



Talking Therapies News in City & Hackney

Welcome

Welcome to the first edition of the City and Hackney Talking Therapies newsletter. We are an NHS service provided by Homerton Healthcare NHS FT offering free talking therapy for people who live in City and Hackney or are registered with a GP in the borough.



Image: Hackney, Jane Smith @janeillustration

We hope this newsletter provides colleagues with a clear overview of our service offer, referral criteria, activity and key developments. We will also use this newsletter to share updates that support appropriate referrals and awareness of the support available.

Jon Wheatley

Consultant Clinical Psychologist and Head of City & Hackney Talking Therapies

About us

Our service supports people dealing with a wide range of mental health difficulties, including anxiety, depression, panic, OCD, PTSD, phobias and stress-related issues.

We also offer help to those living with a long-term physical health condition where support is needed with the mental health impact of that condition, rather than treatment of the condition itself.

Perinatal patients are given priority for both assessment and treatment.



Our therapy

We primarily offer a range of Cognitive Behavioural Therapy (CBT) interventions to help people manage common mental health difficulties. Treatment is offered at low or high intensity, with the type, duration and number of sessions based on clinical assessment.

We also run ongoing groups on mindfulness, stress, low mood, low self-esteem, moving on from abusive relationships, anxiety during pregnancy and caring for a new-born baby.





Our Employment Service

Our Employment Team supports patients receiving therapy with us to find work, change careers, or return to work following sickness.

Please visit our website and Instagram for further information and regular service updates.

Who may not be suitable for our service

- People requiring urgent or crisis support.
- People who need intensive or specialist secondary mental health care, such as acute psychosis.
- People seeking support to resolve a long-term physical health condition itself, rather than address its impact on mood and wellbeing.
- People who are already receiving psychological interventions from another service.
- People whose primary difficulty is problematic alcohol or drug use.

Service Updates

We do not currently offer EMDR within City and Hackney Talking Therapies.

For patients presenting with PTSD, we offer Cognitive Therapy for PTSD (CT-PTSD), a trauma-focused CBT intervention with a strong evidence base and consistent with national guidance for the treatment of PTSD.

If you think a patient can benefit from speaking to us, please complete a professional referral via our website.



Performance Snapshot

In the last quarter, we have received 3329 referrals, of which 2055 entered treatment with us and 106 were unsuitable referrals.

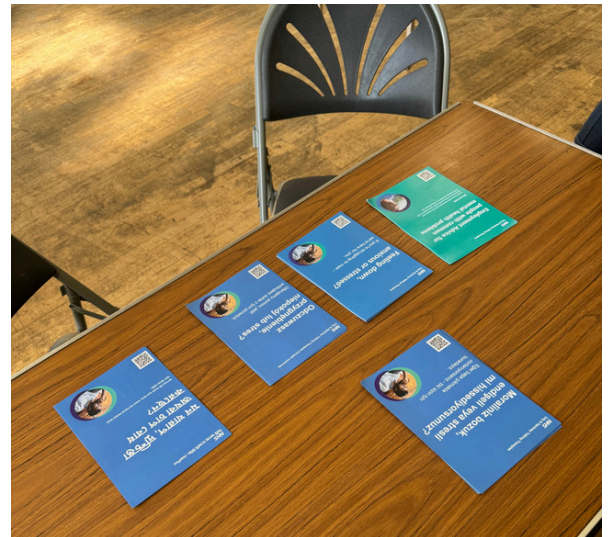
Our average waiting times are 6 weeks for low-intensity interventions, and 22 weeks for high-intensity treatments. We have achieved an average satisfaction rate of 96.06% across January to March 2026.

Our employment team has received a total of 169 referrals, with 133 patients completing a course of employment support.

Outreach events

Participants have found our outreach events informative and our workshops helpful for managing mood and anxiety. Please signpost patients who may benefit. Our upcoming outreach events include:

- Ongoing regular visits to Hackney food banks and Welcome Hackney drop ins
- 14th May & 11th June: CLR James Library Drop in
- 18th May: Stress workshop at Beis Chana
- 12th June: Carers Workshop at C&H Carers Centre



For event support or mental health workshops for your patients, please email us at huh-tr.chttcommunityengagements@nhs.net

Sport England Trailblazing

City and Hackney Talking Therapies have been awarded Sport England funding to become a Trailblazer site for integrating physical activity within NHS Talking Therapies.

As part of this work, we are delivering groups for adults who moderate to severe depression that combine CBT-informed interventions, Compassion Focused Therapy techniques, and light movement to support mood and wellbeing.

This builds on national work to incorporate physical activity into clinical pathways as part of evidence-informed mental health care.

Further Resources for Patients




Podcasts


- [Let's Talk About CBT](#) by British Association of Behavioural and Cognitive Psychotherapies (BABCP)
- [MyCBT - Apple Podcasts](#) by Dr. Julie Osborn

Books

- [Overcoming Series | Self-Help Resources](#)

What Our Patients Say...

 Being surrounded by other people who also have similar experiences in life.

 I really appreciated how considerate all staff were, from the receptionists to the therapist I was seeing. It made me feel really well taken care of



PATIENT VOICES

We run a monthly Service User Consultation group to hear about our patients' experiences with the service and collaborate with them on ways to improve. Below is a summary of what we have achieved recently.

Expectations

To manage patients' expectations, we have co-produced a flowchart of our service processes outlining steps from patients' initial referral to assessment outcomes. We have uploaded this on our website under the "Getting Help: What to expect" tab which you can direct your patients to.



Videos

Patients wished to have digestible information before treatment starts. We have therefore co-created a video on "What is Depression" "How to find us" and "What to expect", which has been uploaded on our YouTube channel: [Subscribe to City & Hackney Talking Therapies on YouTube](#)

Accessibility

We have added a translate function at the top right corner of our website, which offers translation for more than 240 languages. Please support your patients to navigate our website using the translate function whenever possible.



If you have any comments or contributions you wish to make to this newsletter please contact us at huh-tr.tcsuworkinggroup@nhs.net