



September 2026 Newsletter

CAPITAL Updates

Welcome to our new Lived Experience Recovery Workers

We are delighted to welcome our new Lived Experience Recovery Workers to CAPITAL – Cherelle, Yve, James, Michelle and Mandy. Working across inpatient wards in West Sussex at Meadowfield, Oaklands and Langley Green, our LERWs will bring their own lived experience and recovery into their work. The role builds on the amazing work previously delivered by CAPITAL's peer support workers. The new pilot roles are in partnership with Sussex Partnership NHS Foundation Trust. We look forward to introducing our LERWs in early September.

Creative Space and Peer-Led Men's Group

Following the completion of both our Creative Space project and the Peer-Led Men's Group pilot, we are now reviewing participant feedback and evaluation forms to help us understand the impact of both programmes.

We would like to thank everyone who took part, shared their experiences, and contributed to making these groups such supportive and meaningful spaces. Early feedback highlights the value of connecting with others who have shared experiences, the boost in confidence many participants experienced, and the importance of having safe, welcoming spaces where people feel heard and understood.

Over the coming weeks, we will be analysing the evaluation findings in more detail. The feedback gathered will help us demonstrate the impact of these projects and strengthen future funding applications, allowing us to explore opportunities to develop and expand peer-led support in the future.

We are incredibly proud of what both groups achieved and grateful to everyone who helped make them a success.

Peer-Led Anorexia Support Group

We are pleased to announce that our new on-line peer-led Anorexia Support Group will begin on Wednesday 11th November 10-30am—12.30pm.

Developed with input from people with lived experience, this six-week online group aims to provide a safe, understanding, and supportive space for individuals affected by anorexia to connect with others who share similar experiences.

The group will be facilitated by peers with lived experience and will focus on creating opportunities for connection, mutual support, and hope.

If you would like to find out more about the group or enquire about joining, please contact us for further information.

We recognise that some members may feel disappointed that this group is specifically focused on anorexia and does not currently cover other eating disorders. The decision to focus on anorexia was made by our lived experience planning group, who felt that starting with a more specific focus would allow us to better understand the needs of participants and develop a safe and effective pilot programme.

Like many of our projects, this is a pilot initiative. We hope that by demonstrating its impact and gathering meaningful evaluation data, we will be able to secure further funding to develop additional specialist peer support groups in the future. We are committed to exploring opportunities that reflect the diverse experiences and needs of our members, and we recognise that different eating disorders can require different types of support.

We would like to thank everyone who has shared their views during the planning process. Your feedback helps us shape future projects and strengthens our ability to apply for funding that can support a wider range of peer-led opportunities.

Walking with Wheels: We Need Your Help

We are still looking for people with lived experience to join our Walking with Wheels planning group.

Walking with Wheels is an exciting project exploring how people with limited mobility and mental health challenges can access and enjoy outdoor spaces and the wellbeing benefit that nature can offer.

We're particularly keen to hear from people who use wheelchairs or mobility aids, have experience of accessibility challenges, or have lived experience of mental health difficulties and a passion for helping create more inclusive opportunities for others.

By joining the planning group, you'll have the chance to help shape the project from the beginning and ensure it reflects the needs of the people it is designed to support.

If you would like to get involved or would like more information, we'd love to hear from you.

For more information please contact: sara.shepherd@capitalcharity.org

Thinking about applying to be a CAPITAL Trustee?

Now is the perfect time to do so! You can find out more about CAPITAL Trustees here: www.capitalcharity.org/board-of-trustees

Or apply here: www.capitalcharity.org/job-opportunities

Member Updates

Monthly Online Members meeting

Come along to our monthly members meeting, held on the last Wednesday of each month at 6pm. Hosted by Lin, it's an open group to all members to come together for support or to raise any questions, or just have a chat together.

Please note the link to this meeting has changed and will be emailed to members directly.

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

LEAG Updates & Upcoming Lived Experience in Pathfinder West Sussex Event

Welcome to Sara & Alex

We're very pleased to welcome Alex (Deputy Co-production lead) and Sara (Community & Engagement Facilitator) join the LEAG team since August – sending both a warm welcome! We are excited to bring their wealth of expertise to the LEAG.

WSX LEAG Pathfinder Event – Book now!

The team, along with members and other Pathfinder partners, have been organising the Lived Experience & Co-production in Pathfinder West Sussex event at Field Place, in Worthing on September 24th. This will be a great opportunity to bring together Pathfinder organisations and WSX LEAG members to share the value, importance, and impact of lived experience, strengthen relationships and collaboration and provide a meaningful networking space.

Booking available here: <https://www.eventbrite.co.uk/e/lived-experience-and-co-production-in-pathfinder-west-sussex-tickets-1994952857700> or phone us to reserve a place.

Volunteer Opportunity

We're still looking for a Communications & Campaigns Volunteer to help us share and promote the work of WSX LEAG. If you're interested in supporting lived experience-led change, please get in touch to find out more.

Read more: www.capitalcharity.org/opportunities

Contact: leag@capitalcharity.org

CAPITAL Connections Podcast – We are looking for more volunteers! 🎙️

We are looking for more support with our podcast – if you are interested in brainstorming and generating content, interviewing, planning or supporting with audio editing, get in touch to enquire about joining our existing team.

Find us on YouTube (linked below) or Spotify under CAPITAL Connections and email us if you'd like to be involved or have any feedback!

More information can be found here: www.capitalcharity.org/opportunities

Contact: capitalconnections podcast@capitalcharity.org

Other opportunities

Fungi Walks at Wakehurst

Fancy getting outside and learning more about the weird and wonderful world of fungi? Wakehurst is hosting free guided fungi walks this autumn, exploring the gardens and learning how to identify different fungi found across Sussex.

20, 21, 23 and 31 October. Sessions at 10:30am and 1:30pm at Wakehurst, Haywards Heath. Free entry and parking. Spaces are limited, so booking is essential.

To find out more or book, email wakehurstcommunity@kew.org.

Donating and Supporting 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=6MG6,1B41,6I0SX2,64ZE0,1

Direct donation links and more info: www.capitalcharity.org/support-us

Whatever you do to support us, now or in the future, thank you!

Thank you for reading our newsletter! - Your CAPITAL team

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