

CAPITAL's December Newsletter



Following a vote by members for the location.....

Come and celebrate CAPITAL's work in 2023!

**Friday 15 December 12 Noon @ Salvation Army Centre, Canada Grove,
Bognor Regis**

We'll be looking back through achievements of the year with food, updates, discussions, creative activity, and music.... through all the work and people of CAPITAL

Here's the link to register!

<https://forms.office.com/e/CMLzHpcRdS> (or call the office: 01243 869662)



November Highlights

CAPITAL was at Principled Ways of Working (Sussex Peer Support Network) meeting. This group of organisations developed the Sussex Peer Support Charter. The network is now merging with Changing Futures who are better placed to support the work. There will be a regional peer support event taking place next year so watch this space.

CAPITAL teams meet with Sussex Partnership NHS Trust to raise issues and concerns from our Patient Viewpoint meetings. We are working together to develop training and improve our feedback.

We also have been meeting with several organisations to co-ordinate our coproduction work and, we've attended the Customer and Carer Group Meeting (West Sussex Adult Social Services) having discussions about furthering connections and working together.

Shape local services

We're working with West Sussex County Council and Changing Futures on shaping the needs for mental health in the county. We held an online event recently and this will be followed by an in person event in Worthing.

[West Sussex Public Health](#) have teamed up with the [Capital Project Trust](#) and [Changing Futures](#) to invite you to share your views and experiences of adult mental health services.

You will be contributing to one of the most important projects of our time – a Mental Health Needs Assessment – helping to shape the priority areas that should be looked at.

We want to understand the mental health needs of our population. It's vital we hear your experiences of services – where they are working, where they aren't and where the gaps exist.

This will help our health and care services to plan and improve mental health care and support for our population across West Sussex.

- **Monday 11 December 2023 11am – 4pm** – an in-person event at Field Place, Worthing including refreshments and lunch. You'll also receive a payment of **£25** for taking part and we'll cover your travel expenses.

Please join us and sign up – [REGISTER HERE](#)

Coproduction



Tasha Barefield joins the team working with Sara Shepherd supporting our coproduction work and the Lived Experience Advisory Group.

Further to the workshop we held in October we have had chance to look through the successful evaluation of the day.

Feedback from the workshop

"good mix of discussion and learning from presentations. I liked the welcome packs - was exciting to come in to. "

"Updates were really helpful as it can be hard to keep up"

"incorporating different speakers and putting a mix of people at each table"

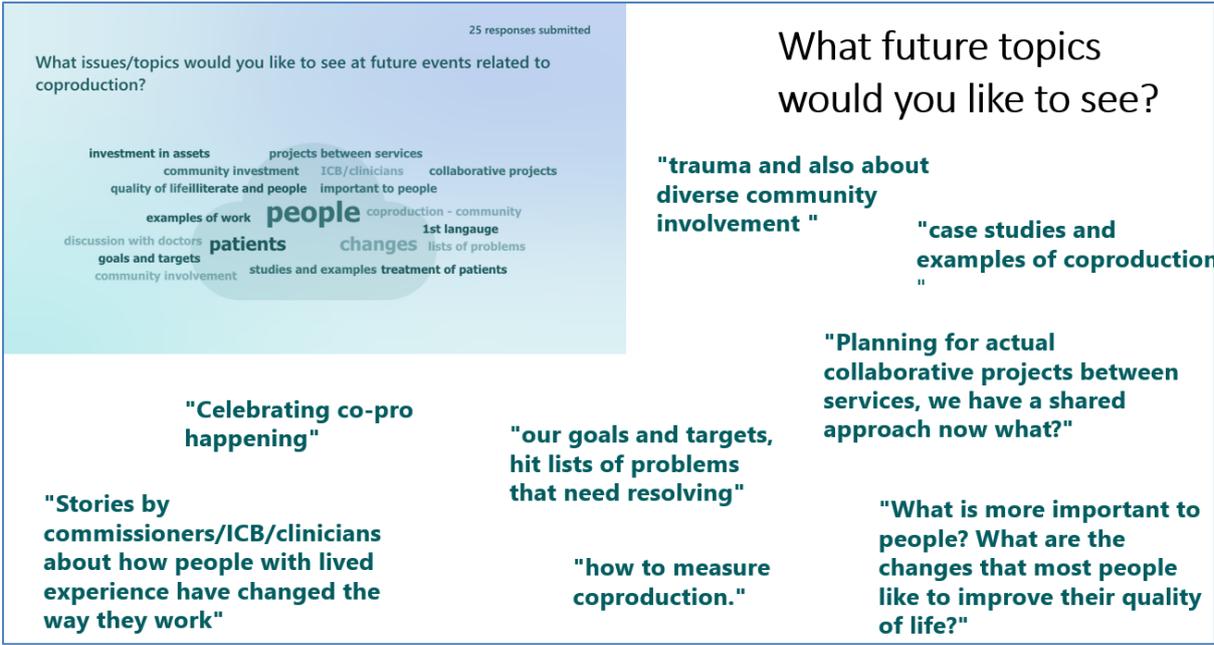
"loved how welcoming everyone was"

"the fact that everyone could have a voice"

"It was very interactive involving everyone"

"thank you - good to see people attending from a variety of local organisations"

people Capital
 groups as possible local organisations Kindness is precious leags
 enjoyable day invite
 capital project ways
 coproduction great event good work lunch
 looking forward face lovely people
 positive amazing day wonderful opportunity



Relevant meetings for LEAG members take place on the following dates:

- **Co- Production Forum:** 06/12/23 3:45-4:30pm
- **Sussex Wide SCALE meeting:** 06/12/23 5.30-7.30pm
- **December LEAG meeting:** 20/12/23 2:30-4:30pm
- **January LEAG meeting:** 15/1/23 11am-1pm
- **February LEAG meeting:** 14/2/23 2.30-4.30pm
- **March LEAG meeting:** 11/3/23 11am-1pm

If you would like to become a member of the LEAG, or want some more information, please contact: coproduction@capitalproject.org

Trustee away day

During November Trustees held an away day, focusing on our vision and strategy. This was enabled by funding from Heads On. Members and others will be involved in developing this further at the Festive Get Together on **15 December**, and next year when we work with PR company on our branding.

Looking for time out on 25 December?

We know that 25 December isn't a happy day for everyone; you may be looking for a bit of peer support, or some time out on the day.

We'll be offering a Zoom meeting on 25/12/23, for an hour on the day. The details will be published in our Members Facebook page nearer the date.

Please have a look in our Diary of Events for events happening throughout December and the start of January – there won't be a newsletter for January so your next newsletter will be at the end of January with all of the information and dates for February.

