

19/06/2026

NN-ICB/26-1630

Dear Requestor

Re: Freedom of Information Request

Thank you for your request for information, received on 26 May 2026, regarding Cognitive Stimulation Therapy (CST) and post-diagnostic dementia support. 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:

All questions relate to the most recent 12-month period for which data is available unless otherwise specified. Please state the period covered in your response.

The data that has been used to inform the FOI response is from March 2026, except for 'C2' which is as of May 2026.

Section A: CST Provision

- A1. Does your ICB currently commission CST for people with mild to moderate dementia? [Yes](#).
- A2. If yes, how is CST commissioned? For example: included in memory service contract, spot purchase, block contract, or other. [Contracted as part of the Dementia Wellbeing Service](#).
- A3. Which organisation(s) deliver CST within your ICB area? [Alzheimer's Society](#).
- A4. How many individuals received CST in the most recent 12-month period? [110](#).
- A5. Is there currently a waiting list for CST within your ICB area? [Yes](#).
- A6. If yes, how many people are currently on the CST waiting list? [20](#).
- A7. What is the average waiting time from referral to commencement of CST? [12 weeks](#).
- A8. In which setting(s) is CST delivered? For example: memory clinic, community mental health team, primary care, community venue, patient home, or other. [Community venue](#).

Section B: Post-Diagnostic Support

- B1. What is the average waiting time from dementia diagnosis to first post-diagnostic support intervention? [The ICB does not hold this information](#).
- B2. Is any post-diagnostic dementia support currently delivered in or through primary care within your ICB area? [Yes](#).
- B3. What is the current dementia diagnosis rate within your ICB area, as a percentage of estimated prevalence? [69.9% \(March 2026\)](#).

Section C: Falls and Frailty

- C1. Does your ICB have a specific pathway or protocol linking dementia care with falls prevention? **Yes.**
- C2. How many hospital admissions in the most recent 12-month period were attributed to falls among people with a recorded dementia diagnosis? **610.**

Section D: Digital Approaches

- D1. Has your ICB commissioned, piloted, or evaluated any digital or technology-enabled cognitive intervention for people with dementia? **No.**
- D2. If yes, please provide the name of the technology and provider. **Not applicable.**

Section E: Workforce

- E1. Which staff group(s) currently deliver CST within your ICB area? For example: psychologist, occupational therapist, nurse, healthcare assistant, social prescriber, voluntary sector, or other. **Dementia Advisor(s).**
- E2. Has your ICB identified workforce capacity as a barrier to delivering CST at the scale recommended by NICE? **No.**

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 Governance and Assurance 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.