

Our Reference North East and North Cumbria ICB\
FOI ICB 25-327

North East and North Cumbria ICB
Pemberton House
Colima Avenue
Sunderland Enterprise Park
Sunderland
SR5 3XB

Tel: 0191 512 8484
E-mail: nencicb.foi@nhs.net

By Email

5 December 2025

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 on 13 November 2025 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, 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.

Your Request

Under the Freedom of Information Act 2000, I am writing to request the following information regarding the commissioning and provision of pulmonary rehabilitation services within your organisation.

Please provide responses to the following for the most recent full financial year (April 2024 – March 2025).

1. Who is the person responsible for commissioning pulmonary rehabilitation services within your organisation? Please include their name, job title, and contact email if available.
2. Which provider organisations are currently delivering pulmonary rehabilitation services under contract with your organisation?
3. How many people were referred to pulmonary rehabilitation during the most recent full financial year?
4. Of those referred, how many completed a full pulmonary rehabilitation programme during the same period?
5. For which primary conditions or diagnoses do you refer patients to pulmonary rehabilitation?
6. How many individuals are currently on a waiting list for pulmonary rehabilitation, and what is the average waiting time if available?

7. What types or formats of pulmonary rehabilitation are currently offered (for example, face-to-face, home-based, or digital such as MyCOPD)?
8. What outcome measures are used to evaluate pulmonary rehabilitation services (e.g. CAT score, six-minute walk test)?

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. Levi Buckley is NENC ICB's Chief Delivery Officer. Please direct all queries to Levi Buckley using the ICB's generic mailbox nencicb-sun.reception@nhs.net marked for his attention. Alternatively, please telephone the ICB's Switchboard on 0191-512-8484.
2. Provider organisations are noted below, by ICB place:

County Durham: The provider organisation is County Durham and Darlington NHS Foundation Trust (FT).

Newcastle Gateshead: The NHS providers are Gateshead Health NHS FT and the Newcastle-upon-Tyne Hospitals NHS FT. Baywater (Newcastle only) is a private service provider.

North Cumbria: We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB on this occasion is not able to provide the requested information. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested. In the North Cumbria area, the service is commissioned by North Cumbria Integrated Care NHS FT.

North Tyneside and Northumberland: In North Tyneside and Northumberland, the provider organisation is Northumbria Healthcare NHS FT.

South Tyneside and Sunderland: The provider organisation is South Tyneside and Sunderland NHS FT.

Tees Valley: The provider organisations are County Durham and Darlington NHS FT, North Tees and Hartlepool NHS FT and South Tees Hospitals NHS FT.

3. We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB on this occasion is not able to provide the requested information. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested. However, we have determined that the information is held by the acute hospital NHS FTs within the North East and North Cumbria region.

In accordance with our duty under s.16 of the FOIA to provide reasonable advice and assistance to an individual requesting information, we have provided the FOI contacts for those FTs to make your request.

NENC Acute Hospital FTs	Email/Online portal
County Durham and Darlington NHS FT	cdda-tr.cddftfoi@nhs.net
Gateshead Health NHS FT	ghnt.foi.enquiries@nhs.net
North Cumbria Integrated Care NHS FT	foirequest@cumbria.nhs.uk
North Tees and Hartlepool NHS FT	nth-tr.foi@nhs.net

Northumbria Healthcare NHS FT	foi@northumbria.nhs.uk
South Tees Hospitals NHS FT	stees.foi.admin@nhs.net
South Tyneside and Sunderland NHS FT	stsft@infreemation.co.uk
The Newcastle upon Tyne Hospitals NHS FT	https://www.newcastle-hospitals.nhs.uk/help/foi/

4. Please refer to the response to question 3.
5. Referral details are noted below by ICB place.

County Durham: The service will be available to patients:

- Who consider themselves functionally disabled by breathlessness.
- With an MRC score of between three and five and;
- With an MRC score of two who are symptomatic and disabled by their condition, and who require a health care professional assessment and supervision of exercise training, rather than simple advice on lifestyle changes;
- With a confirmed diagnosis of COPD and other chronic progressive lung conditions (e.g. bronchiectasis, interstitial lung disease, and chest wall disease and also patients pre and post thoracic surgery including lung transplant)
- Who have either recently had an exacerbation of COPD requiring a hospital admission or whose functional baseline has significantly altered and is not following the expected recovery path; and
- Non-Cystic Fibrosis (CF) bronchiectasis patients.

