



May 2026 Newsletter

CAPITAL Update

New CAPITAL Volunteer and Job Opportunities

We're excited to share an array of recruitment opportunities! Including paid roles: Lived Experience Recovery Worker pilot roles (West Sussex inpatient settings, seeing CAPITAL working together with Sussex Partnership NHS Foundation Trust), Lived Experience Advisory Group (WSX LEAG) Deputy Co-production Lead, Community & Engagement Facilitator again for WSX LEAG.

Plus voluntary roles: CAPITAL Trustees, Patient View Point Volunteers (Inpatient setting, West Sussex wards) CAPITAL Volunteers (across all areas)

To view all details about these roles, plus links to apply, please go to www.capitalcharity.org/job-opportunities

Looking for support with a new CAPITAL Walking with Wheels Group

We are pleased to share we have funding for a new peer led, inclusive community group, based in Mid Sussex and surrounds (Haywards Heath etc), bringing together: People with mobility challenges including wheelchair users, people without mobility challenges but all with lived experience of mental health challenges. Given the grant, we are looking for partners and individuals to help shape and run this.

Get in touch to learn more: enquiries@capitalcharity.org

Drug and Alcohol Partnership Update and Looking Ahead

As many of you know, we recently said a heartfelt goodbye to Mark Mills, whose work as Project Assistant on the Drug and Alcohol (DAP) project has been invaluable. Mark's dedication, insight, and commitment to championing lived experience have made a real difference, and he will be greatly missed by all of us.

Due to wider council restructures and funding cuts, the DAP project will not be continuing in its current form. We appreciate that this may come as disappointing news, especially for those who have been closely involved. However, the core values of the project, peer leadership, trauma-informed practice, and lived experience at the centre remain firmly embedded in our ongoing work.

We are pleased to share that the Community Fund-supported projects continue to grow and evolve, driven by the creativity and passion of those leading them. In addition, the Alcohol Change UK trauma-informed substance use training for frontline staff will continue to include lived experience involvement, ensuring that real voices remain at the heart of professional learning.

Both [CAPITAL](#) and West Sussex County Council are currently undertaking a full evaluation of the DAP work. Once completed, we will share the findings with you, as they will play an important role in shaping future approaches to co-production and lived experience involvement across the county.

We are also delighted to confirm that we have secured a slot to present at NHS England's "Shine a Light on Co-production" webinar this summer. This is a fantastic opportunity to showcase the strengths, learning, and impact of the work we have achieved together country wide.

We will continue to keep you updated as new developments unfold.

Ride for CAPITAL fundraising – 5 weeks to go!

Thanks so much to Landlink Estates, who are cycling the South Downs Way - 100 miles from Winchester to Eastbourne - to raise funds for CAPITAL! With their amazing dedication, and training underway, please consider donating and supporting. The ride will be on the 28th and 29th May.

Read more and donate here: [Fundraiser by Landlink Estates : Ride for Capital](#)

Membership Updates

Upcoming Peer Support Opportunities

CAPITAL is expanding its peer specialist offer, with several new groups launching soon: Three peer specialist drop-ins Welcoming, supportive spaces facilitated by trained peer specialists.

- **An online men's group** A confidential space for men to connect, share experiences, and support one another.
- **An online eating disorder support group** Peer-led, compassionate, and open to anyone seeking connection around recovery.
- **A drug and alcohol harm-focused in-person art group** A creative, non-judgemental space exploring harm reduction, expression, and wellbeing through art.

More details on the men's group: CAPITAL Peer-led Men's Group 6 week online drop in. A peer-led online space for men (18+) to talk, listen, and connect. Starts Monday 1st June · 2–4pm, then every other Monday for 6 sessions.

What We'll Cover:

- Week 1 (01/06/26) Building safety & settling in
- Week 2 (15/06/26) Stress & everyday pressures
- Week 3 (29/06/26) Emotions & bottling things up
- Week 4 (13/07/26) Relationships & loneliness
- Week 5(27/07/26) Coping skills & small wins
- Week 6 (10/08/26) Reflection & next steps

No pressure. Just real conversations. All men welcome.

Full details including dates, times, and how to join will be shared very soon.

To express interest or know more email: sara.shepherd@capitalcharity.org.

Bognor Updates

Our wonderful volunteers and members at the Bognor group raised £76 fundraising at The Bonito Lounge for art materials the end of March by selling more of their homemade crafts! They also had a party where member Emma baked.

We are doing Chichester Pride 2026! We have all the volunteers we need set up, but feel free to get a ticket and come see us.

