



June 2026 Newsletter

CAPITAL Updates

Chichester Pride Celebrations

A huge thank you to everyone who came along to support CAPITAL and visit our stall. We had such a wonderful day connecting with the community, sharing conversations around mental health, and celebrating Pride together.

Special thanks to our fantastic volunteers Tabitha, Helen, Heidi, Hollie & Paul for giving their energy all day long. And thank you to our wonderful members who made creative items for sale; Tabitha, Helen, Judi, Jane, Tom, Emma & Karl.

We're also so proud to share that together we raised an amazing £169.55 for CAPITAL through our craft stall and lucky dip!

This event showed what our community is all about. Thank you to all of the members who worked so hard creating crafts and handmade items for the stall - your creativity, kindness and dedication are what make CAPITAL possible.

People show up, even on difficult days, and give what they can, when they can.

Every contribution matters and is deeply valued. We are so grateful to be part of such a supportive, creative and caring community!





Pictured: Chichester Pride fun with the CAPITAL Team

CAPITAL Volunteer and Job Opportunities

Applications are now closed for the Lived Experience Recovery Worker and the WSX LEAG roles, but you can still apply for Trustee and volunteer roles. We had an amazing response to the LERW in particular, thank you to everyone who showed interest and support. We are excited to interview for the positions soon.

Read more about or remaining roles: www.capitalcharity.org/job-opportunities or www.capitalcharity.org/volunteer

Ride for CAPITAL fundraising

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](#)



Pictured: Landlink fundraising cakes ahead of the big ride!

Membership Updates

Peer Support Opportunities - Creative Space

This month we held our first out-of-hours art group at the CGL (Change Grow Live) Hub in Bognor. CGL have kindly offered us the use of their building at weekends, and the group gave the new venue a big thumbs-up.

We were delighted to welcome two new members as well. If you'd like to join us, we meet every other Saturday from 1.30–4pm (dates on our website)

You're welcome to bring your own art, enjoy some colouring, or simply have a cuppa and some peer support during those quieter weekend hours when services are closed.



Pictured: Amazing art by Helen, Tom & Judy

Peer-Led Online Men's Group

We're excited to be launching our first peer-led men's group — a six-week online drop-in starting on 1st June and running every other Monday. The sessions will explore:

- **Week 1:** Settling In & Building Safety
- **Week 2:** Stress, Pressure & Everyday Mental Load
- **Week 3:** Emotions, Expression & Bottling Things Up
- **Week 4:** Relationships, Connection & Loneliness
- **Week 5:** Coping Skills, Habits & Personal Growth
- **Week 6:** Reflection, Confidence & Looking Ahead

There are still spaces available if you'd like to take part.

Walking with Wheels

Planning has begun for *Walking with Wheels*, a peer-led, inclusive community group based in Mid Sussex and surrounding areas. This group is for anyone with lived experience of mobility or mental health challenges.

Our aim is to reduce isolation, support wellbeing, build peer connections, and create welcoming, accessible spaces in calm, natural environments.

If you're interested in helping to plan or facilitate the groups, we'd love to hear from you.

For more information about any groups, visit the CAPITAL website or contact: sara.shepherd@capitalcharity.org

Alcohol Change UK

Our work with Alcohol Change UK continues, and we now have six people with lived experience helping to co-produce an engagement briefing document for

professionals in July. We'll keep you updated as this progresses.

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

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=ShPDoLhxliCl0g7IErcQge0qClQQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FibQIxMAABHhIGYrMgYXIKrjIh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success

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

West Sussex LEAG Update

Across May, members of the West Sussex Lived Experience Advisory Group (LEAG) attended a SCALE (Sussex Co-production and Lived Experience Mental Health Network) away day at the Wakehurst Place Community Festival.

The day provided a well-deserved opportunity to step away from regular meetings and day-to-day activity, allowing members to reconnect in a relaxed and inspiring environment. Surrounded by beautiful natural settings, the group took part in a range of outdoor experiences, including sound bathing and creative craft activities.

It was also a valuable chance to come together in person with colleagues from the East Sussex and Brighton & Hove LEAGs, strengthening connections across the network. With sunshine throughout the day, the usual rain jackets weren't needed; a welcome bonus! To round off the experience, members created their own glowing lanterns and received a thoughtful goodie bag, with thanks to Chris. Alongside these activities, the group continues to look ahead. As work progresses on the next phase of Neighbourhood Mental Health Teams, LEAG members are exploring how to continue offering lived experience expertise. Planning is also underway for an autumn event, bringing together Pathfinder partners and networks to focus on how lived experience can be meaningfully embedded across mental health services, and how LEAG's independent role can best support this.

Looking forward, recruitment is ongoing for two paid positions within the group. The team is also exploring options to bring in a volunteer to support communications activity.

If you would like to get involved, become a member, or find out more, please contact: LEAG@capitalcharity.org

CAPITAL Connections Podcast – Episode 3 out now! 

We are excited to share our third podcast episode, this time with Alex Turriff – talking about challenging stigma in mental health plus her dissertation on power dynamics.

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=6MG6,1B411,6I0SX2,64ZE0,1

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

Thank you for reading our newsletter! - Your CAPITAL team

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