

# Lincolnshire Adult ADHD Newsletter

## December 2025

Welcome to December's newsletter from Lincolnshire.

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

Lincolnshire ICB commission ADHD services from a local Lincolnshire provider, the 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. This provider holds a current contract with the Lincs ICB to ensure high quality and service, that is monitored regularly.

### Assessments

Our wait time for an adult **ADHD** single point of access is currently up to **62 weeks**. If your referral is accepted as clinically appropriate for ADHD assessment, the current wait time is **12 – 16 weeks** for an appointment from the date your referrer is made aware of the Single Point of Access outcome.

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 your referral is 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 for assessment, the independent practitioner will then contact you within 12-16 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.***



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## **Local Support Offer**

### **ADHD Lincs Interventions**

ADHD Lincs is a local registered charity who offer support for anyone living with ADHD. Referrals can be made by a professional or self referral.

[Contact - ADHD Lincs | ADHD Awareness](#)

They run a number of events to support:

#### **Face to face support group**

Community Room at Tesco, Wragby Road in Lincoln  
Tuesdays 10am-12pm

#### **Monthly Q+A**

Drop in on our monthly online session and ask questions or advice whilst waiting for an assessment.

#### **123 Magic for teens training course**

Managing and understanding your teen, how to set limits and listen sympathetically while they strive for independence.

#### **Resilience And Me (RAM) training course**

A solution focused programme aimed at adults experiencing mental health or emotional difficulties.

#### **Let's Get Organised (Let's GO) training course**

A 5-part program for people with ADHD and associated Mental Health disorders to take steps towards taking control of being swamped under.

#### **Neuro Bite Sessions training course**

Bitesize workshops allowing you to pick and choose a subject that you wish to learn more about.

[Support - ADHD Lincs | ADHD Webinars](#)

### **Lincolnshire Recovery College Courses**

The Lincolnshire recovery college offer a number of free courses.

[Lincolnshire Recovery College courses :: Lincolnshire Partnership NHS Trust](#)



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## **Self Help Advice**

'14 tips to help yourself' -

Adapted from 50 tips by American psychiatrist Ed Hallowell in Driven to Distraction.

- ask for help from your friends and family: but say exactly what you need.
- get feedback about how you affect others: and ask for feedback about when you do things well.
- use structure and prioritise:
- make lists and notes.
- use colour coding and reminders.
- write down plans.
- break down big goals into smaller, manageable tasks.
- reward yourself when things go well: or don't go too badly!
- respond to boring tasks quickly: "OHIO" = only handle it once
- accept that some things are just difficult: so it doesn't get you down
- plan difficult meetings or conversations: anticipate problems.
- find ways to help yourself concentrate background music, silence, something to "fiddle with" in your hands.
- have "blow-out time" or "time outs": gym, dancing, running.
- don't beat yourself up: (or your parents!)
- join a support group: or start one!
- learn to tolerate your moods (without panicking or catastrophising): NOT "I'm hopeless" or "I never manage to..."
- find friends who are good for you: and spend time with them.
- be proud of yourself: yes really...you're trying to make things better.

## **Helpful Videos**

How to explain ADHD:

[How to \(Explain\) ADHD](#)

ADHD and Emotional Dysregulation:

[ADHD and Emotional Dysregulation: What You Need to Know](#)

ADHD and Relationships

[ADHD and Relationships: Let's Be Honest - YouTube](#)

ADHD and Sleep

[How to Get to Sleep When You Have ADHD - YouTube](#)

ADHD and Anger – how to build up your brakes

[Anger and ADHD: How to Build up Your Brakes](#)



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## **Further Support**

### **ADDISS Charity**

The National **A**ttention **D**eficit **D**isorder **I**nformation and **S**upport **S**ervice.

We provide people-friendly information and resources about attention deficit hyperactivity disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.

Email: [info@addiss.co.uk](mailto:info@addiss.co.uk)

Web: [ADDISS](http://addiss.co.uk)

### **ADHD UK**

A registered charity that offers online support groups, social media support groups and other support resources

Web: [What is ADHD - About ADHD](http://adhd.co.uk)

### **Additude**

A wealth of information and resources around ADHD

Web: [ADDitude - ADD & ADHD Symptom Tests, Signs, Treatment, Support](http://additude.co.uk)

### **Headspace – supporting mindfulness**

Offers a free 10 day introductory Mindfulness programme

Web: <http://www.getsomeheadspace.com>

### **Pomodoro Technique - supporting time management.**

Web: <http://pomodorotechnique.com/>

### **Wait but Why – Supporting procrastination.**

A visual resource in 2 parts

Web: [Why Procrastinators Procrastinate — Wait But Why](http://waitbutwhy.com)

### **Centre for Clinical Interventions – supporting procrastination.**

Practical guide to support with procrastination

Web: [Practical Strategies to Stop Procrastination](http://ccicentre.co.uk)

### **My Study Bar – Supporting learners with literacy difficulties:**

A suite of portable windows freeware applications assembled into one package to support learners.

Web: <http://www.callscotland.org.uk/mystudybar/>

### **Open University Courses**

The open university offer a range of free courses, including one entitled **Understanding ADHD**

Web: [Understanding ADHD | OpenLearn - Open University](http://openup.ac.uk)

**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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