

Our Reference North East and North Cumbria ICB\
FOI ICB 26-087

North East and North Cumbria ICB
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By Email

12 June 2026

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 26 May 2026 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

I am writing to make a request under the Freedom of Information Act 2000 for factual information relating to your Integrated Care Board's commissioning and provision of Cognitive Stimulation Therapy (CST) and post-diagnostic dementia support.

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.

Section A: CST Provision

1. Does your ICB currently commission CST for people with mild to moderate dementia? *Response format: Yes / No*
2. If yes, how is CST commissioned? For example: included in memory service contract, spot purchase, block contract, or other. *Response format: Category*
3. Which organisation(s) deliver CST within your ICB area? *Response format: Organisation name(s)*
4. How many individuals received CST in the most recent 12-month period? *Response format: Number*
5. Is there currently a waiting list for CST within your ICB area? *Response format: Yes / No*
6. If yes, how many people are currently on the CST waiting list? *Response format: Number*

7. What is the average waiting time from referral to commencement of CST? *Response format: Weeks*
8. In which setting(s) is CST delivered? For example: memory clinic, community mental health team, primary care, community venue, patient home, or other. *Response format: Category; tick all that apply*

Section B: Post-Diagnostic Support

9. What is the average waiting time from dementia diagnosis to first post-diagnostic support intervention? *Response format: Weeks*
10. Is any post-diagnostic dementia support currently delivered in or through primary care within your ICB area? *Response format: Yes / No*
11. What is the current dementia diagnosis rate within your ICB area, as a percentage of estimated prevalence? *Response format: Percentage*

Section C: Falls and Frailty

12. Does your ICB have a specific pathway or protocol linking dementia care with falls prevention? *Response format: Yes / No*
13. How many hospital admissions in the most recent 12-month period were attributed to falls among people with a recorded dementia diagnosis? *Response format: Number*

Section D: Digital Approaches

14. Has your ICB commissioned, piloted, or evaluated any digital or technology-enabled cognitive intervention for people with dementia? *Response format: Yes / No*
15. If yes, please provide the name of the technology and provider. *Response format: Name(s)*

Section E: Workforce

16. 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. *Response format: Category; tick all that apply*
17. Has your ICB identified workforce capacity as a barrier to delivering CST at the scale recommended by NICE? *Response format: Yes / No*

This request contains 17 factual questions, most requiring a single number, yes/no answer, or category selection. I have designed it to minimise the time required to respond and would not expect the cost to approach the appropriate limit under Section 12.

If any question is unclear, or if information is not held, I would welcome a brief indication of this rather than a refusal of the entire request. I would also welcome advice and assistance under Section 16 if any refinement would help you respond within the statutory limit.

Our Response

Section A: CST Provision

1. Yes.
2. Block contract.
3. Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, Tees, Esk and Wear Valleys NHS Foundation Trust, Gateshead Health NHS Foundation Trust and Northumbria Health NHS Foundation Trust.
4. 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

acute hospital and mental health NHS foundation trusts (FTs) within the North East and North Cumbria region that provide these services.

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 the foundation trusts.

NENC Acute Hospital FTs	Email/Online portal
Northumbria Healthcare NHS FT	foi@northumbria.nhs.uk

NENC Mental Health Hospital FTs	Email
Cumbria, Northumberland, Tyne and Wear NHS FT	foi@cntw.nhs.uk
Tees, Esk and Wear Valleys NHS FT	tewv.foi@nhs.net

5. Please refer to the response to question 4.
6. Please refer to the response to question 4.
7. Please refer to the response to question 4.
8. Please refer to the response to question 4.

Section B: Post-Diagnostic Support

9. Please refer to the response to question 4.
10. Please refer to the response to question 4.
11. 68.9% (March 2026 – latest published data)

Section C: Falls and Frailty

12. Yes
13. Please refer to the response to question 4.

Section D: Digital Approaches

14. No
15. Please refer to the response to question 4.

Section E: Workforce

16. Please refer to the response to question 4.
17. Please refer to the response to question 4.

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**