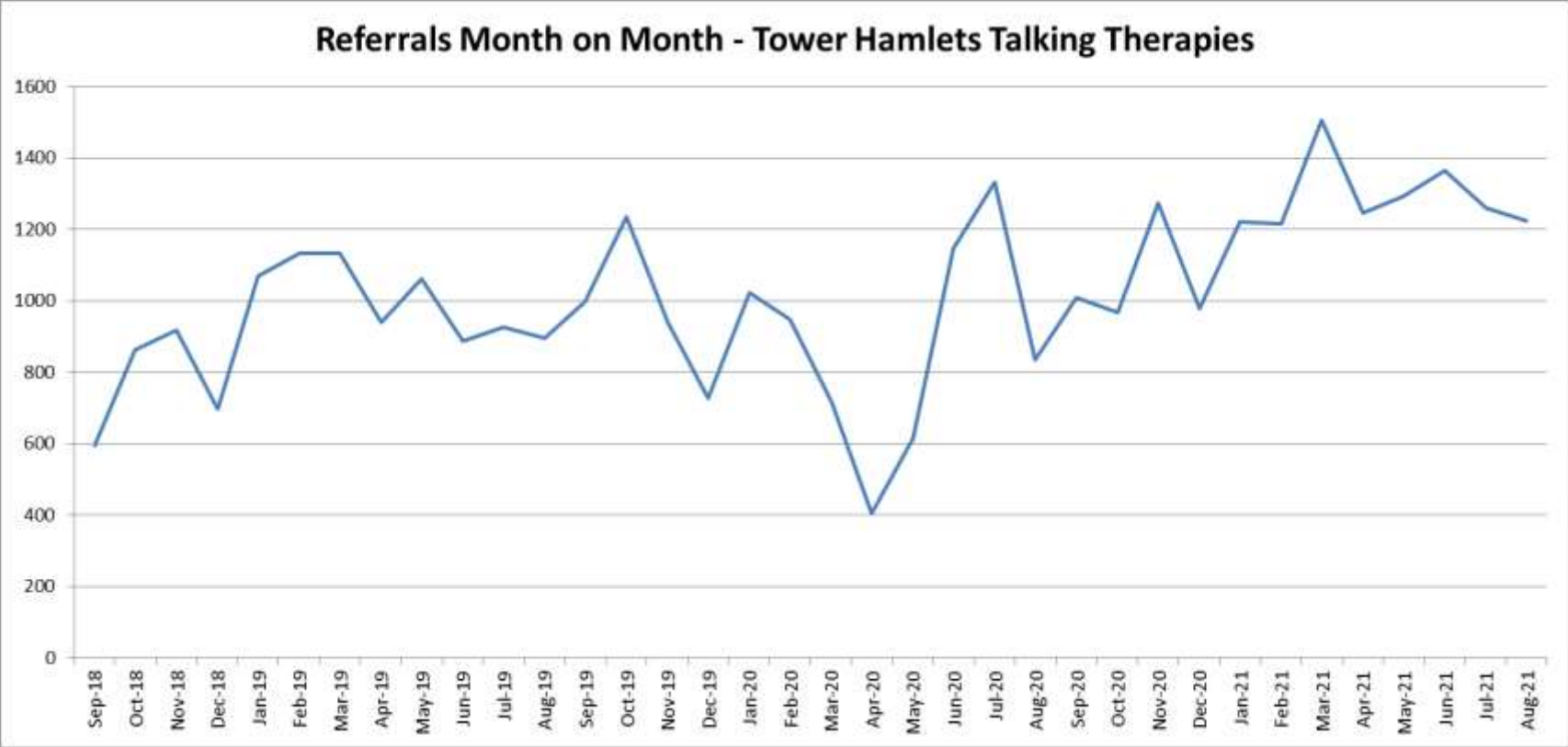


Tower Hamlets Talking Therapies Service Updates 16/09/21

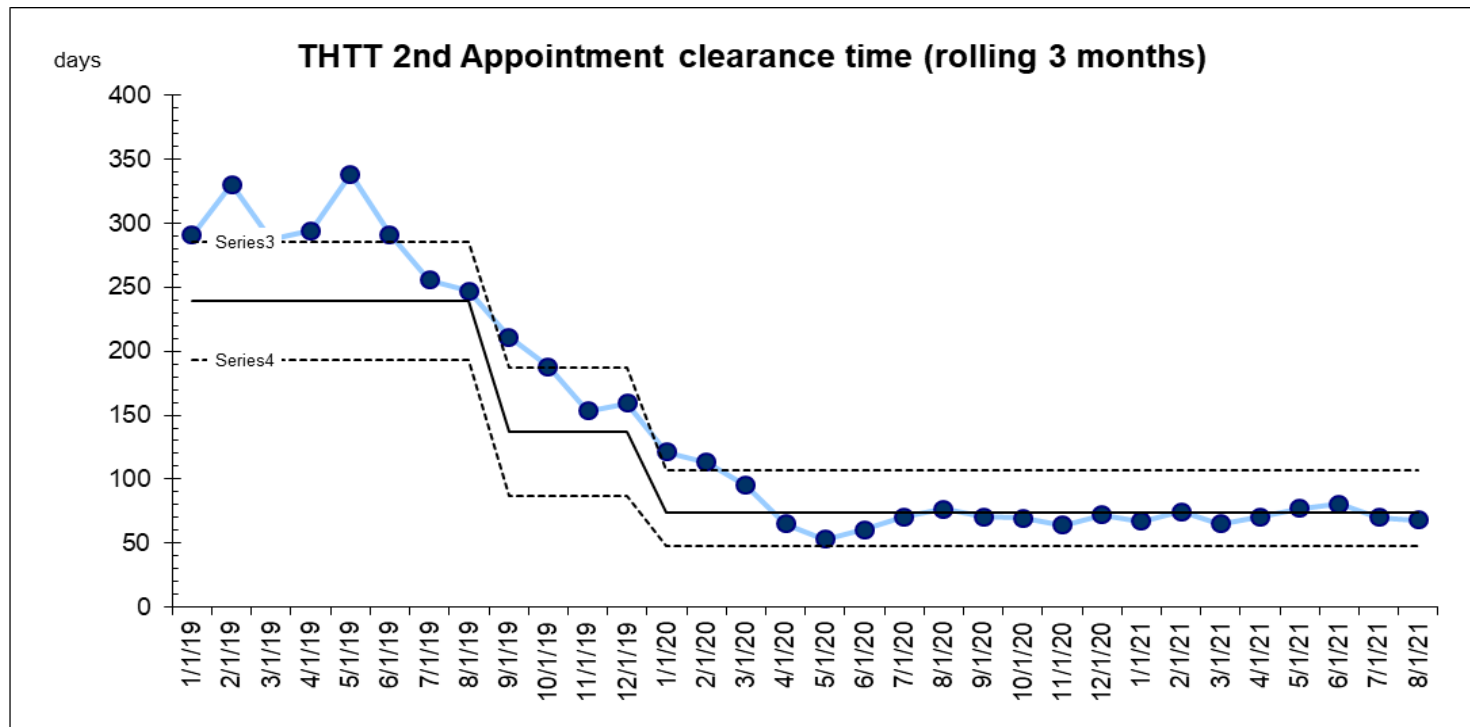
Performance updates: Pre-post pandemic

Referrals



