



## **March 2026 Newsletter**

### **CAPITAL Update**

Last week we co-hosted the 4th Sussex Co-production Conference – with 120 people in attendance it was an exciting day!

The central task of the day was beginning development of a Sussex Co-production Charter. A standards framework. The intention is clear:

- Define minimum expectations for co-production across Sussex
- Clarify what shared power looks like in decision-making
- Set expectations around payment, influence and transparency
- Create a basis for accountability

Workshops stress-tested values against live system pressures; neighbourhood mental health developments, commissioning cycles and governance structures.

How do we set these standards as a county? How do we ensure organisations buy into it? This conference was the start.

Reflecting on learning and people practice

Four conferences in, the network has matured. We took time to reflect on what has genuinely shifted in Sussex and where hierarchy still dominates. Participants were open about gaps in practice, particularly around:

- Early involvement versus late consultation
- Payment equity
- Feedback loops and transparency
- Decision-making authority
- The strength of a network lies in its ability to challenge itself.

Pledging with intent

Participants made specific pledges linked to:

- Embedding co-production in governance
- Protecting lived experience influence within neighbourhood models
- Resourcing participation properly
- Strengthening scrutiny

These commitments will be followed up. Pledging is only meaningful if it leads to action.

## Creative space and inclusivity

A creative quiet space ran throughout the day. This provided regulation, reflection and an alternative mode of participation. The artwork created, including messages such as “Co-production is better together” and “Make it happen”, reinforced that inclusive practice is not a side activity. It is central to how co-production is experienced.



## Recognising sustained contribution

The awards focused on long-term impact rather than one-off activity. Categories recognised lived experience leadership, system influence, creative practice and network contribution. Across nominations, three themes were consistent: courage, persistence and willingness to challenge. Special congratulations to Sara for the West Sussex award – very well deserved for all of your amazing work and dedication with the Drug & Alcohol Partnership!

What happens next?

This conference also marks the end of a funding cycle.

Capacity may reduce. The demand for credible co-production will not.

Next steps:

Finalise and steward the Sussex Co-production Charter

Embed standards within neighbourhood mental health structures

Identify new partners willing to co-own and resource the next phase

Co-production in Sussex has moved beyond rhetoric. The network is established. The learning base is stronger. The standards are emerging.

The question now is not whether co-production matters. It is who is prepared to invest in making it accountable, structured and sustained.

**You can read the full press release here: [Celebrating Co-production in Sussex \(Co-production Conference 2026\) - CAPITAL](#)  
-Duncan**

We are also pleased to share we have been awarded the Cranfield Trust Journey To Excellence Award (J2E) which is welcome news following a particularly challenging and turbulent past year for CAPITAL. The process offered a chance to pause, reflect and strengthen how we lead and operate; helping us tighten our strategy and reinforce leadership resulting in a 23% improvement in organisational performance!

### **Membership Updates**

**Join us for the next Monthly Online Members meeting (now the last Wednesday of each month at 6pm) Link below:**

[https://us06web.zoom.us/j/82187471358?pwd=ShPDoLhxliC1og7IErcQge0qClQQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FlbQIxMAABHhIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs\\_aem\\_5AUC04EKc24TJQtLsQKtrA#success](https://us06web.zoom.us/j/82187471358?pwd=ShPDoLhxliC1og7IErcQge0qClQQRJ.1&fbclid=IwY2xjawNLM-lleHRuA2FlbQIxMAABHhIGYrMgYXIKrjlh9-qO99QiSFBsDRYyK2pAgM-JNDDY-YR7j6VSW7gwpmxs_aem_5AUC04EKc24TJQtLsQKtrA#success)

**Contact Sam with any questions: [sam.fox@capitalcharity.org](mailto:sam.fox@capitalcharity.org)**

### **LEAG News**

Over the past two months, the West Sussex Lived Experience Advisory Group (WSX LEAG) has been focusing on planning its next steps and strengthening its role within local mental health transformation. Members have continued to represent lived experience perspectives at both the West Sussex Operational Delivery Group and the Community Transformation Partnership meetings, providing opportunities to observe progress and share feedback on the development of the Neighbourhood Mental Health Teams.

Alongside this, the group has been shaping its plans for the coming months. Priorities include increasing the visibility and promotion of the WSX LEAG's work and supporting the ongoing development of governance structures connected to the Pathfinder programme in West Sussex.

These activities form part of the WSX LEAG's wider mission: bringing together people with lived or living experience of mental health challenges to influence, challenge and improve mental health services across West Sussex.

