



November 2025 Newsletter

Welcome to CAPITAL's November 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

A huge thank you to all at John Wiley & Sons Publishers for raising an incredible £192 through their recent bake sale - and then matching it with extra, bringing the total to £400!

Thanks to their generosity, our art group (which was at risk of closing due to funding cuts) can now continue through the winter months. The news brought real emotion and relief, especially with Christmas approaching.

Sometimes a slice of cake can go a long way. Thank you to everyone at Wiley who baked, donated and supported us. You've made a real difference.

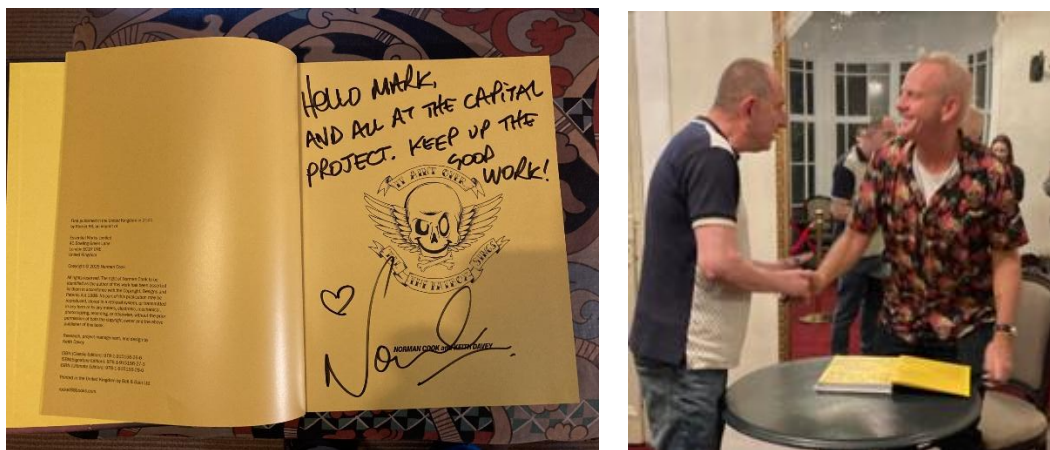


Brighton's Theatre Royal hosted Norman Cook (Fatboy Slim) for the launch of his debut book *It Ain't Over... 'Til the Fatboy Sings*. The evening mixed stories from Cook's four-decade music career with reflections on his extensive community work. Highlights included his long-standing support for Martlets Hospice, mental

health DJ workshops with the NHS and Heads On, and efforts to protect Brighton's grassroots venues. The event celebrated not just his musical legacy but his deep commitment to giving back to the Brighton community.

Thanks so much to Mark who attended on behalf of CAPITAL and did this write up of the event: <https://www.capitalcharity.org/download/2945/It-Aint-over-MM.pdf>

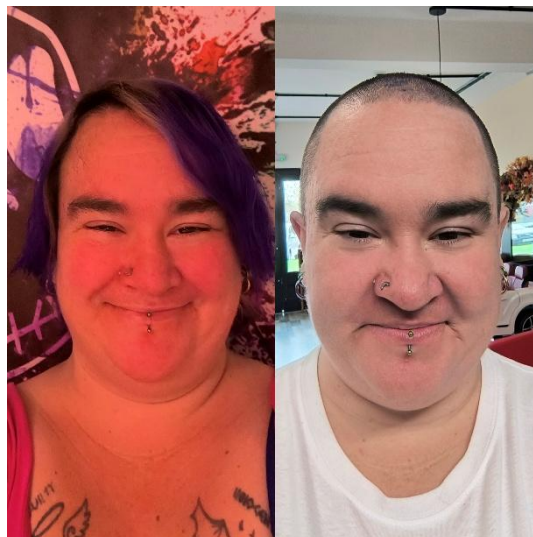
As Mark says: *Despite being outnumbered by other charity groups; as mentioned earlier in my summary we still had a voice. When times are difficult it is moments like this to savour and embrace. Our time will come!*



Mark's signed book & Mark meeting Norman Cook

Tabitha took part in Brave The Shave, raising funds for MacMillan Cancer Support for her Grandmother, Barbara.

On behalf of all at CAPITAL - well done Tabi! Here's the before and after:



Please support and donate if possible:

<https://bravetheshave.macmillan.org.uk/shavers/002a0b54-7c65-49fa-843e-a18d41ec6266>

From Tabitha: *My grandmother found out she had Bowel Cancer on her 77th birthday. She needed a lot of support and so did we. Macmillan helped us. THANK YOU!*

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

Coordinator News

Hi Everyone. At the start of October, members enjoyed a magical foraging and crafting session with the final Moving Sounds workshop at Wakehurst. Please let us know if you are keen to join and how it's unfolding - sara.shepherd@capitalcharity.org, for Bognor, Chichester, Worthing etc members, Natalie.butt@capitalcharity.org & lucy.parsonage@capitalcharity.org for Crawley, East Grinstead, Haywards Heath etc members.

