



April Newsletter

Welcome to CAPITAL's April newsletter. It's so lovely to see the sunshine again, and it means we can plan to have our meetings outside, keep an eye out in the newsletter and diary for more information on all that is going on in CAPITAL.

Coordinator News

Our AAW Meeting is on Monday 14th April 10- 12. We will meet at splash point By Crab Shack. We will go for coffee, tea and cake and if it's nice weather, we shall have a walk in the gardens. If it's raining, then cafe and catch up. We can discuss what people would like for our future meetings. We are still currently waiting for confirmation about our new room weekly for AAW and Veterans wing.

Here are photos from our March Western Locality.





Also, there was a big conference for Southeast, Armed Forces Network at the Amex which Grant attended for the Veterans wing. As you know Grant Wallis is the Veterans wings Liaison Officer for the company and me as the Lead Officer. So, if anyone has anything they want to ask about Veterans or want to signpost them it would be one of us. We are part of Armed Forces Network, Op Courage, and training with Combat Service. Photos to follow in next month's newsletter.

I would like to take the time to thank all the Peer Staff members for all their hard work at the hospitals. I know it's a very difficult time for us all now, but please support each other and also get in touch with the coordinators if you need to.

On a very important note, our May Western Locality will be held at Hotham Park on the 30th May at 11am - 2pm. This will be a memorial picnic to remember 2 of our members who passed away within a month of each other - Shaun and Jacqui. If you can think of some happy memories of these two, please share with us on the day.

Please bring a chair or blanket to sit on and a picnic to eat.

We look forward to seeing as many as possible, all members are welcome. Dogs are also welcome as Milo will be there too.

Thank you, Heidi.

Trustee News

CAPITAL's Annual General Meeting expected to be held in August 2025.

Join CAPITAL's Board and use your experiences to support us to grow!

As a member led charity we preferentially elect Trustees at our Annual General Meetings from among the membership of the charity.

CAPITAL's Board of Trustees is an essential part of CAPITAL as a charity, we are required by law to have a group of people overseeing how the organisation is running and to support its development. ...but CAPITAL is a unique organisation run by members for members, so our Board is made up of members like you.

There are several vacancies on the Board, we are looking for members who are passionate about CAPITAL and want to support its development to join the Board as a Trustee.

You'll need to be able to attend more than four Board meetings per year, take part in discussions and be able to make decisions in the best interests of CAPITAL. Being a Trustee is a fun and rewarding voluntary experience!

If you would like to apply or have any questions at this stage regarding the role of a Trustee, please contact companysecretary@capitalcharity.org

Roy Davies – Chair of Board

Roy.davies@capitalcharity.org

If you need assistance to contact us, you may ask a colleague or member of staff to help you.

CAPITAL Fundraising – CAPITAL needs you!

Would you, or your friends or family, like to donate or raise money to help CAPITAL support more people? There are lots of ways you can do this. From [Payroll Giving](#) where you can donate tax free through your salary, and [EasyFundraising](#), which allows you to donate each time you shop online at over 7000 shops; through to [raising funds](#) however you see fit - perhaps cake sales, or car washing, or even running a marathon!

£5 would buy some much-needed art supplies

£15 would pay for a Wellness Pack for someone leaving hospital

£50 would pay for room hire and refreshments for a Locality meeting

£100 would pay for one day of peer support

Alternatively, you can help by sharing our social media posts to raise awareness of our work, by volunteering, or telling us about any fundraising opportunities you hear about.

Whatever you do to support us, now or in the future, we want to say a big THANK YOU!

**Thank you for taking the time to read our newsletter.
Your CAPITAL team.**