

South Sefton Neighbourhood Centre
5 Park Road
Waterloo
Merseyside
L22 3XR
Telephone No: 0151 330 8500
Fax No: 0151 330 8513

Dear Primary Care Colleague,

Please find information regarding referrals and assessment pathways; contact numbers and a summary of services available to patients in South Sefton.

We would appreciate if you could ensure that all clinical staff has access to this pack. If you have any questions or require any further information you'd like to see added to future updates, please do not hesitate to contact us on the emails below.

Please feel free to contact either of us if you are having trouble with any aspect of the referral process, to discuss training, register reviews or to get further information or guidance.

Yours sincerely

Your Primary Care Mental Health Liaison Team

Del Roberts

Primary Care Mental Health Liaison Practitioner
T: 0151 330 8648
M: 07581176944
E: Delwyn.Roberts@merseycare.nhs.uk
Secure email: delwynroberts@nhs.net

David Johnson

Primary Care Mental Health Support
T: 0151 472 7505
M: 07775030617
E: David.Johnson@merseycare.nhs.uk
Secure email: david.johnson21@nhs.net

For urgent referrals please do not use the above contacts but instead refer to page 4 & 5

INDEX

[3 – A Guide to Mental Health Referrals](#)

[4-6 - New Referrals](#)

[7 - CMHT/Consultant Contact Information](#)

[8-9 - Wider Services Available from Mersey Care](#)

[9-10 - Other Services of Note](#)

A Guide to Mental Health Referrals

GPs **should** refer people who:

- Have not initially responded to two anti-depressants, (in accordance with NICE guidelines.)
- Have needs that are too complex to be treated in primary care i.e. a serious mental health problem
- Who are at risk of serious harm or suicide

GPs should **not** refer people who:

- Have a common mental health problem
- Have mild to moderate anxiety and depression
- Have no disruption to wider functioning.

Things to include when making referrals to our services:

- Current mental health problem, its impact on functioning and the history & duration of problem
- Interventions tried (medical and psychological) and patient's response.
- Current medications
- Risk history and any current concerns regarding risk/safeguarding
- Contact number of significant carers and other agencies involved
- Any other relevant issues or comments you think will be helpful.

Adult Referrals to Secondary Mental Health Services

All **adult** mental health referrals from primary care should be sent to the Assessment and Immediate Care Service:

**Assessment and Immediate Care Service
Clock View Hospital
2a Oakhouse Park
Liverpool
L9 1EP**

For advice, urgent and routine assessments and referrals for **new patients**:

- **0151 330 7207 (8am – 9pm)** – Assessment and Immediate Care Service
- **0151 529 8145 (8am – 9pm)** – Aintree Hospital Liaison Service
- **0151 330 7229** – FAX

For urgent reassessment of patients **known to services**:

- Contact the relevant consultant psychiatrist or their team on the numbers below (page 6)
- Contact the CMHT to see if the patient is known to a CPN – **0151 330 8500**
- If the issue is very urgent and out of hours, contact the Crisis Team above on **0151 529 8145**

PLEASE NOTE

- **Please avoid sending patients to or ringing A&E – use the Assessment and Immediate Care Service**
- Use the same contacts to request domiciliary visits for Mental Health Act assessments
- For any further advice or queries on referrals please contact your Primary Care Mental Health Liaison Team (contacts on page 1).

Older Adults Referrals to Secondary Mental Health Services

All **older adults'** mental health (including memory service) referrals from primary care should be sent directly to the consultants at South Sefton Neighbourhood Centre.

Older Adults Mental Health Team
South Sefton Community Neighbourhood
Centre
Park Road
Waterloo
L22 3XR

For advice, urgent and routine assessments and referrals for **new patients:**

- **0151 330 8512 (9am – 5pm)** – PA to Dr I Eardley
- **0151 330 8511 (9am – 5pm)** – PA to Dr S Sikdar
- **0151 330 8513** – FAX (urgent assessment within next few days).

For urgent reassessment of patients **known to services:**

- Contact the relevant consultant psychiatrist or their team on the numbers below (page 6)
- Contact the CMHT to see if the patient is known to a CPN – **0151 330 8519**.

PLEASE NOTE

- **Please avoid sending patients to, or ringing A&E**
- Use the same contacts to request domiciliary visits for Mental Health Act assessments
- For any further advice or queries on referrals please contact your Primary Care Mental Health Liaison Team (contacts on page 1).

