



April 2026 Newsletter

CAPITAL Update

As you'll read in our Drug & Alcohol Partnership update, sadly the collaboration with West Sussex County Council (WSSCC) is drawing to a close at the end of March. Please read the DAP update for further details.

Thank you so much to Sara and Mark for their hard work and dedication to all of the amazing achievements and projects with the DAP, an inspiration to all. Sara will be continuing to work with CAPITAL on our new specialist peer support groups. We wish Mark all the very best with his future endeavours, as he leaves CAPITAL at the end of March.

We will be sharing more of the DAP successes and insights in the CAPITAL Connections Podcast. CAPITAL is seeking similar partnerships rooted in lived experience – get in contact to discuss.

We also said goodbye to Ali, our Business Development Manager who was a powerhouse in helping CAPITAL with diversifying funding and navigating the difficulties we faced last year. Ali helped us grow to an impressive 15 funders! We wish Ali all the best on her travels.

We will share more information out the new specialist peer support groups very soon, as well as more exciting CAPITAL opportunities.

Email with any questions: Enquiries@capitalcharity.org



Photos from the East Grinstead hub

Membership Updates

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=ShPDoLhxliCl0g7IErcQge0qClQQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FlbQlxMAABHhIGYrMgYXIKrjIh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success

Contact Lin with any questions: lin.gibbs@capitalcharity.org

Drug & Alcohol Partnership *Final Update*

We are sad to share that this will be the final Drug and Alcohol Partnership update for the newsletter, as this incredible programme comes to an end. This month we held our closing celebration at Field Place, bringing together professionals and people with lived experience for an informative, relaxed and inspiring event.

Throughout the day, six of our eight project leads shared their achievements, challenges and the impact their work has had within the community. We also highlighted the trauma-informed substance use training co-produced with Alcohol Change UK for frontline staff across West Sussex. Alex from the University of Sussex joined us to speak about her dissertation, Challenging stigma by doing the opposite: peer-led organisations and power relations, which will be available on our website soon.

The event was enriched with powerful lived-experience poetry, and as always, we invited everyone to take part in a creative activity that reflected the spirit of co-production and positivity.

We want to extend our heartfelt thanks to everyone who has contributed to this work with WSCC. Although this phase of the project is ending, you certainly haven't seen the last of us. We will continue to champion the learning, successes and impact of this partnership, encouraging councils, organisations and charities to build on what has been achieved. A full evaluation of the project will be shared as soon as it is finalised.



Photos from the DAP conference

Email any questions to sara.shepherd@capitalcharity.org
-Sara & Mark

Launching CAPITAL Connections Podcast

We are excited to share our first CAPITAL Connections Podcast! In episode 1 we speak to Tim Fooks, High Sheriff of West Sussex, discuss mental health across the county.

CAPITAL Connections is a space for real voices, honest conversations, and community connection; we discuss all things mental health and hope to inform and promote much needed discussions, whilst highlighting those who often go unheard.

Our podcast has been created collaboratively with our amazing volunteer podcast team and CAPITAL team, after a long time coming it's time to celebrate! Find us on youtube (linked below) or spotify under CAPITAL Connections.

Contact capitalconnections podcast@capitalcharity.org with any questions

Please Consider Donating to CAPITAL

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

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

You can also nominate CAPITAL for Benefact's Movement for Good.

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

Whatever you do to support us, now or in the future, we want to say THANK YOU!

Other Information

Dissertation by Alex Turriff

This powerful dissertation explores how peer-led organisations challenge traditional power dynamics - shifting control back to communities and those with lived experience. It highlights how stigma isn't just about attitudes, but is deeply tied to unequal power relations and social structures.

If you're interested in social justice, lived experience leadership, or rethinking how change happens in the charity sector, this is a must-read!

Read more: [Challenging Stigma by Doing the Opposite: Peer-Led Organisations and Power Relations - Dissertation by Alex Turriff - CAPITAL](#)

Thank you for reading our newsletter! - Your CAPITAL team

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