

WellBN Adult ADHD Primary Care Service Case Study

Disclaimer: Please note that Takeda has provided support to the organisation represented within this write up.

This Service is an NHS-based diagnostic and treatment pathway for adults aged 18 and over, developed and delivered within a primary care setting in Brighton. It was established in 2021 in response to a local tragedy and the demanding national wait times for ADHD diagnosis through traditional secondary care pathways. Over the past four years, the service has built a clinically robust, cost-effective, and inclusive model that addresses significant gaps in access to adult ADHD care – particularly for underserved and socioeconomically disadvantaged populations.

Quantitative Outcomes:

- ADHD diagnosis waiting times decreased from 2–3 years in 2021 to between 2 weeks and 3 months in 2025
- Increased access to ADHD services for deprived and underserved populations
- ADHD register increased from 306 in Jan 2021 to 868 in July 2025
- Cost-effective delivery model lower than some RTC providers

Qualitative Outcomes

- Improved patient experience through consistent, holistic care and stronger therapeutic relationships
- Enhanced local expertise with a growing team of specially trained GPs and pharmacists supporting neurodivergent care
- Delivers accessible, person-centred care through integrated neighbourhood teams reflected by the NHS 10-Year Plan's goals¹

Current Commissioning Position:

Although currently this service is unfunded, the service has been sustained through internal innovation and commitment to patient care.

The service is currently (at the time of writing):

- Entering a short-term subcontracting arrangement to maintain service continuity
- Engaged in active discussions with another ICB regarding direct commissioning
- Exploring registration as an independent Right to Choose provider
- Considering a subcontracting model with a low-cost provider

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 Link to case study details: <https://www.wellbn.co.uk/article/uncategorized/case-study-wellbn-adhd/>

References

¹ NHS England – Neighbourhood Health Guidelines 2025/26