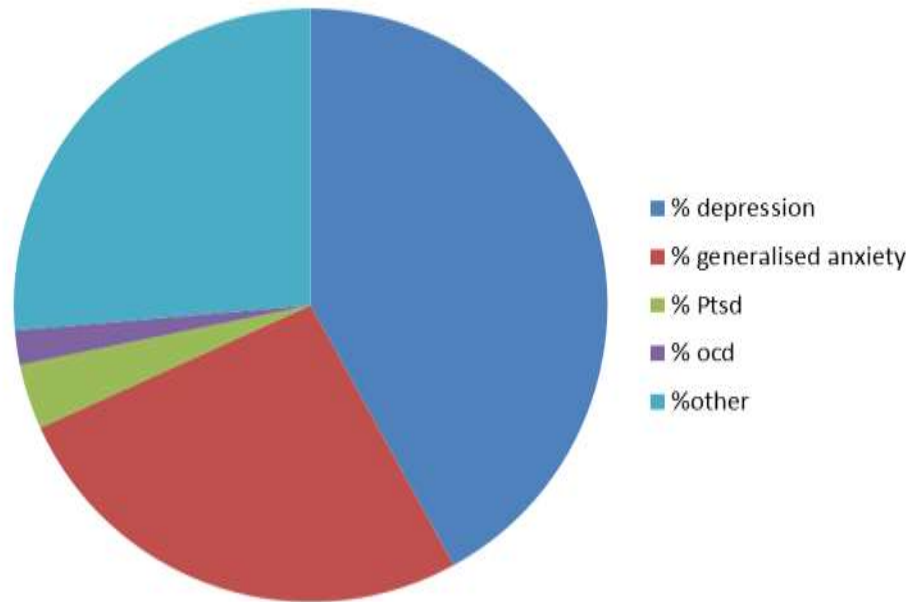
Wait from 1st and 2nd appointment

- ▶ Graph uses NHS clearance time formulation to work out the time a service user would expect to wait from 1st to 2nd appointment

