

FEBRUARY 2026 NEWSLETTER



LITFIELD HOUSE Medical Centre



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Dear General Practitioner.

After what feels like endless rain since the start of the year, spring is finally on the horizon—and the first daffodils are already pushing through the soil, brightening our days.

Our new Board of Directors have settled into their roles, bringing fresh energy and ideas, and Litfield House continues to thrive. We're also looking forward to welcoming several new Consultants very soon—I'll be sharing their names and specialities as soon as they officially start.

There are still a couple of lectures left in our GP series this season. Don't miss the opportunity to join—take a look at our upcoming events section for more details.

Trisha Tanner

Practice Manager

Upcoming Events

Remaining GP lectures in our First Series of are as follows:

26th February 2026 @ 7.30pm

Lecture: "Adult ADHD"

Speaker: Dr Susannah Whitwell - Consultant Psychiatrist & Co-Founder of the Effra Clinic

5th March 2026 @ 7.30pm

Lecture: "Pessary and Prolapse Management"

Speaker: Dr Chendrimada Madhu - Consultant Gynaecologist
Emma Holloway - Advanced Nurse Practitioner and Pessary & Menopause Specialist at Somerset Early Scans.

To sign up contact Victoria via email or telephone (as below), or you can sign on to the lecture via our website, link as follows (overviews to following shortly):

<https://www.litfieldhouse.co.uk/healthcare-professionals/education-and-events/>

Victoria Gee

Marketing & Events



marketing@litfieldhouse.co.uk

Tel (Direct Line): 0117 317 1486 (Wed-Fri)

DR SUSANNAH WHITWELL – CONSULTANT PSYCHIATRIST, ADHD & AUTISM



Dr Susannah Whitwell has worked as a psychiatrist with a special interest in ADHD and autism since 2011, beginning her career in the **National Adult ADHD and Autism Diagnostic Service at the Maudsley Hospital, London**. In 2015, she co-founded the **Effra Clinic** with the aim of providing high-quality, patient-centred and psychiatrist-led ADHD and autism diagnostic assessment and management.

The Effra Clinic sees patients in London; remotely where clinically appropriate; and Dr Whitwell is delighted to now be offering appointments at **Litfield House** for **adult ADHD diagnostic assessment and management** as well as **adult autism assessments**.

Originally from Bristol, Dr Whitwell completed her medical training and psychiatric specialisation at the Maudsley, where she developed a strong academic and clinical interest in neurodevelopmental conditions. Her career has combined significant NHS experience with developing the Effra Clinic service, with a particular focus on **complex presentations of ADHD and autism in adulthood**. From 2020 to 2025 she was **Clinical Director for Adult Neurodevelopmental Services at the Maudsley**, alongside her independent practice.

In addition to her clinical work, Dr Whitwell has been actively involved in **teaching, training, and research**, contributing to the evidence base and raising awareness of these often misunderstood conditions. She emphasises the importance of thorough, careful assessment, recognising that ADHD and autism frequently overlap with each other and with other mental health conditions. Accurate diagnosis provides the foundation for effective treatment planning, safe prescribing in partnership with GPs, and practical recommendations that can make a real difference to patients' daily lives.

At the Effra Clinic, Dr Whitwell leads a **multidisciplinary team** of psychiatrists, psychologists, and neurodevelopmental specialists, ensuring patients receive a holistic and well-supported pathway of care. The clinic also runs **free online CPD events** with a focus on neurodevelopmental conditions, open to colleagues and referrers.

For more information or to refer a patient, visit www.effraclinic.co.uk or email enquiry@effraclinic.co.uk. To be added to the CPD mailing list, contact maria@effraclinic.co.uk.

<https://www.litfieldhouse.co.uk/consultant/susannah-whitwell/>

Please click on the following links for more information:

Consultancy/Surgical Suite Hire
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Consultants and Specialities
[Consultants and Specialities | Litfield House Medical Centre](#)

Medico Legal Specialists
<https://www.litfieldhouse.co.uk/medico-legal/>