

CAPITAL Project Trust
November 2022 Newsletter



CEO News

Since the last update, I did get some time off. It was great to be able to recharge and rest, but there's always much to return to and to keep us all busy!

My time this month has seen me joining the Lived Experience Voices meeting to hear how our lived experience guides and informs us, and could potentially benefit future CAPITAL work and projects in the future. We looked at 'what is mental health?' – a long debate ensued as I am sure you can imagine!

CAPITAL is led by lived experience but we find it a struggle to hear from you. We think this is probably due to things being halted by Covid. We've started looking into this, finding out what people want & how we could help.

This is all part of reviewing membership and how we need to reconnect together and harness the energy of our members and their lived experience.

Please let me or any member of the team know if you have ideas about this. This might be supporting you to run a peer group... based on a passion or interest of yours; a skill or experience etc ...or if you just want to talk through some ideas you might have.

There'll be more on this in future editions of the newsletter and online.

This month I've also been at West Sussex Transformation Group, supporting our work in coproduction and leading changes to mental health services for the future, various meetings about PathFinder, and we also had a CAPITAL Trustee meeting.

Having just reached the closing date for applications for two roles here, we will be letting you know the outcome, following interviews in the next few weeks.

As we try to forge links again with other community groups and the voluntary sector, I've also been at the launch of Voluntary Action Arun and Chichester's new strategy and the Bognor Regis Action Group – looking at ways that local groups can work better together.

Coming up, I'll be working on our interim strategy, looking at where CAPITAL can head to and how we get there – exciting planning times to come... which will include everyone with a stake in our work.

Tell CAPITAL!

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

We launched a short survey about the cost of living last month, and you can still take part if you've not done so already: [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.

PeerFest is back in 2022

Be part of the event that celebrates community and peer led support, returning in-person and online, [PeerFest](#) is back this year. Take a look at the link for more info.

Learning and Development

New Members Information Session – Wednesday 2nd November 10.30am until 1.30pm

This month we will be running a Hybrid (both online and face to face) 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 – Change of Day - Next Session Monday 7th November @ 11.30am - Hybrid

Due to other commitments, The Lived Experience Training Task Group has changed its regular fortnightly meet up to a Monday. We are also now running the session as a hybrid meeting. We have the occasional technical challenge but it does mean that members that cannot travel to Bognor or prefer an online meeting can still attend. You are very welcome to join us and help CAPITAL put together our own **Mental Health Awareness Workshop** that we plan to deliver to local business', groups and other charities. Please do come and check us out, it would be lovely to see you!

If you are interested– See the Diary of Events for further dates and times and contact details

Kindest regards, Helen

Northern Locality

Dear Northern members,

It's officially spooky season with all the scary costumes, pumpkin carving and trick or treating! It's also my 4th year as northern locality coordinator, how time flies!

We are back at Langley Green Hospital for our locality meetings. The next meeting is on Friday 28th October from 1pm to 4pm.

I would love to see as many members there as possible. Please let me know if you have any transport needs. We will be discussing the possibility of going out for a Christmas lunch.

There will be an opportunity for members to attend a Pathfinder Crawley & Mid Sussex local planning group meeting online on Wednesday 23rd November 1pm to 3.30pm. Please let me know if you would like to attend and I will talk you through all the details.

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

AAW Locality

Dear Arun, Adur & Worthing Members,

Last week was the Worthing Mental Health Awareness Week, what a successful week, I wanted to thank Melanie Peters and Carol Barber for their time coordinating the whole week what an amazing job you both did. For those who could make on Thursday it was so lovely to see you at the locality meeting followed by the arts and crafts afternoon. A huge thanks to Heidi Tilney for facilitating the arts and crafts for everyone.

Next month's locality meeting will be back at the usual place, East Worthing Community Centre on Thursday 3rd November 10-12 where I'm excited to say we are having a speaker Catherine who is our Co-production lead. I'm looking forward to seeing those who can make it.

Finally I wanted to mention I am looking for volunteers to carry out patient viewpoint, this involves going onto the wards at Meadowfield and asking patients about their time in hospital. If you are interested please email me or ring me.

michelle.montesino-chinea@capitalproject.org

Mobile: 07706 327083

Have a great month

Michelle

Coproduction Lead

SCALE - Lived Experience Network

The West Sussex SCALE network continues to welcome new members, identify new opportunities and support people with experience of mental health related problems. We had our first 2 members' meetings in October, and it is great to see that the members want to be a team that works to support each other as well as collaborating with organisations across West Sussex. We have been putting people in interviews, steering groups, at consultation events, and continue to seek more opportunities. We're currently looking for facilitators to support Catherine with running meetings, and we hope to create a pool of foreign language speakers to support our diverse community around their mental health.

The Lived Experience Advisory Group (or LEAG) has been set up, and will 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.

If you are in an organisation and want to get any support or information around coproduction and lived experience, or to advise Catherine of your organisation if she may not already be aware of it, please email Catherine.mcgill@capitalproject.org.

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.

Thank you for taking the time to read our newsletter,

Your CAPITAL team.