



March 2025 Newsletter

Welcome to CAPITAL's March newsletter. Please have a read through our newsletter and diary of events to see what we have been up to and what we have coming up here at CAPITAL.

[CAPITAL Members Day and Members Awards 2025](#)

Our members, staff and volunteers got together for a successful Members Day at the Community Church in Bognor this month.

It was a good chance to update everyone alike on changes coming up at CAPITAL, exciting changes and some challenges, whilst asking you to help us shape plans. We are also delighted to have presented our CAPITAL Members Awards.

Thanks to everyone who attended and continues to support CAPITAL.

Huge congratulations to Hollie, Jane and Tracey who won Membership Awards!



Photos from our Members day Awards with Chair of Trustees Roy, Hollie and Jane being presented with their certificates.



Photos of Tracey's Award certificate and volunteers James, Helen and Hollie at our Members Day

Coordinator News

Meadowfield Peer worker Grant and I have been attending meetings regarding the Veterans Wing within the company. We are making good progress and focusing on making it professional.



We are hoping to get the AAW and Veterans Wing opening soon and will update everyone along the way so stay tuned. We miss you all.
-Heidi

Drug & Alcohol Partnership News

On the 14th of Feb we held our second Drug and Alcohol Partnership Community fund event. This was a hybrid event, with 20 people online and 10 people joined us at CAPITAL.

We had a great mix of people with lived experience and their carers and representation from our partners including CGL, Stone Pillow, Turning Tides, Drug and Alcohol Carers, WSCC and SPFT.

We worked in groups looking at possible solutions for the issues identified in our Temporary Accommodation report (See link on the DAP pages of the website).

We also had updates from DAP and CAPITAL and finished with a lived experience story from Javel.

Here is some of the feedback we received from attendees after the event:

"Javel's story had a real impact, as I worked with gang members in a previous role, and not enough work is carried out to prevent young people being groomed into gangs.

I like the fact the CAPITAL project work with professionals and people with lived experience, I have never experienced it before as a professional, and I think it should be done all the time for people's development and learning. So, people with lived experience get treated with respect all of the time."

"Very informative and helpful especially during this difficult time for people in temporary accommodation and the rise in homelessness.

Without people's voices and experiences there would be no changes. with people getting together and speaking out then hopefully the current system will change for the better.

The situation as it is at present is very concerning. we really need to make our voices heard and get an outcome."

The £40 K community fund is live, and so far, we have our first approved project Bright Light-peer support and translating for Polish Nationals. This has now received approval from both the panel and DAP. This month we have applications for an out-of-hours art group, and a women's wellbeing program, we will keep you posted on developments.

Our next community event is on Friday 16th May from 11am so save the date and we invite you to help us plan it, please register interest:

Sara.shepherd@capitalcharity.org

If you would like any more information about our D&A work please email

sara.shepherd@capitalcharity.org or mark.mills@capitalcharity.org

-Sara & Mark

Coproduction & LEAG News

February saw our 3rd Coproduction Conference - The future is in your hands, a coproduced conference organised by Capital, Changing Futures Sussex, Possability People and SPFT.

We had 90 people attend the conference on Wednesday 26 February in Hove, travelling in from all over Sussex.

Peer support workers, lived experience workers, front line staff, managers and commissioners all joined us on the day.

From attendees on the day:

"Fabulously well thought out, considered and executed conference. A buzz of collective ideas and enthusiasm. A privilege to be here, thank you."

"It was brilliant and inspiring and I am so glad I had the opportunity to attend."

“Thank you for all your energy and time spent in planning and running the events. It’s clear you’ve focused on widening participation and looking at how we invest in this ourselves. Also special shout out to the therapy dog - honestly boosted my mood.”

“The open nature of the content of the sessions was great the way we all co-produced the content was very dynamic and true to the values of the day. However, there were too many and I wanted to do them all! Lots of space for discussion and sharing with good facilitators”

“Nice venue. Good food. Excellent instructions. A welcoming and comfortable session.”



*If you would like to know more about our coproduction work or LEAG please email Tasha, coproduction lead at tasha.barefield@capitalcharity.org
-Tasha*

Write your will for FREE!

A gift in your will is a unique way to support those people across West Sussex who are struggling with mental health challenges. We have teamed up with trusted will-writing specialists Farewill, so that you can write your will for free (worth approximately £100). It only takes 30 minutes, and you can do it from the comfort of your own home.

Whilst there is no obligation to include a gift in your will, we hope you will consider leaving a donation to CAPITAL once your loved ones are provided for. As a tightly-knit, supportive community founded on the principle of sharing experiences, we understand how important our personal stories are – and we would be honoured to be part of yours.

