



CAPITAL LIVED EXPERIENCE STORIES

SHARE YOUR STORY WITH US - POSTCARDS

We are inviting you to tell us 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 – no need to sign your name. 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 us:
livedexperiencestories@capitalcharity.org or phone [01243 869662](tel:01243869662)

NOTE FROM DUNCAN (CEO):

Dear CAPITAL Member,

For nearly 30 years, CAPITAL has been built from the voices, experiences, and journeys of people like you. Now we want to capture that story in your own words.

Alison Faulkner, survivor researcher and long-time advocate for lived experience, is working with us on a special project to collect memories, reflections, and thoughts about you and CAPITAL.

The aim is simple: to show what CAPITAL really means and build a collective picture, as part of our story- your story.

Big or small, your words matter.

Thank you for being willing to share a piece of your journey.

POSTAL ADDRESS:

7 Elsiedene Road
London
N21 2RN

SCAN/EMAIL TO:

livedexperiencestories@capitalcharity.org