

Our Ref:
NHS No:

CPFT Psychological Wellbeing Service (IAPT)
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**Out of hours contact your out of hours GP service
/ 111 option 2/ 0330 123 9131**

27th March 2017

**PRIVATE & CONFIDENTIAL
ADDRESSEE ONLY**

Dear Mr Gordon

It is now 3 months since you attended your CBT group. We hope that you continue to find the strategies and techniques which you learned on the course to be helpful. If you would like to meet for a review appointment to discuss any issues which remain difficult for you then please contact us on the number above to arrange this.

If we haven't heard from you within 14 days of this letter, we will assume that you don't require further help at this time and will discharge you from the service. If you required a re-referral at any point in the future then you could contact your GP.

In order to monitor your progress we have enclosed a set of questionnaires which we request that you fill out and return. **We would be very grateful if you could return the enclosed questionnaires whether or not you wish to meet for a review appointment. This helps us to know how you are doing and also to evaluate whether the group is working in the most effective way.**

Please don't hesitate to contact me if you have any further questions.

Kind Regards

**PWS Group Programme Leader/Senior Clinician (IAPT)
CPFT Psychological Wellbeing Service (IAPT)**

CC

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