



Young Wellbeing Hub, Unit 2

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**Date:** Tuesday 16<sup>th</sup> April 2024

## **Notice of NHS Right to Choose Pathway Closure**

Dear Parent/Carer,

We are reaching out to provide you with an important update concerning our NHS Right to Choose (RTC) pathway.

Regrettably, our clinic has made the difficult decision to close our NHS Right to Choose referral pathway. This decision comes after thorough deliberation on various factors affecting our practice, patient care, and our capacity to conduct these assessments.

As you may be aware, recent changes in RTC legislation have led to a more stringent process for clinics like ours to be registered as suppliers of RTC assessments. Consequently, our clinic has had to undergo re-registration with numerous Integrated Care Boards (ICBs) across the UK.

Initially, we were fortunate to maintain strong relationships with several ICBs, enabling us to continue providing RTC assessments without interruption. However, it became evident that while some ICBs we collaborated closely with were unaffected, others necessitated additional steps for compliance. After extensive examination of the initiative, our team has concluded that the new requirements surpass what our small clinic can currently fulfil. Consequently, we have opted to pause our involvement with the pathway, even for those ICBs with which we were still engaged with.

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### **What does this mean for my child's referral?**

Sadly the clinic will not be able to proceed with assessment referrals for our ADHD, Autism and Combined Assessment pathways. This will include:

- If you have enquired with our team about an assessment or received any referral documents from our team.
- If your child's referral has been submitted by your GP and you are on our waiting list.
- If your child's referral has been accepted but your child is yet to undergo pre-screening and assessment with our team.

Please be advised that we will be closing our referral waiting list for RTC. Should the pathway reopen in the future, the waiting list will be reinstated. Should you require any referral documents, please inform our team, and we will arrange for them to be sent to you.

We understand the inconvenience and frustration this decision may cause for all patients at different stages on our RTC referral pathway. Please be rest assured that this decision was not taken lightly, and our priority remains ensuring full compliance with regulations while delivering the highest standard of service to our patients.

Our team have sought legal advice surrounding the new requirements, and we will be continuing to do all we can to ensure that we are able to improve access to assessments for children and young people in the future.

### **What comes next?**

While we continue to familiarise ourselves with the requirements for supplying RTC assessments and address any outstanding issues, our clinic will continue to offer assessments via our self-funded pathway. Therefore, if you are interested in exploring this option, please do not hesitate to request further information from our team.

We will ensure ongoing updates regarding our RTC offerings through our website and social media platforms. Our website has recently been relaunched and we do encourage you to check back regularly to check upon the current status of our RTC services.

### **Alternative Providers -**

In the interim, we recommend investigating other providers for your child's assessments to ensure timely access to the care they require. Below are some links for your reference:

- **Guidance on Right to Choose providers for ADHD Assessments:** <https://adhduk.co.uk/right-to-choose/>
- **Right to Choose providers for Autism Assessments:**
  - **Provide Wellbeing:** <https://wellbeingasd.co.uk/services/right-to-choose/>
  - **Psychiatry UK:** <https://psychiatry-uk.com/right-to-choose-asd/>
  - **Clinical Partners:** <https://www.clinical-partners.co.uk/nhs-services/right-to-choose#:~:text=Right%20to%20Choose%20is%20a,outcome%20and%20their%20clinical%20decisions>

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Please note that we are not affiliated with any of the aforementioned providers. We advise visiting the NICE (National Institute for Health and Care Excellence) website to ensure that assessments align with their guidelines.

We also advise visiting your local GP to discuss alternative options for your child's assessment.

Support from our YWH Clinical Team –

We understand how challenging navigating neurodevelopmental assessments are in the current mental health landscape, and appreciate that our pathway closure may cause distress for those who were expecting an assessment with our team soon. If you, or your child would like a 30-minute support call with one of our clinical team to discuss any difficult feelings in a safe space, please contact [admin@youngwellbeinghub.co.uk](mailto:admin@youngwellbeinghub.co.uk). We will do our best within the means of our small clinic to facilitate a call. Please be advised that depending on demand we may not be able to conduct a call for everyone.

Should your child urgently require mental health support, please refer to the **Mental Health Crisis Support Guidance** below this letter.

We sincerely appreciate your continued patience and understanding during this transitional period. We apologise for any distress or inconvenience this situation may cause you and your families and hope that you are able to find the support you need.

*Yours sincerely,*

**Young Wellbeing Hub Team**

A handwritten signature in black ink, appearing to read 'Michael Wigington'.

**Michael Wigington**

Founder – Chief Executive Officer

A handwritten signature in black ink, appearing to read 'H. Whitaker'.

**Harriet Whitaker**

YWH Operations Manager

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## **Mental Health Crisis Support**

Please see the following guidance on different crisis support options available for yourself or your child.

**NHS Emergency Service:** For an immediate medical emergency, please call **999**.

**NHS 111:** If you need non-urgent medical help, please call **111**.

**NHS Local Mental Health Helpline:** If you live in England, you can call a local NHS urgent MH helpline for support during a mental health crisis. The following website allows you to find your local helpline. <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

**Samaritans:** If you need to talk to someone about something that is distressing you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or visit some branches in person. You can also call the Samaritans Welsh Language Line on **0808 164 0123** (7pm–11pm every day).

**Shout:** If you would prefer not to call someone, but would like some mental health support, you can text **SHOUT** to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

**National Suicide Prevention Helpline UK:** Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on **0800 689 5652** (6pm to midnight every day).

**Mind Coping Tools Website:** Offers different tools for helping yourself when in crisis. <https://www.mind.org.uk/need-urgent-help/>

**Campaign Against Living Miserably (CALM):** You can call the **CALM** on **0800 58 58 58** (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the [CALM webchat service](#).

**The Mix:** If you're under 25, you can call The Mix on **0808 808 4994** (3pm–midnight every day), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).

**Papyrus HOPELINEUK:** If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call **Papyrus HOPELINEUK** on **0800 068 4141** (24 hours, 7 days a week), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text **07786 209 697**.

**Nightline:** If you're a student, you can look on the [Nightline website](#) to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.

**Switchboard:** If you identify as gay, lesbian, bisexual or transgender, you can call **Switchboard** on **0300 330 0630** (10am–10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+.

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