**Email [Lydia.taylor@capitalcharity.org](mailto:Lydia.taylor@capitalcharity.org) with any questions about the WS LEAG**

**-Lydia**

### **Drug & Alcohol Partnership News**

It's been another busy and exciting month for the DAP team. We've just launched our final peer-led project funded by the Community Fund, a six-week programme at Ford Prison called Path of Recovery. Instead of focusing solely on addictive behaviours, this programme takes a holistic approach, supporting emotional, mental and physical wellbeing.

We're now proudly supporting eight peer-led community projects in total. Six of these will be showcased at our fourth and final celebration event at Field Place in Durrington on 5 March, alongside contributions from WSCC, Alcohol Change UK, and research fellow Alex Turiff. We will be enjoying a buffet lunch together in the beautiful surroundings and your travel can be refunded on the day.

There's still time to join us, but spaces are limited. If you'd like to attend, you can sign up using the link below: **Register HERE: [CAPITAL Drug & Alcohol Co-Production Event 5th March 2026 – Fill in form](#)**

**Email any questions to [sara.shepherd@capitalcharity.org](mailto:sara.shepherd@capitalcharity.org) or [mark.mills@capitalcharity.org](mailto:mark.mills@capitalcharity.org)**

**-Sara & Mark**

### **CAPITAL Connections Podcast**

We are excited to share that our new CAPITAL podcast will be launching in March! Thanks to our wonderful podcast volunteers and shared efforts from the CAPITAL team in generating content. Keep an eye out on our website and social media for the launch.

**Contact [kirsty.potter@capitalcharity.org](mailto:kirsty.potter@capitalcharity.org) with any questions**

### **CAPITAL Impact Solutions**

CAPITAL Impact Solutions combines professional expertise with lived experience to offer tailored peer focused services that make a lasting difference.

**Sign up to the newsletter to learn about opportunities below:**

**[www.capitalimpactsolutions.co.uk](http://www.capitalimpactsolutions.co.uk) / [www.linkedin.com/company/107456713](https://www.linkedin.com/company/107456713)**

### **Please Consider Donating to CAPITAL**

Support CAPITAL & Win Big! Join the Giving Lottery for just £1 per ticket.

**Read more: <https://www.givinglottery.org.uk/support/capital-project-trust>**

There's also EasyFundraising, which allows you to donate each time you shop online at over 7000 shops; through to raising funds however you see fit! You can also nominate CAPITAL for Benefact's Movement for Good, with a draw every 3 months. Winning charities can win £1000! You can only apply once.

**Read more: [https://movementforgood.com/draws/1000?dm\\_i=6MG6,1B411,610SX2,64ZE0,1](https://movementforgood.com/draws/1000?dm_i=6MG6,1B411,610SX2,64ZE0,1)**

Whatever you do to support us, now or in the future, we want to say a big THANK YOU!

### **Other Opportunities and Information**

#### **West Sussex Homelessness Needs Assessment**

West Sussex County Council are carrying out a new assessment to understand the real-life health and wellbeing needs of people who are homeless or insecurely housed. They invite anyone with lived experience to get involved. **Read more:** [West Sussex Homelessness Health Needs Assessment - CAPITAL](#) or email [andree.ralph@westsussex.gov.uk](mailto:andree.ralph@westsussex.gov.uk)

#### **Changing Future Programme Event**

The final Changing Futures Programme Event is on Thursday 26th March in Hove. **Registration for this event is via Eventbrite here:** [Changing Futures: The Next Chapter for Sussex Tickets, Thursday, Mar 26, 2026 from 9:30 am to 3 pm | Eventbrite](#)

#### **Turning Insight into Impact Conference 2026**

The Turning Insight into Impact Conference brings people together to turn insight, experience and feedback into real impact. Tuesday 17 March, 10:30 -14:30 in Worthing. **More info here:** [Turning Insight into Impact Conference 2026 Tickets, Tuesday, Mar 17, 2026 from 10:30 am to 2:30 pm | Eventbrite](#)

#### **NHS Online Trust**

The Department of Health and Social Care and NHS England want to establish a new NHS service which will deliver hospital care online (i.e. virtually/ digitally) as an alternative to seeing someone in person. [More information about his can be found here.](#) **Share your views on the creation of a new NHS Online Trust: [Your views on the creation of a new NHS Online Trust \(a virtual hospital\)](#)**

#### **Heads on Living History Project**

Listen to the podcast here: [Living Histories - HeadsOn - Sussex Partnership NHS Foundation Trust's Charity](#)

*Thank you for reading our newsletter! - Your CAPITAL team*

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