Referrals to the Early Interventions Team

The Early Intervention Team (based at South Sefton Neighbourhood Centre) works with people who have their first episode of psychosis (formerly, only young people between ages 14 and 35). There are three forms of treatment offered in the service. Those who have clearly had a psychotic episode are taken on for up to three years, those who appear to be at increased risk of developing psychosis, for up to one year. For those whom it remains uncertain what the presenting problem is after a detailed assessment are taken on for six months, and a more detailed multi disciplinary assessment is carried out. At the end of treatment a review of a persons needs will be carried out and they will be transferred to the appropriate place.

| EARLY INTERVENTIONS (FAX: 0151 330 8513) | | |
|--|-------------------------|----------------------|
| Nathan Murphy | Team Manager | 0151 330 8640 |
| Dr I Ellory | Consultant Psychiatrist | 0151 330 8642 |
| Bernadette Rosenthal | Medical Secretary | 0151 330 8555 |
| Marion Walsh | Team Secretary | 0151 330 8532 |

Referrals to the Learning Disabilities Team

Our Learning Disabilities Team (based at the Hesketh Centre, Southport) provides specialist services to adults, over the age of 18 with learning disabilities. All teams work on a needs-led rather than age-led basis. The learning disability service also provides a bespoke care pathway for people with Down's syndrome and dementia. The teams take a "Person Centred" approach and meets with patients on a one-to-one basis, in groups or with carers and families.

| LEARNING DISABILITIES (FAX: 01704 383042) | | |
|---|-------------------------|----------------------|
| Wendy Porter | Team Manager | 01704 383 030 |
| Dr Tim Matthews | Consultant Psychiatrist | 01704 383 116 |

South Sefton Community Mental Health Teams

These are the contact numbers for the relevant people in each CMHT based at South Sefton. These contacts should be used to discuss patients currently known to the CMHT, to request reassessment and pass on other concerns. If unsure which team your patient is known to, please contact reception on **0151 330 8500** who will be able to guide you.

| CROSBY TEAM | | |
|------------------------|--------------------------|----------------------|
| Amanda Coventry | Team Manager (until Aug) | 0151 330 8500 |
| Dr M Agarwal | Consultant Psychiatrist | 0151 330 8552 |
| Julie Lenehan | Medical Secretary | 0151 330 8552 |
| Jennifer Brown | Team Secretary | 0151 330 8523 |

| BOOTLE TEAM | | |
|--------------------|-------------------------|----------------------|
| Nicci Drew | Team Manager | 0151 330 8518 |
| Dr K Naidoo | Consultant Psychiatrist | 0151 330 8554 |
| Julie Riley | Medical Secretary | 0151 330 8554 |
| Sue Cann | Team Secretary | 0151 330 8529 |

| MAGHULL TEAM | | |
|----------------------|-------------------------|----------------------|
| Neil Doolin | Team Manager | 0151 330 8564 |
| Dr J McCarthy | Consultant Psychiatrist | 0151 330 8553 |
| Karen Moore | Medical Secretary | 0151 330 8553 |
| Carla Wooley | Team Secretary | 0151 330 8633 |

| OLDER ADULTS TEAM | | |
|---------------------------|-------------------------|----------------------|
| Amanda Coventry | Team Manager | 0151 330 8519 |
| Dr S Sikdar | Consultant Psychiatrist | 0151 330 8511 |
| Maureen Connolly | PA to Dr Sikdar | 0151 330 8511 |
| Dr I Eardley | Consultant Psychiatrist | 0151 330 8512 |
| Katie Evans-Risley | PA to Dr I Eardley | 0151 330 8512 |
| June Chetter | Team Secretary | 0151 330 8501 |

For any other queries please contact your Primary Care Mental Health Liaison Team (contacts on page 1). The CMHT and Relationships Manager is Neil Doolin. He can be contacted on 0151 330 8564 or via email Neil.Doolin@merseycare.nhs.uk

Wider services available from Mersey Care

➤ South Sefton Community Health Services (ex-LCH Services)

- Services ran by Liverpool Community Health in South Sefton are now being provided by Mersey Care.
- Services including blood testing, community matrons, district nursing, treatment rooms, speech therapy, physiotherapy, occupational therapy, foot care, adult diabetes and adult dietetics, intravenous fluids therapy and community respiratory care.
- <http://www.merseycare.nhs.uk/gps-and-referrers/physical-health-referrals/>

➤ Eating Disorder service

- Referral letters should include information on the client's specific eating disorder symptoms, weight, height and any recent change in weight
- Referrals are processed by members of the EDS team and if appropriate, clients are sent and opt-in letter, requesting that they phone to book in for an appointment. Waiting time for assessment is 2 to 6 weeks. Waiting time for individual therapy is 18 weeks. Waiting time for group therapy can be a little longer as it is dependent on group start dates
- **Eating Disorder Service** **Tel:** 0151 471 7751
Rathbone Hospital, Mill Lane, L13 4AW **Fax:** 0151 471 7720

➤ Inpatient services

- Mersey Care provides a variety of specialised inpatient services tailored to different needs. These are accessed through the AIC team (page 3 and 4). For information on referring to secure services and to find a digital copy of this information pack, please visit <http://www.merseycare.nhs.uk/gps-and-referrers/>

➤ Perinatal service

- Specialist inpatient and community services are offered for mothers in the ante natal and post natal period. Pre-conception advice is also available for women on medication or receiving mental health services, who are planning to become pregnant. All referrals are triaged by the perinatal team and if appropriate we would offer an appointment to attend our perinatal clinic either at Liverpool Women's Hospital or University Hospital Aintree clinics or to be seen via a home visit.

