

[CAPITAL Project Trust](#)
[March 2023 Newsletter](#)



CEO News

The last month has seen us heading into 2023 with some new people: I'd like to warmly welcome Kirsty, Sara, Richard, Lisa and Heidi to their roles!

As you read on, you'll get to meet them. I'm very excited to see our team grow as we've been operating at reduced capacity for some time.

With some new faces, we've been helping people settle in, making plans so that our current work continues.

This is particularly relevant for our team of Co-ordinators – they're the team who make the Locality Meetings happen, supporting local members, reach out to community groups, developing connections, and supporting our hospital based CAPITAL Peer teams.

I'd also like to thank our team of Peers who have helped and continue to help us out covering some of the work.

We're still recruiting! We've a vacancy for a new Business Development Manager. This role will focus on expanding our work and bringing in funding. More details about this are on our website: <https://www.capitalproject.org/business-development-manager>

While talking about everything recruitment, I am really pleased to say that this month we restored our Mindful Employer status. This is a public statement and commitment to supporting and valuing mental health in the workplace. As part of this we are also introducing new policies to support staff wellbeing. If you want to find out more about what the Mindful Employer pledge means, visit: <https://www.mindfulemployer.dpt.nhs.uk/>

My work this month has concentrated on working on plans, inducting new staff, working with, and attending different Pathfinder meetings, attended one of our trustee meetings, and attended meetings with the Participation Team at SPFT. I've also been working with others to continue our coproduction work - there's more about coproduction below.

Here are our New Staff:

Sara Shepherd



I am delighted to be warmly welcomed by the team at CAPITAL as my new role as Interim co-ordinator.

We have additional new team members which makes this an exciting time to join this charity. As a peer organisation the whole team are inspirational and supportive.

We understand, and having our own lived experience helps us to show others that there are ways to recover and live a fulfilling life.

I supervise a team of amazing passionate peers who work in the acute mental health wards across Sussex to support in patients .

With our full team now in place we are making plans to offer our members more activities and get together.

I wanted to return to the start of my journey when I first became aware that I was struggling with my mental health and looked for help.

CAPITAL supported me and gave me access to the level 4 Peer Support training that they offer. This inspired me and gave me the courage to work in mental health and I have been lucky enough to be supporting others for over 10 years.

My hope for the future is that CAPITAL can start to work out in the community with other agencies to find the people who are “slipping through the net”.

I would like us to reach as many people that we can who are struggling and need us and co-produce solutions with my peers.

I have seen the amazing results that peer support can make for all of us to help us feel included and understood.

Kind regards, Sara.

Heidi Tilney - Coordinator



Hi, I'm Heidi and have been with Capital for a few years. I have worked as a Mental Health Peer Worker at the hospitals in Meadowfield and Oaklands and am now starting a new role as a Coordinator for Capital. I also have Milo who many of you have seen. He is a Mental Health PAT dog and also goes to the hospitals.

I am very much looking forward to my new role because Capital is at an exciting place at the moment with lots of new things going on. However there are still some of the same things going on. I'm sure I will get to meet you all soon, so please take care. We are always here if you need us.

Kind regards, Heidi.

Lisa Paffett



Hi everyone!

Would like to start off by introducing myself as one of the new CAPITAL Coordinators and am very excited to be working alongside Sara, Michelle, and Heidi. We shall all be working close together as a team.

So far, I have been finding my feet and attending Locality meetings in Bognor, Worthing and soon Crawley.

I know there has and will be many changes within CAPITAL Project Trust, but I can honestly say the future is looking very bright for us all within CPT, especially for the members.

I have been an active member for almost 7 years in various roles within CAPITAL which I found highly beneficial for my own emotional wellbeing so I'm passionate about supporting other members to reach their full potential, to have purpose and meaning.

I am feeling optimistic about the future and the fact that spring is around the corner is the cherry on top of the cake.

Take care and can't wait to see you all in the near future.

From Lisa.

Kirsty Potter



Hi everyone, I'm Kirsty and I am the new Capital Team Assistant. I will be supporting peers and the team alike with a varied role in admin, hr and communications.

As a brand new employee, I have been learning about the amazing work Capital do and all of the inspiring development plans for the future. It's a pleasure to join such a wonderful team who do such heartfelt, important work. Thanks to everyone for being so welcoming!