We will also be able to arrange walking groups and have access to other CAS events. Due to keen enquiry we are looking into the possibility of joining the Glow Lantern winter walks -if we can receive a reduction or combine it with our CAS membership - we will post reminders on Members Facebook and enquire with the contacts above.

Sam, Carol, Lucy, Sophie and Roy attended the Crawley Mental Health Neighbourhood Pathfinder/BHS event where we represented CAPITAL, made contacts and did our best in these difficult times.

We enjoyed a lively hub at East Grinstead with meditations, visualisations, discussion themes (Sam's workshop was Food & Mood) and art, welcoming in new and friendly faces.

At Crawley Alison Faulkner joined us and despite the horrendous weather and difficult journey, we shared a very meaningful and quality discussion on the value of Lived Experience and Peer Support, our memories and personal value of CAPITAL, with two new members in a warm and supportive, environment.

Please support Alison's project for CAPITAL & the importance of Lived Experience by completing the postcard below or contacting Alison for 1:1 interviews (can be anonymous). Her work is a living testimony to our CAPITAL family and is so very important -especially at this time.

Next month we have guest Hilary from Est Grinstead District Mental Health Association and the East Grinstead Hub and please do join our warm and interactive Evening Hub on the 12th -see link below. We apologise for having to cancel this last month.

A few of us have approached the matrons and managers at LGreen and secured us to run In-patients' Moving On/Leavers' Groups in the LG café once or twice a

month. Much will have to be organised such as volunteers/staffing situation in the future months, but we are passionate to continue support for service users in hospital and welcome them to CAPITAL and the surrounding hubs, as best we can in the circumstances.



Sophie, Lucy, Sam, Carol & Roy attend the neighbourhood mental health group event at Crawley library + Northern Hub with Alison Faulkner visiting.



Join us for the next Monthly Online Members meeting:

Wednesday 6pm (second every month)

https://us06web.zoom.us/j/82187471358?pwd=ShPDoLhxliC1og7IErcQge0qClQQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FlbQlxMAABHhIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success

Resilience was one of Sam's topics/activities in the meeting – thanks for sharing Sam!



Please contact Lucy and Natalie with any questions:

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

-Lucy, Natalie, Sam, Sophie, Roy etc

Lived Experience Stories – Call out

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. **PRINTABLE POST CARD ATTACHED ON FINAL PAGE**

Email Alison with any questions livedexperiencestories@capitalcharity.org

Drug & Alcohol Partnership News

This month we thought it be a good idea to celebrate the diversity of the community projects that West Sussex County Council (WSSCC) Drug and Alcohol Partnership (DAP) have funded. This now totals nine peer-led community projects in West Sussex.

We have our Creative Space where participants come together using art as therapy in their recovery journeys. We have two women centered groups - The Women's Wellbeing Project and The East Grinstead Women's SHARE group where women come together in solidarity to cover issues specifically related to women's issues. We have a TikTok series being created to tackle gangs and grooming and a project called High on Health which aims to produce healthy drink alternatives to the sugar fuelled market we see right now. Stonepillow's

Voice of Lived Experience Programme is designed and delivered by individuals with lived experience, and focuses on building confidence, self-esteem, and personal resilience. Through storytelling, peer support, and reflective activities, participants are encouraged to reclaim their narratives and develop a stronger sense of self-worth.

Pot Roast at Turning Tides is a hands-on cooking group that champions the idea that nutritious meals don't have to break the bank. Participants learn how to prepare healthy, budget-friendly dishes in a welcoming and collaborative environment. The sessions also promote social connection, practical life skills, and a deeper understanding of food choices. .

Not forgetting our Carers Support project which aims to support the carers in our community who work tirelessly to support those experiencing a range of issues from mental and physical health to substance and alcohol misuse.

This month, Sara and Tracey had the privilege of joining the carers group in Chichester for an inspiring face-to-face session. They shared heartfelt insights from their lived experiences, offering valuable perspectives on the challenges loved ones may face with drug and alcohol harm. Through open dialogue, they explored the pathways to recovery and highlighted the types of support and understanding that made a real difference during their own journeys. It was a powerful reminder of the strength found in community and the importance of compassionate care.

