



February 29th, 2016

New mental health service for South Tyneside

A new, more integrated approach to helping people in South Tyneside with mental health problems has been launched.

The 'ageless' Lifecycle service has been introduced by NHS South Tyneside Clinical Commissioning Group (CCG) to offer a single point of access to primary care mental health services, extending the existing talking therapies provision for adults to children and young people, and also to families. It is being provided by South Tyneside NHS Foundation Trust staff six days a week, including Saturdays, with evening appointments available Monday to Thursday.

The new service is for those experiencing mild to moderate problems, such as depression, anxiety, behavioural issues and difficulties at school. Its main base is at Cleadon Park Primary Care Centre, South Shields, but appointments are also offered at Flagg Court, South Shields, and Monkton Hall, Jarrow, as well as other venues across the borough, including schools, Children's Centres and GP practices.

Trust Chief Executive Steve Williamson said: "Mental health and wellbeing affects and influences the lives not only of individuals but also of their families and communities so we are delighted to have been given this opportunity to provide such an important service for all ages in South Tyneside. Our highly trained therapists have vast experience in a wide range of support, which has been proven to be effective in helping people to take greater control of their lives and improve their confidence."

Dr James Gordon, Clinical Director, Mental Health and Learning Disability, NHS South Tyneside CCG, said: "We believe this innovative, integrated service will offer a positive patient experience by improving waiting times and improving access to support, particularly for children."

Mandy Bowler, Clinical Business Manager with the Trust, added: "One in four people have a common mental health problem, such as low mood or anxiety. Our aim through the Lifecycle service is to have a positive effect on the mental health and emotional wellbeing of children, young people and adults who are experiencing, or who are at risk of developing, such problems. We do this using a wide range of therapies recommended by the National Institute for Health and Care Excellence (NICE)."



Adults and young people over 16 years old can refer themselves to the Lifecycle service, and adults can refer their children, by contacting (0191) 2832937. A process is being developed for young people under the age of 16 to self-refer but, currently, these referrals should be made by a health professional or other professional, such as a social worker or teacher. Northumberland, Tyne and Wear NHS Foundation Trust will continue to provide services for children and young people in South Tyneside with severe and complex mental health difficulties. All organisations will work together to ensure that the mental health needs of children and young people are met by the most appropriate service.

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Pictured above: Dr James Gordon, NHS South Tyneside Clinical Commissioning Group's Clinical Director, Mental Health and Learning Disability, and South Tyneside NHS Foundation Trust Chief Executive Steve Williamson, seated, with back row, left to right, members of the Lifecycle team Ben Santer, Sam Holliday, Sandra Young and Janie Pollard

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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