

CAPITAL Project Trust Newsletter

CEO News

September seems to have flown by, but as they say “time flies when you’re having fun” and CAPITAL has definitely been having its fair share this month – to start with we had two of our coordinators and one of our members travel up to PEERFEST in Manchester, where they joined in with award ceremonies, listen to talks and filled they’re heads with plenty of ideas for CAPITAL. Also, Duncan, our CEO and Lisa, one of our coordinators headed to Voluntary Action Arun and Chichester’s AGM this week and thoroughly enjoyed it.



Our Monday Creative Group and Thursday Capital Connections Group, both held at Sudley Road, have been flourishing under leadership from our members. They are wonderful

opportunities to come and relax and take part in peer support and get creative, especially with the new funding that we have acquired to buy supplies etc, there’ll be something for everyone, so please feel free to come along.



CAPITAL is also thriving on social media now, due to our fantastic new website, we are gaining new members regularly from it, and it's wonderful to be able to share it with people and be proud of what they'll find when they log onto to www.capitalproject.org

We are still keen to work with members to review our communications such as this newsletter, and we are aiming to set up a working group to look at this. If you are interested in helping with this, please contact Kirsty:

kirsty.potter@capitalproject.org

And to keep CAPITAL thriving and going from strength to strength, we have joined a national mentoring network which launches in October, this has potential to provide individualised support (free to us) to all, whether staff, members or trustees. We have also been selected as one of a marketing agency's charities for a rebrand. This will help with our website identity and our branding. Another fantastic opportunity for us is that we have received funding from Heads On which will support our strategy development, to help us engage with members, support trustees and work with our teams. This really is an exciting time for CAPITAL so watch this space as we continue to grow and thrive.

[AGM 2023](#)

Our CAPITAL AGM is being held on the 12th October at The Salvation Army Hub in Bognor Regis from 11am till 3.15pm. Please do join us there. Book your place [here](#).

[Coproduction Update](#)

We welcomed 3 new members to our LEAG meeting this month and we thank all attendees for great conversations and an interesting, thought-provoking meeting as always.

We had updates from Tasha Barefield (Possibility People) from Brighton & Hove and East Sussex LEAGS, and information sharing from Marian Guerges (Head of Mental Health Programme Participation NHS Sussex).

We encouraged all to attend the new **SCALE** Mental Health Network Meeting, a Sussex-wide meeting of Lived Experience. The first meeting takes place on Fri 6th October (10am-12pm) after which meetings will be Bi-monthly, 1st week of the month, alternating Friday AM and Wednesday PM/evenings and open to all LEAG members that wish to attend.

For more information on the above please contact Sara (Interim Coordinator and Coproduction Lead) sara.shepherd@capitalproject.org

We are also looking forward to our Coproduction Event at Field Place on 25th October. Spaces are limited but we welcome you to join us so please book early. Lunch will be provided.

<https://www.eventbrite.co.uk/e/west-sussex-coproduction-workshop-tickets-713564399327?aff=oddtcreator>

[A Different View – Crawley – begins 4 October 2023](#)



Capital Project Trust and Recovery Partners are pleased to announce

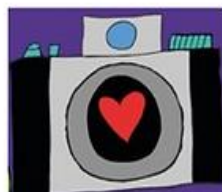
A Different View

A community arts and mental health peer support project,

'A Different View West', is a ten week photography, zine making and journaling course designed for and with adults (18+) living with a diagnosis of schizophrenia, bipolar disorder or a history of psychosis, living in the Crawley area

Each ten week course will include:

- 8 professionally facilitated photography and video workshops.
- 1 online Artists talk
- 1 Gallery Visit
- Zine making and journaling activities
- Group and 1-1 mental health peer support delivered by fully trained Peer Support Specialists.
- The project will culminate in both a gallery exhibition and online exhibition of work produced during the project. (Submitting work is optional)
- All required equipment for the project will be provided **FREE** of charge.
- We are looking to work with 12 adults who are living with a diagnosis of schizophrenia, bipolar disorder or a history of psychosis.
- The project will be made up of 2 groups of 6 adults.
- The two groups, will be running for 10 weeks from Wednesday October 4th 2023 - Wednesday December 6th 2023
- The first group will run from 10am - 12.45pm and the second from 1.30pm - 4.15pm



For more information regarding A Different View, please contact Ant at a.stevens@recovery-partners.org.uk

Capital Community Hubs

Please feel free to come and join us at our Peer Led CAPITAL Community Hubs in East Grinstead and Crawley from 1-3pm.

- Wednesday 4th and 18th of October and then the 1st, 15th and 29th of November at Crawley library
- Monday 9th and 30th of October and then the 14th and 27th November at Glen View Community Hub East Grinstead

Patient Viewpoint – Volunteers and Interested Members

We are holding a meeting at The Safe Haven, Sudley Road, Bognor on **19th October 1-3pm** to discuss PVPs. We would like to revisit the forms used and check procedures. Also, we will be going over any training needed to run Patient Viewpoint sessions.

Hope to see you for coffee and cake and please invite anyone involved or interested in Patient Viewpoint.

If you are unable to join us in person at Sudley Road, here is the zoom link.

Join Zoom Meeting

<https://us06web.zoom.us/j/89007242047?pwd=5jEsSVb7uUJl9X6qqZHiHXPufrOTvX.1>

Meeting ID: 890 0724 2047

Passcode: 985934

Thanks for reading our latest newsletter,

TEAM CAPITAL!