

CAPITAL**Diary of Events****Sep-25**

Date	Time	Purpose	Location	Who is Attending / Contact
Mon 1st	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
	1pm - 3pm	East Grinstead Hub / Coffee & social	Welcome Café, Trinity Church, Lingfield Rd, E. Grinstead, RH19 2HA.	All Welcome - email lucy.parsonage@capitalcharity.org for more details
Tues 2nd				
Weds 3rd	11am - 1pm	Moving Sounds' mindfulness music walk	Wakehurst place, meet in café from 10.30am	Contact natalie.butt@capitalcharity.org
Thurs 4th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Friday 5th				
Sat 6th	2pm - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email sara.shepherd@capitalcharity.org for more information
Mon 8th	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 9th				
Wed 10th	11am - 1pm	Moving Sounds' mindfulness music walk	Wakehurst place, meet in café from 10.30am	Contact natalie.butt@capitalcharity.org

	6-7.30pm	Members Evening Hub (online)	Online zoom link in newsletter	Contact enquiries@capitalcharity if you need more info
Thur 11th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Fri 12th	12.30-2.30pm	SCALE Meeting	Online (Link in coproduction bulletin)	Email coproduction@capitalcharity.org for more information
Mon 15th	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 16th				
Wed 17th	5:30-7:30pm	LEAG Monthly Meeting	Online via Zoom (Link in coproduction bulletin)	Email lydia.taylor@capitalcharity.org for more information
	11am-1pm	Moving Sounds' mindfulness music walk	Wakehurst place, meet in café from 10.30am	Contact natalie.butt@capitalcharity.org
Thur 18th	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	All Welcome - email lucy.parsonage@capitalcharity.org for more details
Fri 19th				
Sat 20th	In the day	Stonepillow Big Sleep Out	Chichester cathedral	Email tabitha.thompson@capitalcharity.org with any questions

	2pm - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email sara.shepherd@capitalcharity.org for more information
Mon 22nd	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
	1.30-3pm	Crawley Hub	Group Room, Starbucks café, queens sq, Crawley RH10 1DY	All Welcome - email lucy.parsonage@capitalcharity.org for more details
Tue 23rd				
Wed 24th	11am-1pm	Moving Sounds' mindfulness music walk	Wakehurst place, meet in café from 10.30am	Contact natalie.butt@capitalcharity.org
Thur 25th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Fri 26th				
Mon 29th	2pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 30th				