

26/08/2025

NN-ICB/25-1274

Dear Requestor

Re: Freedom of Information Request

Thank you for your request for information, received on 5 August 2025, regarding structured diabetes education (SDE). We have processed your request in accordance with the Freedom of Information Act 2000 (FOIA).

Under the FOIA, public authorities like ours are required to respond to requests for information within 20 working days. In response to your request, I can confirm that we do hold the information requested.

Please find below our response to your request:

We request the following information regarding your organisation's commissioning and provision of Structured Diabetes Education (SDE) for people living with Type 1 and Type 2 Diabetes.

Additionally, we seek information about commissioning and provision of services or education for individuals with gestational diabetes.

1. Who is the lead or main contact responsible for commissioning SDE for Type 1 Diabetes within your ICB? Please include name, job title, and contact email if available.

Caroline Goulding, Primary Care Director, who can be contacted via the General Enquires contact form: [General Enquiries - NHS Nottingham and Nottinghamshire ICB](#).

2. Who is the lead or main contact responsible for commissioning SDE for Type 2 Diabetes? Please include name, job title, and contact email if available.

Caroline Goulding, Primary Care Director, who can be contacted via the General Enquires contact form: [General Enquiries - NHS Nottingham and Nottinghamshire ICB](#).

3. Please confirm the name(s) of the provider(s) currently delivering SDE for both Type 1 and Type 2 Diabetes and the specific course(s) they provide (e.g., DESMOND, DAFNE, or others).

Provider	Course(s)
Sherwood Forest Hospitals NHS Foundation Trust (SFH)	Kings Mill's Adjustment For Eating Normally (KAREN) Programme – for people with T1 diabetes
Nottingham University Hospitals NHS Trust (NUH)	Dose Adjustment For Normal Eating (DAFNE) – for people with T1 diabetes
Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust (DBTH)	Dose Adjustment For Normal Eating (DAFNE) – for people with T1 diabetes

Nottingham CityCare	Diabetes Education and Self-Management of On-going and Newly Diagnosed – for patients with T2 Diabetes (Nottingham City only)
Nottinghamshire Healthcare NHS Foundation Trust (NHT)	Diabetes Education and Self-Management of On-going and Newly Diagnosed – for people with T2 Diabetes (Nottinghamshire County excluding Bassetlaw)
Nottinghamshire Healthcare NHS Foundation Trust (NHT)	X-pert – for people with T2DM (Bassetlaw only)

4. How many people were referred for Type 2 Diabetes Structured Education (SDE) during the most recent full financial year (April 2024 – March 2025)?

Provider	Course	Referrals 2024/25	Completers 2024/25	Current number on waiting list	Current average waiting time to first education
Nottingham CityCare	DESMOND	1280	406	300	3 weeks
NHT	DESMOND	2165	648	156	3 weeks
NHT	X-pert	807	193 booked (of which 169 attended at least the first session and 136 completed all sessions)	70	Sessions delivered based on 6-week cycle

5. Of those referred for Type 2 Diabetes SDE, how many completed the full course?
Please see information provided at Question 4 above.
6. How many individuals are currently on a waiting list for Type 2 Diabetes SDE?
Please see information provided at Question 4 above.
7. What is the current average waiting time from referral to first education session for Type 2 Diabetes SDE?
Please see information provided at Question 4 above.
8. What formats of structured education are offered (e.g., face-to-face, online live sessions, digital self-guided)?
Face to face, virtual and digital.
9. Does your ICB provide any education or support for people diagnosed with gestational diabetes? If so, please include the name(s), format(s), and provider(s) if available.
The NHS Diabetes Prevention Programme, provided by Living Well Taking Control, is provided via face to face, virtual and digital formats.

10. Who is the lead contact for commissioning or overseeing gestational diabetes care and support (e.g. education, monitoring)? Please include name, job title, and contact email if available.

Caroline Goulding, Primary Care Director, who can be contacted via the General Enquires contact form: [General Enquiries - NHS Nottingham and Nottinghamshire ICB](#).

If you are unhappy with the way in which your request has been handled, NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) has 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, Director of Corporate Affairs via 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

nnicb-nn.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 nnicb-nn.foi@nhs.net. All requests for re-use will be responded to within 20 working days of receipt.