

Memory Matters

Supporter Update - Summer 2021



Dementia services at Sage House re-open

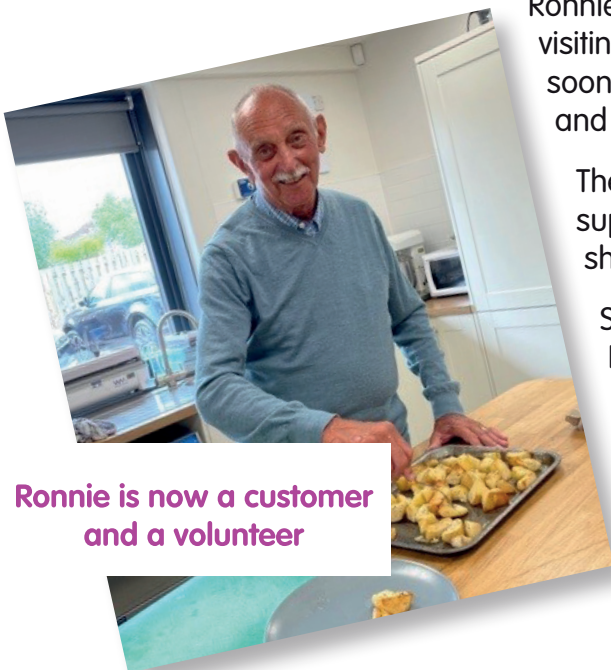
We've been delighted to open the doors of Sage House once again as Covid restrictions ease. It's only thanks to fantastic supporters like you that we're able to resume our unique services for people living with dementia. As a charity, everything we do relies on our supporters – thank you so much.

Customers are relieved to be able to talk to a Wayfinder in person once again, and we can now welcome more people into Day Breaks respite each day. Accessible bathing, Chatter Tables and Wellbeing Activities are all getting busy again.

Meanwhile, if you come down to Daisy's Café, (prebook on 01243 888691, we'd love to see you!) you might meet Ronnie, a customer and now a volunteer as well. When Ronnie and his wife Dolly started visiting Sage House in 2018, they soon became well known amongst staff and fellow customers.



Ronnie and Dolly enjoying a Wellbeing Activity in 2018



They enjoyed the café and Wellbeing Activities together, they were supported by a Wayfinder and, as Dolly's dementia progressed, she enjoyed Day Breaks respite, giving Ronnie time to rest.

Sadly, Dolly passed away during the first lockdown in 2020. Sage House was closed, but we were able to support Ronnie over the phone and keep in touch with him every week. In recent weeks, Ronnie has started volunteering in Daisy's café, using his skills in the kitchen and serving customers.

It's absolutely brilliant to have Ronnie back, as he says:

"I'm enjoying it and having fun. It's good to be back within the Sage House family."

Results of the Dementia Survey are in!

Thank you to everyone who took part in our Dementia Survey. Hundreds of people have shared their experience of dementia.



Turn over to find out more...

The hubbub is back in the hub

I popped into Daisy's café earlier, the heart of our dementia hub here at Sage House, and I was delighted to see every table full. There was a lovely hubbub as customers, volunteers and staff chatted and shared their news.

We may not be back to normal just yet, but it's vital that people struggling with dementia don't feel isolated and alone. Your support means we can open the doors once again, and offer a range of dementia services like no-where else. We're re-building a supportive community, and we could not be more grateful to you. If you'd like to know more, do get in touch. Thank you.

