



February 2026 Newsletter

CAPITAL Update

Tribute to Tim Bird – by Marie Butcher

We were so sad to hear that Tim had passed away on 1st January, but glad that he was surrounded by caring people.

I first met Tim in 1996 when we and others in Bognor and Chichester joined a support group for service users called Speaking Out Advocacy Service (SPOUT). This was funded by WSCC, NHS Trust and local MIND and supported by senior clinical staff in Graylingwell Hospital. We went to consumer groups in Bognor and Chichester (similar to CAPITAL localities). SPOUT also ran a project where senior clinical staff trained service users to become mental health advocates in the community and on the wards on the Graylingwell site. To my knowledge Tim became the first service user to give peer support on the wards at Graylingwell. He was also very keen to speak about his experiences and give his opinions on how services should be improved to statutory and volunteer organisations. He became Chairman of the SPOUT steering group.

On 8th May 1997, Tim, myself, Clare and other service users joined the first day for the Users as Trainers project (later known as CAPITAL) and we had excellent training on all aspects of mental health: treatments, therapies, legislation etc. Tim joined the first small group to address new clinical staff at Graylingwell and they received a small fee which they later asked to be paid to CAPITAL; the first fees CAPITAL collected for service user work.

Tim became Chairman of the CAPITAL steering group and at the same time was also a very active volunteer on the Chichester canal boats. In 1999 Tim with Sir Patrick Simmonds KBE laid the foundation stone for the new Centurion Unit in Chichester. In 2001 he was a V.I.P. in attendance when the Centurion Unit was opened by Princess Alexandra.

Also in 2001 Tim signed the legal papers for CAPITAL to become a company and a charity and he became the Chairman of the Board of Trustees. Tim held the positions of Chairman or Vice Chairman for 14 years and then remained co-opted for life for 7 years until he retired (a total of 26 years including his time as chairman of the steering group).

Tim was always extremely active in CAPITAL, joining meetings all over West Sussex and further afield, speaking eloquently with intelligence and knowledge

on every subject concerning mental health services. He was at the fore front of many key moments in CAPITAL. He was instrumental in making the CAPITAL Board of Trustees successful. His knowledge, experience, information and advice were invaluable. He also supported the CEOs over the years; Clare, Tania and Duncan, sometimes using his politically incorrect humour.

He was very much part of CAPITAL's history and the history of the service user movement in West Sussex, and that is his legacy.

We are so sad he is no longer with us.



Tim pictured (middle/right) with CAPITAL friends

Membership Updates

Our art group recently explored crafting as a way to raise funds as a means of becoming self sufficient as we try to source more funding. Many members were feeling low and uncertain due to our recent changes and the possibility of the groups closing, so this initiative allowed the groups to regain a sense of purpose and control.

They raised £100 and most importantly everyone contributed in their own way and helped group morale.

Huge thank you and well done to Helen, Tabitha, Hollie & James and all of the Bognor team for putting together such a creative collection of crafts and gifts! Plus a big thank you to all our members who contributed and an extra big thank you to Karl who helped man the stall at Bonito Lounge for two days!

For those who enjoy crafting, we will be doing similar initiatives for Easter and through the year, if you wish to take part and help support stalls etc.

CAPITAL staff, members and trustees went on our second trip of two this month with the out of hours art group to Wakehurst Glow Wild which was wonderful. Despite the fairly long journey and the cold we arrived in good spirits.



The Bognor team stall and crafting at the Bonito Lounge

The staff there were lovely as always and we felt very welcome, enjoyed roasted marshmallows and songs from badger and fox under the full moon. The lights were truly inspirational and were made more magical by the sounds and music coming from the trees, earth and surroundings. Quote from the group:
"Wakehurst exceeded my expectations, you expected lights, but it was way beyond anything I thought we would see".



Volunteers and members at Wakehurst plus Aaron's fantastic photos below!

Join us for the next Monthly Online Members meeting:

Now the last Wednesday of each month at 6pm. Link below:

https://us06web.zoom.us/j/82187471358?pwd=ShPDoLhxliCl0g7IErcOge0qClQQRJ.1&fbclid=IwY2xjawNLM-IleHRuA2FlbQIxMAABHhIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success

Contact Sam or Sophie with any questions: sophie.davison@capitalcharity.org / sam.fox@capitalcharity.org

Drug & Alcohol Partnership News

In the last month we were delighted to come together with our small project leaders, commissioners and CAPITAL team at a face-to-face event at Field place in Worthing. We heard updates from our projects who all came forward with positive messages on how the fund is helping them deliver services to the community. Our commissioners also updated us on the latest news from a WSCC perspective.

