

CAPITAL Project Trust
October 2022 Newsletter



CEO News

A quick update this month from me - I am heading off to take some annual leave and take a break!

One of my highlights has been welcoming our new office volunteer, Graham who is helping us get organised. Graham also came with us to a CAPITAL stall we held recently at the Regis Centre for a Volunteer Fair, arranged by Voluntary Action Adur and Chichester.

We made links with some new contacts which could become potential partners as we evolve and change in the coming months. It was great to be out there and connected again.

Next year we need to be very active & present at various events and fairs. So, if you know of local events in West Sussex that you think we should be at, please let us know as we develop our 2023 Events list. Also let us know if you'd be happy to help support us!

We've been continuing with thinking and planning. I've been meeting with others exploring some potential funding opportunities. We've refreshed our membership lists and surveyed members about what members want from their membership. We've now some new Trustees... We held a team meeting with the Peer Team recently and its always inspiring to hear about their brilliant work and such a valued service....and we've launched the SCALE network... So, it's been busy!!

Coming up we look forward to sharing more about our plans, and to recruiting some new team members to join us. (details below)

We've launched 'Tell CAPITAL' which from time to time will seek to hear your views about what it's like to live in West Sussex experiencing mental health issues and using services, and living in the county generally. (more on this also below!) We're focusing on the cost of living situation so let us know your views.

We're Recruiting!

We are now recruiting to two roles, joining us at a time of change and organisational development.

CAPITAL Team Assistant

This important role will support our communications and social media work and provide some admin and HR support to our teams.

- Part time: 15-16 hours per week (2/3 days)
- Rate: £10.75 per hour

Western Locality Coordinator

Working closely with 2 other colleagues who work in other localities, this role will develop and support membership engagement in the area that covers Bognor Regis, Chichester and Midhurst, and manage a Team of CAPITAL Peers.

Ability to travel is essential for this role.

- Part time: 21.5 hours per week (3 days)
- Rate: £11.25 per hour

[Check here](#) for full details of both roles. If you are reading a hard copy of this newsletter and want to receive copies of the Job Descriptions, please call the office.

Tell CAPITAL!

We want to get your views to help us know what's important.

This short survey is about the cost of living. [Tell CAPITAL here.](#)

If you are reading a hard copy of this newsletter and want to take part, let us know and we'll arrange for someone to call you.

Learning and Development

**New Members Information Session – Tuesday 5th October
10.30am until 1.30pm**



Hello to you all. This month we will be running a Hybrid (both online and face to face all at the same time!... Wish us luck 😊) information session for all our new members. It is an opportunity for us all to get to know each other, have some fun and find out about the work that CAPITAL does as a service user led, mental health charity and how you can get involved. If you are new to CAPITAL, we would love to have you join us. Of course, other Members are welcome to join us too.

Lived Experience Task Group – Next Session 4th October @ 11am - Hybrid

The Lived Experience Training Task Group has been busy meeting fortnightly and we are currently creating a Mental Health Awareness Workshop to offer out to local business', groups and charities. Our meetings (due to popular demand) will become Hybrid for the first time in October and we meet every other Tuesday. We would love to have more of you join us.

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

Kindest regards, Helen

Northern Locality

Dear Northern members,

I can't believe October is here, the year is flying by!

I enjoyed our picnics at Goffs Park where we made good use of the lovely summer weather and our last meeting at Brewers Fayre pub last month, where the limitless coffee went down a treat! The company and food were great and it was such a relaxed atmosphere. From October, as the weather gets more unsettled, we will start meeting again at Langley Green Hospital. The next locality meeting is on Friday 28th October from 1pm to 4pm at Langley Green Hospital. I am looking forward to seeing as many members as possible. We will be exploring the possibility of us meeting together for a Christmas lunch.

We are always on the look out for new volunteers for Patient Viewpoint sessions at Langley Green Hospital. If you would like to shadow a couple of the sessions, please email me at latoya.labor@capitalproject.org. The next session will be Friday 21st October 10am-12.30pm.

We are still looking for volunteers who would like to represent Capital at the SPFT Trust inductions at Plumpton Racecourse.