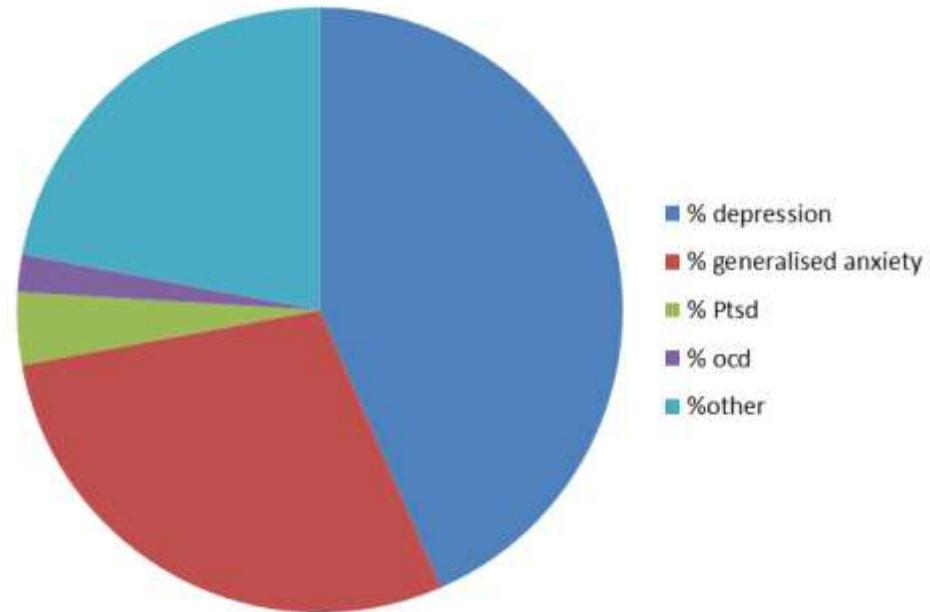


Presenting Problems for those entering treatment

