East London
NHS Foundation Trust
Information Governance
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Website: https://www.elft.nhs.uk

15th October 2026.

Our reference: FOI DA6660

Name: Henry Shelford
By Email: research@adhduk.co.uk

Dear Henry,

We are responding to your request for information received 12th June 2026. We are sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

We are now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact us on the contact details above if you have any further queries.

Yours sincerely,

FOI Team

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commission
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

Please note that the data supplied is not allowed to be re-used and/or published without the explicit consent of East London NHS Foundation Trust. Please contact the signatory to request permission if this is your intention

Request:

Question 1: Adult ADHD Assessments
How many adults do you have waiting for an ADHD diagnosis at the moment?

Answer: As of 10th July 2026, there were 6863 patients waiting for a first appointment by the Adult ADHD teams.

Question 2: Adult ADHD Assessments
How many adults were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).

Answer: For the period in question, 1147 patients were seen for a first appointment by the Adult ADHD teams.

Question 3: Adult ADHD Assessments
If an adult was referred to you now when would you expect them to be seen?

Answer: The Trust has reviewed question 3 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:
Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

East London NHS Foundation Trust does not record the information requested. Such information will vary on a case by case basis. The Trust is therefore unable to provide a response.

Question 4: Adult ADHD Assessments
Please describe your current Adult ADHD Assessment pathway.

Answer: Adults aged 18 years and over who are registered with a GP within the ELFT area and are suspected of having ADHD are referred to the ELFT Adult ADHD Service via their GP (or another appropriate clinician where applicable). In some cases, an initial screening or assessment may be undertaken by the referring mental health team before referral to the specialist ADHD service.

Referrals are clinically screened by the Adult ADHD Service. Where accepted, individuals are placed on the waiting list for a comprehensive diagnostic assessment. The assessment is undertaken by a specialist clinician using a detailed clinical history, structured ADHD assessment tools and collateral information where appropriate, in line with national guidance.

Following assessment, individuals are informed of the outcome. Where ADHD is diagnosed, an individualised treatment plan is developed, which may include psychoeducation, medication initiation and optimisation, ongoing monitoring, and transition to shared care with the person's GP where clinically appropriate and agreed. Individuals who do not meet diagnostic criteria are provided with feedback and signposted or referred to alternative services where indicated.

Question 5: Child ADHD Assessments
How many children do you have waiting for an ADHD diagnosis at the moment?

Answer: Total on the waiting list as of 19th August 2026 is 453 people.

Question 6: Child ADHD Assessments
How many children were given an ADHD Assessment in the last year (1st April 2025 - 31st March 2026).

Answer The Trust has reviewed question 6 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 40 for the FOI Act states:
(2) This exemption covers the personal data of third parties (anyone other than the requester) where complying with the request would breach any of the principles in the UK GDPR.

In order to provide the information requested, it would be necessary to access patient records as the information is not held in a searchable format. There is no legal basis to access patient records for the purposes of responding to a Freedom of Information request. The Trust is therefore unable to provide a response.

Question 7: Child ADHD Assessments
If any Children was referred to you now when would you expect them to be seen?

Answer The Trust has reviewed question 7 of your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the Freedom of Information Act 2000 states:
Any person making a request for information to a public authority is entitled—
(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and
(b) if that is the case, to have that information communicated to them.

East London NHS Foundation Trust does not record the information requested. Such information will vary on a case by case basis. The Trust is therefore unable to provide a response.

Question 8: Child ADHD Assessments
Please describe your current Child ADHD Assessment pathway

Answer In East London, referrals for a possible ADHD assessment for children are received and screened, with additional information obtained where required (including from schools).

Following an initial screening, children and young people are directed to the most appropriate pathway based on their presenting needs. Most assessments are undertaken by the local ADHD Team or the Neurodevelopmental Team (where Learning Disability and/or ASD is indicated), or the Emotional & Behavioural Team where specialist mental health input is also required as a part of their identified needs. Additional screening such as Qtest are completed as required.

In Bedfordshire and Luton, referrals for ADHD assessments are primarly undertaken by the local child development services. If the children are known to CAMHS then ADHD is assessed alongside their mental health assessment and care. Following assessment, the care plan will include a range of treatment options.