



September 2025 Newsletter

Welcome to CAPITAL's September 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.

CAPITAL Update

No further news on the tender process – this is still ongoing and in discussions. We will update you all when there is more news.

-Duncan

Membership & Events Updates

Heidi, Helen, Hollie and I (Tabitha), aka The Events Team have smashed it again. We have become an amazing team that really understand and help each other as peers, while sharing experiences with complete strangers in a very carefully guided way.

The Events Team had an amazing August Bank Holiday in Chichester and Worthing. We spoke to so many people and hopefully made some lasting friendships and contacts.

We will be doing the STONEPILLOW BIG SLEEPOUT again this year (Sat 20th September). People are welcome to come along for the day and help build our home for the night, but we only be having the Event Team staying out overnight. If you have any questions, please email me at tabitha.thompson@capitalcharity.org

The Western Locality will need to be confirmed. If anyone has any questions or enquires, then please email me.

Pictures from the August Bank Holiday events below (Chichester Emergency Services & Community Day and Worthing Rotary Carnival)



Email Tabitha with any questions: tabitha.thompson@capitalcharity.org
-Tabitha

Coordinator News

A huge well done to Heidi who raised £1000 over a weekend with the Veterans Wing work, fantastic job Heidi!

What we've been up to!

We went to Wakehurst for the Lantern Making project which was so an amazing opportunity to learn something new. The lanterns will be part of Wakehurst's Glow Wild 2025 where the lanterns will be filled with lights and visitors can explore a woodland trail of lights and lanterns.



We have also been busy at our Haywards Heath Hub with our crafting and creative sessions and natural peer support. We had a lot of fun trying new projects and exploring our creative sides. We made some beautiful flowers, some keyrings and sun catchers too and we're looking forward to the next one on the 18th September 2.30-4.

If you're interested in joining us, email natalie.butt@capitalcharity.org



What's coming up!

From Wednesday 3rd September for 5 weeks 11am -1pm Wakehurst are offering us 10 spaces on their Moving Sounds Program. People don't have to commit for all 5 weeks and different people can go each week. There will be some talks, guided meditation, poetry, songs, music sessions and making bug and bee hotels. People may get involved as much or as little as you want. This sounds like a fantastic opportunity for our mental health wellbeing. We need at least 2 weeks to book scooters. Please be aware that travel is not included but there are buses to and from Crawley and Haywards Heath.

Please email asap to secure your space natalie.butt@capitalcharity.org ☺

Please contact Lucy and Natalie with any questions:

lucy.parsonage@capitalcharity.org / natalie.butt@capitalcharity.org

-Lucy, Natalie & Co

Lived Experience Stories – Postcards will be sent to Members soon!

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. Please be assured that all stories are welcome!

We will be sending out postcards soon!

What to do: Take a postcard - Write or draw on it something about your story with CAPITAL and what CAPITAL means to you - Stamp and send the postcard by date to: 49 Station Road, Polegate, East Sussex, BN26 6EA or the email address below. If you would like to tell your story in person or in a different way, please contact Alison.

Email Alison with any questions livedexperiencestories@capitalcharity.org

New! Online Members hubs

CAPITAL

ONLINE HUBS

EVERY 2ND WEDNESDAY OF THE MONTH
FROM 18:00-19:30PM
STARTING FROM 10TH SEPTEMBER

Come and join us to build your self help skills

<https://us06web.zoom.us/j/82187471358?pwd=ShPDOLhxliCl0g7IErcQge0qClQQRJ.1>

Meeting ID- 821 8747 1358
Passcode- 453285

Each session aiming to provide connections and space
peer support and wellbeing
shaping CAPITAL developments and member engagement

visit our website
<https://www.capitalcharity.org/news/>

Zoom link -

<https://us06web.zoom.us/j/82187471358?pwd=ShPDOLhxliCl0g7IErcQge0qClQQRJ.1>

Email enquiries@capitalcharity.org if you need any help or have any questions

Drug & Alcohol Partnership News

It's been another busy month within the Drug & Alcohol Partnership team and not least of all as we are now seeing some of the preliminary results from the projects coming through.

Our very first commissioned project was the Out of Hours Art Group, and it's had some wonderful feedback – see below!

“As my recovery journey continues the art group has taken me right back to my creative self before I became unwell”

“I am in awe of the art that is being created within and outside of the group by the members and peers and I see their growing confidence. But the group isn't about art, it's about coming together with the common goal of connecting and being creative in whatever form that takes.”

The art group went out on our first trip of two trips this month and welcomed members, staff, peers and trustees to join us at Wakehurst in Haywards Heath to celebrate their summer party. Despite on and off rain we spent time in the beautiful surroundings, walked, created art, visited the seed bank and some watched a puppet show. It was a magical day, and we encourage all of you to spend time there if you can, as a CAPITAL member you can use our community membership and access free. Wakehurst provide wonderful sessions to community members including a 5 week Moving sounds project or nature nutters mindfulness walks.

