

**CAPITAL Diary of Events**

**Oct-24**

**Locality Meetings are in Bold - Voluntary Opportunities Highlighted in Grey**

| <b>Date</b>    | <b>Time</b>  | <b>Purpose</b>   | <b>Location</b>   | <b>Who is Attending</b>   |
|----------------|--------------|--|---|---|
| Tuesday 1st    |              |  |   |   |
| Weds 2nd       | 10am - 1pm   | Chequer Mead, East Grinstead, Capital Stall at Looking after YOU Fayre.    | East Grinstead  | All Welcome   |
| Thurs 3rd      | 2pm - 4pm    | Capital Connections  | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
| Friday 4th     |              |  |   |   |
| Monday 7th     | 1pm - 4pm    | Capital Creative Group   | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
|                | 1.30-3pm     | East Grinstead Hub   | Crawley Down Room, Trinity Methodist Church, corner of London Road and Lingfield road, East Grinstead, RH19 2HA | All Welcome - email <a href="mailto:lucy.parsonage@capitalcharity.org">lucy.parsonage@capitalcharity.org</a> for more details |
| Tuesday 8th    |              |  |   |   |
| Weds 9th       |              |  |   |   |
| Thursday 10th  | 10.3         | AAW Meet up  | Worthing Lido   | contact <a href="mailto:heidi.tilney@capitalcharity.org">heidi.tilney@capitalcharity.org</a>                                  |
|                | 2pm - 4pm    | Capital Connections  | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
| Friday 11th    |              |  |   |   |
| Monday 14th    | 1pm - 4pm    | Capital Creative Group   | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
|                | 1.30 - 3pm   | Crawley Community Hub  | Crawley Library - Bill Buck room  | <a href="mailto:lucy.parsonage@capitalcharity.org">lucy.parsonage@capitalcharity.org</a> for more details                     |
| Tuesday 15th   |              |  |   |   |
| Weds 16th      |              |  |   |   |
| Thurs 17th     | 2pm - 4pm    | Capital Connections  | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
| Friday 18th    |              |  |   |   |
| Monday 21st    | 1pm - 4pm    | Capital Creative Group   | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
|                | 6.30pm - 8pm | East Grinstead Hub   | Weatherspoons, The Ounce and Ivy Bush, The Atrium, Little King Street, East Grinstead, RH19 5DL                 | All Welcome - email <a href="mailto:lucy.parsonage@capitalproject.org">lucy.parsonage@capitalproject.org</a> for more details |
| Tuesday 22nd   |              |  |   |   |
| Weds 23rd      |              |  |   |   |
| Thurs 24th     | 2pm - 4pm    | Capital Connections  | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
| Friday 25th    | 11am - 2pm   | <b>Western Locality</b>  | Bognor Regis Library  | All Welcome - email <a href="mailto:lisa.paffett@capitalcharity.org">lisa.paffett@capitalcharity.org</a> for more details     |
| Monday 28th    | 1pm - 4pm    | Capital Creative Group   | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
| Tuesday 29th   |              |  |   |   |
| Weds 30th      |              |  |   |   |
| Thurs 31st     | 2pm - 4pm    | Capital Connections  | Safe Haven, 32 Sudley Road Bognor Regis, PO21 1EL   | All Members Welcome   |
| Friday 1st Nov | 10.30am      | Crawley Hub at Wakehurst - Fungi, Poetry & Hot Chocolate Walk 11am - 12.30 | Meet at Wakehurst coffee shop from 10.30, walking boots etc, transport tba/bus stop outside                     | All Welcome - email <a href="mailto:lucy.parsonage@capitalcharity.org">lucy.parsonage@capitalcharity.org</a> for more details |