

# Lincolnshire Adult ADHD Newsletter

## September 2025

Welcome to the September newsletter from Lincolnshire.

Within our newsletter you will find up-to-date information of wait times, details of programmes and support.

Lincolnshire Integrated Care Board use ADHD services from local Lincolnshire providers, where services are available for patients aged 16 and above, who have a diagnosis of ADHD or are presenting with ADHD symptoms that are moderately to severely impacting more than one area of their life. These providers hold a current contract with the Lincs ICB to ensure high quality and service and are all monitored regularly. Please note that there may be some variation to the assessment process depending on the provider that is allocated.

### Assessments

- Our wait time for an adult **ADHD** single point of access is currently **64 weeks**. Once accepted as clinically appropriate for assessment, the current wait time is **12-16 weeks**.
- These wait times are from the date of referral receipt, and this is subject to change depending on demand. When you are near the top of the single point of access waiting list, the team will contact your GP to inform them of the provider allocated for assessment.
- If you are not accepted as clinically appropriate at the point of the single point of access, recommendations will be sent to the GP or referrer on the next steps to support you.
- If you are accepted, the independent practitioner will then contact you within 12 weeks to discuss the assessment in more detail. They may require further information from you to support the assessment.

***Due to the high demand for the service please inform your GP or referrer at your earliest convenience if you no longer require an assessment. Informing us that an assessment is no longer required helps the service in reducing wait times for other people on our waiting list.***



**Lincolnshire**  
**Integrated Care Board**

## Local Support Offer



**ADHD Lincs**

**ADHD Lincs | SUPPORT SERVICES**

A frontline service for those who live or work with children and adults who have ADHD and co-existing conditions



Providing support, knowledge and information across Lincolnshire since 1996

 [facebook/adhd.lincs](https://facebook/adhd.lincs)

 [www.adhdlincs.org](http://www.adhdlincs.org)

Registered Charity: 1124090

### ABOUT US

We are committed to raising awareness of ADHD and educating families, the public and professionals about the impact of ADHD and associated disorders on the individual, home life and society.

We collaborate locally, nationally and internationally. We support schools, voluntary organisations, the NHS, Local Authority and employers.

The individual with ADHD is at the centre of everything that we do.

*"Breaking down the stigma"*

We are very proud to be members of



### COME AND JOIN US FOR

- Group support -
- Individual, family and professional support -
- Bitesize workshops -
- Bespoke, full staff training -
- Online or in person support -

### WHAT PEOPLE SAY ABOUT US

"My life has improved significantly since attending the course"

"Before, the course my life was like groundhog day, now I am taking control back"

"I never realised how much I have been allowing others to influence my behaviour and how I see myself"



**ADHDLincs provides support for children, adults and families affected by ADHD in Lincolnshire.** We offer information, practical resources and a supportive community to help people navigate daily life and the challenges of the ADHD pathway. To get in touch, visit our website at [adhdlincs.org](http://adhdlincs.org), follow us on Facebook, or subscribe to our newsletter ([adhdlincs.org](http://adhdlincs.org)) for regular updates and guidance.

**Important Notice:** The team are currently experiencing significant demand for assessment services. We are endeavouring to work through assessments as quickly and safely as possible to support needs. If you no longer need an assessment, please contact your referrer. This will help us in reducing our wait times for people.



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