

Dear CAPITAL Member,

After reading our July newsletter, please see the form regarding information we require to keep in line with The General Data Protection Act (GDPR) which you were sent in a previous email. If you could fill it out, that would be incredibly helpful for us, or if you would like a paper copy to fill out and return to us either via the post or you could give it to your coordinator in person at a locality meeting, then please email [enquiries@capitalproject.org](mailto:enquiries@capitalproject.org). Thank you.

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### CEO News

More sad news, this time about the unexpected passing of our colleague Shaun Spillane, has dominated our thoughts this month.

Again, as we did when Jacqui Cavalier passed away, we were able to offer some company and support through opening the doors at Sudley Road, as others joined us online for a hybrid gathering, to share memories, celebrate Shaun's life and the impression he had on our lives.

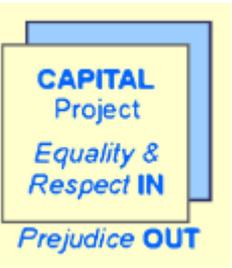
Shaun's hope, positivity and passion lives on through CAPITAL and continues to inspire our work.

*A memorial board for Shaun can be viewed [here](#).*

As always, if you need time to talk because of this news, do ring us on **01243 869662**. There isn't always someone in the office so, if you get the answerphone, leave a message and we will call you back.

Looking forward and coming up, I hope you'll be able to come celebrate 25 years of CAPITAL with us, on 21 July in Billingshurst. This will feature some special guests and offer a chance to reflect on where we've been and think about our future. There's a bit more on this later in the newsletter....

Years back, I led the original team that scoped and mapped the peer support landscape in England: [Jigsaw 1](#). (Incidentally, Alison Faulkner who wrote the report will be joining us at CAPITAL25!) Now there's a new report released which updates findings for 2022: [Jigsaw 2](#). There's an online launch event coming up on 13 July. Find out more and register [here](#).



We'll be looking at this with our own peer team in the next few months as we start to develop and plan our peer support work.

With all this thinking and planning still to come, I would love to hear from you.

If you have any feedback about the future of CAPITAL, please email (duncan.marshall@capitalproject.org) or call me (07450 558607).

Remember: we're always keen to hear from you if you want to get more involved..... so **do** please get in touch!

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### Northern Locality

Dear Northern Members,

Our recent Locality meeting was hybrid with members attending both face to face and online. The aim is to continue this going forwards for future meetings. To make good use of the summer weather, June's meeting was a picnic at Goff's Park, Crawley. The next meeting will be on Friday 22<sup>nd</sup> July at either Langley Green Hospital or a picnic at Goffs Park, Crawley.

Hugest thanks to our volunteers who continue patient viewpoint consultations at Langley Green Hospital. The next session will be on Friday 15<sup>th</sup> July.

The Capital Peer Support team at Langley Green Hospital welcomes David Wrighton who has joined as a bank CPS.

If you would like to get involved in any of Capital's work and utilise your unique service user experience and perspective, please contact me at [latoya.labor@capitalproject.org](mailto:latoya.labor@capitalproject.org). Please let us know if any of your contact details have changed. Wishing you a great month!  
Best wishes, Latoya

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### Learning and Development

This month we will be running both the **Getting to Know Us** and the **Getting Involved** workshops again. They are a great way for new members to learn more about CAPITAL Project Trust, what we do and how members can get involved with some exciting voluntary opportunities. Of course, longer serving members are also welcome to come and update their knowledge and/or to find out what voluntary roles are available. Everyone is welcome!

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## Lived Experience Voices STILL Required!

Due to the sad passing and subsequent funeral of Shaun, we postponed this meeting in June. We will now be running it on July 7<sup>th</sup> at 11am. I hope all that signed up can make the new date and let me know AND we are still looking for more volunteers to get involved!

The group's purpose is to work together to create an awesome training package/s based on our own lived experience to educate and engage with others in regards to mental health. We will when ready, be offering this training resource out to interested parties across West Sussex. If you want to find out what is involved, please come along to our initial meet up online.

To book any training or the Working Group (we will decide a name together) please email [helen.hayward@capitalproject.org](mailto:helen.hayward@capitalproject.org)

Be kind to yourself, Helen

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### Coproduction Lead

Hello,

I'm Catherine, and I joined CAPITAL as the new Coproduction Lead at the end of May. My pronouns are they/them, or she/her, or he/him – I have no preference, as I am non-binary. I look forward to meeting many of you as I undertake this work, and you can contact me at: [Catherine.mcgill@capitalproject.org](mailto:Catherine.mcgill@capitalproject.org).

I have been using my own lived experience of mental health problems for several years now, and have come to a point where I now want to support other people in having as positive an experience with using their lived experience to shape and improve services in Sussex as I have had. My lived experience encompasses being a carer as well as my own experiences, and around PTSD, gender identity, LGB+, domestic abuse, autism, suicide and suicide bereavement. My coping strategies are generally based around crafts like knitting, or art, and watching movies.

My role is commissioned as part of the community transformation work, and I'll be pulling together all the lived experience networks in West Sussex. A big part of that is to ensure that less served communities are being represented and catered for. For that, I want to link in with as many services as possible and identify any gaps. I'll be trying to ensure that there is a place where people can easily find out what is available in terms of lived

experience. I would also like to involve people with lived experience in shaping this role, and in putting a group together to keep that going in the long term.

Many thanks, Catherine.

**Please keep reading for exciting CAPITAL25 news!**



**CAPITAL25 – time to celebrate!**

**Thursday 21 July 11am, Billingshurst Community Centre**

2022 is CAPITAL's 25<sup>th</sup> year, and we're holding an event to mark the occasion. It's an opportunity share memories and reconnect together as members, staff and trustees, to celebrate CAPITAL's work over the years. We'll hear from special guests including Alison Faulkner, the renowned Survivor Researcher, our Co-founders, and enjoy music from [Sound Minds](#). It's also a chance to plan for the next 25 years!

CAPITAL25 will be hosted by CAPITAL's former and original Director, Anne Beales, MBE.

- **Want to join us?** Tell us you want to come ASAP through [enquiries@capitalproject.org](mailto:enquiries@capitalproject.org) or call us: **01243 869662**
- **Will you provide transport?** We encourage you to make your own way there, but in exceptional circumstances we can help with transport. We can offer help with travel expenses if you keep bus or rail tickets etc. Please email or call us
- **What do I need to bring?** We'd love you to come with something that reminds you of being part of CAPITAL – a piece of art, a photo, a poem, anything! We hope to create a collage or tapestry on the day
- **Will there be a raffle?** Yes – please bring something you'd like to donate
- **Will there be food?** Yes! Lunch will be provided
- **What time does it end?** We aim to finish off by 4pm
- **Any other questions?** Contact us - [enquiries@capitalproject.org](mailto:enquiries@capitalproject.org) / **01243 869662**

***Thank you for taking the time to read our newsletter,***

***Your CAPITAL Team.***