We're pleased to share that the upcoming six-week group programme at Ford Prison, designed and led by the inmates themselves. This has received full approval from both the Lived Experience Panel and the West Sussex Drug and Alcohol Partnership (WS DAP). This initiative marks an important step in empowering participants to take ownership of their recovery journeys and foster peer-led support within the prison community. The group is scheduled to launch in January, and we'll continue to keep you updated as preparations progress, and the programme gets underway.

When we started the community co-production project with WS DAP we couldn't have imagined such a breadth of diversity, yet we continue to be amazed at how ready communities are at coming together to support each other.

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

-Sara & Mark

Amplifying CAPITAL Voices

Since learning of the funding cuts we wanted to amplify the voices of CAPITAL, to ensure we are heard as loudly as possible! We have started an online campaign where we highlight CAPITAL experiences through their creativity, through interviews, and through their words. So far we have shared Mandy's story and Mel's Poem on the power of peer support. Thank you to both Mandy and Mel and for those who have reached out to share their passion for CAPITAL.

You can follow along on our social media pages as we share more (linked at the end of the newsletter) Please do share and support these posts as widely as possible!

We were also pleased to have a blog featured on the National Survivors User Network (NSUN) this month, raising £200 to CAPITAL! Read here: [Lived Experience Saves Lives and Millions: Why Peer Support Must Be Protected and CAPITAL Must Be Saved - NSUN website](#)

We welcome to our volunteers who will be helping kick start our CAPITAL podcast: Calen & Zoe, plus our existing volunteers Sam & Sophie who will be working collaboratively on this project. We will be working together to raise our profile online. We will update as we go but excited to get started on this long awaited project!

Contact kirsty.potter@capitalcharity.org if you are interested in contributing to the campaign, especially members who are regularly involved at CAPITAL!

LEAG News

The WSX LEAG are very pleased to announce the transition to a new contract from December 2026, which has welcomed an increase in funding for the independent group for 1-year initially.

The group are pleased to be working with BHT Sussex as the commissioning organisation for the group. Members have enjoyed several workshops over the last couple of months to put together a plan for the future of the group, which includes plans to increase membership, outreach, and communications for the group.

Other work the WSX LEAG has been focusing on includes the Neighbourhood Mental Health Teams workstreams.

To find out more about the WSX LEAG or get involved, contact Lydia Taylor, Co-production Lead for West Sussex Mental Health, at Lydia.taylor@capitalcharity.org.uk
-Lydia

CAPITAL Impact Solutions

We 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. **We have already had a winner- congratulations!** You could win up to £25,000 in the jackpot! 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>

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!

It's Men's Mental Health awareness month in November, here are some relevant guides (Movember awareness & fundraising, Men's health in the workplace)
[1759905905-how-movember-raises-awareness-of-men-s-health_infographic-1.pdf](#)
[1759906284-men-s-health-in-the-workplace-why-it-matters_infographic.pdf](#)

Other opportunities

Do you support someone who uses Patient Transport Services?

Patient Transport Services Survey

Healthwatch in Sussex want to hear about your experiences of Sussex's Non-Emergency Patient Transport Services (NEPTS).

The survey should take around 15 minutes to complete. We will gather your views and ideas for improvement to share with the provider of the service. All feedback is stored anonymously.

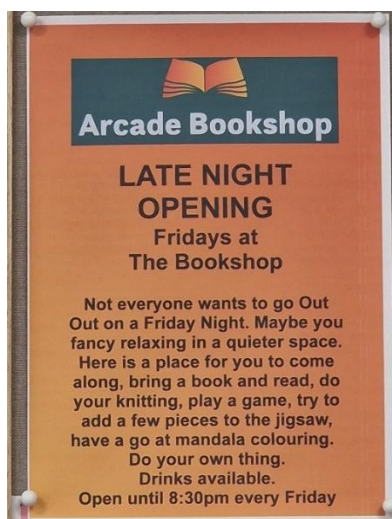
Complete the survey and enter a prize draw to win one of five £25 gift vouchers!

www.smartsurvey.co.uk/s/NEPTS25/

office@hwbh.co.uk or 01273 234 040

Survey closes: **30th November 2025**

healthwatch
in Sussex



Arcade Bookshop in Littlehampton

Thank you for reading our newsletter! - Your CAPITAL team

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LinkedIn: www.linkedin.com/company/capitalcharity

YouTube: www.youtube.com/@CAPITAL_Charity

Website: www.capitalcharity.org

CAPITAL Impact Solutions: www.capitalimpactsolutions.co.uk

Email: enquiries@capitalcharity.org

Phone: [01243 869662](tel:01243869662)

CAPITAL LIVED EXPERIENCE STORIES
SHARE YOUR STORY WITH US



Email:
livedexperiencestories@capitalcharity.org



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