



June 6th, 2016

## Lifecycle mental health service up for award

A new South Tyneside mental health service for all ages is in the running for a prestigious award.

The Lifecycle service, provided by South Tyneside NHS Foundation Trust for children, young people, adults and families in the borough who are experiencing mild to moderate emotional, behavioural and psychological difficulties, is a finalist in the Innovation in Primary Care category of NHS Innovations North's Bright Ideas in Health Awards 2016.

The Trust's highly trained staff use a wide range of therapies recommended by the National Institute for Health and Care Excellence and the service is available six days a week, including Saturdays, with evening appointments Monday to Thursday.

Lifecycle was introduced in March this year by NHS South Tyneside Clinical Commissioning Group (CCG), with the support of the North of England Commissioning Support Unit, in response to an urgent need for a new direction in primary care mental health services in South Tyneside. Children's services were very limited, with nothing available for under-fives and lengthy waiting times for specialist help and support and, while talking therapies for adults were working well, it was felt there was a need to develop and market these services for young adults and older people.

Mandy Bowler, Clinical Business Manager with South Tyneside NHS Foundation Trust, said: "Using a family-focused, whole lifecycle approach, the service ensures highly skilled practitioners work together across all age groups, sharing knowledge and expertise, supporting each other and reducing risk to provide an excellent service for South Tyneside residents."

Dr James Gordon, Clinical Director, Mental Health and Learning Disability, NHS South Tyneside CCG, said: "The South Tyneside Lifecycle service is an exciting, innovative approach to local commissioning. It was shaped by listening to local people, young and old, who told us what they wanted. This community-based primary care mental health service for all ages addresses significant gaps in mental health services and reduces waiting times and demand for specialist services."

The Bright Ideas in Health Awards competition, now in its 13th year, is delivered by NHS Innovations North, in conjunction with the Academic Health Science Network North East and North Cumbria and, this year, the National Institute for Health Research Clinical Research



Network: North East and North Cumbria. The competition encourages, celebrates and rewards outstanding innovation and excellence, which play a key role in making the region's healthcare industry a success. The Awards evening is on Thursday, June 23rd, at the Hilton Hotel Newcastle Gateshead.

**ends**

*Pictured above: Aileen Fitzgerald, Children's Mental Health Lead, North of England Commissioning Support Unit; Dr James Gordon, Clinical Director, Mental Health and Learning Disability, NHS South Tyneside CCG and Mandy Bowler, Clinical Business Manager, South Tyneside NHS Foundation Trust*

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

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