Sally Tabbner
Chief Executive

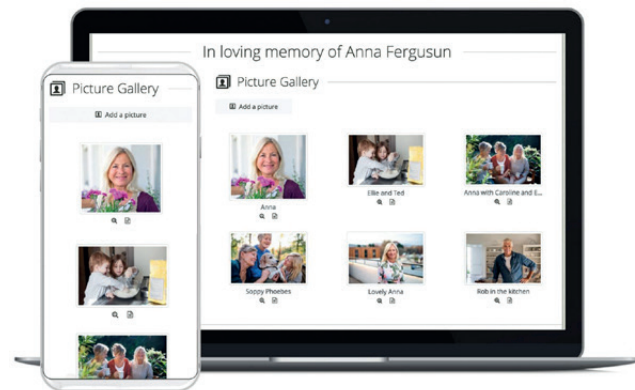


Create a Lasting Memory Tribute

How do you like to remember a loved one? Photos, special anniversaries, reminiscing with family and friends?

If you're online, we've launched a new Lasting Memory Tribute online platform. You can create a unique webpage for your loved one, share it with family and friends here and around the world, and upload photos, memories and music. You can also light a virtual candle on special dates, and make a gift to Dementia Support to help others affected by dementia.

Find out more and create your Lasting Memory Tribute via our website at www.dementiasupport.org.uk or contact Daniel Marengi on 01243 958460 or daniel.marengi@dementia-support.org.uk.



Remember a loved one with a
Lasting Memory Tribute

Business support for A Vintage Adventure

Thank you so much to all our supportive local businesses, Charity of the Year companies and advocates within the business community. Special thanks to Glanvilles Solicitors, who generously gave £2,500 in support of our Vintage Adventure fundraising event in May.

The event marked the third birthday of Sage House, and the third year of Glanvilles' generous support.

To find out more about how we can work in partnership with your company, contact Dianne Gill, Corporate Partnerships Manager, on 01243 958460 or Dianne.gill@dementia-support.org.uk.



Mikyla from Glanvilles and Dawn Gracie take part in A Vintage Adventure

“We were very much left to our own devices.”

Back in May we launched our first Dementia Survey, to find out more about the experience of dementia in our local area, and how we can help.

Hundreds of people responded, many with heart-breaking accounts of what life with dementia can be like without adequate support.

We're keen to share the findings in due course, and we're already supporting over 100 new customers who were previously struggling with dementia alone.

“ My late husband had dementia, we were very much left to our own devices. ”

“ I've very recently been diagnosed with dementia – I'm nervous and fearful of the future. ”

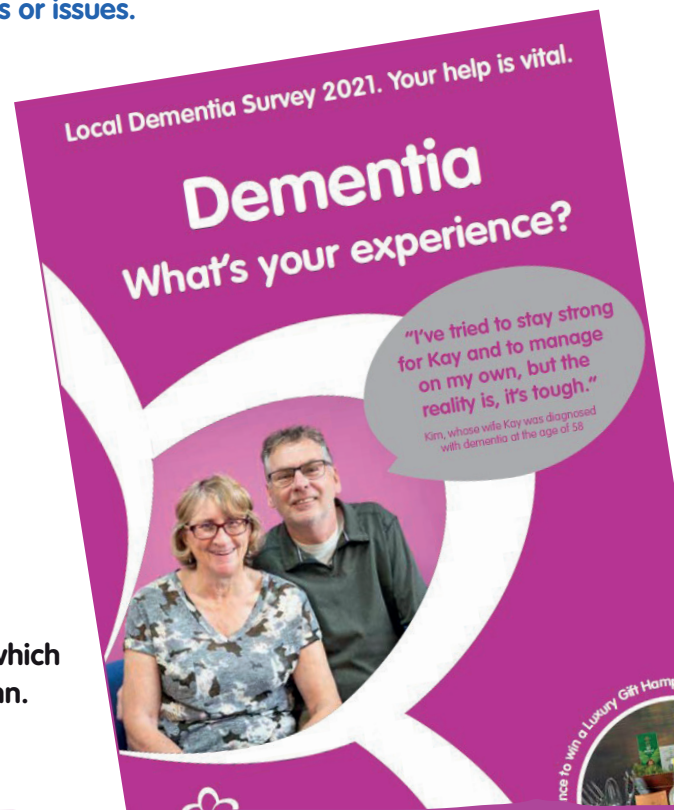
“ The biggest challenges? The deterioration of relationships. The indescribable heartache for all concerned. ”

Thank you to everyone who took part in the Survey, to those who donated, and to everyone who's supported us in recent months, which means we can offer long-term support to more customers like John.

