



Talking Therapies News in City & Hackney

A message from our Clinical Lead

This quarter, we're continuing to develop service innovations, including new digital programmes and our work to integrate physical activity into talking therapies.

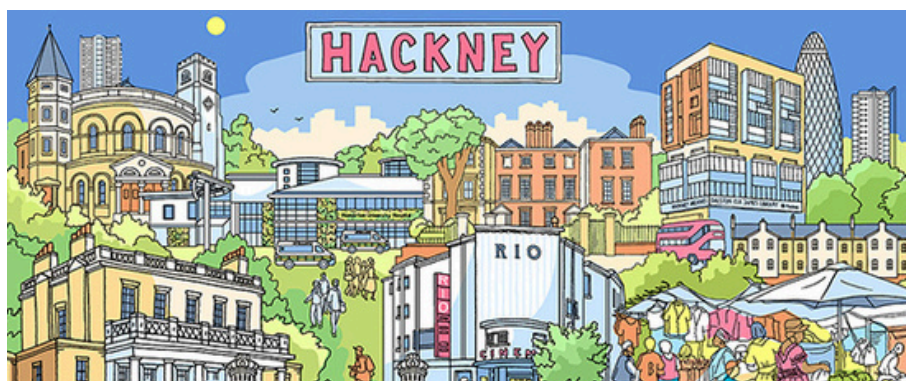


Image: Hackney, Jane Smith @janeillustration

We're pleased to welcome Lee Williams as our new Physical Activity Lead for the Sport England Talking Therapies Trailblazer project. Our 'Moving Through Depression' group is also currently recruiting, combining CBT-informed approaches and movement to support adults experiencing moderate to severe depression.

Jon Wheatley

Consultant Clinical Psychologist and Head of City & Hackney Talking Therapies

Lee Williams

Physical Activity Lead & Cognitive Behavioural Therapist



Performance Snapshot

From April to June 2026, we received 3,189 referrals, with 1,881 patients entering treatment and 106 referrals identified as unsuitable. Reliable recovery was 44.3%, with 99% patient satisfaction.

Current average waiting times are 7 weeks for low-intensity and 18 to 25 weeks for high-intensity interventions.

Our Employment Team received 249 referrals, with 175 patients starting support and 172 completing it.

A reminder of our wider offer

Alongside individual talking therapies, we offer group interventions and support for people with long-term physical health conditions affecting their mental health. Patients receiving treatment with us can also access our Employment Team.

[Explore our treatment options, groups and referral information on our website →](#)



[Our Website](#)



[Our YouTube](#)



[Our Instagram](#)



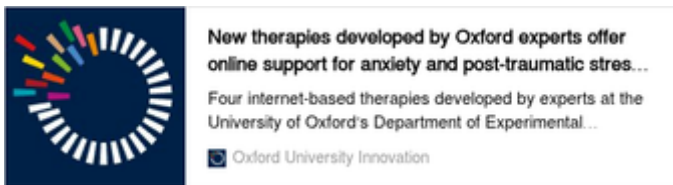
NHS Talking Therapies Campaign

The national NHS Talking Therapies campaign is raising awareness of support for anxiety-related difficulties, including social anxiety disorder, PTSD, OCD, panic disorder, phobias and body dysmorphic disorder (BDD). It also includes resources that can be shared with patients to help raise awareness of common difficulties and the support available.



Please consider Talking Therapies for patients who may benefit. Patients can self-refer or be referred by a healthcare professional. [Explore the NHS Talking Therapies campaign](#)

Service Development Updates



Internet Cognitive Therapy trials underway

We have started recruiting patients to trials of internet Cognitive Therapy (iCT) for Social Anxiety Disorder and PTSD, in collaboration with OXCADAT and Koa Health.

The first patients have now started treatment and are being randomly allocated to either iCT or treatment as usual.

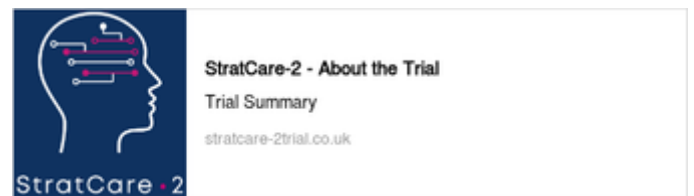
These therapist-assisted digital programmes are designed to deliver evidence-based cognitive therapy in a more accessible and time-efficient format.

[Find out more about iCT →](#)

Coming soon...

MBCT and Virtual Reality

We're exploring the use of virtual reality within MBCT. We'll share more in a future edition.



StratCare trial reaches recruitment target

We have met our patient recruitment target for the StratCare-2 trial and will continue recruiting until the trial closes in September.

StratCare is a web-based tool that uses information about a patient's symptoms, background and other characteristics to help recommend whether they may benefit from starting with a brief or more intensive therapy.

The trial is exploring whether this approach can help match people to the right level of treatment earlier and improve longer-term outcomes for people experiencing depression.

[Find out more about StratCare-2 →](#)

Community Engagement

April - June 2026

22 outreach activities | 350+ people present across events | 170+ direct conversations

From April to June, our team continued to bring Talking Therapies into community settings across City & Hackney, including foodbanks, Welcome Hackney drop-ins, community organisations and local events.



We also delivered workshops on sleep, menopause, stress and support for carers, and joined events including Refugee Week and Hackney u3a. Feedback has highlighted the value of our presence in raising awareness of Talking Therapies, particularly among people who may not have known about the service. These conversations have also helped people understand their options and, where appropriate, access support.

For community events, outreach support or mental health workshops, contact us at:

huh-tr.chttcommunityengagements@nhs.net



Useful resources to share with patients

Panic attack vs anxiety attack: what's the difference?

Our recent blog explains the difference between panic and anxiety attacks, what they can feel like and when to seek further support.

[Read the blog →](#)



PATIENT VOICES

How service user feedback is shaping our service

Our Service User Consultation and co-production work continues to help us understand people's experiences of accessing and using Talking Therapies. Alongside wider patient feedback, this helps us identify areas for improvement and shape practical changes across the service.

Improving support while people wait

Patient feedback highlighted the importance of clear information and access to helpful resources while waiting for treatment.

In response, we have developed additional waiting-list resources and strengthened signposting to local peer support, community activities and other sources of support.



Closing the loop after self-referral

Some patients described feeling uncertain after completing an online self-referral, particularly when they did not know whether it had been received.

People who self-refer online now receive a confirmation email acknowledging receipt of their referral and providing further information about the service and next steps.

Embedding patient experience in service improvement

Feedback from our Service User Consultation Group, wider patient feedback and post-treatment feedback opportunities is helping us identify priorities for ongoing service improvement.

This supports us to keep patient experience at the centre of how our pathways, information and resources develop.

What our patients say



I was able to talk to my therapist in a safe environment and open up



The service was excellent. The best place I've received treatment

To share feedback or contribute to future editions, contact: huh-tr.tcsuworkinggroup@nhs.net



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