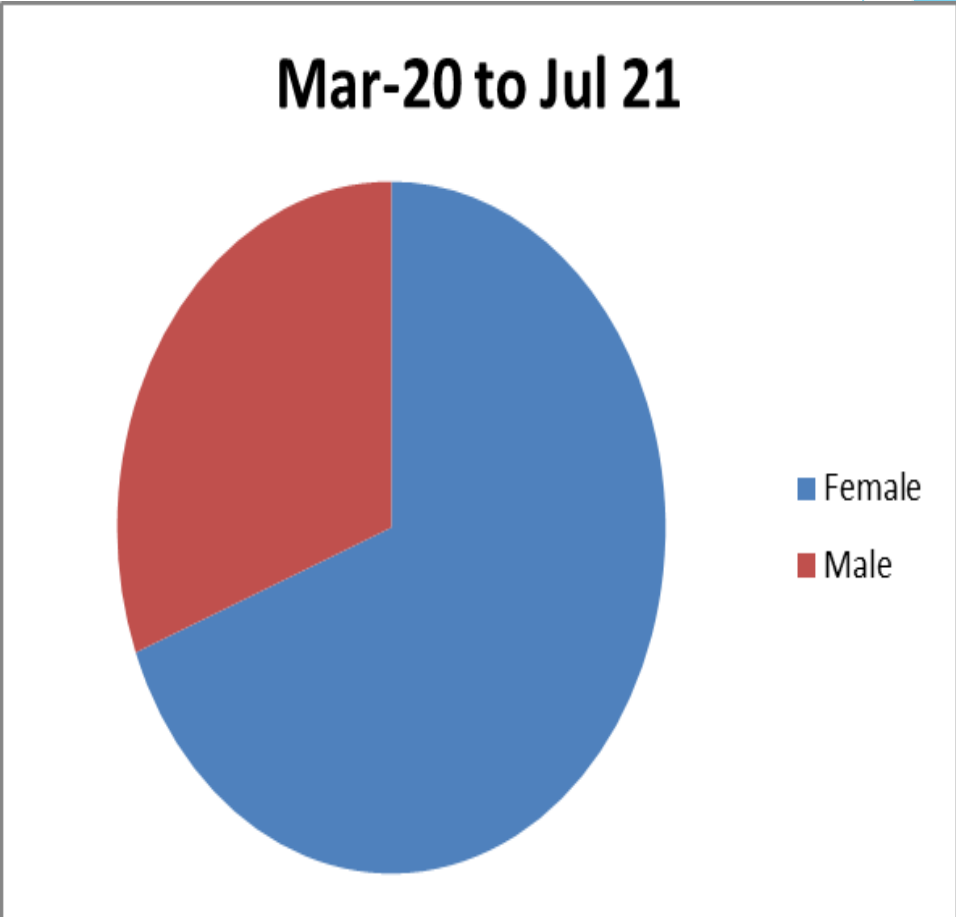
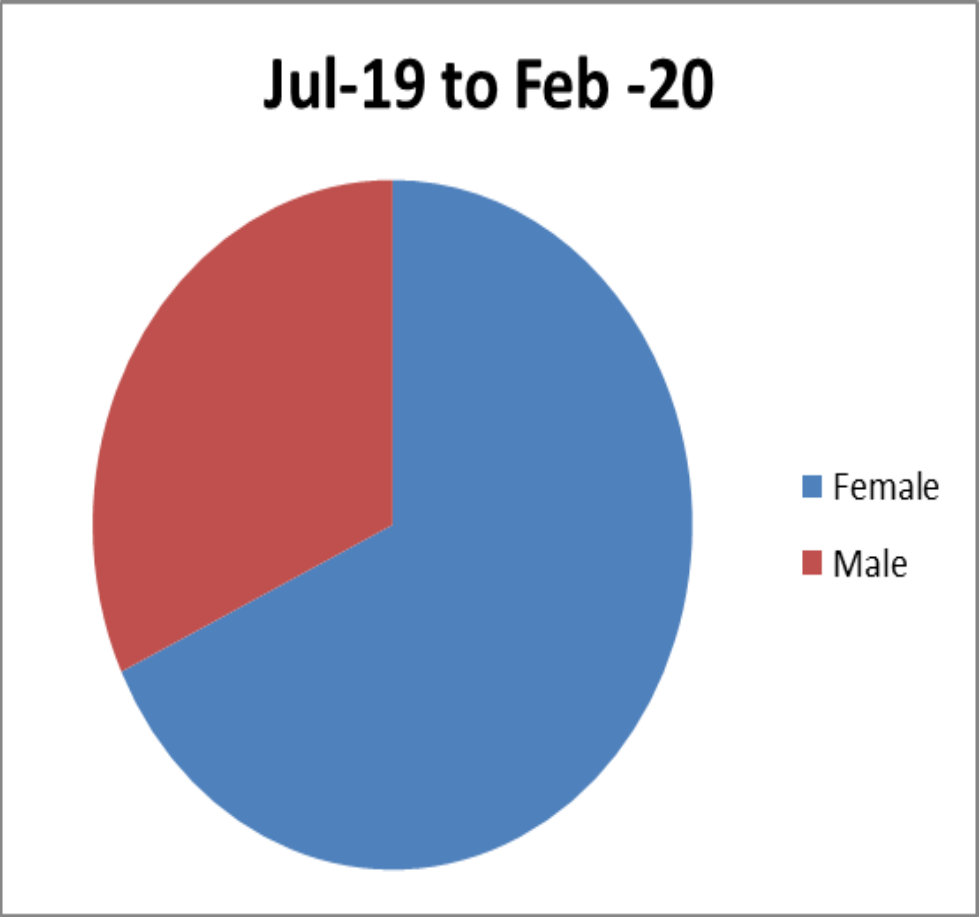
Sept-18 to Feb 20