Manager: Noreen Clarke **Tel:** 0151 702 4012
Liverpool Women's Hospital
Crown Street, Liverpool L8 7SS

➤ **Primary Care Liaison Team**

- The Primary Care Liaison Team is the product of a CCG funded CQUIN aiming to improve collaborative working between primary care and secondary mental health care, through improving communication with GPs and health outcomes for patients across South Sefton. This support can come through various ways, such as information sharing, reviewing mental health and dementia registers, regular virtual ward attendance, awareness training sessions for primary care staff, physical health clinics and more. Please use the contact details on page one to get in touch if you haven't already. We are eager to support you in ways that suit you.

➤ **Recovery College**

- Mersey Care Recovery College is working with people across Sefton aged 19+, providing support to identify talents, obtain new skills and move closer to achieving their goals in employment, volunteering and education or meaningful activity. Courses such as: "feeling better about yourself," "mental health awareness," "living life to the full," etc. Contact your primary care liaison team for more info or visit <http://www.merseycare.nhs.uk/about-us/our-recovery-programme/mersey-care-recovery-college/>

➤ **Stepped Up Care**

- A separate team from the main CMHT; patients may be involved with Stepped Up Care if they need more input. Suitability will be assessed by the Assessment and Immediate Care Service and the CMHT.

➤ **Ambition Sefton**

- Community drug and alcohol services for people who live in Sefton are now provided by Mersey Care.
- T: 0151 944 5334 or <http://www.merseycare.nhs.uk/our-services/a-z-of-services/drug-and-alcohol-services/ambition-sefton/>

Please visit <http://www.merseycare.nhs.uk/our-services/a-z-of-services/> to find information on these and other services provided by Mersey Care NHS Trust

Other services

➤ **Access Sefton (IAPT – Talking Therapies)**

- Access Sefton provides talking therapies for people with anxiety, depression and other common issues. The service is free and is funded by the NHS
- T: 0151 955 3200 or www.insighthealthcare.org/accesssefton
Self-referral or referrals from GPs accepted.

➤ **Veterans in Sefton (VIS)**

- A free and confidential one-stop shop for ex-forces and their families ran by ex-forces. Offers support around health, housing and employment in the Sefton and wider area. Features counselling services, NAAFI breaks and support for anyone dealing with issues that have come from being in service. (Also happy to assist with joint-visits/assessments for those difficult to engage)
- Based at Brunswick Youth & Community Centre, 104 Marsh Lane, Bootle, L20 4JQ
- **Dave Smith:** 0151 922 3552 or Dave.Smith@veteransinsefton.org.uk

➤ **Imagine Independence (Employment Services)**

- A free and confidential employment service to persons in secondary care in the South Sefton area. One to one support in all aspects of development towards full time sustainable employment. Covering but not exhaustive: CV writing and development, application forms, job search techniques, letter writing, telephone techniques, interview training and practice, benefits support, approaching employers, sourcing vacancies, working alongside CMHT and external parties
- Employment services are aimed at supporting people into work, not voluntary work. However, each case is assessed individually, following the Individual Placement and Support model (IPS) and progress options are discussed with the individual and signposting offered when suitable
- South Sefton Neighbourhood Centre, Park Road, Crosby
- **Olga Snell** – Manager
o.snell@imaginementalhealth.org.uk 07816131691
- **Bethany Meredith** - Employment Advisor
bmeredith@imaginementalhealth.org.uk 07557868985

➤ **Bowersdale Centre**

- The Bowersdale Centre is a community centre for Sefton residents living with Mental Health Problems and/or Learning Difficulties.
- Art and craft sessions, walking groups, drama workshops, documentary group, ladies group, music/karaoke, social functions, indoor and outdoor activities, swimming groups and more.
- Referrals accepted from local service providers, GPs and agencies.
- **Bowersdale Resource Centre,** enquiries@expect-excellence.org
Crescent Road, Seaforth, 0151 257 6370
Liverpool L21 4LJ

If you have any further questions or ideas for things you would like future editions of this information pack to contain, please do not hesitate to contact your primary care mental health liaison practitioner.