

Culture of Care

Peer Support

Implementation Space

Friday 12 December 2025, 2pm - 4pm

NATIONAL
COLLABORATING
CENTRE FOR
MENTAL HEALTH



Neurodiverse
Connection



NCISH





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Housekeeping

- Please mute your microphone unless you are speaking.
- Cameras on or off, whatever is comfortable.
- We will not be recording today's session
- If you would like to ask a question or leave a comment, please use the raise hand or chat function within the meeting
- If you experience any technical difficulties, please email: cultureofcare@rcpsych.ac.uk

Shared principles



Collaborative learning – Make the most out of the session, whatever that looks like for you.



Respect privacy – Protect carefully the privacy of people's stories. Ask what parts, if any, you can share with others.



Approach with kindness and curiosity – We've all been through stuff so let's look after each other in this space.



Diversity of views – respecting different viewpoints and experiences and being okay with sometimes disagreeing.



Language is important – If you want to improve culture, the way you speak to and about the people around you needs to support the building of trusting relationships.



Be kind to yourself – take breaks if needed

Schedule

Time	Event
14:00	Housekeeping
14:10	Introductions
14:25	Presentation
14:55	Break
15:05	Discussion Space: Problem Solving and Sharing Successes
15:50-16:00	Closing

This is based on feedback on what people most wanted from these sessions.

1. Knowledge sharing about practical issues and good practice (with some inpatient specificity)
2. Space for connection and problem-solving discussions



Introductions

- Name
- What brings you here today
- What would you most like from the session?



The logo for CAPSA, which stands for Culturally Appropriate Peer Support Advocacy. The word "CAPSA" is written in a bold, black, sans-serif font, with each letter inside a colored circle. The circles are arranged in a staggered pattern. The colors of the circles are: pink for the first letter 'C', yellow for the second letter 'A', green for the third letter 'P', blue for the fourth letter 'S', and purple for the fifth letter 'A'. The background of the image is a photograph of two people in a close embrace, one wearing a purple hoodie and the other wearing a brown jacket with a camera around their neck.

Culturally

Appropriate

Peer

Support

Advocacy

What is CAPSA?

A community based peer support and advocacy service for Black communities in Lambeth.



The road to CAPSA

Service design (12 months)

- Weekly co-design sessions with Service User Consultants
- Applied for funding for implementation and evaluation



Recruitment

- Service Manager
- Peer Support Worker x 3 FTE
- Peer Advocate x 3 FTE
- Project Officer

Culturally Appropriate Peer Support and Advocacy Training

- 9 participants completed peer support training
- 9 participants completed advocacy training





Humanity

Embracing diversity and the importance of all our communities – ensuring an anti-racist and anti-oppressive approach.

Empathy

Providing a safe and trusting environment, welcoming lived experience and being non-judgmental.

Healing

Acknowledging the hurts of the past and embracing a positive future.

Respect

Listening to individuals - taking an approach that builds on strengths, is empowering and recovery focused.

Togetherness

Developing reciprocal relationships, that redresses the power imbalance, resisting a 'them and us' approach.



What is CAPSA



CAPSA is a Service which provides Peer advocacy and Peer Support for Black service users.

Short-term service which works within the full lifecycle of an individual's journey.

Cultural needs advocacy enshrined through Afrocentric Empowerment Frameworks.

A multiagency approach which is underpinned by the statutory legislation and CAPSA framework.



Peer Advocacy offer:
Peer advocacy- Supporting people to self-advocate around the healthcare, social, welfare/practical or emotional matters that are negatively impacting their wellbeing.

1:1 peer advocacy: A needs-based allocation of time (i.e., depends on the level/

Group advocacy: Regular group sessions

A partnership for mental health & wellbeing
in the black community.





Peer support offer:

Peer support - Supporting people through the process of identifying and achieving the recovery goals or motivations that matter to them.

1:1 - peer support: a minimum of 4 months
(weekly/fortnightly)

Group support: drop-ins- weekly/ fortnightly sessions initially



For both strands of work the service offer includes:

- > **Facilitating relationship-building** with the services/key individuals involved in mediating provision of care/support.
- > **Offering listening + emotional support** through empathy and illustration of shared lived experience
- > **Raising and supporting hope and motivation** through challenging periods of recovery
- > **Signposting- Understanding that people will require more than one line of support** at one time. Connecting people to other services to work collaboratively with CAPSA or to answer needs that do not fit in the remit of our service.

Swagger: Where Self Care Meets Masculinity

- **Date:** Friday 7th October
- **Facilitators:** Colin, Yomi, Robert
- **Lead Facilitator:** Danny
- **Location:** International House
- **Time:** 6pm – 7.30pm

Problem Overview

As male suicide rates continue to increase at unequal rates in comparison to women's, the fact depression rates for women are higher than men, highlights the issue that men aren't seeking help for their mental health struggles before crisis. This sessions intends to address the barriers we face.



Topics

- Losing Identity within inpatient facilities
- Male Stigma Against Seeking Help
- Finding the language to communicate issues.

