



ADHD 360 Limited  
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### Important Update Regarding Your ADHD Care

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 West Yorkshire, is required to use contractual controls to manage demand and keep services within locally available budgets.

As an organisation, we have been issued an [activity management plan](#) by our funders, NHS West Yorkshire Integrated Care Board. They are responsible for paying for your assessment and treatment.

We know waiting for an assessment can be difficult, and we want to explain what's happening and why.

An activity management plan means we are only able to assess a set number of patients on our waiting list each year within the plan we have been given. This means that you may have to wait longer for your ADHD appointment than originally expected. We apologise for any worry or concern this may bring.

Activity management plans are used in the NHS, up and down the country. They are put in place to help manage demand within the budgets available. In recent years, demand for neurodiversity assessments for ADHD have risen significantly, and the budget allocated to this area of health has continued to increase. The NHS is maintaining last year's level of activity while planning new local services to expand capacity. The NHS have also reaffirmed to us that clinical need and safety remain the basis for prioritisation.

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. Alternatively, ADHD360 are able to offer private ADHD assessments with a current waiting time of 3-5 weeks.

If you no longer wish to remain on our waiting list, you can choose to move to another organisation. Please note though that other providers will also have a limit on their capacity, and the plans for all the activity funded by West Yorkshire are being managed in the same way, so another provider may not necessarily have waits that are any shorter.

A number of helpful resources focused on [neurodiversity](#) are available on the NHS West Yorkshire Integrated Care Board website. This includes a number of [Frequently Asked Questions](#), a section on [Right to Choose](#), and some helpful guidance on things you can do whilst you [wait for assessment and/or treatment](#).

If you have concerns about your health while you wait or would like to speak to someone about the content of this letter, please contact your GP or the NHS West Yorkshire ICB [comments, concerns and complaints team](#).

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

Yours sincerely,



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 nor crisis service. If you have a medical emergency you should contact the NHS on 111 or if serious 999.