

08/08/2023

NN-ICB/23/342

Dear Requestor

**RE: Freedom of Information Request**

With reference to your request for information I can confirm in accordance with Section 1 (1) of the Freedom of Information Act 2000 that we do hold the information that you have requested. A response to each part of your request is below and attached.

In the request you asked:

I am writing to you under the Freedom of Information Act 2000 to request the following information around the procurement of services under the NHS Talking Therapies, formerly IAPT (Improving Access to Psychological Therapies) program.

Please provide data on providers, volume and value for outsourcing and insourcing IAPT (NHS Talking Therapies) services within your respective trust, board, or ICS for the financial years 2022-23, 2021-22, 2020-21, 2019-20, 2018-19. Please provide the following:

- a) **name of the provider to whom is outsourced/insourced,**
- b) **the total value of the services provided/contract** (in £s), and
- b) **total volume of appointments procured** (as # of appointments covered/completed under the agreement)

We have defined **outsourcing** as an external (third party) provider that has been contracted by your trust, health board or ICB to deliver therapy, and **insourcing** as internal bodies within your trust, health board or ICB delivering the required therapy.

Services that we considered included under NHS Talking Therapies / IAPT are the following:

- Guided self-help based on cognitive behavioural therapy principles
- Cognitive behavioural therapy (CBT)
- Interpersonal therapy (IPT)
- Couple therapy for depression (CTfD) or behavioural couple therapy (BCT)
- Dynamic interpersonal therapy (DIT)
- Counselling for depression (PCE-CfD).
- Mindfulness-based cognitive therapy (MBCT)
- Trauma-focused cognitive behavioural therapy (TfCBT)
- Eye movement desensitisation and reprocessing (EDMR)

Please provide the data requested by this FOI in the attached Excel template where you can fill in the necessary information.

Please see attached Excel document in response to the above request.

If you are unhappy with the way in which your request has been handled, NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) have an internal review procedure through which you can raise any concerns you might have. Further details of this procedure can be obtained by contacting Lucy Branson, Associate Director of Governance via [lucy.branson@nhs.net](mailto:lucy.branson@nhs.net) or by writing to FOI Team at NHS Nottingham and Nottinghamshire ICB, Sir John Robinson House, Sir John Robinson Way, Arnold, Daybrook, Nottingham, NG5 6DA.

If you remain dissatisfied with the outcome of the internal review, you can apply to the Information Commissioner's Office (ICO), who will consider whether the organisation has complied with its obligations under the Act and can require the organisation to remedy any problems. Generally, the ICO cannot make a decision unless you have exhausted the complaints procedure provided by NHS Nottingham and Nottinghamshire ICB. You can find out more about how to do this, and about the Act in general, on the Information Commissioner's Office website at: <https://ico.org.uk/for-the-public/>

Complaints to the Information Commissioner's Office should be sent to:

FOI/EIR Complaints Resolution, Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Telephone 0303 123 1113 or report a concern via <https://ico.org.uk/concerns/>

Yours sincerely

Freedom of Information (FOI) Officer on behalf of *NHS Nottingham and Nottinghamshire Integrated Care Board*

[notts.foi@nhs.net](mailto:notts.foi@nhs.net)

*All information we have provided is subject to the provisions of the Re-use of Public Sector Information Regulations 2015. Accordingly, if the information has been made available for re-use under the [Open Government Licence \(OGL\)](#) a request to re-use is not required, but the license conditions must be met. You must not re-use any previously unreleased information without having the consent of NHS Nottingham and Nottinghamshire Integrated Care Board. Should you wish to re-use previously unreleased information then you must make your request in writing (email will suffice) to the FOI Lead via [notts.foi@nhs.net](mailto:notts.foi@nhs.net). All requests for re-use will be responded to within 20 working days of receipt.*