

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



Hello and welcome to your April Newsletter - despite the wet weather we have been having, Spring has officially sprung and longer sunny days are on the horizon. Read on to hear about the wonderful things our staff have been up to and some amazing opportunities within Capital.

CEO News

Along with a sense of spring in the air, we are looking forward to new developments.

We're making new links with other organisations and groups, as we start to plan ahead and think about how we can work better together and in partnership with those who share our values and mission – namely lived experience expertise and community leadership.

The new Coordinator team are becoming more established and they are leading these discussions and making connections.

If you would like to help us build better connections with the community please do let us know.

The highlight of this month (and indeed the year so far) was the Coproducing Coproduction Event on 15 March. CAPITAL worked with Possability People and Changing Futures Sussex to hold this event in Brighton. We were delighted that it was well attended – around 100 people were there.

We showcased examples of coproduction in Sussex and started to develop some core principles and values for coproducing together in Sussex. There will be more to follow about further actions arising from the event – there was a huge desire to carry on and continue the conversations, through further events for networking and sharing learning. If you'd like to read a bit more about the event please go to [this link](#) for a post from Changing Futures Sussex.

We're still recruiting.....Currently accepting applications for relief Peer Workers who will provide cover during sickness or annual leave across our Peer teams in Crawley, Worthing, or Chichester. If you're interested or would like to share with others, please [see here](#).

Learning and Development:

Dear Friends

Over the last two months I have attended both the Northern and Arun, Adur and Worthing Locality meetings to share the membership feedback we have collected over the last year. It was lovely to catch up with you all and I am really looking forward to attending the Western Locality on Friday 31st March.

Membership involvement is vital for CAPITAL Project Trust to continue its work as a 'user led' organisation. You are the voice of CAPITAL, and we must ensure that each one of you can get involved - in a way that works for you – if you so wish!

With that in mind, if you would like to get involved with the upcoming 'Feedback' Focus Group and haven't completed a form already, please complete and return to me by Monday 10th April at;

helen.hayward@capitalproject.org

or Safe Haven, 32 Sudley Road, Bognor Regis, PO21 1EL

Or alternatively you can phone me on 07522 227945 or visit me at Safe Haven, every Monday from 9am until 3pm

Thank you to everyone who has already signed up for the Focus Group. We will be arranging a date/dates and contacting you all following the 10th April closing date.

Many thanks Helen

Co-production Lead:

The network is continuing to meet through our temporary support arrangements. We are in discussions with commissioners about future funding for coproduction, as the contract was only initially for one year. The SCALE meetings are monthly. Please visit our website if you would like to join the SCALE network. As CAPITAL Project Trust hosts the work, you will need to join the network – it is separate from CAPITAL membership.

If you need any immediate support our coproduction team please get in touch via email to: coproduction@capitalproject.org.

For more information about coproduction and to become a SCALE member, see: <https://www.capitalproject.org/scale-network>

Membership News:



Could you help shape West Sussex Mind's communications?

If you have lived experience of mental health and an interest in comms, why not volunteer?

Full story:
www.pathfinderwestsussex.org.uk/news



Our team assistant Kirsty is working with West Sussex Mind to recruit volunteers with lived mental health experience for a communications co production panel.

The panel will be a great opportunity to share opinions and discuss communications subjects related to West Sussex Mind and its resources, in order to improve accessibility and inclusivity and to ensure that the voices of people with lived mental health experience are heard.

If you'd like to know more about the group or register your interest please read the news article via Pathfinder - [Could you help shape West Sussex Mind's communications? | Pathfinder Mental Health Services in West Sussex \(pathfinderwestsussex.org.uk\)](#)

Or email Kirsty directly at kirsty.potter@westsussexmind.org

University Work

We will again this year support assessment and reviews for student social workers, working with Brighton University.

If you want to be involved in this or want to find out more, please email: Duncan.marshall@capitalproject.org

Peer Support in Mental Health Course

We are continuing to plan our Level 4 course, accredited by Middlesex University.

Much more to follow soon! If you want to put your name down for early information when its ready, please email: Kirsty.potter@capitalproject.org

Thank you for taking the time to read our newsletter

Your CAPITAL Team