I took this role at Capital because I am extremely passionate about mental health, minimising stigma and always looking for progressive ideas around supporting people and especially creating inclusive communication tools. As a natural 'outside of the box' thinker, I hope to bring a new set of ideas to the team.

I am looking forward to starting behind the scenes work on the website, sourcing information to share on social media, and always learning more about mental health.

Kind regards, Kirsty

Richard Voyce



Hi, My name is Richard Voyce and I'm taking over from Alex doing the bookkeeping and payroll for Capital.

As someone who has himself experienced mental health issues in the past – I had a breakdown 15 years ago – it feels great to be working with, and for, a group of people whose primary purpose is to help others in the same predicament, and is not simply to make a profit.

Although I'm based in London (NW10) I hope to meet as many of you as possible either virtually or in person in Bognor Regis in the coming months.

Kind regards, Richard.

Coordinator News:



Dear Members

Last month I've really enjoyed reconnecting and rebuilding relationships with the staff and managers on the wards, also I've been spending some time doing some peer support which I love and I will be carrying this on in the future to keep my hand in. I've also been attending

therapeutic intervention committee meetings, these meetings shape the way groups, activities and peer support are used on the wards with aiding recovery for patients.

Capital has also rebuilt connections lost due to Covid with House 48 (United Response) and we are enjoying new members coming down thanks to them introducing them to us, to our art group is on a Monday between 1-3 at head office. If you are interested in the art group please contact our head office on 01243 869662 to check on spaces.

Moving forward into the spring, I am looking forward to Capital running the Level 4 peer support training course which is so exciting so watch this space.

That just remains for me to wish you a great month ahead. If you need to contact me my details are below.

Michelle Montesino-Chinea Telephone: 07706 327083

Learning and Development:

Hello to you all. I hope this newsletter finds you well.

Firstly, I want to say a huge thank you to all of you, who over the last few months have completed our membership refresh forms, cost of living crisis and Capitells questionnaires. Your feedback directly shapes and influences the work we do. You are the voice of CAPITAL, and we must ensure that each and every one of you can share your ideas, experiences and passions for mental health in a way that works for you.

Over the next couple of months, I will be visiting all 3 locality groups to share with you the feedback we have received so far. I will also be asking for volunteers to get involved with a Focus Group to find practical solutions to make feeding back your feedback quick, simple and accessible for all.

If you are not able to attend your next locality meeting but would like to be involved with the 'Feedback' Focus Group, you can;

Email me at helen.hayward@capitalproject.org

Phone me on **07522 227945**

Visit me at **Safe Haven, 32 Sudley Road, Bognor Regis, PO21 1EL** every Monday from 9am until 3pm

Write me a letter addressed to the **Safe Haven address** above.

I really look forward to seeing as many as you as possible over the next few months and working directly with you to take CAPITAL into our 26th year and up...getting stronger with each step we take together.

Kindest regards and many thanks, Helen Hayward, Learning and Development Coordinator

Co-production Lead:

We're still operating at reduced capacity with our Co-production work and the SCALE (Sussex Coproduction and Lived Experience) network.

The network is continuing to meet but with Catherine McGill, our Coproduction Lead away for a while, we are in the process of making temporary arrangements to continue the work – thanks to Possability People and Changing Futures for this.

The SCALE meetings are monthly. Please visit our website if you would like to join the SCALE network. As CAPITAL Project Trust hosts the work, you will need to join the network – it is separate from CAPITAL membership.

If you need any immediate support with accessing the coproduction team please get in touch via a new dedicated email: coproduction@capitalproject.org.

For more information about coproduction and to become a SCALE member, see: <https://www.capitalproject.org/scale-network>

Membership News:

University Work

We will again this year support assessment and reviews for student social workers, working with Brighton University.

If you want to be involved in this or want to find out more, please email:

Duncan.marshall@capitalproject.org

Recruitment panels @ CAPITAL

Each time we recruit to the team we strive to always include a CAPITAL member as part of the interview and selection process.

We hope to build a bank of Members who would like to be part of this. If you're interested, please get in touch with duncan.marshall@capitalproject.org We'll support and offer training.

Peer Support in Mental Health Course

We are just starting early planning discussions to bring back our Level 4 course, accredited by Middlesex University.

Much more to follow soon! If you want to put your name down for early information when its ready, please email: Kirsty.potter@capitalproject.org

Thank you for taking the time to read our newsletter

Your CAPITAL Team