

Our Ref: PW/AKB/FOI-10-553

Stafford Education & Enterprise Park
Weston Road
Stafford
ST18 0BF

9th October 2023

Telephone: 0300 123 1461

Sent by email

Dear

FOI-10-553

Your request for information under the Freedom of Information Act 2000

Thank you for your request for information received on the 3rd October 2023. We can confirm that the Staffordshire and Stoke-on-Trent Integrated Care Board can provide the following information.

An anonymised copy of this response will be made publicly available on the ICB website.

Please see our responses in blue below:

Under the *Freedom of Information Act* I would like to request the following information:

- 1. In your Integrated Care System area, how many patients have you seen with insomnia over the last 12 months?**

Please be advised that the ICB does not commission any services for insomnia or hold any information on this. Your request should be redirected to the following Providers for which contact details are provided:

North Staffordshire Combined Healthcare NHS Trust

<https://www.combined.nhs.uk/get-in-touch/freedom-of-information/>

Midlands Partnership University NHS Foundation Trust

<https://www.mpft.nhs.uk/about-us/freedom-information>

University Hospitals of North Midlands NHS Trust

<https://www.uhnm.nhs.uk/contact-us/>

University Hospitals of Derby and Burton NHS Trust

<https://www.uhdb.nhs.uk/freedom-of-information-foi/>

2. **Of the NHS Trusts within your Integrated Care System area, which of them currently offer face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?**

Please see response to question one above.

3. **Of the NHS Trusts within your Integrated Care System area, which of them have previously offered face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms, but now no longer do so?**

Please see response to question one above.

3. **Of the NHS Trusts within your Integrated Care System area, which of them currently offer or signpost to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?**

Please see response to question one above.

5. **Of the NHS Trusts within your Integrated Care System area, which of them have previously offered or signposted to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms, but now no longer do so?**

Please see response to question one above.

6. **For each of the NHS Trusts within your Integrated Care System area, please could you provide a figure for how many referrals were made to Cognitive Behavioural Therapy for Insomnia services within the last 12 months that you have figures for?**

Please see response to question one above.

Should you require any further information or clarification regarding this response please do not hesitate to contact us. If you are dissatisfied with the response, you are entitled to request an internal review which should be formally requested in writing and must be within two calendar months from the date this response was issued.

To request an internal review

You can request an internal review by contacting the Staffordshire and Stoke-on-Trent Integrated Care Board FOI team by emailing the team at StaffsStokeFOI@staffsstoke.icb.nhs.uk or by post to the address at the top of this letter.

If you are not content with the outcome of your internal review, you may apply directly to the Information Commissioner's Office (ICO) for a decision. Generally, the ICO

cannot make a decision unless you have exhausted the Staffordshire and Stoke-on-Trent Integrated Care Board's FOI complaints procedure.

The ICO can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF
www.ico.gov.uk

Yours sincerely

Paul Winter
Associate Director of Corporate Governance