**CAPITAL Project Trust**

**Opening Doors to Mental Wellbeing**

Newsletter

September 2021

Hello,

We are heading into the Autumn season, leaving behind what seems like a rather short summer this year, we will have to keep our fingers crossed that the sunshine comes back to brighten up our September; However once again, our coordinators have been planning lots of wonderful activities and training sessions for whatever the Autumn season weather throws at us.

We have a diary packed full of training sessions this month and we are particularly delighted and excited to be able to offer our updated Patients View Point (PVP) Training for the first time in a long while. Covid 19 had meant there was a break in this service, but we are now able to go ahead with it again and we would love to see any previous, current or potentially new volunteers come and join us. PVP is run once a month at each of the 3 hospital sites in West Sussex. The sessions give 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. If you would like to know more or offer your time as a volunteer, please speak to your locality coordinator, or book yourself directly onto the training session with Helen. (Please see the diary of events for dates and times.)

Our locality coordinators would like to thank the members who have attended and enjoyed the picnics that were held in July and August. If you have yet to attend but are interested, there are some more organised for September if the weather allows, but we do also have our online locality meetings as well, so please do contact your locality coordinator by telephone or email for details on how to attend.

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

We are taking part in the Worthing Mental Health Week on the 6th October; we will be holding a wellness workshop, an open meeting and a craft afternoon – please see the attached flyer for details.

Helen is looking for volunteers to help with the workshop and the craft session so if you are interested please ring her on 07522 227945 or email at helen.hayward@capitalproject.org, she would really love to hear from you.

We look forward to catching up with you soon.

Your CAPITAL Team