

CAPITAL Project Trust
September 2022 Newsletter



CEO News

August has meant some time to look at our 'house' or what the team call, 'getting our house in order'. This means that before we can start to think about new and exciting things or projects, we need to look at strengthening and supporting our existing team and projects.

We are updating all our internal policies and processes to make sure that we are robust enough and the staff have practices in place that support them so we can feel ready to grow.

This also means we've starting to make some plans for reviewing and looking at locality meetings, our peer team, our membership – in essence all that makes CAPITAL, CAPITAL!

This is all part of our start to review and rethink what we currently do, and prepare ourselves so we are ready to think about the future and the bigger picture.

There will be much more to follow in the next few weeks so do look out for more soon. Meantime, if you have any questions or ideas for us, please contact me: duncan.marshall@capitalproject.org or speak to a member of the team.

Our new website is really starting to look pretty fab and colourful. The site now includes the recent launch of the new SCALE network and an ongoing feature 'CAPITAL stories' – our CAPITAL stories of lived experience. Do check it out: www.capitalproject.org

We're always keen to hear from you if you want to get more involved..... so **please do** get in touch!

Learning and Development

This month we will be running 2 face to face information sessions for all our new members. The first session is an opportunity for us all to get to know each other and find out about the work that CAPITAL does as a service user led mental health charity. The second information session covers what opportunities are available to members, including lots of exciting voluntary roles. IF you are new to CAPITAL, we would love to have you join us and of course, longer serving members are also welcome too. Everyone is welcome! Please see the Diary of Events for dates and times.



Lived Experience Voices Required!

The Lived Experience Training Task and Finish Group has been set up to put together some fantastic workshops that we can offer to local business', groups and charities to help them gain a better understanding of mental health. The work group is now up and running and we are meeting online every other Tuesday. We would love to have more of you join us as the more the merrier. There are many ways you can get involved; we have a job for everyone!

If you are interested– See the Diary of Events for dates and times and/or email helen.hayward@capitalproject.org for a link to the next session.

Unfortunately due to a clash in the diary, I have had to change our second September session to the Wednesday. I hope that does not cause too much disruption in your week. Please see Diary of Events for more information.

Kindest regards, Helen

Northern Locality

Dear Northern members,

I hope you are enjoying what's left of the summer weather.

We are still meeting at Goffs Park, Crawley for a picnic instead of the usual locality meeting while the good weather lasts. The next one is on Friday 23rd September 12-2pm, so come on out, bring a sandwich and drink and let's have a chat and some games!

Patient viewpoint is still going strong. If you would like to get involved, please email me at latoya.labor@capitalproject.org. The next session will be Friday 16th September 10am-12.30pm.

Just a reminder that we are still looking for volunteers who would like to represent Capital at the SPFT Trust inductions at Plumpton Racecourse. The upcoming dates are Monday 5th Sept, 19th Sept, 3rd Oct and Tuesday 18th Oct.



How would you like for us to have a Northern Christmas lunch at either Harvester, Three Bridges or Toby Carvery near Langley Green Hospital or alternatively we could do some bowling at Hollywood Bowling, Crawley? Please let me know what you think by email or text, and whether you would be happy to put donations toward this.

Hope you have a lovely new month, best wishes, Latoya

AAW Locality

Dear AAW Members

Firstly, I must apologise that there have been no newsletter entries for AAW members for the past couple of months, unfortunately I've been off for the last 2 months but I'm back now and raring to go.

It seems the summer could be coming to a close weather wise, although we've been really lucky with the sunshine and warmth over the past weeks with it sometimes being unbearable!

I wanted to give Heidi Tilney a massive thank you as she kindly covered my locality meetings over the past 2 months but as of September, I will be taking these back over. The September locality meeting is being held on Thursday 8th September at East Worthing Community Centre, Pages Lane, Worthing, BN11 2NQ

I look forward to seeing you all there!!

Best wishes,

Michelle

Coproduction Lead

Introducing SCALE - West Sussex Lived Experience Network

NHS Sussex is engaged in a programme of mental health service transformation, with the voices of people's experiences vital to identify and plan changes.

The SCALE (Sussex Coproduction And Lived Experience) network links with key teams and groups responsible for commissioning and implementing these changes. It will collaborate with lived experience networks in West Sussex, and with a sister network in East Sussex (inc. Brighton and Hove), for better communication and coordination across the region.

This network is designed to support existing lived experience networks and groups, not replace them. The focus will be on the Community Transformation Programme and collaborating with mental health organisation and lived experience networks to support it. We also aim to supply people with specific lived experience who may usually be excluded from access to support, or access to lived experience opportunities due to a variety of characteristics and/or social factors.

If you'd like to have a say in mental health services, then check here for more information, including how to join:

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

Many thanks, Catherine.

Membership News

There is a have your say survey on Sussex suicide and self-harm prevention strategy at -

[Have your say on the development of the Sussex Suicide Prevention and Self-harm Strategy - East Sussex - Citizen Space](#)

Sussex-wide Suicide and Self-Harm Prevention Strategic Group is developing a three-year suicide and self-harm prevention strategy covering all of Sussex

This engagement exercise will provide stakeholders in Sussex with the opportunity to shape the 'statements of intent' that will form the basis of the Sussex Suicide and Self-Harm Prevention Strategy.

We are looking for people to help out with staff inductions for SPFT by setting up a CAPITAL stall at induction gatherings.

Most of the inductions will take place at Plumpton Racecourse. See below for dates - starting next Monday 15th August!!

If you're interested in helping out (expenses provided) please get in touch here, or email:

Latoya.Labor@capitalproject.org

Mon 15th Aug

Mon 5th Sep

Mon 19th Sep

Mon 3rd Oct

Tue 18th Oct

Mon 7th Nov

Mon 14th Nov - AT Chilcomb Down House - Hampshire

Mon 21st Nov

Mon 5th Dec

Tue 13th Dec

Thank you for taking the time to read our newsletter,

Your CAPITAL team.