Read more here: <https://www.capitalcharity.org/legacy-giving>

Opportunity for volunteers to take part in research study

There is a research study exploring the experiences of community volunteers, who have been active since the COVID-19 pandemic.

You'd need to be willing to be interviewed on your experiences. By participating, volunteers have the opportunity to contribute to meaningful research that aims to benefit both volunteers and charitable organisations. There is a £10 voucher available for all participants.

Who can take part? You must currently be volunteering for a local organisation that provides essential needs support services to the community and not be in receipt of a salary for this work. They are looking for established volunteers who have been working in their role since before March 2021 and volunteer at least once a week. You can have taken time off, as long as this was not longer than a month for voluntary leave (not due to sickness).

To find out more email us at enquiries@capitalcharity.org or email Abigail Autumn (Trainee Clinical Psychologist at Canterbury Christ Church University) directly AA1198@canterbury.ac.uk

Love & Light - Community Film Showcase

'We're holding a special cinema evening dedicated to our incredible community groups and the power of film in the wonderful Pavilion Atrium. Dedicated to our incredible community groups and the power of film.

Book now to come and join us for an evening of short inspiring films to inspire you.

Headlining will be a beautiful and powerful 50-minute documentary called Olly's Light Travels which tells the story of a remarkable young man from Worthing and the legacy his family have created in his honour.

This free event is a chance for you to see what social action is taking place in your neighbourhoods, hear more from local charities, and groups, as well as hear from a panel of speakers talking about the power of film.

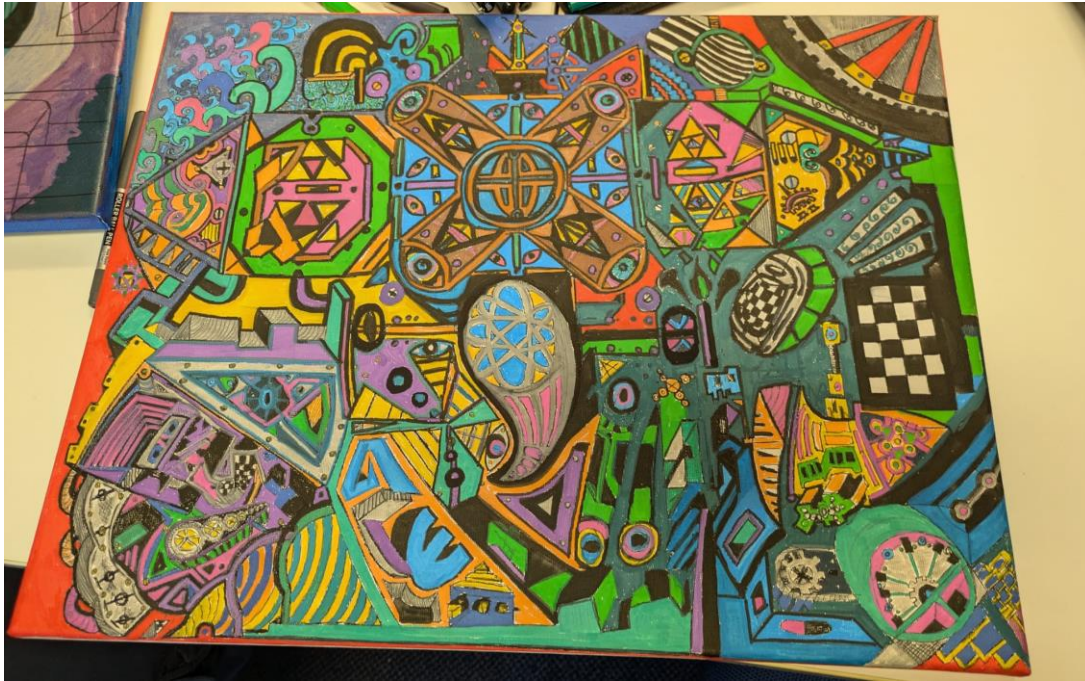
This evening is a celebration of what is possible when we work together.'

Book here: <https://www.eventbrite.co.uk/e/love-light-community-film-showcase-tickets-1232193717579>

Where? Worthing Pavilion Atrium, Marine Parade Worthing BN11 3PX

When? Thu, 13 Mar 2025 18:30 - 21:00 GMT

[CAPITAL Creative Pages](#)



Amazing art by Tom Ferns at our CAPITAL Arts and Crafts Group (held on Mondays at Sudley rd)

Thank you for reading our newsletter! - Your CAPITAL team.