



October 2026 Newsletter

CAPITAL Updates

Peer Led Anorexia Support Group

We are pleased to be launching our new Peer Led Anorexia Support Group. The group has been co-designed using lived experience and will provide a safe, supportive space for people affected by anorexia to connect, share experiences and explore recovery together.

Before the six-week programme begins, we will be holding a two-hour introductory workshop on 23 December. This session will help participants get to know each other, build connections and learn more about what to expect from the group.

This group is part of our ongoing commitment to developing peer-led support opportunities shaped by lived experience. We hope the learning from this pilot will help inform future developments and identify unmet needs within eating disorder support.

Wellbeing Calls Service

CAPITAL is continuing to develop its Wellbeing Call service, offering regular peer-led telephone calls to support wellbeing, reduce isolation and provide a listening ear. We are currently developing volunteer resources and training materials to support delivery of the service.

Past Tents

CAPITAL, Stonepillow, Turning Tides, Crawley Open House, Healthwatch West Sussex and Bognor Housing Trust have been working collaboratively to capture service users lived experience. Service users spoke of wanting more meaningful opportunities, better and timely access to mental health services and recovery support, improve joined-up services, and a stronger collective voice to reduce stigma and influence change for the future. This work feels like the beginning of something and both group members and the organisations involved, would like this to lead to more meaningful activities and collaborations.

West Sussex LEAG Pathfinder Engagement Project

As Community and Engagement Facilitator for the West Sussex LEAG, I am excited to be supporting a new engagement project that will gather feedback from people accessing Pathfinder services across West Sussex. Through a combination of two online and seven face-to-face sessions, we hope to learn what is working well, identify opportunities for improvement, and ensure that lived experience remains at the heart

of service development.

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

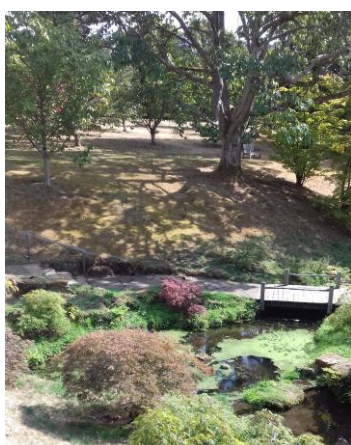
Community Access Summer Party at Wakehurst

Trustees Carole and Roy attended the August 27th Community Access Summer Party at Wakehurst Sussex outpost of Kew Gardens. There were a couple of walks to network and connect with Holistic Harmony charity, to look at the grounds and see recently installed bronze sculptures, many of them by Henry Moore.

We chanced across a Dagger Moth Catapillar climbing up on a bench.

At the Walled Flower and Vegetable Gardens we heard about experiments to cross cucumber with courgettes.

We tried our hand at pressing some flowers and leaves onto cloth. There are investigations into the role that night pollinators play.



Photos from Wakehurst – credits to Roy

CAPITAL: Our Story, NSUN blog by Alison Faulkner

Alison's delve into the CAPITAL history extended to a blog for NSUN, called CAPITAL: Our Story. Read more here: <https://www.nsun.org.uk/capital-our-story/>



Art from the Burgess Hill hub in July

Member Updates

Monthly Online Members meeting

Come along to our monthly members meeting, held on the last Wednesday of each month at 6pm. Please note this group is for CAPITAL members only.

Link:

https://us06web.zoom.us/j/82187471358?pwd=ShPDOLhXliClOg7IErcQge0qClOQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FlbQIxMAABHHIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success

Contact Lin: lin.gibbs@capitalcharity.org

LEAG Updates

Lived Experience and Co-production in Pathfinder West Sussex Event

On 24th September, we will bring people together at Field Place in Worthing for our Lived Experience and Co-production in Pathfinder West Sussex event, hosted by CAPITAL and the West Sussex Lived Experience Advisory Group (LEAG) and in collaboration with Pathfinder partners.

It will be a great opportunity to connect, share experiences and explore how lived experience can help shape mental health services across West Sussex. We'll be sharing more soon, including photos and some of the key outcomes and reflections from the day.

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 – New episodes soon!

We have been working behind the scenes on our new episodes and growing the podcast team of volunteers. We are very pleased to welcome new volunteers Adam, John, Hannah and Molly who will be joining us next time. Zoe, our previous audio editor is now on maternity leave – thank you to Zoe for her contributions and hard work, and wishing her and her family all the best.

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!

Contact: capitalconnections podcast@capitalcharity.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!

Other Opportunities

Sussex Community NHS Foundation Trust have new online course dates in November

and December 2026, for the Living Well Programme. The LWP course is aimed at adults living with any long term physical and/or mental health condition who live in West Sussex, or Brighton and Hove.

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 run our courses in the local community and online – choose what works best for you.

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

sc-tr.livingwell@nhs.net
01403 620448 / 01273 267545
www.sussexcommunity.nhs.uk/livingwell

Book now!

Contact the team for more information.

Scan the QR code for information, course dates and to book your place.

SCAN ME

Excellent care at the heart of the community

Thank you for reading our newsletter! - Your CAPITAL team

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