

CAPITAL**Diary of Events****Jan-26**

Date	Time	Purpose	Location	Who is Attending / Contact
Sat 3rd	2 - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email sara.shepherd@capitalcharity.org for more information
Mon 5th	1 - 4pm	Capital Creative Group	NEW LOCATION - The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
	1.30 - 3pm	East Grinstead Hub / Coffee & social	Welcome Café, Trinity Church, Lingfield Rd, E. Grinstead, RH19 2HA	All welcome. Contact sophie.davison@capitalcharity.org
Tue 6th				
Wed 7th				
Thur 8th	1 - 4pm	Capital Creative Group	NEW LOCATION - The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
Fri 9th				
Mon 12th	1 - 4pm	Capital Creative Group	NEW LOCATION - The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
Tue 13th				
Wed 14th	5.30 - 7.30pm	WSX LEAG	Online zoom (link in LEAG bulletin)	Contact leag@capitalcharity.org

Thur 15th	1 - 4pm	Capital Connections	The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
Fri 16th	12.30 - 2.30pm	SCALE Meeting	Online zoom (link in LEAG bulletin)	Email lydia.taylor@capitalcharity.org for more information
Sat 17th	2pm - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email sara.shepherd@capitalcharity.org for more information
Mon 19th	1 - 4pm	Capital Creative Group	NEW LOCATION - The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
Tue 20th				
Wed 21st				
Thurs 22nd	1 - 4pm	Capital Creative Group	NEW LOCATION - The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
Fri 23rd				
Mon 26th	1 - 4pm	Capital Creative Group	NEW LOCATION - The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
Tue 27th				
Wed 28th	1.30 - 3pm	Crawley Community Hub	Amberley Court, Arundel House Unit 1, off Whitworth Rd, County Oak Way, Crawley RH11 7XL (park in front row in front of Staying Well Centre)	All welcome. Contact sam.fox@capitalcharity.org

Thur 29th	1 - 4pm	Capital Creative Group	NEW LOCATION - The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
Fri 30th				
Sat 27th	2 - 4pm	Art Group	Stonepillow 15 Ellasdale Road, Bognor Regis, PO21 2SG	Email sara.shepherd@capitalcharity.org for more information
Mon 29th	1 - 4pm	Capital Creative Group	NEW LOCATION - The Bonito Lounge, 1 London Rd, Bognor Regis PO21 1PQ	All members welcome. Email enquiries@capitalcharity.org for more information
Tue 30th				
Wed 31st				