



October 2025 Newsletter

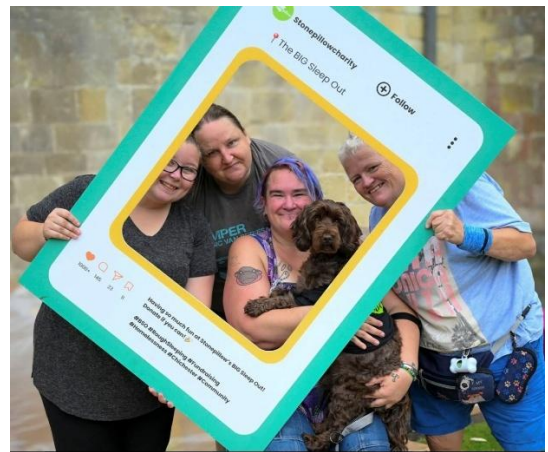
Welcome to CAPITAL's October newsletter. Please have a read through our newsletter and diary of events to see what we have been up to and what we have coming up here at CAPITAL.

Membership & Events Updates

On Saturday September 20th, Heidi, Helen, Hollie and I had an amazing time at the Stonepillow Big Sleepout, even with the rain and very strong wind. Our home for the night ended up sleeping in our gazebo as our shelter was very battered. We still had an amazing time though.

On Wednesday September 24th, Heidi and myself were told we had 2 tickets at 12:30 for the Heads On Sound Minds Charity Concert with Norman Cook aka Fatboy Slim. We had to be in Brighton at about 6:30, for a 7 o'clock start. It was amazing. We got to talk to Norman and he is so sweet. He shook are hands and said 'Thank you for all you do!'.

The people from Sound Minds all did amazing sets, all cheered on by Norman. Then we had a mind-blowing set from Fatboy Slim himself! Heidi and I were right at the front and got loads of videos. Such a great night!



Tabitha, Heidi, Helen, Hollie & Milo at the Big Sleep Out



Tabitha & Heidi at Heads On Sound Minds Charity Concert with Norman Cook

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

Coordinator News

News from Mid-Sussex Hubs

We have had a lively September with Moving Sounds Workshops at Wakehurst with the Community Access Scheme there- enjoying guided nature walks and expressive music workshops, in amongst the elements. It's been great to have members from beyond our area make it up to see us and join the fun.

Sam has begun her evening on-line hubs where a well-being topic is presented and discussed, with warm interaction, sharing and ideas, followed by a reflective piece of artwork (optional). Join us from 6-7.30pm on the second Wednesday of each month, the next being the 15th October. Link up from 5.30 if you want to settle in with a coffee first, the link is below.

These sessions are warm, relaxed drop-ins where we can listen or join in as much as we would like, helping to build connections, self-reflection, coping skills, self-worth etc with relaxed discussion and creativity, for everyone having or having had mental health struggles.

Our wonderful volunteers Sam and Sophie attended the Community People East Grinstead Networking event, representing CAPITAL and linking with other charities as well as with the Mayor who is keen to promote our work and cause, within the area. Links were also made with local funders including Mid Sussex County Council - Ali is involved and this is underway. Well done and thanks to Sophie and Sam who put in hours of hard work and preparation.

We are continuing crafting with music at Haywards Heath hub and are hoping to sell some of our creations at fayres and events when we have created and gathered enough. All keen crafters please join us if you are near by! Sophie is

guiding us with several workshops and art supplies. We also enjoyed a talk on the healing power of breath by Lucy and a guided visualisation by Sam.

We also want to thank our Peer Support Workers who are tirelessly always, helping service users at their most difficult and vulnerable, behind the scenes within the hospitals here at Langley Green as well as Meadowfield and Oaklands. You are never forgotten and we wish you had more time to join us at the Hubs.

Please note we will be back at Crawley Staying Well / Waythrough offices from October, it is a little out the way from the centre but a beautiful venue none the less and generously offered for free. We have tried and cannot find anywhere as good that is closer in.

Link for the next Monthly Online Members meeting:

https://us06web.zoom.us/j/82187471358?pwd=ShPD0LhxliClog7IErcQge0qClQQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FlbQlxMAABHhIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success

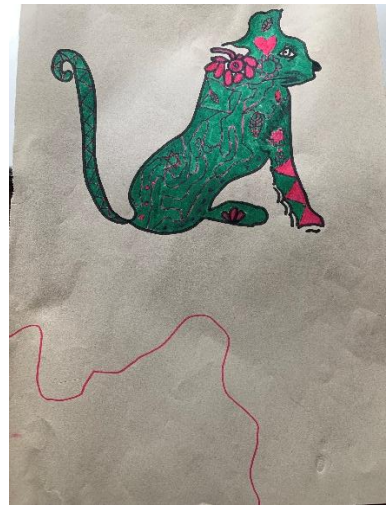
If you need any support, please email enquiries@capitalcharity.org

Warm wishes, Lucy, Natalie & colleagues x



Northern get togethers with Members, volunteers, trustees & staff





Artwork from Northern Hubs

Please contact Lucy and Natalie with any questions:

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

-Lucy, Natalie & Co

Lived Experience Stories – Postcards Sent!

