

Our Reference North East and North Cumbria ICB\  
FOI ICB 24–227

NECS – John Snow House  
Durham University Science Park  
Durham  
DH1 3YG

Tel: 0191 301 1300  
E-mail: [necsu.icbfoi@nhs.net](mailto:necsu.icbfoi@nhs.net)

By Email

1 October 2024

Dear Applicant

**Freedom of Information Act 2000 – Request for Information – NHS North East and North Cumbria Integrated Care Board (NENC ICB)**

Thank you for your request received by North of England Commissioning Support (NECS) on 3 September 2024 for information held by NHS North East and North Cumbria Integrated Care Board (the ICB) under the provisions of the Freedom of Information Act 2000.

The ICB covers the areas of County Durham, Gateshead, Newcastle, North Cumbria, North Tyneside, Northumberland, South Tyneside, Sunderland, and Tees Valley (which covers the five local authorities of Darlington, Hartlepool, Middlesbrough, Redcar and Cleveland and Stockton-on-Tees).

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

**Your Request**

I am writing to request information under the Freedom of Information Act regarding the sleep services provided within your jurisdiction. Specifically, I would like to know the following:

1. Do you have a commissioned sleep service?
2. Who provides this service?
3. What is the pathway for accessing this service?
4. What is the allocated budget for this service?
5. Do you have a Sleep Champions/Advocates network?
6. What is the pathway for being prescribed melatonin?
7. What is the RAG rating for melatonin?

I would appreciate it if you could provide the requested information within the statutory time frame. If any part of this request is unclear or if you require further details, please do not hesitate to contact me.

**Our Response**

We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB holds some of the information you have requested.

1. We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB holds some of the information you have requested. However, this is available within the NENC ICB publication scheme which can be accessed on the ICB website: [Publications scheme | North East and North Cumbria NHS \(northeastnorthcumbria.nhs.uk\)](https://www.northeastnorthcumbria.nhs.uk/publications-scheme) or please refer to our previous related request, our ref: FOI ICB 24-166 from the NENC ICB FOI Disclosure Log at: [foi-icb-24-166-response-letter.pdf \(northeastnorthcumbria.nhs.uk\)](https://www.northeastnorthcumbria.nhs.uk/foi-icb-24-166-response-letter.pdf)

In accordance with s.21 of the FOIA, we are not required to provide information in response to a request if it is reasonably accessible to you by other means.

2. Please refer to the response to question 1.
3. Please refer to the response to question 1.
4. NENC ICB does not have the contract at the level of detail requested. The service is part of a block contract payment with the providers.
5. Please refer to the response to question 1.
6. Melatonin is listed on formulary for NENC, and clinicians may prescribe as detailed in the formulary entry. [North East and North Cumbria Formulary \(northeastnorthcumbriaformulary.nhs.uk\)](https://www.northeastnorthcumbriaformulary.nhs.uk)
7. The formulary entry (see link in question 6) includes the RAG status.

In accordance 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://www.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 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 review, you do have the right of complaint to the Information Commissioner as established by section 50 of the Freedom of Information Act 2000. 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.org.uk](https://www.ico.org.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](http://www.legislation.gov.uk) . This will not affect your initial information request.

Yours faithfully

*S Davies*

**S Davies**  
**Information Governance Officer**