Remember: You do not need a referral - You choose to join

Please ring or email for a membership pack

## Telephone: 01243 869662

Email: enquiries@capitalproject.org

All **CAPITAL** members have experience of using mental health services.

## For a copy of this leaflet in large print telephone 01243 869662

The CAPITAL Project Trust

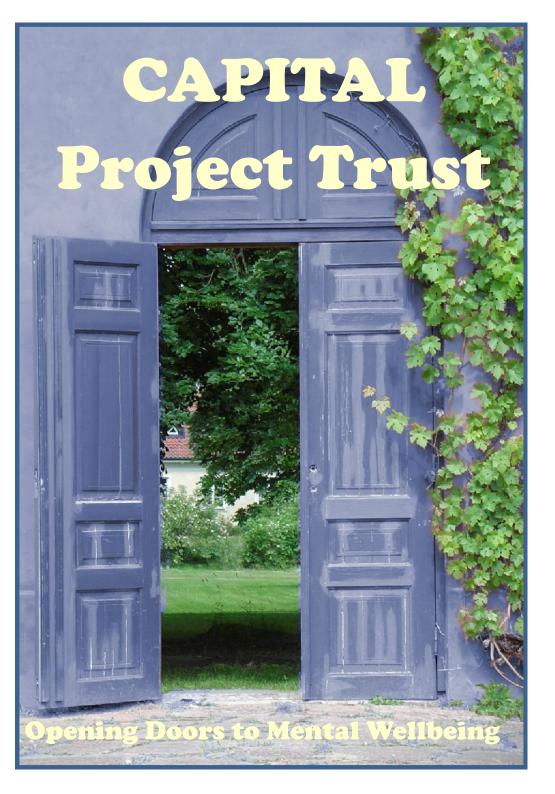
Head Office: Safe Haven, 32 Sudley Road Bognor Regis, West Sussex PO21 1SF http://www.capitalproject.org

CAPITAL Project Equality & Respect IN

Prejudice OUT

Registered Charity No 1087420 Registered Company No 4157375





## **CAPITAL** a West Sussex Charity for people with mental health problems

Membership is FREE and open to anyone who has accessed support for Mental Health problems in West Sussex \*\*\*

We aim to help everyone reach their full potential in their own time.

If you need help we will support you to attend meetings by arranging transport, or we will pay your travel expenses.

Lunch and refreshments are provided FREE at all day events.

\*\*\*

**CAPITAL Offers** mutual support between members through groups, social events and various meetings including our monthly locality meeting in your area and our county wide meeting every three months

Our in house meetings are run in a relaxed non judgemental supportive environment.

## **Opportunities for Members Include**

\*\*\*

An excellent Course for new members building knowledge, skills confidence and self esteem

\*\*\*

Having your say in developing, planning and improving health and social care services

\*\*\*

Feeding back your experiences of mental health and social care services

Evaluating, delivering and researching aspects of mental health care

\*\*\*

Enabling 'inpatients' to have a voice about their care

A range of occasional training including vocational and creative courses

You can choose to be involved as much or as little as you like—Nothing is compulsory

You choose what you do and when you do it