



North East and North Cumbria

Our Reference North East and North Cumbria ICB\
FOI ICB 25–266

North East and North Cumbria ICB
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By Email

15 October 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 7 October 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

We are researching the use of digital health technologies for people living with Type 2 Diabetes and anxiety/depression (NIHR304983) to identify digital interventions commissioned to support people with Type 2 Diabetes and depression/anxiety in each area.

We want to find out what Digital Health Technologies (DHTs) are commissioned for people within each area with Type 2 Diabetes, anxiety or depression, whether they are funded directly by the Integrated Care Board or not.

We'd ideally like to collate information on who commissions and funds each DHT, so that we can build our knowledge of which DHTs are available in which areas, and how these are funded (please see the attached information template). We appreciate that for some DHTs this can be a complex question to answer, particularly when multiple organisations may be involved in choosing, funding, developing, and providing the service.

In these cases, we would be grateful for a list of the organisations/departments involved, if possible.

We are defining DHTs as any health technology that requires the use of a computer, smartphone or tablet. This includes health apps, websites where the user needs to input information about themselves, and wearable devices/monitors.

We are interested in any Digital Health technologies (DHTs) that people with both Type 2 Diabetes and anxiety and/or depression might use. We are aware that there may be few, if any, digital resources that are designed specifically for people with combined T2D and depression and/or anxiety, and that many people within this category are likely to use, or be advised to use, DHTs designed for these conditions separately. In view of this, our question includes:

- DHTs aimed specifically at people with T2D AND anxiety and/or depression
- DHTs for people with T2D
- DHTs for people with anxiety and/or depression

Please use the template below for responses: DHTs for people with Diabetes and/or Depression/ Anxiety – information template:

DHT/programme	Who is it for?	How is it commissioned?	How is it accessed?

Our Response

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 foundation trusts (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 email addresses for those foundation trusts to make your request.

NENC Acute Hospital FTs	Email
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	foi@nth.nhs.uk
Northumbria Healthcare NHS FT	foi@northumbria.nhs.uk
South Tees Hospitals NHS FT	foi@stees.nhs.uk
South Tyneside and Sunderland NHS FT	stsft.freedomofinformation@nhs.net
The Newcastle upon Tyne Hospitals NHS FT	nuth.freedom.information@nhs.net

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**