



July 2026 Newsletter

CAPITAL Updates

Shine a Light on Co-Production with NHS England

CAPITAL staff, people with lived experience, and our council leads for the Drug and Alcohol Partnership (DAP) will be presenting at the Shine a Light on Co-Production NHS event next month, a fantastic opportunity to showcase the impact of co-produced work across West Sussex.

Register to attend here: <https://www.events.england.nhs.uk/events/shine-a-light-on-co-production-july-2026>

Creative Space Art Group

Our out-of-hours art group at the CGL Hub in Bognor continues to grow. We've welcomed new members this month, including referrals from CGL, and the group is settling in well to the new weekend venue. Creative Space runs every other Saturday from 1.30–4pm, offering a relaxed environment to work on your own art, enjoy some colouring, or simply share a cuppa and peer support during quieter weekend hours.

Peer-Led Men's Group

Our peer-led men's group is now in its second week, and we're pleased to have welcomed new members to the sessions. The six-week online drop-in explores themes such as stress, emotional expression, relationships, coping skills, and confidence. There is still space for anyone who would like to join the remaining sessions.

Walking with Wheels

Planning groups for Walking with Wheels are now underway. This inclusive, peer-led community group is designed for people with lived experience of mobility or mental health challenges in Mid Sussex and surrounding areas. We aim to launch the group in September/October, creating accessible opportunities to connect with others in calm, natural environments. If you'd like to be involved in planning or facilitating, we'd love to hear from you.

Peer-Led Eating Disorder Group

We have begun planning for a new peer-led eating disorder group. This work is in its early stages, and we'll share more updates as the planning develops.

Alcohol Change UK

Our partnership with Alcohol Change UK continues to progress. Our focus group with people with lived experience is scheduled for next month to co-produce the

engagement briefing document for staff. Substance use Trauma- informed training for staff in West Sussex also continues, with lived experience contributors playing a key role.

Contact Sara with any questions: sara.shepherd@capitalcharity.org

CAPITAL Volunteer and Job Opportunities

Applications are still open for the WSX LEAG Campaign and Communications volunteer role - apply now!

Read more: www.capitalcharity.org/job-opportunities

Burgess Hill Community Hub Volunteer Facilitators Needed

We are urgently looking for volunteer facilitators to help with the monthly Burgess Hill hubs, which are booked until September. Expenses can be claimed for travel and activity expenses. To find out more and have an informal chat about the role, contact us.

Email: enquiries@capitalcharity.org

Ride for CAPITAL fundraising

Thanks so much to Landlink Estates, who cycled the South Downs Way - 100 miles from Winchester to Eastbourne - to raise funds for CAPITAL. What an inspirational team, we are so grateful!



Member Updates



Pride Month Spotlight: Grace's Story

Grace speaks about her journey of understanding her sexuality, managing her mental health and learning to accept herself in this blog. "The first thing to do is to breathe because it's not set in concrete." "It's finding someone who you can trust and that you can open up and talk with... it is a vital step in accepting the one person who you are."

Grace's story is a reminder that identity can be a journey, that support matters, and that nobody should have to face those challenges alone. Thanks to Grace for sharing her story.

Blog: <https://www.capitalcharity.org/pride-month-spotlight-graces-story/>

Monthly Online Members meeting

Come along to our monthly members meeting, held on the last Wednesday of each month at 6pm.

Link:

https://us06web.zoom.us/j/82187471358?pwd=ShPDoLhxliC1og7IErcQge0qClOQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FlbQIxMAABHhIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success

Contact Lin: lin.gibbs@capitalcharity.org

CAPITAL Connections Podcast – Episode 4 & 5 coming soon!

We are excited to share our fourth and fifth episodes with you soon, featuring Robert & Dan from West Sussex County Council and Jo Ball from Stonepillow. Find us on YouTube (linked below) or Spotify under CAPITAL Connections.

Contact: capitalconnectionspodcast@capitalcharity.org

Please Consider Donating to CAPITAL

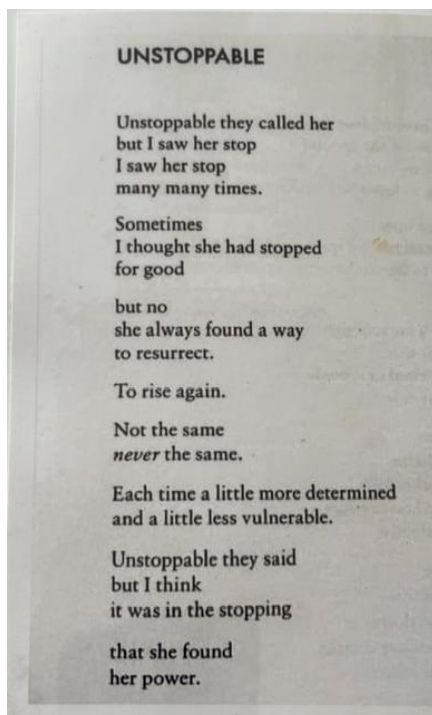
Support CAPITAL & Win Big! Join the Giving Lottery for just £1 per ticket.

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, thank you!



Here's a motivational poem, shared by Lin.

We hope you find it as uplifting as we did!

If you'd like to submit artwork or poetry for our newsletter and future communications, please do get in touch.

Thank you for reading our newsletter! - Your CAPITAL team

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