edward was diagnosed at Sage House with mixed dementia. Edward says **"My dementia makes decision-making difficult, but Sage House makes me feel happy, supported, and connected, everyone is positive and helpful"**.

Throughout their journey they have been supported by their Wayfinder, Theresa, who has guided them through the use of the Sage House services there to support them. Gill has attended the Empowering Carers workshop and carers support meetings, which she says helped her realise she wasn't alone. She has done sessions on financial affairs and home safety.

Together, they enjoy Sage House activities including mindfulness, carpet bowls, chatter table, and afternoon teas with live entertainment. Gill says "Sage House provides vital support and information in a non-judgemental space, always offering someone to talk to and guidance when needed".

Sage House also helped Edward with his hearing. After a hearing test at Sage House, he received new hearing aids, making a real difference to daily life for Edward and Gill, Sage House is a place of support, understanding, and community as they continue their journey together.

Activities Updates

Therapeutic and cognitive activities are vital for people living with dementia, helping to stimulate the mind, maintain physical ability, boost wellbeing and reduce isolation.

At Sage House, our weekday programme offers a mix of creative, musical, movement and reminiscence sessions, creating meaningful connections and supporting a better quality of life.

We see first-hand how engaging in music and dance can unlock joy and expression, supporting cognitive function and wellbeing helping stimulate memory, mood and movement.



New activities

- Launched Sage House Disco, our new monthly Saturday provides accessible weekend fun for those who struggle to find engaging activities.
- By popular demand we have a new chairbics session on Friday mornings enabling more people to keep physically active.
- Movement and Music group session on Tuesday mornings, to get people active and stimulated to their favourite tunes!

Events

8th Birthday Celebrations - starting Tuesday 5th May

A week of fun, events and lots to get involved in starting 5th. Join us for activities, special events and celebrations for everyone to enjoy.



Golf Day at Cowdray Park - Wednesday 19th June

18 holes, bacon rolls, two course lunch and lots of prizes. A great day out for all abilities, combining friendly competition with fantastic food and company.



Motor Track Day at Goodwood - Wednesday 22nd July

Exclusive day promising a legendary driving experience in your own car at this iconic venue.



Sage House Sportive – Sunday 13th September

Take on a challenge across the Southdowns on a 25 or 50 mile route, while supporting a great cause, in partnership with the Rotary Club Bognor Hotham.



Monthly Sage House History Talks

Join us for our engaging history talks at Sage House. Discover the people, places, and events that shaped our community. Visit our website to see what's on and find details of upcoming talks.

Daybreaks



5,289
Placements

5,289 placements in the past year and our current waiting list is 9 people

Wayfinding



7,074
Contacts

Number of contacts made: 7,074

Wellbeing



6,518
Activities

Attendance at activities was 6,518

Community Outreach



249
Sessions

249 sessions with a total attendance of 4,015

Wayfinding



3,417
People

Total number of people supported 3,417

Personal Care



1,156
Appointments

1,156 appointments including, bathing, hairdressing, & therapies

Wayfinding Advice Bus

We're delighted to report that our Mobile Wayfinding Advice Bus successfully launched last summer! Our Community Wayfinder is bringing in-person support directly to communities. Inside a comfortable, adapted space, we provide practical advice, emotional support, and one-to-one guidance. This exciting service is already helping us reach many more people across the county, and we look forward to sharing its ongoing impact throughout 2026.



Volunteering For Sage House

Meet David

David has been volunteering at Sage House since 2019, he helps in Day Breaks, and Watercolours and Chatter Table activities. He is also a king in the kitchen at our Sage House History talks.

"I get a lot out of volunteering and love coming to Sage House and helping people who are less fortunate than me"



Meet Margaret

Margaret is a community ambassador and regularly volunteers on Sage House reception and at community events for us.

Margaret says, **"I need to give back to Sage House for everything they gave to my husband, because without Sage House my husband would not have had such a wonderful time with dementia, I always used to say to my Arun, when the day is done, we take home memories full of fun"**



Appreciation Zone

We cannot thank all our supporters enough, from challenge eventers, community groups and clubs, individual givers, companies, businesses and charitable trusts. Each play a part in funding vital services for people living with dementia. Here are just a few of the amazing supporters from the past year:



Charity of the Year

We were delighted to be the chosen charity for the 2025 Bognor 10K thanks to Bognor Tone Zone Runners & Rotary Club of Bognor Hotham.



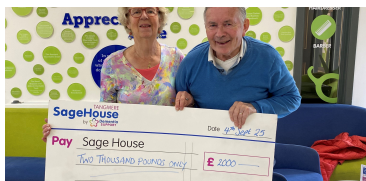
Bob Whiting

Bob Whiting rode his mobility scooter 70 miles across the Isle of Wight and raised over £5000!



Charity of the Year

The Chichester Racquet and Fitness Club picked us as their charity for last year and did numerous fundraising events to support us.



Mary Joy

Mary Joy walked across the South Downs way with friends and family and raised an incredible amount for Sage House.



David and Catherine from The David Hunt Trust for their continued support

We received £5k grant for Community Outreach in Nov 25. The second time they have funded this service.

A massive thank you to Henry Adams for being such a fantastic corporate partner through fundraising challenges and volunteering. We're delighted to have been chosen as their charity again for 2026.

Rolls-Royce Motor Cars chose us as their charity partner for 2025, and what an incredible year it has been. Thank you for your amazing support, and for the wonderful surprise of choosing us again for a second year.

Glanvilles kindly funded a 70-inch TV and stand for Daisy's Café, also used for our history talks, corporate quiz nights, team meetings and dementia supporter training.



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