



July 2025 Newsletter

Welcome to CAPITAL's July newsletter. Please have a read through our newsletter and diary of events to see what we have been up to and what we have coming up here at CAPITAL.

Mental Health Support Services Retendering Update

As you'll be aware, Mental Health Support Services are being retendered and Pathfinder as you know it will be changing.

CAPITAL have been working with others to bid for contracted work, however there is a delay in announcing the outcome and this is still uncertain.

This has been affecting our work – the new tender will come into practice on 1st October. We will continue to update you as and when we know more.

Please send Duncan any questions duncan.marshall@capitalcharity.org

-Duncan

Coordinator News

Keep up the good work to all the Peers in the hospitals. Also, all the Volunteers.

This has been a very difficult few months, seeing the office close. Please remember members we are still here for you if you need us.

Just wanted to say thank you to Diane for turning up to AAW, I'm glad she is getting well with her knee.

Also thank you for Mandy stepping in and Tabitha while I have been off.

-Heidi

We are happy to enjoy our engagement with the Wakehurst Community Access Scheme and aim to have open Get Together Afternoons once or twice a month for the Mid Sussex area of CAPITAL, though all members are welcome to join 😊 We look forward to enjoying the beautiful gardens and nature at Wakehurst, in the true CAPITAL spirit of peer support.

If anyone is interested in volunteering with this project -please do let us know 😊 We are keen to expand our core team of key people to welcome in members at the café, help with disability scooters, plan walk choices etc

We also welcome volunteers in general particularly at this time, for help and ideas with hubs and fairs etc, especially the setting up of the new hub at Haywards Heath. All volunteering is incredibly appreciated, with travel expenses and refreshments paid and the numerous benefits and opportunities that come from volunteering.

**Please contact: lucy.parsonage@capitalcharity.org
natalie.butt@capitalcharity.org**

We also look forward to our guest at the East Grinstead Hub on Monday 7th who will be sharing with us about her new Women's SHARE support groups in the East Grinstead area.

Please note there is no Crawley Hub this month.



Sam, Lucy & Carol enjoy coffee at Langley Green

Wishing you all a beautiful summer (with plenty of fans and ice cream!)

-Lucy, Sam, Natalie, Carol & Co 😊

Drug & Alcohol Partnership News

This month following our third event on May 16th where we celebrated Creative Recovery, we have been co-producing more trauma informed training with Alcohol Change UK. This is specifically aimed at housing support staff in West Sussex. This is a direct request from people with lived experience to be treated with dignity and respect especially when they are vulnerably housed in our community.

The community fund has commissioned a new project this month- Guiding V Grooming- "You remind me of myself when I was your age". This is aimed at younger people who may not understand that they are being groomed into gangs. We are working closely with Sussex, Surrey and Kent police on this as the importance of early intervention is evident.

The Peer-led Women's Wellbeing Service by Build on Belief starts 27th July and there are self-referral details on the Drug and Alcohol Partnership (DAP) pages of the website. This is for anyone who identifies with homelessness, substance use, domestic violence and/or poor mental health. We encourage you to join up or share with others who may be interested in a peer led group in Worthing.

Stone Pillow are now up and running with the Voice of Lived Experience, commissioned by the community fund. This is to elevate and validate the voices of individuals with co-occurring conditions by ensuring they are heard and integrated into decision-making processes.

We welcome you to join our Saturday art group every other week 2-4pm (from Saturday 28th June) at Stone Pillow Resource Hub, 15 Ellasdale Road Bognor PO21 2SG. The first 10 attendees receive a lovely art pack that they can take with them to encourage creativity at home. You don't have to have any skills, just show up and explore different art techniques with us and enjoy a cuppa.

Please email any questions to sara.shepherd@capitalcharity.org or mark.mills@capitalcharity.org

-Sara & Mark

Lived Experience Stories – Share your story about what CAPITAL means to you!

This is part of a project to tell the story of CAPITAL: where we have come from; where we are now; and where we are going in the future. You can tell your story anonymously. Whilst we are hoping for positive stories, we also recognise that some stories may not be positive. Please be assured that all stories are welcome!

What to do:

1. Take a postcard
2. Write or draw on it something about your story with CAPITAL and what CAPITAL means to you
3. Stamp and send the postcard by DATE

TIPS:

- Be brief
- Write clearly
- Be as creative as you want

We will choose a selection of postcards to use in sharing our story more widely. We want to encourage people to share their stories about the role of CAPITAL in their lives. We want others to know how valuable organisations like ours are to people with lived experience of mental health challenges. Thank you for taking part!

If you would like to tell your story in person, please contact Alison.

Email Alison with any questions livedexperiencestories@capitalcharity.org

LEAG News

During June so far, the WSX LEAG members have been busy continuing their involvement and focuses on the Neighbourhood Mental Health Teams development and further the more routine activities and meetings.

The group are varying the timings of the meeting to support reviewing accessibility and timings to promote as much attendance as possible across everyone's busy schedules.

The WSX LEAG continue to unite alongside the CAPITAL team during the tender evaluation process.

The WSX LEAG members have started to receive regular update bulletins to support the accessibility and distribution of opportunities and developments. Lydia would like to articulate her thank you to the members for their continued commitment and hope.

A particular thank you to Jenny, Natalie, and Carole for their consistent advocacy and organisation of the WSX LEAG, and all supporting aspects to help the group remain operational, particularly during this current time and recent changes.

What would you like from your Co-Production Lead? Please let Lydia.taylor@capitalcharity.org know your thoughts on this.

-Lydia

Membership Updates

As many of you will be aware, we have moved our groups out of the Sudley road office, and along with that we do have some other changes coming into practice soon.

We have been working on a new website which will also have a 'Member zone' area, where members are able to log in, amend details, cancel their membership, join groups and register for events. We hope this will add a new dimension to membership and give members more control in their membership.

Helen, our volunteer has been contacting members about communication preferences, interest in events and groups, along with Tabitha, and with this information we will be able to tailor memberships to accommodate and suit each person.

Email us with any questions: enquiries@capitalcharity.org

-Kirsty

Fundraising – Please consider donating to CAPITAL

Would you, or your friends or family, like to donate or raise money to help CAPITAL support more people? There are lots of ways you can do this.

From Payroll Giving where you can donate tax free through your salary, and EasyFundraising, which allows you to donate each time you shop online at over 7000 shops; through to raising funds however you see fit - perhaps cake sales, or car washing, or even running a marathon!

£5 would buy some much-needed art supplies

£15 would pay for a Wellness Pack for someone leaving hospital

£50 would pay for room hire and refreshments for a Locality meeting

£100 would pay for one day of peer support

Alternatively, you can help by sharing our social media posts to raise awareness of our work, by volunteering, or telling us about any fundraising opportunities you hear about.

Whatever you do to support us, now or in the future, we want to say a big THANK YOU!

Email us with any enquiries enquiries@capitalcharity.org

Or phone us [01243 869662](tel:01243869662)

Thank you for reading our newsletter!

- Your CAPITAL team