Trusted Partners

- 100 Black Men
- Black Men's Consortium





Fatherhood & The School to Prison Pipeline

- **Date:** Friday 14th October
- **Facilitators:** Nathaniel, Danny, Yomi
- **Lead Facilitator:** Robert
- **Location:** International House
- **Time:** 6pm – 7.30pm

Problem Overview

Circular Journey that many young Black boys/men face on their journey to Fatherhood: Adultification in and out of school > Negative Behaviour > Exclusion > PRU > Lack of further education and employment opportunities > Prison > Fatherhood as an ex-offender > Advocating for young sons against adultification > Cycle repeats.



Topics

- Losing Identity within facilities
- Being a father after being institutionalized.

Trusted Partners

- Future Men
- Dope Black Dads
- Dad Club London
- Manhood Academy
- Father 2 Father



Men's Health in the face of Medication

- **Date:** Friday 22nd October
- **Facilitators:** Colin, Danny, Yomi
- **Lead Facilitator:** Robert
- **Location:** International House
- **Time:** 6pm – 7.30pm

Problem Overview

Mental Health medication has overtime become synonymous with its side effects, particularly on how men feel about themselves and their physical health. From irregular sleeping patterns to metabolism and male fertility issues the physical demands of male life are impacted and effect the recovery process.



Topics

- Body Image linking to sense of self
- Combating the lethargic effects of medication
- Diet & Nutrition

Trusted Partners

- Sporting Recovery
- Rastafari Movement
- UK Wellbeing
- Football Beyond Borders





The Baggage You Carry: How our Past Impacts our Present

- **Date:** Friday 28th October
- **Facilitators:** Colin, Danny, Yomi
- **Lead Facilitator:** Robert
- **Location:** International House
- **Time:** 6pm – 7.30pm

Problem Overview

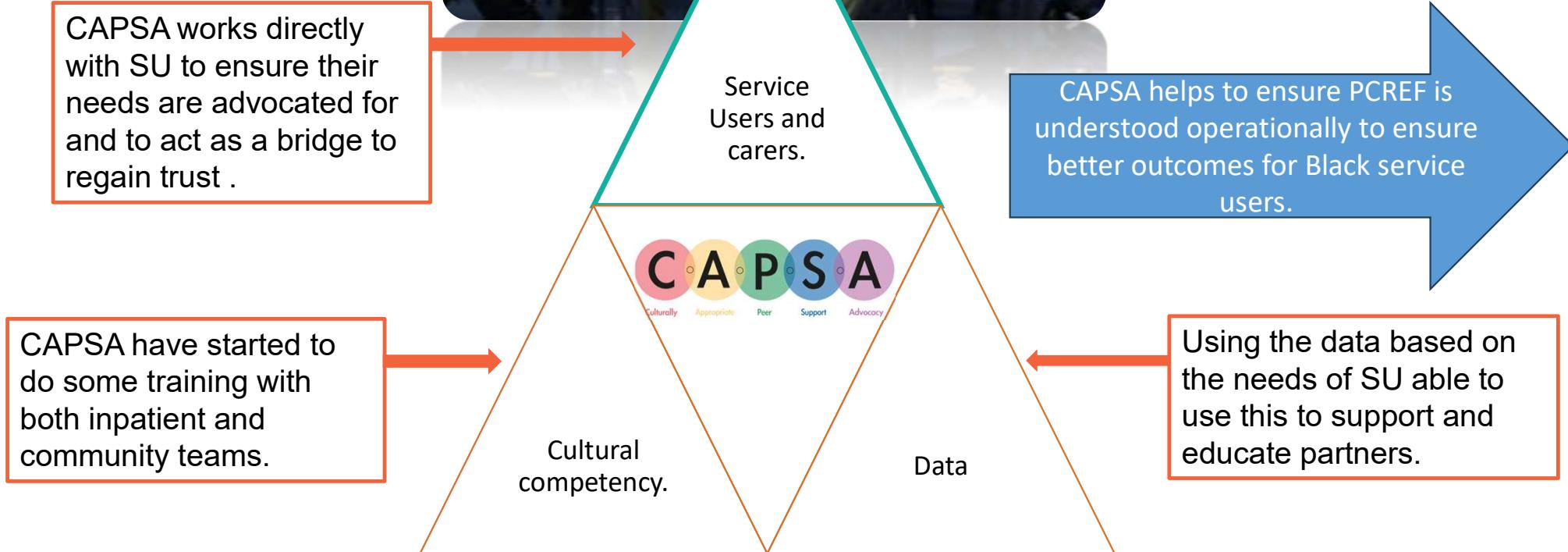
Black communities have historically had many barriers to accessing support for mental wellness. With the added layer that traditional toxic versions of masculinity don't encourage the vulnerability to face traumatic experiences with the engagement they require to surpass them.

