

**CAPITAL****Diary of Events****Jul-25****Locality Meetings are in Bold - Voluntary Opportunities Highlighted in Grey**

<b>Date</b>	<b>Time</b>	<b>Purpose</b>	<b>Location</b>	<b>Who is Attending</b>
Tue 1st				
Weds 2nd				
Thurs 3rd	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Friday 4th				
Mon 7th	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
	1.30 - 3pm	East Grinstead Hub	Welcome Café, Trinity Church, Lingfield Rd, E. Grinstead, RH19 2HA. Guest -Pearl from local Women's Support Group	All Welcome - email <a href="mailto:lucy.parsonage@capitalcharity.org">lucy.parsonage@capitalcharity.org</a> for more details
	10 - 12pm	AAW Locality	Meet at Splashpoint by Crab Shack	Email <a href="mailto:heidi.tilney@capitalcharity.org">heidi.tilney@capitalcharity.org</a> for information
Tuesday 8th				
Weds 9th				
Thursday 10th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Friday 11th				

Sat 12th	2pm - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email sara.shepherd@capitalcharity.org for more information
Mon 14th	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 15th				
Wed 16th	1.30 - 3.30pm	Wakehurst Get Together, (meet in café from 1.15, start walk at 2pm)	Wakehurst Place, Selsfield Rd, Haywards Heath, RH17 6TN (272 Metro Bus from Crawley, Haywards Heath Station, Burgess Hill etc) Disability scooters available	All Welcome - email lucy.parsonage@capitalcharity.org for more details
Thur 17th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Fri 18th				
Mon 21st	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 22nd				
Wed 23rd				

Thur 24th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
	2.30 - 4pm	Haywards Heath Hub	St Richard's Ch, Sydney Rd, Haywards Heath, RH16 1QE (very close to Station)	All Welcome - email <a href="mailto:lucy.parsonage@capitalcharity.org">lucy.parsonage@capitalcharity.org</a> for more details
Fri 25th				
Sat 26th	2pm - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email <a href="mailto:sara.shepherd@capitalcharity.org">sara.shepherd@capitalcharity.org</a> for more information
Mon 28th	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 29th				
Wed 30th	1.30 - 3.30pm	Wakehurst Get Together (meet in café from 1.15, start walk at 2pm)	Wakehurst Place, Selsfield Rd, Haywards Heath, RH17 6TN (272 Metro Bus from Crawley, Haywards Heath St, Burgess Hill etc)	All Welcome - email <a href="mailto:lucy.parsonage@capitalcharity.org">lucy.parsonage@capitalcharity.org</a> for more details
Thur 31st	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
	5.30 - 7.30pm	West Sussex LEAG	Online	Email <a href="mailto:lydia.taylor@capitalcharity.org">lydia.taylor@capitalcharity.org</a>