November 2026 Newsletter

CAPITAL Updates

CAPITAL AGM 2026 Invitation

We invite our members, volunteers, staff, trustees and wider community to join us online for CAPITAL's Annual General Meeting on Thursday 3rd December 2026, from 4–6pm. The AGM is an opportunity to reflect on the year, celebrate our work and look ahead to what's next for CAPITAL. We'll be sharing updates on the CAPITAL: Our Story project with Alison Faulkner, our new Lived Experience Recovery team, and the West Sussex Lived Experience Advisory Group (WSX LEAG). We'd love you to join us.
Register to attend: https://www.capitalcharity.org/capital-agm-invitation-2026/
If you have any questions, please email enquiries@capitalcharity.org

West Sussex LEAG Pathfinder Engagement Project - Understanding Experiences of Pathfinder Services Focus Groups

The West Sussex LEAG Pathfinder Engagement Project is now underway, with many of the face-to-face engagement sessions now scheduled across West Sussex. We have more venues to be confirmed and will keep you posted.

The project aims to gather feedback from people who have used Pathfinder services, carers, supporters and those who may have experienced barriers to accessing support. Through these conversations, we hope to better understand what is working well, identify opportunities for improvement and ensure lived experience remains at the heart of service development.

We would love for you to attend and share your experiences. All groups start at approximately 1pm and will last for around 2.5 hours. You will receive a £25 voucher for your time. We can offer a one-one if you would prefer or if you need additional support to attend, please do let us know.

Face-face venues

- *3rd November - Stonepillow Chichester*
- *12th November - BHT- Burgess Hill*
- *4th December - Crawley Open House - Crawley*
- *17th December - West Sussex Mind - Littlehampton*

Online groups

- *Thursday 17th December at 10.30am & Tuesday 5th Jan at 6pm*

Find out more and register your interest here: https://www.capitalcharity.org/help-shape-the-future-of-pathfinder-services-in-west-sussex-focus-groups/

West Sussex Focus Groups on Neighbourhood Mental Health Teams experiences
We are inviting people who have used, tried to access, or supported someone accessing Neighbourhood Mental Health Teams in West Sussex to share their experiences. Through small online focus groups running until January 2027, we want to understand what is working well and what could be improved. Sessions last around 90 minutes, feedback will be anonymised, and everyone who takes part will receive a £25 voucher.
Find out more and register your interest here: https://www.capitalcharity.org/have-you-used-a-neighbourhood-mental-health-team-in-west-sussex-we-want-to-hear-about-your-experience/

Peer Led Anorexia Support Group – Facilitator Recruitment
Unfortunately, we were unable to launch the Peer Led Anorexia Support Group as planned. Following discussions, we recognised the importance of ensuring the group is co-facilitated by someone with relevant lived experience. We are now advertising for a Lived Experience Co-Facilitator to help shape and deliver the group alongside CAPITAL staff. We remain committed to developing a safe, supportive and genuinely peer-led space and look forward to sharing further updates in the coming months. If you are interested in applying, please contact Sara, email below.

Past Tents - Homelessness Peer Discussions
The homelessness peer discussion group now has a name which was chosen by the group: Past Tents. The group meet again this month at the Stonepillow Resource Hub in Bognor. We were delighted to welcome Gary Shipton, the current High Sheriff of West Sussex, and David Francis, CEO of Stonepillow. Participants had open and honest discussions about the lived experience of homelessness and explored practical strategies and recommendations that could help improve support and outcomes for people facing homelessness in the future. The conversations continue to demonstrate the value of bringing together people with lived experience, community organisations and local leaders to influence positive change.

Members Wellbeing Calls
Development of the Wellbeing Calls Service is continuing, with work currently focused on strengthening the foundations of the project.

We are also reviewing volunteer resources, training materials and service processes to ensure volunteers feel confident and well-supported in delivering peer-led wellbeing calls. We look forward to updating you as the project progresses.
For more information on anything above email: sara.shepherd@capitalcharity.org

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=ShPDoLhxIiC1og7IErcQge0qClQQRJ.1&f

bclid=IwY2xjawNLM-lleHRuA2FlbQIxMAABHhIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success
Contact Lin: lin.gibbs@capitalcharity.org

LEAG Updates

For the West Sussex Lived Experience Advisory Group (WSX LEAG), members continued to participate in a range of lived experience and co-production opportunities. This included the Sussex Change the Language guide, planning for the 2027 Sussex-wide Co-producing Co-production Conference, Sussex-wide Communications task and finish groups, Neighbourhood Mental Health Teams Experts by Experience opportunities and many more opportunities. The team are also planning the next steps to follow up from the recent success of the Pathfinder Partner event held in September 2026 at Field Place, Worthing.



Photos from the Pathfinder event, by Louise Patmore

In wider Co-production developments, Duncan (CAPITAL CEO) and Lydia (CAPITAL Co-production Lead) presented a lived experience workshop at the West Sussex Mental Health, Learning Disability and Autism Oversight Board to explore how lived experience and co-production can be involved and embedded across the group moving forward. Lydia further attended the Brighton Housing Trust (BHT Sussex) Impact Celebration event at BHT's First Base Day Centre, Brighton to represent the WSX LEAG and CAPITAL.

Looking ahead, the WSX LEAG have an exciting opportunity to think about the priorities of the next 4-5 years ahead alongside the West Sussex Mental Health Support Services (MHSS), Pathfinder. CAPITAL will be proudly hosting the LEAG for the remainder of this Pathfinder service, and the team are currently planning on how the LEAG can lead lived experience and co-production across the services and continually expand upon the work and successes members have made to date.
To find out more about the LEAG see: www.capitalcharity.org/leag
Email: leag@capitalcharity.org

CAPITAL Connections Podcast – New episodes live!🎙️

We are pleased to share more episodes of our podcast, including Scott Poppleton on the Creative Space art group in Bognor, Kelly Stevens from Carers Support West Sussex on supporting carers affected by drug and alcohol use, and Mia Robinson from Build On Belief on its Women's Wellbeing Programme.

We're are also excited to meet with Worthing Radio to explore future opportunities, welcoming new team members and connecting with prospective volunteers. More conversations celebrating lived experience, peer support and positive change on the way!
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!
Email: capitalconnectionspodcast@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=6MG6,1B411,6I0SX2,64ZE0,1
Direct donation links and more info: https://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

Follow Us:

Facebook: www.facebook.com/capitalcharityuk
Instagram: www.instagram.com/capital_charity
LinkedIn: www.linkedin.com/company/capital-charity-uk
YouTube: www.youtube.com/@CAPITAL_Charity
Spotify: Capital Connections
CAPITAL Website: www.capitalcharity.org
CAPITAL Impact Solutions: www.capitalimpactsolutions.co.uk

Email: enquiries@capitalcharity.org
Phone: 01243 869662

Postal address: CAPITAL, 49 Station Road, Polegate, East Sussex, BN26 6EA
Registered Charity Number: 1087420 | Registered Company Number: 4157375