CAPITAL Project Trust August 2022 Newsletter



CEO News

July brought our CAPITAL25 celebratory event, held in Billingshurst, with members, staff, trustees, supporters and special guests. The day was hosted by Anne Beales, MBE, our original director 25 years ago.

We'll have more news following the celebration in later editions of the newsletter – we used the day to reflect and reminisce about the last 25 years. We also started to think about the next chapter – what next for CAPITAL?

We heard so many ideas about what CAPITAL could become or for us to explore or develop.

This generation of ideas and the passion of those present at CAPITAL25 was a bit of a milestone in thinking about developing our strategy, and over the next few months we will start to create this and our vision for the future.

It was heartening to hear about what CAPITAL means to people at CAPITAL25.

Those there used the opportunity to reconnect and commit to continued support and involvement to us. We hope you will also take this opportunity as we move forward and beyond 2022. Thank you everything you do for CAPITAL.

We continue to work with reduced capacity in the core team. Please bear with us at this time as the team take on different responsibilities as we remain focused on continuing to run our regular activities and events.

Northern Locality

Dear Northern members,

I hope that you are enjoying the summer weather.

For the past couple of months, in order to make use of the lovely weather, instead of the usual locality meeting at Langley Green Hospital, we have been having a picnic at Goffs Park, Crawley. We will be having another one on Friday 26th August from 12pm to 2pm. I hope to see as many members there as possible. Please bring something to sit on and food and drink. Be prepared for some games!

During the month of August, there will be opportunities to get involved in Capital's work, so if you would like to be more actively involved, please contact <u>latoya.labor@capitalproject.org</u>.

Best wishes

Latoya

Coproduction Lead

Coproduction Lead, Catherine, has been busy meeting as many people as possible and learning about the changes to the NHS system in Sussex. They were glad to meet people at the CAPITAL 25 event, and is now focussing on plans to set up workgroups and meetings over the coming months. These will have spaces for people with lived experience of mental ill-health to work together, to identify what barriers exist for people wanting to use their lived experience to support and improve mental health services. These groups will also help clarify what priorities should be set around creating a coordinated, central service supporting the variety of lived experience networks and opportunities that exist. More information will follow in future newsletters, and don't forget that you can contact Catherine if you have any thoughts or queries around lived experience work (Catherine.mcgill@capitalproject.org).

Thank you for taking the time to read our newsletter, Your CAPITAL team.