



## November Newsletter

Welcome to CAPITAL's November Newsletter, please read on to see what we've been up to and also check out our diary of events to see what's happening in November.

### Coordinator News

"Hi Everyone

Hope you are doing well.

This month at East Grinstead we appreciated having local psychotherapist Jilly join us briefly to chat and gain insight into self-care and development and we also enjoyed a vibrant art show and talk from local artist and friend, Ian (or Wiz as he can be called!).

On Friday 1<sup>st</sup> Nov, all are welcome to join the nature walk at Wakehurst place - please see poster -and our next Crawley Hub will be held at the Richmond Fellowship offices (their name is changing to 'Waythrough' as they merge with Humankind to encompass drugs, alcohol and housing support) as they are offering their day spaces to Mental Health charities free of charge which of course is a fantastic opportunity.

The address is: **Staying Well, Ground Floor, 1 Amberely Crt, Whitworth Rd, Crawley RH11 7XL** (No 4, 5 buses plus ample parking).

If we are happy with the venue we will move there in the new year.

-And on the final Crawley Hub of the month we have Cheryl from W Sussex Health coming to join us.

Several of our members have been taking part in Co-production activities, such as Helen and Tracey's involvement with the interview panel with Brighton University for the interviewing and training of the Approved Mental Health Professionals - which has vital impact on their awareness on people's lives during sectioning, hospital discharging and other such decisions. They have since been invited to the university to give direct input to the students within their training.

Tracey also took part in the Lived Experience podcasting life-story regarding mental health services experience sessions with Sara and is participating further with this important work. Well done everybody.

Peer Support Workers came together at Meadowfield Hospital, Worthing this week for a truly warm and informative Quarterly training/update session, including a fantastic hospital tour and Advocate guest speakers. Much appreciation to Heidi, Grant and Mandy for making us all feel so welcome, taken care of and involved.

Warm wishes to all -Lucy”



East Grinstead Hub Members – with guest speaker Psychotherapist Jilly.



Peer Support Workers and Coordinators at Meadowfield for the Peer Meeting



Jenny at the Crawley Hub – seen here with her own book which she read from.

Drugs and Alcohol Partnership Project

CAPITAL Charity and Drug & Alcohol Partnership (DAP) West Sussex  
County Council

Coproduction Community Fund Launch

RSVP REQUIRED

5<sup>th</sup> November 11am-4pm

Field Place, Worthing, BN13 1NP

In follow up to the invitation of 8<sup>th</sup> Oct, we once again encourage you to join us to celebrate the new partnership with West Sussex County Council (DAP) and CAPITAL.

CAPITAL charity has been commissioned to co-produce community initiatives with local people who have lived experience of drug and/or alcohol harm, in order to develop community assets, build resilience, and enhance peer leadership and peer support networks.

Come and listen to people's story's, participate in workshops, and together we can improve drug and alcohol services across the county.

Please use the following link or use the attached QR Code to sign up!

RSVP HERE: <https://forms.office.com/e/ZAuHwbcYAh>

Spaces are limited so please do forward this email to any of your colleagues you feel would find this a worthwhile event to attend. Further, please forward to anyone you are working with who is accessing drug & alcohol services or living in temporary accommodation in West Sussex.

Look forward to seeing you.

Sara, Tracey & Mark

# Drug & Alcohol Community Partnership

We are looking for local people to help build community resilience and enhance peer leadership across West Sussex.

*Community fund available to individuals and groups with and without experience of peer leadership.*

Become a local peer leader in your community to support people.

---

We have partnered with West Sussex Drug and Alcohol Partnership to coproduce community initiatives with local people across the county who have lived experience of drug and/or alcohol harm.

---

*The launch event will be held on 5th November 2024 (11am-4pm)  
Registration is mandatory if you do wish to attend, scan the QR code.*



## Capital creative pages

Poem from Jenny's Book (that she read out at the EG Hub) – available on Amazon.

Carpet, lying there, innocuous, bland,  
tell me your secrets, what do you know?  
Do you tire of the constant footfall,  
wearing you threadbare and pale?  
the roar of the vacuum cleaner,  
choking on your dust motes  
that rise like tiny stars from your weft?  
If I could be a carpet, I would hide  
from the thudding feet, the hastily wiped  
shoes and boots.  
If I could be a carpet  
I would watch and hold my counsel:  
the lovers, caught in their tryst,  
the child, smearing sticky jam on the cushion.  
I would wrap myself around the cold, angular floor,  
smoothing, insulating.  
Waiting,  
until one day with molten gold pouring  
through the window.  
Then, with my mind  
a fractured, splintered decoration,  
I would rip myself from the floor,  
swirling orbs of  
circles and pattern and hungrily devour  
the sanity of those unwary enough to watch.  
Sanity tastes like cheese and cream,  
the soured milk of life,  
the taste of dairy sour on my tongue,  
worm-eaten as an insane world.



Artwork from Lucy P



Artwork from Sam

Thank you for reading our Newsletter, Take care, Your Capital Team.

