

[CAPITAL Project Trust](#)
[February 2023 Newsletter](#)



CEO News

We're welcoming 2023 ringing in changes and carrying forward the passion and excitement of a team away day that we held towards the end of 2022.

During the day we looked at some of the priorities we need to think more about as we develop our strategy over the coming months.

We've an amazing team and the day gave us chance to reflect upon this amazingness(!) in 2022, the difficult emotional challenges we faced, and our successes as we look to the future.

We're excited to tell you more about plans as they develop. Members need to be very much workign alongside us on ideas that will help shape what we do as an organisation.

You'll be hearing more from Helen about membership work taking place during 2023 – there will be lots of opportunities to get involved.

Our membership number reduced recently, due to our cleansing of data (under General Data Protection Regulation) so we are keen to attract new members.

If you have any ideas about how to expand our membership, please get in touch. We'd also very much appreciate if you could introduce the work of CAPITAL to anyone you think would benefit from being part of our work.

During the quieter festive period we've been tidying up our offices at Sudley Road, and we're doing some repairs to the building, including rejuvenating our lovely oak front door!

Next month we will be introducing some new members of the team as we've been busy recruiting....

Locality Coordinator News

Dear Members

I can't believe January is almost at an end, roll on the spring!

It was lovely to see those of you that attended the AAW locality meeting on 12th January at the East Worthing Community Centre, you had the chance to meet the new interim coordinator Sara Shepherd.

Patient Viewpoint successfully ran this month in Langley Green and The Oaklands Centre, I wanted to say a big thank you to the volunteers this month for allowing this to happen.

We are looking for volunteers in the Worthing area to start up Patient View Point at Meadowfield. If you think you might be interested; please contact myself or the office. Full training will be given.

michelle.montesino-chinea@capitalproject.org

mobile: 07706 327083.

That just leave me to say have a lovely February and I look forward to seeing some of you soon!

Michelle

Coproduction Lead

We're operating at reduced capacity with our Co-production work and the SCALE (Sussex Coproduction and Lived Experience) network.

If you need any immediate support with accessing the coproduction team please get in touch via enquiries@capitalproject.org.

For more information about coproduction please see:

<https://www.capitalproject.org/scale-network>

Membership information

Thursday 2 February 12pm -2.30pm

Time to talk about identity, mental health and me - a campaign, an event, a conversation

Our identities and mental health experiences. They are complicated, heart-breaking, messy and sometimes glaringly obvious, but they are a great starting point to open conversations, share ideas and foster understanding.

Join this event organised by West Sussex Mind as part of national Time to Talk Day.

To register and for more details:

<https://www.westsussexmind.org/news/2023/join-the-conversation-about-identity-and-mental-health>

Invitation to our Co-Producing Co-Production Workshop at the Brighthelm Centre, Brighton on Wednesday 15th March 2023 10am - 4pm

Changing Futures Sussex have been working together with Capital and Possibility People to host an in-person event in March on the theme of Co-Production. This event has been co-produced and will be facilitated on the day alongside people with lived experience across each of these organisations.

The purpose of the event is to bring everyone together to talk about co-production in Sussex, particularly within services and systems that work with people experiencing multiple disadvantage.

Its an in person event in Brighton. For more information:

[Sussex Co-producing Co-production Tickets, Wed 15 Mar 2023 at 10:00 | Eventbrite](#)

Thank you for taking the time to read our newsletter

Your CAPITAL Team