Newcastle Gateshead: The conditions are COPD, Idiopathic fibrosis, Bronchiectasis (MRC level 4 and 5) and Asthma (MRC level 4 and higher).

North Cumbria: Please refer to the responses to questions 2 and 3.

North Tyneside and Northumberland: Please refer to the responses to questions 2 and 3.

South Tyneside and Sunderland: COPD, Asthma, Bronchiectasis and Interstitial Lung Disease (ILD) are the primary conditions that necessitate a referral into the pulmonary rehabilitation programme.

Tees Valley: This service will be available to patients:

- Who consider themselves functionally disabled by breathlessness.
- With an MRC score of between three and five and;
- With an MRC score of two who are symptomatic and disabled by their condition, and who require a health care professional assessment and supervision of exercise training, rather than simple advice on lifestyle changes;
- With a confirmed diagnosis of COPD and other chronic progressive lung conditions (e.g. bronchiectasis, interstitial lung disease, and chest wall disease and also patients pre and post thoracic surgery including lung transplant)
- Who have either recently had an exacerbation of COPD requiring a hospital admission or whose functional baseline has significantly altered and is not following the expected recovery path; and
- Non-Cystic Fibrosis (CF) bronchiectasis patients.

6. Please refer to the response to question 3.

7. Types or formats of pulmonary rehabilitation currently offered are:

County Durham:

- The pulmonary rehabilitation programmes will be via delivered face to face assessments in a variety of community setting specific venues from Monday to Friday (excluding bank holidays).
- Twice weekly supervised exercise as a minimum, supported by a minimum of two additional home exercise sessions per week, to total a minimum of four sessions per week overall.
- Deliver the pulmonary rehabilitation programme with a minimum of two supervised classes a week for 6 weeks using a multidisciplinary team and include supervised exercise sessions with additional home training as recommended by current guidelines.

Newcastle Gateshead: Please refer to the response to question 3.

North Cumbria: Please refer to the responses to questions 2 and 3.

North Tyneside and Northumberland: There is a mixed approach including face to face, digital and group sessions.

South Tyneside and Sunderland: The current rehabilitation program encompasses face-to-face sessions, home-based options, and digital solutions, including the MyCOPD application and the Luscii digital health platform.

Tees Valley:

- The pulmonary rehabilitation programmes will be via delivered face to face assessments in a variety of community setting specific venues from Monday to Friday (excluding bank holidays).
- Twice weekly supervised exercise as a minimum, supported by a minimum of two additional home exercise sessions per week, to total a minimum of four sessions per week overall.
- Deliver the pulmonary rehabilitation programme with a minimum of two supervised classes a week for 6 weeks using a multidisciplinary team and include supervised exercise sessions with additional home training as recommended by current guidelines.

8. Outcome measures, by ICB place, are:

County Durham: No specific outcome measures detailed within service specification – final assessment establishes effectiveness of the programme in achieving individual goals, physical performance, self-confidence and disease impact on quality of life

Newcastle Gateshead: Please refer to the response to question 3.

North Cumbria: Please refer to the responses to questions 2 and 3.

North Tyneside and Northumberland: Please refer to the responses to questions 2 and 3.

South Tyneside and Sunderland: The outcome measures used to evaluate the pulmonary rehabilitation services are:

- Number of patients completed PR programme as a % of total patients seen.
- Number of patients who declined PR programme.

- Number of patients waiting longer than 6 weeks to be seen (excluding patient unable to attend due to patient choice) reductions in A&E attendance and hospitalisations for chronic respiratory conditions including COPD exacerbations over 12 months.
- Demonstrate maintenance or improvement on an aggregate basis to the short-term intervention outcomes below, in at least 50% of patients who complete the Programme, e.g.
 - Improvements in walking distance using 6-minute walk test (6MWT)
 - or Improvements in walking distance using Incremental Shuttle Walk Test (IMSWT) or Improvements in 1 Minute Times Sit to Stand Test (1MTSTT).
 - Improvements in health-related quality of life as reflected in the validated QoL questionnaire.
 - Improvement in functional status using validated measure.
 - Reduction in anxiety and depression using a validated measure.

Tees Valley: Specific outcome measures are detailed within the service specification – final assessment establishes effectiveness of the programme in achieving individual goals, physical performance, self-confidence and disease impact on quality of life.

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://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 Information 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 ICB's complaints procedure.

The Information Commissioner can be contacted at Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF or 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. This will not affect your initial information request.

Yours faithfully

Information Governance Support Officer

Information Governance Support Officer
North East and North Cumbria Integrated Care Board