



North East and North Cumbria

Our Reference North East & North Cumbria
ICB\ FOI ICB120

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By Email

Dear

Freedom of Information Act 2000 - Request for Information – NHS North East & North Cumbria Integrated Care Board.

Thank you for your request received by North of England Commissioning Support (NECS) on 3 November 2022 for information held by NHS North East and North Cumbria Integrated Care Board (ICB) under the provisions of the Freedom of Information Act 2000.

For information Clinical Commissioning Groups ceased to exist on 30 June 2022. Services that were previously delivered by the CCG are now being delivered by the successor organisation NHS North East and North Cumbria (ICB). This covers the areas of County Durham, Newcastle Gateshead, North Cumbria, North Tyneside, Northumberland, South Tyneside, Sunderland and Tees Valley.

Please find the information you requested on behalf of the ICB as follows.

Details of Request and Reply

This request is for your ICS area and relates to information held on services relating to perinatal mental health, including six-week appointments with GPs and referrals to psychological therapies.

Six-week checks:

1 – In line with the [requirement brought in in April 2020](#) for GPs to offer a postnatal check six- to eight-weeks after birth (live and stillbirth) which focuses on the mother's mental health and general wellbeing, please provide the information below:

A – How many women in your ICS area have given birth or had a stillbirth each year for the last three full financial years?

Please see the attached

B – How many women in your ICS area have been offered the six- to eight-week postnatal check with a GP each year for the last three full financial years?

Information not held. You may wish to redirect your request to the GP Practices directly who may hold this information.

C – How many women in your ICS area have attended the six- to eight-week postnatal check with a GP each year for the last three full financial years?

Information not held. You may wish to redirect your request to the GP Practices directly who may hold this information.

NENC ICB do have access to MSDS and Primary Care data and linkage of the data could calculate how many people have had certain clinical elements updates 6-8 weeks post delivery date; however, numbers would be based upon a various assumptions being made, and the primary care data NENC ICB have access to is a snapshot in time and consequently, the ICB could not provide the requested information which covers the time period specified.

2 – In your ICS area,

A – Is there specific guidance given to GPs outlining how to ask about women's mental health and general wellbeing at the six- to eight-week postnatal check? For example, carrying out a mental health assessment or using open-ended questions.

GPs follow NICE guidance. The NENC ICS Public Health Prevention in Maternity programme are starting to roll out an approach to identify training needs and ensure information is accessible.

B – If you answered yes to question 2A, please provide a link or a copy of the guidance.

Please see the following link - [Overview | Postnatal care | Guidance | NICE](#).

C – Please provide information about how you track compliance with the requirement that GPs ask all women about their mental health and general wellbeing at the six- to eight-week postnatal check.

Information not held. There are no specific monitoring requirements set out in the GMS contract, which is set nationally by NHS England

3 Referrals to psychological therapies

A – Please provide figures for the total number of referrals to psychological therapy services, including IAPT and other national equivalents, following the six- to eight-week postnatal check with GP practices in your ICS area for the last three full financial years.

- 2019/20
- 2020/21
- 2021/22

Information not held. You may wish to contact the service providers who may be able to assist you with this further. IAPT providers for NENC are:

- *Sunderland and South Tyneside NHS Foundation Trust*
- *Vita Healthcare*
- *Northumbria Health Care NHS Foundation Trust*
- *Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust*
- *Sunderland Counselling Service*
- *Sunderland Mind*
- *Washington Mind*
- *Northumberland and Tyneside Mind*
- *Mental Health Matters*
- *Alliance Psychology*
Tees, Esk and Wear Valley NHS Foundation Trust

B – Please provide the following information for those who were referred to psychological therapy services (including IAPT and other national equivalents) following the six- to eight-week postnatal appointment with the GP, for the last three full financial years:

- **How many women in your ICS area have been assessed within two weeks of referral?**
- **How many women in your ICS area have not been assessed within two weeks of referral?**
- **How many women in your ICS area have started treatment within four weeks of assessment?**
- **How many women in your ICS area did not start treatment within four weeks of assessment?**

Information not held. NENC ICB do have access to an IAPT dataset; however, as this specific request is regarding referrals, we cannot confirm that maternity cases could be linked to provide the correct information following the GP postnatal check. Consequently, we cannot provide accurate data in response to this request.

You may wish to redirect your request to the service providers as noted for question 3A above.

In line with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log. Therefore, a version of our response which will protect your anonymity will be posted on the NHS ICB website <https://northeastnorthcumbria.nhs.uk/>.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the service you have received in relation to your request and wish to make a complaint or request a review of our decision, you should write to the Senior Governance Manager using the contact details at the top of this letter quoting the appropriate reference number.

If you are not content with the outcome your complaint, you may apply directly to the Information Commissioner for a decision. Generally, the Information Commissioner cannot make a decision unless you have exhausted the complaints procedure provided by The North of England Commissioning Support Unit.

The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane

Wilmslow
Cheshire
SK9 5AF

www.ico.gov.uk

Any information we provide following your request under the Freedom of Information Act will not confer an automatic right for you to re-use that information, for example to publish it. If you wish to re-use the information that we provide and you do not specify this in your initial application for information then you must make a further request for its re-use as per the Re-Use of Public Sector Information Regulations 2015 www.legislation.gov.uk . This will not affect your initial information request.

Yours sincerely

Pamela Coxon

Information Governance Officer