For more info www.kew.org/wakehurst

CAPITAL and Drug and Alcohol Partnership are delighted that we could give the go ahead to a further four peer led projects commissioned from our community fund this month.

Pot Roast which introduces healthy low-cost meals and cooking classes featuring food bank. Its aims are to help tackle nutritional health during recovery and/or for people experiencing housing issues.

High on Health This project looks at raising awareness of the health risks associated with the use of unhealthy drinks mixers, particularly fizzy drinks during poly-substance use. We will be particularly aiming this at younger people.

East Grinstead Women's SHARE Group Supporting women over 18 years of age through weekly peer led meetings and workshops tackling issues such as mental health, substance misuse and financial hardship.

And finally, **Carers Support** Looks to provide a lifeline to those in our communities that care for others be it family or friends suffering issues such as mental health, substance misuse and increase overall wellbeing when in a carer's role.

We'll continue to share updates on the progress of the eight peer-led initiatives focused on supporting vulnerable members of our community.

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

-Sara & Mark

Volunteer Opportunity: Podcast Lead for CAPITAL's New Podcast! 🎙️

This role will lead on the development and delivery of CAPITAL's new podcast, helping us to plan, edit, and publish conversations rooted in lived experience. The podcast will amplify peer support, co-production, and real stories from NHS settings and the wider community.

Are you...

- Passionate about amplifying real stories and lived experiences?
- Interested in podcasting?
- Motivated by inclusion, empowering people and peer support?

- Someone who enjoys collaborating on creative ideas and sharing voices that need to be heard?
- Keen to make a difference by bringing conversations from the community to a wider audience?

Key points

- 4-6 hours per month (flexible)
- Remote
- Travel and pre-agreed costs covered
- Volunteer role, initial term of 6 months

To apply, email us a short paragraph to recruitment@capitalcharity.org about why this role appeals to you and any relevant interests or experience.

Read more: <https://www.capitalcharity.org/job-opportunities/>

LEAG News

August has been a more strategic month for the WSX LEAG. Members enjoyed a well-deserved break from the monthly meetings and have been busy working behind the scenes on topics including the Neighbourhood Mental Health Teams communications, evaluation and standard operating procedure working groups which are supporting the lived experience voice in the implementation of the new model from Community Transformation.

The leadership team for the LEAG partnered together at the beginning of August to have a workshop looking at the next steps for the WSX LEAG. This included thinking about the learning from our current contract, and the next steps during future planning. There will be some upcoming opportunities in October for members to take part in a workshop to continue this work and co-produce a WSX LEAG charter to showcase the roots and values of the power and work.

Looking ahead:

The next WSX LEAG meeting will be on Wednesday 17th September 2025, where members will come together to continue reporting and updating on the NMHT and delivery work, and further exploring the key points for inclusion in the end of contract WSX LEAG report, which will be finalised towards the end of 2025.

To find out more about the WSX LEAG or get involved, please contact Lydia Taylor, Co-production Lead for West Sussex Mental Health, at

Lydia.taylor@capitalcharity.org.uk

-Lydia

CAPITAL Impact Solutions

We have launched a sister company called CAPITAL Impact Solutions where we combine professional expertise with lived experience to offer tailored peer focused services that make a lasting difference.

Focusing on consultancy and nationally recognised qualifications, to workplace well-being training; our work empowers individuals, organisations, and communities to deliver services that embed lived experience as a force for positive impact and change.

Please spread the word and visit our new website and follow on linkedin. You can sign up to the newsletter to learn about all of the opportunities.

www.capitalimpactsolutions.co.uk / www.linkedin.com/company/107456713

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!

Living Well Programme Courses

**Are you an adult living with a long-term health condition
and live in West Sussex, Brighton or Hove?**

The Living Well Programme course could help you to learn new skills to better manage your health condition and symptoms, in a supportive group environment.

We are now taking bookings for our next round of courses.

Details of the next FREE 6-week courses are as follows:

Online Courses:

Tuesdays from 7th October – 11th November 2025 1-3pm

Fridays from 10th October – 14th November 2025 10am-12pm

Mondays from 20th October – 24th November 2025 1-3pm

Tuesdays from 4th November – 9th December 2025 6-8pm

Wednesdays from 5th November – 10th December 2025 10am-12pm

Thursdays from 6th November – 11th December 2025 10am-12pm



Booking is essential – please scan the QR code or contact the team on:

sc-tr.livingwell@nhs.net

01273 267545 / 01403 620448

www.sussexcommunity.nhs.uk/livingwell



Excellent care at the heart of



Email us with any enquiries enquiries@capitalcharity.org

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

Thank you for reading our newsletter!

- Your CAPITAL team