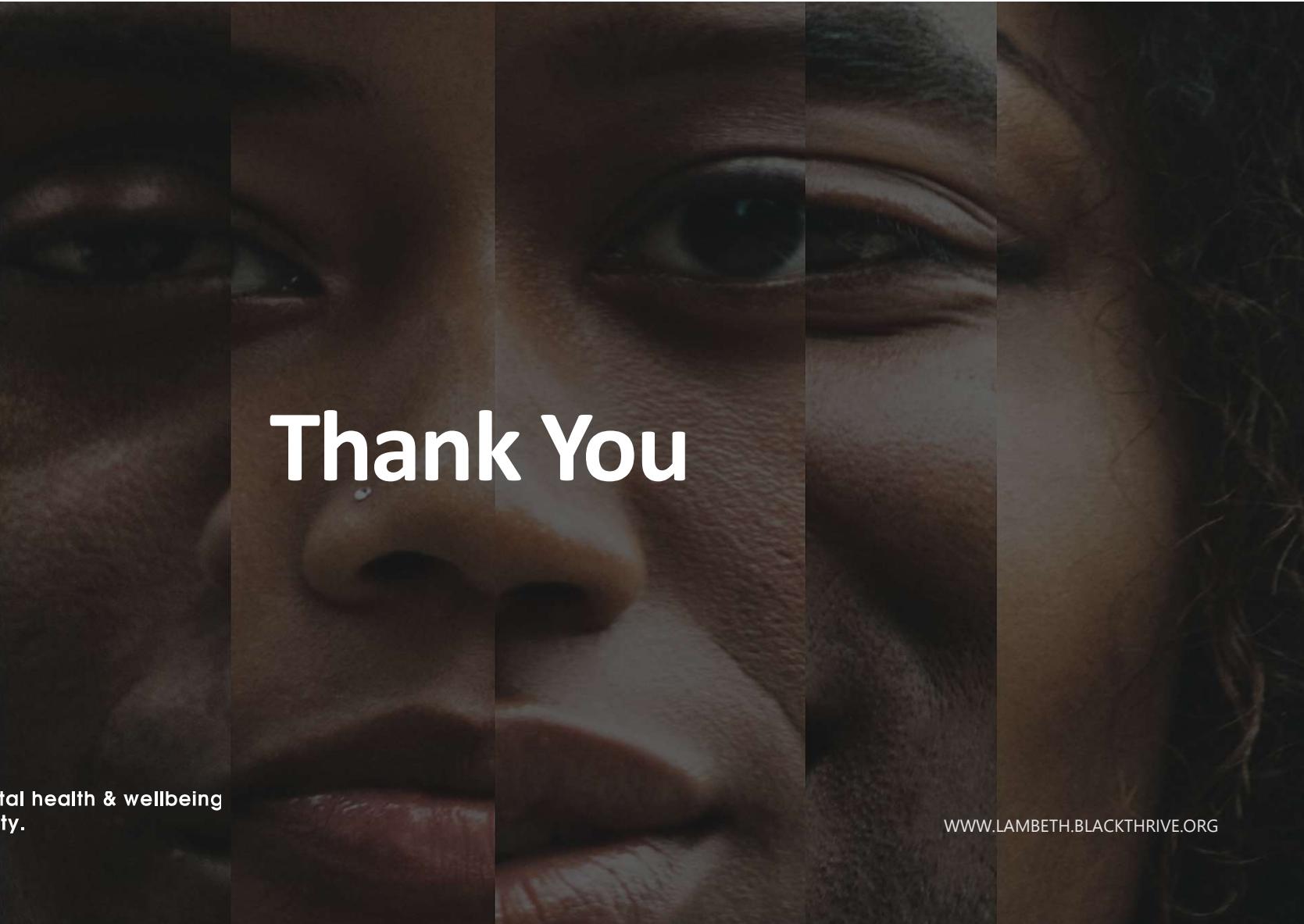


Topics

- Lack of knowledge about entitlements within the care system and victim support networks.
- **Trusted Partners**
 - Healing Justice London
 - The Harbour
 - Key 4 Life







Thank You

A partnership for mental health & wellbeing
in the black community.

WWW.LAMBETH.BLACKTHRIVE.ORG

Break



**Whole Group Discussion:
Problem solving & sharing successes
Can be workforce development related or not**



Upcoming Sessions

Session	Hour 1	Hour 2
1	Opening the Space (this session)	
2	Preparation	Problem solving / sharing successes
3	Recruitment	Problem solving / sharing successes
4	Workforce Development	Problem solving / sharing successes
5	Cultural Competency, Peer Support Commissioning & Workforce Diversity	Problem solving / sharing successes
6	Developing Career Structures Thursday 8 th January, 14.00 – 16.00 pm	Problem solving / sharing successes
7	Evaluation	Problem solving / sharing successes
8	Developing Peer Leaders & Peer Networks	Reflections & what next?

With gratitude

- Thank you so much for coming today and for your contributions to this space!
- If you could kindly scan the QR code and provide your feedback. This really helps us shape the session to your needs!
- Please contact mark.allan1@nhs.net if you would like further support, or if you would like to share at a future session.
- We look forward to hearing from you and seeing you at the next session



[Feedback Form - Culture of Care Peer Support Implementation Space - 12 December 2025 – Fill in form](#)