



ADHD 360 Limited
Unit 5 Deepdale Enterprise Park
Deepdale Lane
Nettleham
Lincoln
LN2 2LL

Important Update Regarding Your ADHD Care

We are writing to inform you of a significant change affecting our service provision.

Current demand for ADHD services across England is higher than the NHS financial resources available and, under new NHS guidance, the NHS Trust in your area, NHS Hampshire and Isle of Wight Integrated Care Board (ICB), is required to use contractual controls to manage demand and keep services within locally available budgets.

Whilst we have the capacity to see you, these budgetary controls mean that we are currently no longer able to offer ADHD appointments under the NHS Right To Choose pathway until after 1st April 2026. You will not lose your place on the waiting list and you will retain your original referral date, but the date when we can now assess you will be delayed.

We, and the ICB, deeply regret the disruption this may cause and understand the impact this decision may have on your care.

We are actively exploring alternative avenues to continue supporting patients affected by these changes but if you would like to discuss alternative care options we suggest that, as an NHS patient, you review the ICB's website or contact the ICB's NHS Patient Advice and Liaison Service (PALS) team in the first instance. They will be able to discuss options to help you make a choice that is right for you, including remaining on our waiting list, transferring to NHS-led services, or exploring private care options, including with ourselves, as our current waiting time to be seen as a private patient is 3-5 weeks.

NHS Hampshire and Isle of Wight have provided key information and support resources on their website <https://www.hantsiow.icb.nhs.uk/your-health/mental-health-services/autism-and-adhd-assessment-services>

Should you wish to explore alternative care options or raise a concern about the decision that the NHS has taken, please contact the ICB's PALS team at www.hantsiow.icb.nhs.uk/contact-us/patient-experience-and-complaints

If your symptoms worsen or you feel your mental health is deteriorating, we strongly encourage you to contact your GP or call the NHS on 111 as soon as possible. They will be able to advise on appropriate next steps and alternative support options.

If you are concerned about an immediate risk of harm, either to yourself or someone else, then phone 999 immediately.

We will of course, update you should circumstances change.

Thank you for your understanding and for allowing us to be part of your care journey.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Michael Aldridge', written over a light grey rectangular background.

Michael Aldridge

Chief Operating Officer

ADHD 360 is a licensed service provider to the NHS licence number 200207.

ADHD 360 Limited is registered with the CQC under the Health and Social Care Act 2008 reference CRT-6785869383

ADHD 360 provide patient support weekdays (9.00am - 7.00pm) and weekends (Saturday 10.00am - 4.00pm). ADHD 360 cannot provide an emergency or crisis service. If you have a medical emergency, you should contact the NHS on 111 or if serious 999.