



Impact Snapshot 2024-2025

Who We Are

Peer-led since 1997, CAPITAL connects lived experience with decision-making to improve mental health services, reduce stigma, and build stronger communities.

Year in Numbers

- 900+ inpatients supported in three NHS hospitals
- 95% found peer conversations helpful or very helpful
- 800+ hours of co-production across 169 meetings
- £40,000 invested in peer-led community projects
- CAPITAL Members grew from 232 to 300
- Presence on 20+ system boards and networks (from Suicide Prevention to Housing Strategy)

Impact

"It's helped me connect with others and recognise the value of what I've been through." – Lived Experience Advisory Group Member

- Reduced distress and pressure on NHS staff through inpatient peer support
- Shaped commissioning decisions and service design via co-production
- Addressed housing and recovery needs through peer-led community projects

"CAPITAL's help, support and friendship is the main reason I was not hospitalised... The peer support I've received has been paramount to my recovery."

Key Achievements

- Launched the Mental Health Language Guide
- Co-hosted the Sussex Co-production Conference (90 attendees)
- Co-hosted Sussex Peer Support Champions Conference (80 attendees)
- Delivered co-produced trauma-informed training
- Led peer research into temporary accommodation and substance use
- Launched the peer co-production community fund

The Challenge

From December 2025, inpatient peer support faces closure due to commissioning changes, despite proven impact and cost-effectiveness.

Vision

- Protect inpatient peer support / develop peer led services
- Expand LEAG reach
- Lead national work on independent lived experience accountability
- To continue being the voice of lived experience and do what others won't

Mission

- To ensure lived experience co-production influences services and deliver excellent peer led services

Join Us

Fund. Partner. Collaborate.

capitalcharity.org

enquiries@capitalcharity.org