



## October Newsletter

Welcome to CAPITAL's October 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 October.

### CAPITAL'S New Branding

We hope you are all loving Capital's new branding and have checked out our new website where you can view a video of the branding changes that we've done.

### Coordinator News

"Hello everyone! Hope you're well? I cant believe it's Autumn already and how this year has flown by.

I just wanted to say a massive thankyou to all the volunteers who attended and worked so hard at the Stonepillow Sleepout! It was an enormous success and we even won first place for the best shelter. There was lots of entertainment, food and refreshments available through out the day. It was a humbling experience and opened our eyes about homelessness. Stonepillow is a wonderful charity so it has been a pleasure to be involved with their biggest fundraiser of the year. We will certainly be doing it next year if anyone is interested in getting involved please email myself on [Lisa.paffett@capitalcharity.org](mailto:Lisa.paffett@capitalcharity.org)."



“Hi Everyone,

Hope you are all doing well and coping with the lovely dry end to our latest English summer.

This month in the East Grinstead & Crawley areas -we kicked off with a v special-feeling hub at EGrinstead Trinity Church. We were lucky to be joined by a lovely lady Jilly, who volunteers in the Wellbeing Café there -who is also a psychotherapist. Jilly enjoyed our group, shared some excellent breathing tips and is happy to join us when she can to share more of her valuable expertise and recommend our groups to her clients. After sharing the CAPITAL updates from the AGM, Dave (from EG) ran a highly enjoyable art workshop whilst some members played pool or chatted with Jilly.

In Crawley a small group of us met at Costa for our coffeeshop hub (every 2<sup>nd</sup> month) which made a fun change and had a relaxed fun hub with David with good chat and dominoes.

Lucy, Carol and Sam attended the Mid Sussex Volunteers networking meeting in EGrinstead and made some valuable links with other organisations such as Mens and Sistershare and Sam our new trustee made some fundraising connections too. It was a very enjoyable event and we welcome anyone from EGrinstead (and Crawley) to join us at a similar event on Weds 2<sup>nd</sup> Oct (pls see calendar) if they would like to represent CAPITAL at our table and find out what else is going on locally.

Warm wishes -Lucy”



EG Hub Members doing Art





EG Hub Members Art Work

### CAPITAL Creative Pages

## **A Beacon Called CAPITAL**

In CAPITAL, where stories flow,  
From lived experience, we grow.  
A peer-led voice, a hand held tight,  
Together, we bring hope and light.

Each member plays a vital part,  
A healing hand, a caring heart.  
Through shared pain and wisdom gained,  
We lift each other, hope sustained.

The black sheep finds their place at last,  
In spaces free from judgement's past.  
Here, they belong, their voice is strong,  
In CAPITAL, they've found their song.

The strength of CAPITAL is clear,  
In every voice and life held dear.  
We change the world, we heal and strive,  
Together, saving every life.

Written by a CAPITAL member, Grace H



Art By Member Sam.

## Heads on Living Histories Project

# Join the Living Histories Project!

We would love for you to be involved. We are currently recruiting volunteers who will be trained to conduct oral histories interviews.

We are looking for passionate volunteers to join the Living Histories project.

This is an incredible opportunity to:

- **Receive Training:** Gain new skills through project training in oral history, mental health awareness, and safeguarding as well as other NHS focussed training.
- **Make a Difference:** Help document and preserve the life stories of NHS mental health staff and service users.
- **Be Part of History:** Contribute to a project that will create a lasting archival and educational resource.

If you are interested in volunteering, please sign up here:

<https://participation.sussexpartnership.nhs.uk/opportunities/68860-oral-history-volunteer-2024-07-03> and become a vital part of this meaningful initiative.

For more information about the *Living Histories* project, please visit our website at <https://www.headsoncharity.org/home/index.html>

Together, we can preserve the rich history of mental health experiences in Sussex and create a valuable resource for future generations.

Join us in capturing and preserving the invaluable stories of those who have been impacted by and contributed to NHS Mental Health services in Sussex. Your involvement will make a significant difference in understanding and celebrating our shared heritage.

Duncan our CEO is on the Project Steering Group.

Thank you for reading our newsletter – please see the diary of events for everything going on this month – Your CAPITAL Team