As part of the 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. All stories are welcome! We have now sent out postal postcards and

email versions for all to contribute – but if you would prefer an alternative method please get in touch.

Email Alison with any questions livedexperiencestories@capitalcharity.org

Drug & Alcohol Partnership News

It's been a great month for the Drug & Alcohol Partnership (DAP) as we now have 8 projects funded by the community fund and the feedback from each has begun to come through.

Our 'Voice of Lived Experience' project has delivered a mentoring course for people with lived experience of drug/alcohol recovery, MH challenges and homelessness. We've had our 'Pot Roast' project coming on leaps & bounds with attendees making culinary delights such as Chilli, Fish Curry and Roast Chicken and further has been featured in a local community food awareness booklet called Food for Thought. Our 'High on Health' project has been working hard to pull together healthy alternative drinks menu's and our 'Guidance Vs Grooming' project which aims to tackle county lines gangs and grooming are working hard on the scripting of their TikTok series.

As time moves forward it's so good to see the community fund now starting to be the difference that makes the difference for those people affected by drugs & alcohol and well as mental health and housing difficulties.

We're proud to keep elevating the voices of those with lived experience in training programs across key services.

DAP with the assistance of CAPITAL have commissioned ten individuals with lived/ living experience of drug and/or alcohol-related harm, as well as trauma, to collaborate with Alcohol Change UK in co-producing and delivering vital training. This initiative ensures that the voices of those directly affected are at the heart of shaping support services.

The training is now being rolled out to a wide range of frontline professionals, including staff from Jobcentre Plus, police, probation services, and mental health teams—those who regularly engage with individuals facing these challenges. To ensure accessibility, a co-produced standalone toolkit has also been developed for those unable to attend the training sessions.

In addition, this group is co-developing a new e-learning module for housing support staff, responding directly to requests from people with lived experience for more informed and empathetic support in housing services.

Together, these efforts mark a powerful step toward more inclusive, trauma-informed care across essential services.

We hope to bring you more news about the community fund, training and other developments as the months move forwards.

All the best, Mark and Sara.

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!

Closing 12th October!

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

What's been happening?

The members have been continuing their partnership with working together through some of the neighbourhood mental health teams project work, including the continuation of the communications workstreams, and more recently, the standard operating procedure. As part of the wider Sussex-wide SCALE Network, the members reflected on their contributions to the Community Transformation programme. A small group of members have recently completed some work around the WSX LEAG communications, including an update to the LEAG page on the CAPITAL website, along with a flyer and easy read information document.

What's happening?

The group has recently welcomed two new members to the WSX LEAG meetings. The recent meetings are focusing on the future planning for the group, including

exploring and expanding for opportunities away from the neighbourhood mental health teams aspects.

Looking ahead...

The group will be meeting several times in October, both online and in person to look at the next steps for the new LEAG contract. There will also be some work introducing new processes for the onboarding process and refreshing our member directory to ensure all those who would like to continue being involved, are supported to do so.

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 below:

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

Fundraising – Please Consider Donating To CAPITAL

Support CAPITAL & Win Big! Join the Giving Lottery for just £1 per ticket and help fund CAPITAL's vital work. You could win up to £25,000 in the jackpot - or grab a £1,000 Aldi Gift Card in the Super Draw. 50% of proceeds go directly back into CAPITAL's community work, meaning every ticket helps and you could be a winner whilst your support makes a real difference.

Read more: <https://www.givinglottery.org.uk/support/capital-project-trust>

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 (our social pages are linked below) 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!

Adult Social Care Strategy Review - Survey

From WSCC: West Sussex County Council wants to make sure our Adult Social Care Strategy reflects what matters most to people. The current strategy was developed with input from local people and partners and sets out five priorities:

- Relationships and connections
- Empowerment
- Home
- Addressing gaps
- Inclusion and tackling inequalities

We're now asking for your views to check whether these priorities still feel right and understand what may need to change.

This survey is open to anyone living in West Sussex, especially people who draw on care and support, carers, and families. You must be aged 18 or over to take part. Your views will be used to update the strategy.

<https://yourvoice.westsussex.gov.uk/adult-social-care-strategy-public-feedback-survey>

Thank you for reading our newsletter! - Your CAPITAL team

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Website: www.capitalcharity.org

CAPITAL Impact Solutions: www.capitalimpactsolutions.co.uk

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