**CAPITAL Project Trust**

**Opening Doors to Mental Wellbeing**

Newsletter

October 2021

Hello,

The year is flying past and we are now in October. Time to pull out the winter coats and scarves and pop the heating on but before you finalise your Halloween plans make sure they fit in with what Capital have planned for the month.

**Worthing Mental Health Week 4th – 9th Oct**

The first week in October we will be taking part in Worthing Mental Health week, as part of this we will be running two training sessions and holding our first face to face locality meeting in what feels like forever. Please see the attached flyer for all the details of what is taking place for that week.

**Localities/Picnics/Support Groups/Coffee Mornings/Facebook**

We are hoping to hold a face to face Northern locality in October and going forward the localities for all areas will be a combination of online and face to face meetings.

Due to the success of our Picnics held at Hotham Park and Priory Park throughout July, August and September, we will be holding them again this month; however they will be weather permitting as we all know that October can be a tad rainy at times.

We continue to run our Northern Online Peer Support group every other Monday at 3pm, the next being on the 4th October, this is a wonderful group to offer support, advice and a friendly chat to any member who wishes to attend – please see diary for details on how to join.

We are currently planning to open up Safe Haven for coffee mornings and face to face meet ups. We are looking at how this can be achieved this month and what safety protocols need to be in place. We have been receiving feedback at the locality meetings and during the monthly calls on the best way to facilitate this and will announce this month how we will be moving forward.

We have a thriving Capital community on our Facebook group, which is for Capital members only, so please do look us up and request to join, as we post our diary there and also any changes that occur throughout the month and we also have lovely posts from our members daily that bring a little sunshine and laughter with them.

**Patient View Point**

The PVP training for the volunteers in Northern has been delivered successfully last month which means we will be starting to run PVP in Langley Green in October. This is very exciting as it has been such a long time due to Covid that we have been able to offer this valuable service that gives inpatient service users the opportunity to feedback about their treatment and care received during their hospital stay. This information is anonymously shared with the hospital and is used to improve mental health inpatient services for all so it’s incredibly important.

We are however still looking for volunteers from AAW and Western so that our PVP can begin again in Meadowfield and Chichester – full training and support will be given and the PVP sessions are just one afternoon a month. It is also a wonderful opportunity for anyone looking to move into Peer Support in the future. If you are interested please contact Shaun on 07863 470637 or shaun.spillane@capitalproject.org

\*Due to unforeseen circumstances, our training diary will come out later this month.

Thank you all for taking the time to read our latest newsletter.

Your CAPITAL Team