John lost his wife two years ago, and was then diagnosed with dementia last November, aged 70. John recently came to Sage House with his granddaughter to meet with a Wayfinder. He had been frightened to learn that dementia is terminal. One of his first questions was, how long do I have?

They all spoke at length about how dementia affects the brain over time, how anxiety can exacerbate the symptoms, for example when John gets frustrated at not being able to remember certain words, and how to live well with dementia. They discussed techniques to help with word loss, to combat anxious feelings, and Wellbeing Activities for positive cognitive stimulation.

John has since joined a Chatter Table at Sage House, where he's met people in similar situations, and he knows he can call his Wayfinder to talk through any concerns or issues.



Dementia Support's services – find out more

If you or someone you know needs support with dementia, here's how we can help:

Wayfinding advice – free, ongoing and open to all. Phone to book an appointment.

Wellbeing Activities – for people with dementia and their loved ones, various times.

Day Breaks respite – contact us to find out more, available every day.

Accessible bathing, Chatter Tables, Daisy's café and more.

Phone Sage House on 01243 888691 or email info@dementia-support.org.uk. At the time of writing, all our services, activities and tables in the café must be prebooked.



Appreciation zone

Carly, Charlie and Claire are victorious

Well done to Carly, Charlie and Claire on completing the Three Peaks Challenge! They battled snow, ice, rain, howling 46mph winds, mist, and scaled Scafell Pike in the middle of the night with only head torches to guide them. They raised an incredible £1,835 for Dementia Support. **Thank you so much!**



Carly, Charlie and Claire completed the Three Peaks Challenge

Our busy bunch of Community Fundraisers

A huge thank you must go to all of our amazing fundraisers, including the Horse and Groom Pub in East Ashling, 11-year-old Gabby for selling her cuddly toys; Sheryl Green for her fascinating WW2 talk; Chichester University's Windband concerts; Blessed Yoga's Yogathon; Corey and Alfie for their Coast to Coast Cycle; Bognor WI's 1,000 mile walk and Kate Mosse for supporting us at her recent book signing. **To all our Community Fundraisers – you are amazing!**

Multi-year funding from local Trusts

We're grateful to many local, regional and national Trusts who continue to generously support the charity year on year. In May, following a virtual Zoom meeting, the Ernest Kleinwort Charitable Trust (EKCT) awarded Dementia Support a grant of £20,000, following their first grant in 2019. Thank you EKCT!

Get involved

Meet & Eat this summer

Now that we can get together again (within government guidelines), why not celebrate by inviting friends, family or colleagues for cake, a picnic or BBQ in aid of Dementia Support? Register online for your Meet & Eat fundraising pack, or contact Natalie in the Fundraising Team, details below.

Celebrate the summer with a
Meet & Eat get-together



The gift of a lifetime

Leaving a gift in your will is a special way to support the causes you are passionate about, long into the future. Any gift left to Dementia Support will help people navigate the challenges of dementia, whatever they may be. If you'd like to tell us you've left a gift, or to find out more, contact Helen in the Fundraising Team.

Gear up for Goodwood

Would your company like to get involved in our corporate events? We have a Golf Day at Goodwood Golf Course on 21 July 2021 and a Track Day at Goodwood Motor Circuit on 22 October 2021. To find out more, contact Dianne in the Fundraising Team, details below. **Thanks again for all your support!**

Dementia Support, Sage House, City Fields Way, Tangmere, Chichester, West Sussex, PO20 2FP
01243 958460 - www.dementiasupport.org.uk - fundraising@dementia-support.org.uk

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