Chichester Pride will be held on Saturday 23rd May, where the parade will run from 12.45 and the main event is 12-7pm. Grab tickets if you'd like to come along.

The Saturday Art group will be held at a new location, starting: Saturday 9th May at 1.30-4pm. Then every other Saturday 1.30-4pm as follows: 23/05/2026, 06/06/26, 20/06/26, 04/07/26, 18/07/26. Venue: CGL, 14 Aldwick Road, Bognor, PO21 2LJ.

Email with any questions: Enquiries@capitalcharity.org



Lovely tulips to wish you happy Spring! Photo by Helen

Join us for the next Monthly Online Members meeting
Held on the last Wednesday of each month at 6pm) Link below:

https://us06web.zoom.us/j/82187471358?pwd=ShPDoLhxliClog7IErcQge0qClOQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FlbQIxMAABHhIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success

Contact Lin for info: lin.gibbs@capitalcharity.org



Photos from our Northern Hubs (left + centre) and Saturday Art Group (right)

CAPITAL Connections Podcast – Episode 2 now online 🎧

We are excited to share our second podcast episode, this time with Sara and Fiona Palmer – talking about trauma informed substance use training.

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



NHS
Sussex Partnership
NHS Foundation Trust

THE MENS MENTAL HEALTH CHALLENGE

ARE YOU IN?

The toughest conversations build the strongest men

JOIN THE MOVEMENT

SAVE THE DATE

Friday 15 May
Time: 10am - 2pm
Chichester Assembly Rooms
The Council House, North St, Chichester



Are you an adult living with a long-term health condition?

The Living Well Programme is a free self-management course that could help you to learn new skills to better manage your condition and symptoms in a supportive group environment.

We are now taking bookings for our next round of courses.

The details of our upcoming courses are as follows:

Online courses:

Wednesdays from 15th April – 20th May 2026, 10am – 12pm **full**

Fridays from 17th April – 22nd May 2026, 10am – 12pm **full**

Mondays from 1st June – 6th July 2026, 1pm – 3pm

Thursdays from 4th June – 9th July 2026, 6pm – 8pm

In-person courses:

Findon Valley, North Worthing; Tuesdays from 28th April – 9th June 2026* **full**

*With a break on Tuesday 19th May 2026

10am – 12.30pm

East Grinstead; Wednesdays from

3rd June – 8th July 2026, 10am – 12.30pm

Brighton; Fridays from 5th June – 10th July 2026

10am – 12.30pm

Contact the team for more information or scan the QR code to book your place.

sc-tr.livingwell@nhs.net

01403 620448 / 01273 267545

www.sussexcommunity.nhs.uk/livingwell

SCAN ME



Excellent care at the heart of the community

Grassroots Suicide Prevention Survey on Peer Support

Grassroots Suicide Prevention are exploring how peer support might become part of their future work, so they are looking to better understand people's experiences with peer support with a short (5-10 min) survey. The survey is anonymous, and no identifying information is collected.

Read more: <https://www.surveymonkey.com/r/Q39MTBT>

ARE YOU A YOUNG PERSON (16-35) WHO HAS USED SECONDARY MENTAL HEALTH SERVICES RECENTLY?

You could help to shape mental health research across Kent, Surrey and Sussex

If you have lived experience of severe mental illness and recent use of secondary mental health services (eg. inpatient treatment, community mental health teams, crisis teams, specialist services) you could join the James Lind Alliance's Priority Setting Partnership (PSP) as a steering group member.

We want to identify the top 10 priorities for research questions related to secondary mental health care in adolescent and young adults (16-35 years old) in Kent, Surrey and Sussex.

The steering group will meet once a month and discuss what you think mental health research should focus on in order to make a real difference, considering regional priorities and underserved populations. We can then secure funding to find solutions!

If you'd like to learn more about these opportunities and contribute, please contact: libby.warman1@nhs.net

Fabrica Lines of the Weald

Weekly creative wellbeing sessions for men, connecting with nature

Beginning May 2026
Based at Tilgate Park in Crawley
For more information email Anthony.stevens@fabrica.org.uk

Age UK West Sussex, Brighton & Hove - Crawley

'We have launched our new FREE Relax and Connect wellbeing sessions working with the Holistic Wellness Centre in Tilgate Park. This is for people over the age of 50 who may not be interested in our usual social activities. They give an opportunity for social interaction while trying a new activity.'
Please get in touch if you would like a referral form.

Thank you for reading our newsletter! - Your CAPITAL team

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