Mar-20 to Aug-21

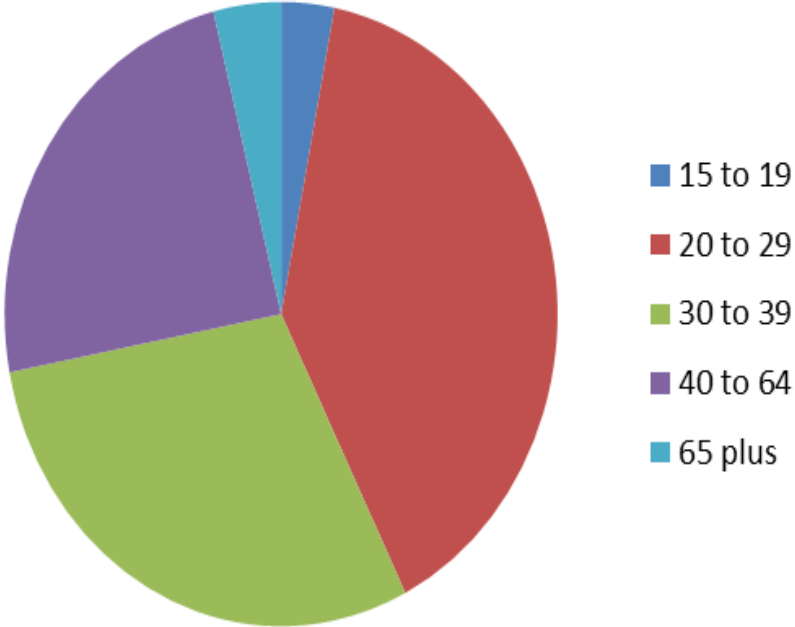


Demographics - Gender

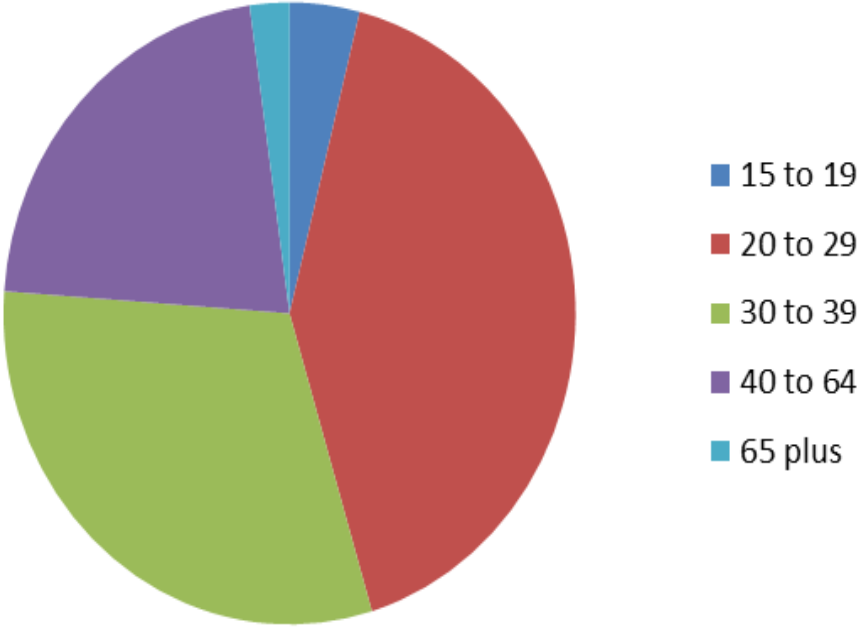


Demographics - Age

Jul-19 to Feb -20

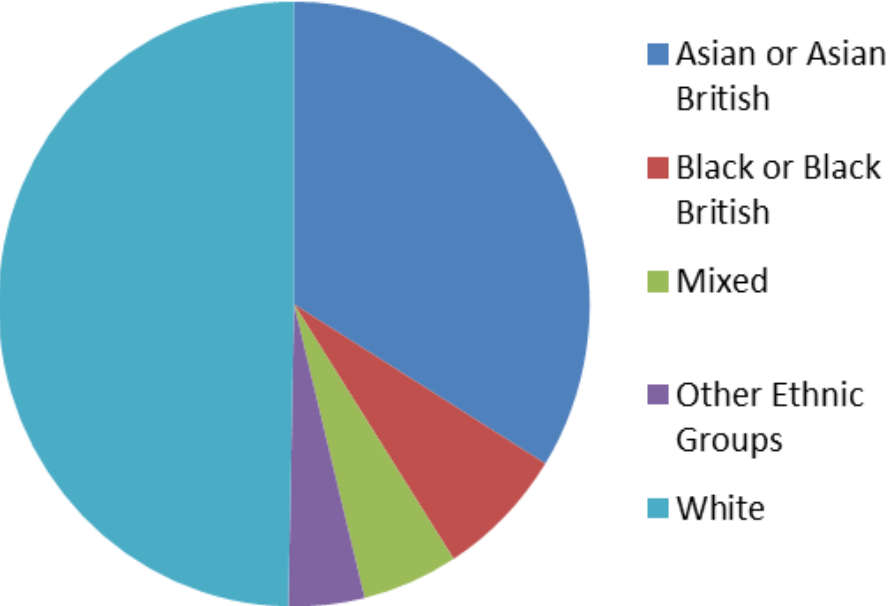


Mar-20 to Jul 21

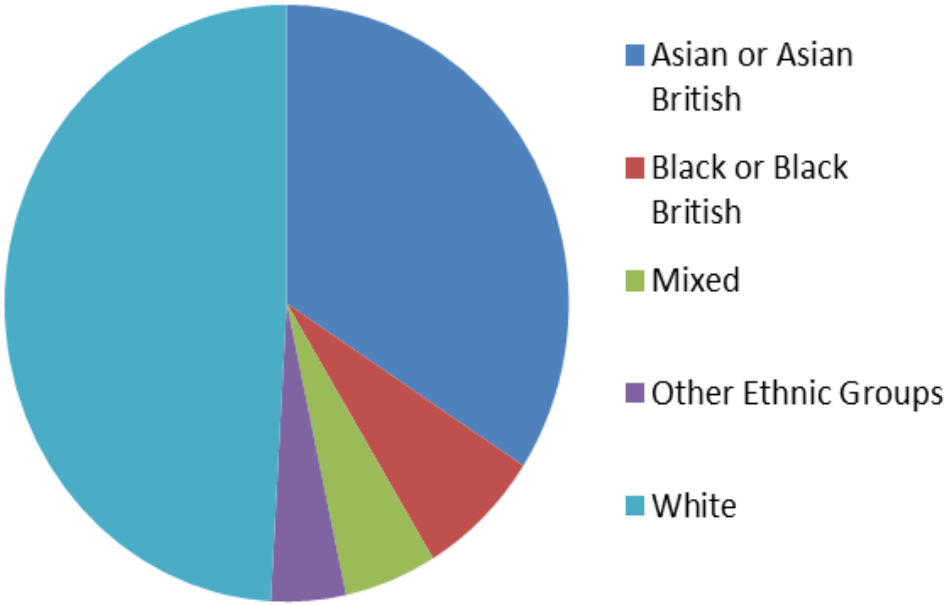


Demographics - Ethnicity

Jul-19 to Feb -20



Mar-20 to Jul 21



Service Updates- clinical

- ❖ Responsive to the changing clinical presentations during the pandemic e.g., COVID related webinars.
- ❖ Returned to offering face-to-face appointments in Oct 2020.
- ❖ Continuing to offer digital and telephone appointments- these options remain popular with our service users.
- ❖ Continue to prioritise NHS and social care staff for start of treatment.
- ❖ Expansion of digital groups programme during the pandemic.

Digital Groups programme

Webinars (available live and pre-recorded)

Food,
mood &
eating

Relational

Improving
Sleep

Building
Resilience

IBS &
Digestion

Peri
Natal

Managing
Pain

Mindful
Relaxation

Building
Confidence

Worry
management

Relapse
Prevention

Depression

Stress
Management

Anxiety
& Panic

Unhelpful
thinking

Digital groups programme

Groups

Step 2
6 sessions
1 hour each

Facing
Panic

Lifting
Mood

Stress

Worry

Anxiety
&
Depression

Step 3
8 sessions
1.5 hour each

Diabetes

Depression

GAD

Moving
beyond
Anxiety &
Depression

Mindfulness

Relational

Self
esteem

Thrive

OCD

PTSD

Recent feedback from service users

“Therapy helped me massively to understand my thoughts and my anxiety. Without it I would have got worse over time”.

“[Therapist] listened to me and was very kind to me. Thank you very much for your help. I now know what to do to help with the things I was finding difficult and I will practice what you told me. Thank you for the sessions”.

“Great content with a lot of useful tips and many suggestions how improve mental health. Therapist has also been very professional and always answered all questions and given valuable feedback”.

Service Updates- Community

- ❖ Resumed face-to-face community engagement and outreach work.
- ❖ Integrated care pathway with Long COVID hub.
- ❖ Liaison with LBTH to offer psychological support to Crane accident victims.
- ❖ Support offered to TH staff- e.g. Resilience building and staff wellbeing training to care workers; shielding callers; voluntary sector colleagues.
- ❖ We are keen to help LBTH in any upcoming campaigns regarding health, MH and emerging campaign, like the quarantine hotels.