

Funding: Information for people wanting to access Tuke Centre services

The Tuke Centre aims to provide a range of pricing plans and personalised packages for both individuals and organisations, including public bodies. We work in partnership with the NHS, wherever we can.

This leaflet covers all areas of funding, providing information and advice on how to access each source. Should you require any further information about any of these funding sources then call us on **01904 430 370** or email our funding lead Sue Edwards on info@thetukecentre.org.uk – we'd be pleased to help.

Funding through your local Clinical Commissioning Group¹

1. For this route through funding, you will normally need to ask your GP to apply on your behalf.
2. GPs can refer people to the local Community Mental Health Team (CMHT) for consideration for suitability for IAPT (Improving Access to Psychological Therapies) services and CMHT support.
3. If the CMHT or IAPT cannot help or if they have already been tried without making a difference, then GPs can also apply for funding through the CCG for people using 'exception funding'.
4. 'Exception funding' can be applied for once all existing commissioned talking therapy services (IAPT) have been exhausted and the GP judges that their patient needs treatment that is not otherwise funded by the NHS, or if there is no suitable treatment available locally.
5. For example, if you have an eating disorder and you live in East Yorkshire and there are no Eating Disorder services, then your GP could apply to the CCG for funding for therapy with the Tuke Centre.
6. Other ways to demonstrate an exception are when people meet certain clinical criteria – you will need to ask your GP about this.
7. Unlike many therapy services, we offer a wide range of therapies recommended in the NICE guidelines², such as Dialectical Behaviour Therapy for people with Borderline Personality Disorder. If you want to know more about the therapies we offer please visit our website www.thetukecentre.org.uk.
8. We can also offer a smooth pathway to The Retreat's inpatient services, where necessary

It's largely up to GPs to decide whether your situation means that you would have a good chance of receiving CCG funding and they will decide whether they take forward an application. However, if you feel strongly that you should have your therapy funded then you can apply directly to the CCG, making your own case for funding. If this is the case, we can support you to do this, if we feel there is reason to believe that you would significantly benefit from services we offer that are not available in a timely fashion elsewhere.

¹ Clinical Commissioning Groups are clinically-led statutory NHS bodies responsible for the planning and commissioning of health care services for their local area. To find your local CCG go to <http://bit.ly/1kzHrtY>

² The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. It develops guidance, standards and information on high quality health and social care.

Funding through Insurance companies

1. We work with a wide range of insurance companies, including BUPA, AXA (including Health online), Simply Health, Pru Health (now Vitality Health), Aviva and Cigna.
2. Policies usually require people to have a GP referral before they will agree to funding treatment, but you will need to check with your insurance company to see if that is the case for your particular policy.
3. We always require pre-authorisation of the therapy before we begin, to avoid any issues with ongoing care.
4. Although we are approved providers for all leading private medical insurance companies, we find that different policies cover different levels of care – and the response of insurance companies to recommendations made by GPs or by our psychiatrists is not always predictable. This means that if you choose to use your medical insurance policy to fund your therapy you will need to check your cover and any conditions attached to it.

Self-funding

1. The majority of people using our services choose to self-fund – for a wide range of reasons.
2. Some choose to self-fund because they are not willing or able to wait for NHS treatment, others because they choose therapies that are not normally eligible for public funding.
3. Some people prefer the individualised, tailored, high quality approach that the Tuke Centre offers.
4. We can provide appointments at times that suit you, including evening appointments.
5. We can also offer assessments and treatments from a wide range of professionals, including psychiatrists, clinical psychologists, counselling psychologists, accredited individual and group therapists, nurses, OTs, speech and language therapists and physiotherapists – all under one roof, with very short waiting times.
6. We have a benevolent fund for patients who are Quakers or who are closely associated with Quakers in some way. We have separate leaflets about both of this, available on request.

Employers

Some of the larger York employers will fund therapy for their employees. You will need to check with your employer if this is something you can access.

For further information about funding call Sue Edwards on 01904 430370 or email sedwards@thetukecentre.org.uk