

Freedom of Information Request

Reference Number: [EPUT.FOI.23.3025](#)

Date Received: [19th of June 2023](#)

Information Requested:

I am writing to you under the Freedom of Information Act 2000 to request the following information around the procurement of services under the NHS Talking Therapies, formerly IAPT (Improving Access to Psychological Therapies) program.

Please provide data on providers, volume and value for outsourcing and insourcing IAPT (NHS Talking Therapies) services within your respective trust, board, or ICS for the financial years 2022-23, 2021-22, 2020-21, 2019-20, 2018-19.

Please provide the following:

1. Name of the provider to whom is outsourced/insourced,
[Please see below table for response.](#)

2. The total value of the services provided/contract (in £s), and
[The Trust believes that this information is of commercial interest and may prejudice either the supplier or the Trust. The Trust is therefore applying Section 43 of the Act \(Commercial Interests\):](#)

3. Total volume of appointments procured (as # of appointments covered/completed under the agreement)
[Please see below table for response.](#)

We have defined outsourcing as an external (third party) provider that has been contracted by your trust, health board or ICB to deliver therapy, and insourcing as internal bodies within your trust, health board or ICB delivering the required therapy.

Services that we considered included under NHS Talking Therapies / IAPT are the following:

- Guided self-help based on cognitive behavioural therapy principles
- Cognitive behavioural therapy (CBT)

- Interpersonal therapy (IPT)
- Couple therapy for depression (CTfD) or behavioural couple therapy (BCT)
- Dynamic interpersonal therapy (DIT)
- Counselling for depression (PCE-CfD).
- Mindfulness-based cognitive therapy (MBCT)
- Trauma-focused cognitive behavioural therapy (TfCBT)
- Eye movement desensitisation and reprocessing (EDMR)

Name of provider	Type of arrangement	Data	2018/19	2019/20	2020/21	2021/22	2022/23
leso – north	Outsourced	Appointments	N/A	N/A	N/A	6868	8240
		Value	N/A	N/A	N/A	See Response to question 2	See Response to question 2
leso – south	Outsourced	Appointments	128	93	1019	3171	5741
		Value	See Response to question 2	See Response to question 2	See Response to question 2	See Response to question 2	See Response to question 2
Xyla – north	Outsourced	Appointments	N/A	N/A	N/A	N/A	338
		Value	N/A	N/A	N/A	N/A	See Response to question 2
Mind – north	Outsourced	Appointments	N/A	N/A	N/A	3684	3722
		Value	N/A	N/A	N/A	See Response to question 2	See Response to question 2

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link <https://eput.nhs.uk>