

17/02/2026

NN-ICB/26-1496

Dear Requestor

Re: Freedom of Information Request

Thank you for your request for information, received on 2 February 2026, regarding Talking Therapies gender data. 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 not hold the information requested.

Details of your request:

1. The gender percentage of patients dropped out of Nottinghamshire Talking Therapies (NTT) between initial referral and before their first therapy appointment: what percentage of female and male referrals are either dropped or rejected before receiving their first therapy appointment. Note: "therapy appointment" DOES NOT mean the initial telephone assessment, as this is not a therapy appointment.
2. The percentage of males and females who receive each modality of therapy from Nottinghamshire Talking Therapies, since the inception of Nottinghamshire Talking Therapies.
3. The average number of therapy appointments given to male patients and to female patients, by Nottinghamshire Talking Therapies.
4. The percentage of male and female patients who disclose childhood abuse or adulthood domestic abuse, who receive one-on-one therapy for over 8 sessions from NTT.
5. The percentage of male and female patients who disclose childhood abuse or adulthood domestic abuse, who receive trauma-informed therapy from NTT.
6. The percentage of male and female patients who disclose childhood abuse or adulthood domestic abuse, who receive each modality of therapy from NTT (for example: Cognitive Behavioural Therapy, Cognitive Analytical Therapy, Dialectical Behavioural Therapy, Acceptance and Commitment Therapy, Compassion-Focused Therapy, Social Skills Training).
7. The percentage of male and female patients who receive in-person therapy, from NTT.

Our response to your request:

The ICB does not hold the information requested.

You may wish to contact the Talking Therapy provider - Vita Health Group – by email at: notts.tt.admin@notts-talk.co.uk or via their website - [Contact Us | Notts Talking Therapies](#).

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.