

Northern Locality

Dear Northern members,

I hope that you are enjoying the summer weather.

For the past couple of months, in order to make use of the lovely weather, instead of the usual locality meeting at Langley Green Hospital, we have been having a picnic at Goffs Park, Crawley. We will be having another one on Friday 26th August from 12pm to 2pm. I hope to see as many members there as possible. Please bring something to sit on and food and drink. Be prepared for some games!

During the month of August, there will be opportunities to get involved in Capital's work, so if you would like to be more actively involved, please contact latoya.labor@capitalproject.org.

Best wishes

Latoya

Coproduction Lead

Coproduction Lead, Catherine, has been busy meeting as many people as possible and learning about the changes to the NHS system in Sussex. They were glad to meet people at the CAPITAL 25 event, and is now focussing on plans to set up workgroups and meetings over the coming months. These will have spaces for people with lived experience of mental ill-health to work together, to identify what barriers exist for people wanting to use their lived experience to support and improve mental health services. These groups will also help clarify what priorities should be set around creating a coordinated, central service supporting the variety of lived experience networks and opportunities that exist. More information will follow in future newsletters, and don't forget that you can contact Catherine if you have any thoughts or queries around lived experience work (Catherine.mcgill@capitalproject.org).

Thank you for taking the time to read our newsletter,

Your CAPITAL team.