We would also like to highlight one of our projects this month which is Carers Support who work to provide vital support for those caring for others with mental health and substance use disorders. The feedback from the groups they hold has been wonderful. Carers attending the groups said:

"I didn't think I would talk so much, it was such a relaxing atmosphere." and "This is my lifeline"

"Thank you so much for all that you and your colleagues do, and to the wonderful charities like Capital and Bob, without whom all the additional support and help would not be there. It is so heartwarming to know there are truly wonderful people in the world doing wonderful works for others who so desperately need it"

This month we finalised the details of our latest community-funded, peer-led project with Ford Prison, with the group due to begin in February. The programme will run for six weeks and will be led by the men themselves. While it is loosely centred on drug and/or alcohol harm, the sessions will take a holistic approach, exploring the whole person and the wider issues they face. We hope this pilot will pave the way for more peer-led groups within the prison system.

It's so good to know that the community fund continues to be the difference that makes the difference.

Our planning meetings continue as we co-produce our final celebration event on 5th March at Field Place. The day will showcase all eight peer-led community projects, include talks from our commissioners, and feature creative contributions such as poetry from people with lived experience. We would love you to join us. Please sign up here: <https://forms.office.com/e/THKeHsmJ3A>

Meanwhile, our trauma-informed substance use training for staff across West Sussex is ongoing. Seven people with lived experience are working in partnership with Alcohol Change UK, sharing their stories of trauma, addiction, and mental health to support and educate staff.

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

-Sara & Mark

Amplifying CAPITAL Voices

We are continuing our online (and offline) campaigning to amplify CAPITAL voices – people we have helped and supported or those who have been part of CAPITAL.

Please reach out if you'd like to be part of this campaign; either with quotes, an interview, self recorded clips or quotes, artwork, poetry or anything creative. Follow our social media pages and youtube channel to see all of our videos!

Contact kirsty.potter@capitalcharity.org if you are interested in contributing

CAPITAL Impact Solutions

CAPITAL Impact Solutions combines 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. We are excited to launch our training soon!

Sign up to the newsletter to learn about opportunities below:

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

Please Consider Donating to CAPITAL

Support CAPITAL & Win Big! Join the Giving Lottery for just £1 per ticket. 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>

There's also 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! You can also nominate CAPITAL for Benefact's Movement for Good, with a draw every 3 months. Winning charities can win £1000! You can only apply once.

Read more: https://movementforgood.com/draws/1000?dm_i=6MG6,1B411,610SX2,64ZE0,1

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!

Other Information

A purple-themed graphic featuring a smartphone. The phone screen displays the Survivors' Network logo (a leaf inside a circle), the text "Survivors' Network", and the question "Would you like to talk to someone who understands?" in a mix of bold sans-serif and cursive fonts. Below the question, it lists the phone number "0300 102 3380" and the email "help@survivorsnetwork.org.uk". Below the phone, there is a paragraph of text: "We are the Rape Crisis Centre for Sussex, supporting survivors of sexual violence, abuse and harassment across Sussex. We will support you, listen to you and believe you." followed by service hours: "Our Helpline & Email Service is open every Monday (7.00pm-9.00pm) Wednesday (12.00pm-1.30pm)". A final line states: "This service is for survivors of any gender aged 14+ years old, as well as supporters of survivors and professionals of any gender." At the bottom, there are social media and contact icons with their respective details: website, Instagram, Facebook, LinkedIn, email, and charity number.

Survivors' Network

Would you like to talk to someone who understands?

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help@survivorsnetwork.org.uk

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www.survivorsnetwork.org.uk [@survivorsnetwork](https://www.instagram.com/survivorsnetwork) [@survivorsnet](https://www.facebook.com/survivorsnet)
[Survivors Network](https://www.linkedin.com/company/survivors-network) info@survivorsnetwork.org.uk [Charity No. 1144878](https://www.charity.companieshouse.org/details/individual/1144878)

Thank you for reading our newsletter! - Your CAPITAL team

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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)