

There will be some changes to the way that we provide psychological therapies services in Lambeth, Southwark & Lewisham. Here is some information about the changes and how you can find out more or give your views.

Why are changes being made?

- There are several different services providing psychological therapies in Lambeth Southwark & Lewisham. At the moment the way people are referred to particular services can be confusing for service users and for staff who make the referrals.
- Service users have given us feedback to say that they do not like having repeated assessments, and going through a lengthy process to get the therapy that they need.
- In Lambeth & Southwark a lot of money has gone into the development of new services providing psychological therapies which are available through GP's (the Improving Access to Psychological Therapies (IAPT) services). This means that there is less money available for the more specialised psychological treatments.
- In Lewisham the services have historically been less well developed so the amount of money available for specialised psychological treatments is being maintained. However, as with all NHS organisations, we need to provide services for less money by being more efficient.

What are the changes?

- We are proposing that each borough will have one psychological therapy service. For example, this would mean that all psychological therapy services in Lambeth will be delivered in one place rather than at both St. Thomas's & Maudsley Hospital as happens at the moment.
- In Lambeth & Southwark there will be 22% less money available. This will mean there will be some reduction in staff and in the number of sessions of therapy available. In Lewisham the amount of money available will reduce by 11.2% however, this will not result in a reduction in therapy sessions. We do not expect waiting lists to rise, but if they do we will ensure more therapy is provided.
- All referrals will go through the same system meaning that people should be referred to the right service more straightforwardly than they are now.
- A range of both individual and group therapies will still be available in all the boroughs.
- We plan to start changing the services from June this year.

If I am currently using psychological therapy services will it affect my therapy?

- Most people currently receiving therapy will continue to see the same therapist in the same place until the planned end of treatment, even if this is after June 2012
- In a few cases, where there are staff changes treatment may be affected, but we will do our best to make sure that you stay with the therapist that you have or are offered an alternative.

How can I find out more & give my views about the plans? Details overleaf.

- You should talk to your therapist if you have concerns.
- There is a document with more detail available if you are interested.
- We would be keen to hear what people think about the plans.
- To get feedback, we are working with the Local Involvement Networks (LINKs). LINKs are independent organisations set up to support involvement in health & social care services.
- Southwark & Lambeth LINKs are organising meetings and all 3 LINKs are happy to listen to your individual views.
- Additionally, you can give your feedback directly to South London & Maudsley NHS Trust.

To get a copy of the detailed document:

The document is available on the following websites:

www.slam.nhs.uk

<http://slamtwigops.wordpress.com>

www.lewishamlink.co.uk

www.lambethlink.org.uk

www.ch1889.org

Alternatively, you can contact: **Alice Glover** Patient & Public Involvement Lead,
South London London & Maudsley NHS Foundation Trust
Tel: 020 3228 0959
Email: alice.glover@slam.nhs.uk

Meeting in Southwark:

Time: **5.30 – 7.30 pm** Date: **Thursday March 8th**

Place: **Cambridge House**, 1 Addington Square, Camberwell, London, SE5 0HF

For more information contact: **LINK Southwark:**

Tel: 02073587005 Email: LINK@ch1889.org Website: www.ch1889.org

Meeting in Lambeth:

Time: **5.30 – 7.30 pm** Date: **Tuesday March 13th**

Place: ground floor, **Lambeth ACCORD**, 336 Brixton Road, SW9 7AA

For more information contact: **Lambeth LINK**

Tel: 020 7274 8522 Email: waiha@ageuklambeth.org.uk

Website: www.lambethlink.org.uk

Details of Lewisham LINK

Lewisham LINK

Tel: 020 8690 3900 Email: miriam.long@parkwoodhealthcare.co.uk

Website: www.lewishamlink.co.uk

To give individual feedback:

- You can give feedback about the plans via your local LINK – details above
- or direct to South London & Maudsley NHS Foundation Trust by contacting Alice Glover – details above


www.patientopinion.org.uk

Patient Opinion is an independent website where you can leave feedback about any health related service, or you can see what other people are saying. SLaM staff regularly look at the website and respond individually to feedback.