Wishing you all a productive and peaceful October. Best wishes, Latoya

AAW Locality

Dear AAW Members,

Autumn is now upon us and the weather is certainly feeling a lot chillier.

It was lovely to see those who attended the locality meeting on 8th unfortunately due to my absence the taxis and advertising weren't arranged in time but next month all will be back to normal.

October's locality meeting will be held on Thursday 13th October at Offington Park Methodist Church to coincide with Worthing Mental Health Week (please see flyer) and I look forward to seeing those who can make it. Take care, Michelle

Coproduction Lead

SCALE - Lived Experience Network

The Sussex-wide team supporting coproduction – using people's lived experiences to improve mental health services – is now in place. Catherine is the Lead on this work for West Sussex and there are a few exciting opportunities that they need people for:

1 – The Lived Experience Advisory Group (or LEAG) - You can have a say in how Catherine's role should work, and what the lived experience network for West Sussex should look like as an ongoing programme. This network is separate from the CAPITAL Lived Experience Network, and involves influencing changes in the wider sets of organisations that form mental health support in West Sussex. Applications are needed by the end of September. See attached information.

2 – Crawley workshop – There are actually 3 different opportunities here. The event is part of the community transformation programme, which has Crawley as a pilot site. They'd really like some people to attend and participate on the day – this is a paid opportunity. They'd also like to work with some people on writing personal experience stories around mental health support around West Sussex, which will be posted up on the walls and included on the slide decks at the event itself. Again, information is in the attached leaflet.

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

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

Many thanks, Catherine.

Membership News

Thinking Outside the (Tick)box – the UK's first user-led involvement conference:

Come along to the Shaping Our Lives conference on 1st November, an opportunity for marginalised groups to come together and share their thoughts about how we can use our lived experience to make services better, for everyone.

Join us online or in Birmingham to hear from speakers about their intersectional experiences as service users. Topics covered will include food poverty, single-parenthood and homelessness. We'll also hear from speakers about their experiences of involvement as a service user from the Muslim, LGBTQ+, Disabled, South Asian and Gypsy, Roma and Traveller communities.

There will be lunch and refreshments provided, travel bursaries available for those wanting to attend in person, and there will be BSL interpreters and captioning available.

It promises to be a day of discussions and diversity, an event of open-mindedness and willingness to share and learn from each other.

Book your free place now: <https://bit.ly/3QNjeXs>, or email hello@shapingourlives.org.uk

Financial advice and support:

Due to the rise in living costs etc, we have put together a list below of some organisations that can help offer financial advice and support:

[Fighting UK Poverty - Turn2us](#)

[Debt advice | Free debt advice | National Debtline | National Debtline](#)

[Free and impartial help with money, backed by the government | MoneyHelper](#)

[Contact us - Citizens Advice](#)

[Money > Debt and money advice / West Sussex Wellbeing / Provided by West Sussex County Council](#)

[StepChange Debt Charity - Free Expert Debt Advice.](#)

Faith Based Organisations Below

[CAP UK | Home](#)

[Crawley CAP Centre](#)

Brighton University Opportunities:

The logo for the CAPITAL Project is located in the top left corner. It consists of a yellow square with a blue border. Inside the square, the text "CAPITAL Project" is written in blue, with "CAPITAL" on the top line and "Project" on the second line. Below this, the text "Equality & Respect IN" is written in blue, with "Equality &" on the third line and "Respect IN" on the fourth line. At the bottom of the square, the text "Prejudice OUT" is written in blue, with "Prejudice" on the fifth line and "OUT" on the sixth line.

CAPITAL
Project

*Equality &
Respect IN*

Prejudice OUT

Brighton University are holding interviews for their Approved Mental Health Professional (AMHP) course on 10 & 11 October 2022, online via Teams. They are looking for volunteers to join an interview panel for their new intake of AMHP students. If anyone is able to volunteer for a day or a half day, that would be much appreciated. The morning session runs from 9.30-12.45 and the afternoon session from 1.30-4.45. They ideally hope to have two interview sessions running in parallel on each day and would therefore ideally require 2 volunteers for each session.