



Buckinghamshire, Oxfordshire & Berkshire West
and Frimley ICBs' Cluster
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Dear Colleague

I am writing to update you on recent changes to adult ADHD services in Berkshire. From 1 December 2025, Berkshire Healthcare NHS Foundation Trust will temporarily stop accepting new referrals to the Adult ADHD Service. This approach protects patient safety and ensures the long-term sustainability of the service.

- The service now receives more referrals in one month than it was originally commissioned to assess in a year.
- Over 4,000 people are currently on the waiting list.
- More than 1,100 patients on medication are waiting for annual ADHD reviews, with some delayed by up to three years.
- Ongoing national medication shortages have added further strain.

Temporarily pausing new referrals will allow the service to focus on reviewing and supporting patients who are already receiving ADHD medication, reduce waiting list pressures, and redesign the service to make it more effective and sustainable in the long term

This challenge is not unique to Berkshire. Nationally, services across the country are facing similar pressures due to the rapid increase in demand for adult ADHD assessments and national medication shortages. Many areas have taken comparable temporary measures to maintain safety and sustainability.

Without intervention, the service risks becoming unsafe and unsustainable. This step ensures we can focus on clinical safety and quality of care for people already receiving treatment.

This period will allow Berkshire Healthcare to:

- Catch up on overdue annual ADHD reviews and stabilise current caseloads

- Redesign the ADHD pathway to make it more efficient and accessible
- Work with service users and partners to co-produce a model that better meets local needs
- Strengthen shared care arrangements and improve coordination with primary care

Our aim is to deliver a more sustainable and effective service in the long term.

Local GP practices remain committed to supporting patients with their ongoing health needs, and a range of services are available to provide advice, practical help, and support for those with ADHD and Autism, as well as their families.

We understand that this change may raise concerns for some patients, and we are signposting them to appropriate support. The Berkshire Healthcare's Patient Advice and Liaison Service (PALS) Team is also available for anyone who would like further information. These details are in the FAQs below.

If you have any further queries, please do not hesitate to contact me or Tracey Faraday-Drake, Director for Children, Mental Health and Learning Disabilities at NHS Frimley, through the usual routes.

We are committed to working with partners and the voluntary sector to ensure that people receive the support they need.

Yours sincerely,

Dr Nick Broughton FRCPsych

Chief Executive

NHS Buckinghamshire, Oxfordshire & Berkshire West ICB and NHS Frimley ICB

Frequently Asked Questions

What change is being made?

From **1 December 2025**, Berkshire Healthcare NHS Foundation Trust will temporarily stop accepting new referrals to the Adult ADHD Service.

This will allow the service to focus on reviewing patients who are already receiving ADHD medication, reduce waiting list pressures, and redesign the service to make it more effective and sustainable in the long term.

Why is this change necessary?

Demand for ADHD assessments has grown dramatically, far exceeding what the service was commissioned and resourced to deliver.

- The service now receives more referrals in one month than it was originally commissioned to assess in a year.
- Over 4,000 people are currently on the waiting list.
- More than 1,100 patients on medication are waiting for annual ADHD reviews, with some delayed by up to three years.
- Ongoing national medication shortages have added further strain.

Without action, the service risks becoming unsafe and unsustainable. This step ensures we can focus on clinical safety and quality of care for people already receiving treatment.

Is this a service closure?

No, the service is not closing. This is a temporary measure to help stabilise the service, protect patient safety, and create the space needed to improve how the service operates in future.

How long will new referrals be stopped?

We are working through the redesign process, and no fixed end date has been set yet.

The service will resume accepting new referrals once it is safe and sustainable to do so.

Regular updates will be shared with partners, GPs and the public as the redesign progresses.

What does this mean for people already referred for an ADHD assessment?

Anyone who has already been referred for an ADHD assessment or has received a diagnosis is waiting to start medication will stay on our waiting list.

What should people do if they were planning to seek a referral?

People seeking support should still speak with their GP, who can provide advice, self-management information and signposting to other sources of support, including local and national ADHD and neurodiversity organisations. GPs may also wish to discuss Right to Choose options with their patient.

What does this mean for young people transitioning from children's ADHD services to adult services?

The Adult ADHD Team will continue to accept young people 18+ for medication review who are transitioning from the Children and Young People's Neurodiversity service who are currently stable on ADHD medication.

What support is available for people with ADHD during this time?

We have a range of support guides on our website [Attention Deficit Hyperactivity Disorder \(ADHD\) Assessment | Berkshire Healthcare NHS Foundation Trust](#)

ADHD UK for strategies, support groups and advice <https://adhduk.co.uk>

Reading ADHD Group – ADHD Support Group in Reading/Berkshire for adults <https://readingadhdgroup.org>

Adult ADHD, as recommended on the NHS webpages <https://www.adhdadult.uk/>

ADDitude online magazine for a wide range of articles on research, strategies and advice <https://additudemag.com>

BOB Staywell website for help with managing ADHD [ADHD - Stay Well](#)

What about patients who are already receiving ADHD medication?

Patients who are already prescribed ADHD medication under Berkshire Healthcare will continue to receive care and support.

The team's priority during this period will be to complete overdue annual ADHD reviews to ensure safety and compliance with NICE guidance.

How are GPs affected by this change?

GPs have been informed directly through a letter and FAQ.

They have been asked not to refer new patients during the temporary stop and will be supported with clear advice on managing patient enquiries and shared care arrangements.

How will this change improve the service?

This period will allow Berkshire Healthcare to:

- Catch up on overdue annual ADHD reviews and stabilise current caseloads

- Continue to work with the ICBs to develop a new service model, with a plan for implementation in 2026, designed to create a more sustainable and efficient pathway for future care.
- Work with service users and partners to co-produce a model that better meets local needs
- Strengthen shared care arrangements and improve coordination with primary care

The aim is to deliver a more sustainable and effective service in the long term.

Is this issue unique to Berkshire?

No, services across the country are facing similar pressures due to the rapid increase in demand for adult ADHD assessments and national medication shortages.

Many other areas have taken comparable temporary measures to maintain safety and sustainability.

Who should patients contact if they have any concerns?

Patients can contact Berkshire HealthCare's Patient Advice and Liaison Service (PALS):

Call: 0118 904 3467

Email: PALS@berkshire.nhs.uk

Website: www.berkshirehealthcare.nhs.uk/contact-us/our-patient-advice-and-liaison-service-pals

Who can I contact for more information?

If you have questions or would like to be involved in the service redesign, please contact Neuropsychology@berkshire.nhs.uk

Please visit the Berkshire Healthcare website for further information:

www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/attention-deficit-hyperactivity-disorder-adhd-assessment