

CAPITAL PROJECT TRUST				
Diary of Events				
Sep-21				
Localities Meetings are in Bold				
Date	Time	Purpose	Location	Who is Attending
Wednesday 1st	10.00-12.00	What Shapes Self-Confidence Workshop	Online	All Members Welcome - To book and receive link email helen.hayward@capitalproject.org
Thursday 2nd	11.00-13.00	New Members – Getting to Know Us Workshop	Online	All Members Welcome - To book and receive link email helen.hayward@capitalproject.org
Friday 3rd	3.30pm - 4.30pm	Knit and Natter Peer Group	Online	All Members Welcome - To receive link please email helen.hayward@capitalproject.org
Monday 6th	11am - 1pm	Art Group with Mandie from Artscape via Zoom	Online	All members welcome - please email jacqui.cavalier@capitalproject.org for joining instructions
<b>Tuesday 7th</b>	<b>12pm</b>	<b>AAW Online Locality Meeting</b>	<b>Online</b>	<b>AAW Members</b> <b>To receive link please email</b> <b>Shaun.spillane@capitalproject.org</b>
	11.00-13.00	Patients View Point Training	Online	All Members Welcome - To book and receive link email helen.hayward@capitalproject.org
Wednesday 8th	12pm	Priory Park Picnic	Priory Park Chichester	AAW Members To receive details please email Shaun.spillane@capitalproject.org

Thursday 9th	11.00-13.00	New Members – Getting Involved Workshop	Online	All Members Welcome - To book and receive link email helen.hayward@capitalproject.org
Friday 10th	4pm-5pm	Knit and Natter Peer Group	Online	All Members Welcome - To receive link please email helen.hayward@capitalproject.org
Monday 13th	11am - 1pm	Art Group with Mandie from Artscape via Zoom	Online	All members welcome - please email jacqui.cavalier@capitalproject.org for joining instructions
	3pm	Nothern Online Peer Group	Online	All members welcome - please email latoya.labor@capitalproject.org for joining instructions.
Tuesday 14th				
Wednesday 15th	12pm	Bognor Hotham Park Picnic	Hotham Park Bognor Regis	Western Members To receive details please email Shaun.spillane@capitalproject.org
Thursday 16th	10.00-12.00	Building Self Confidence Workshop	Online	All Members Welcome - To book and receive link email helen.hayward@capitalproject.org
	12pm	<b>Nothern Locality Meeting</b>	<b>Online</b>	<b>Northern Members</b> <b>To receive details please email</b> <b>latoya.labor@capitalproject.org</b>
Friday 17th	4pm-5pm	Knit and Natter Peer Group	Online	All Members Welcome - To receive link please email helen.hayward@capitalproject.org

Monday 20th	11am - 1pm	Art Group with Mandie from Artscape via Zoom	Online	All members welcome - please email jacqui.cavalier@capitalproject.org for joining instructions
Tuesday 21st				
Wednesday 22nd	11.00-13.00	Building Assertiveness Workshop	Online	All Members Welcome - To book and receive link email helen.hayward@capitalproject.org
Thursday 23rd	11.00-13.00	Building Self Esteem Workshop	Online	All Members Welcome - To book and receive link email helen.hayward@capitalproject.org
Friday 24th	12pm-1pm	Western Locality Meeting	Online	<b>Shaun Spillane</b> Western members please email shaun.spillane@capitalproject.org for the link
	4pm-5pm	Knit and Natter Peer Group	Online	All Members Welcome - To receive link please email helen.hayward@capitalproject.org
Monday 27th	11am - 1pm	Art Group with Mandie from Artscape via Zoom	Online	All members welcome - please email jacqui.cavalier@capitalproject.org for joining instructions
	3pm	Nothern Online Peer Group	Online	All members welcome - please email latoya.labor@capitalproject.org for joining instructions.
Tuesday 28th	10.30.-12.30	Building Positive Thinking	Online	All Members Welcome - To book and receive link email helen.hayward@capitalproject.org
Wednesday 29th				
Thursday 30th				

Friday 1st Oct	4pm-5pm	Knit and Natter Peer Group	Online	All Members Welcome - To receive link please email helen.hayward@capitalproject.org