



CAPITAL Project Trust About Us



CAPITAL Project Trust is led by Members, Staff, Volunteers & Trustees with lived experience of mental distress

In 1997 West Sussex mental health services didn't have an understanding of our experience as users of local services, or as people with lived experience of mental health issues.

CAPITAL Project Trust came about to try to help change that.

Through discussions, feedback and planning meetings, we worked through ideas with professionals to improve things – together.

As all this developed, we formed as a lived experience led organisation, and:

- Became the voice and independent representation of the community of mental health service users in West Sussex
- Developed training by people with lived experience to mental health staff, working together with professionals
- Developed and led self-help initiatives in the area
- Championed the power of peer support locally
- Initiated peer support research and took part in national evaluation
- Changed services through becoming a real voice of people using services
- Provided independent and academically accredited peer support in-reach services to acute mental health wards in West Sussex
- Set up monthly peer led Patient ViewPoint forums
- Were one of the first mental health 'user led' organisations in the UK

300 people are current members of CAPITAL, who are offered shared learning, training, workshops and community meetings – where people with lived experience lead our work.

In 2022 we were commissioned to develop and lead coproduction within the West Sussex Mental Health Community Transformation Programme. We've set up a new independent network: SCALE (Sussex Coproduction and Lived Experience), and are working on a vision for local mental health services (as part of the priorities of the NHS Long Term Plan).

CAPITAL Project Trust supported about 1800 people in 2021/2.

Looking ahead, we will strengthen our independence, work with new partners, grow our membership and develop our peer led support: in communities, hospitals, through a county peer network, and in services.