

CAPITAL

Diary of Events

Oct-25

Date	Time	Purpose	Location	Who is Attending / Contact
Weds 1st	11am - 1pm	Moving Sounds' Walk & workshop	Wakehurst place, meet in café from 10.30am	Contact natalie.butt@capitalcharity.org
Thurs 2nd	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Fri 3rd				
Sat 4th	2pm - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email sara.shepherd@capitalcharity.org for more information
Mon 6th	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. Contact lucy.parsonage@capitalcharity.org
Tuesday 7th				
Wed 8th	3.30-5.30pm	WSX LEAG (Online Future Planning Workshop)	Online zoom (link in LEAG bulletin)	Email lydia.taylor@capitalcharity.org for more information
Thurs 9th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Fri 10th				

Sat 11th				
Mon 13th	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 14th				
Wed 15th	6-7.30pm	Members Online Evening Hub Get to know each other (optional from 5.30)	Online zoom link in newsletter	Contact enquiries@capitalcharity if you need more info
Thur 16th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Fri 17th	10.30 - 1.30pm	WSX LEAG (In-person Future Planning Workshop)	Longley Room, Crawley Library, Southgate Avenue Bowling Club, Crawley RH10 6HG	Email lydia.taylor@capitalcharity.org for more information
Sat 18th	2pm - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email sara.shepherd@capitalcharity.org for more information
Mon 20th	1pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 21st				
Wed 22nd	11am-1pm	Moving Sounds' mindfulness music walk	Wakehurst place, meet in café from 10.30am	Contact natalie.butt@capitalcharity.org
Thur 23rd	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 24th				
Mon 27th	2pm - 4pm	Capital Creative Group	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Tue 28th				
Wed 29th	1.30-3	Crawley Community Hub	Amberley Court, Arundel House Unit 1, off Whitworth Rd, County Oak Way, Crawley RH11 7XL (parking bays: 32,33,119,122)	All Welcome - email lucy.parsonage@capitalcharity.org for more details
Thurs 30th	2pm - 4pm	Capital Connections	Stonepillow (side entrance) 15 Ellasdale Road, Bognor Regis, PO21 2SG	All Members Welcome
Fri 31st				