

Dear

**Re: Freedom of Information Act 2000  
IAPT Services**

Thank you for your information request indicated in bold below, which has now been considered under the Freedom of Information Act 2000 by NHS Cheshire & Merseyside Integrated Care Board (ICB). I am able to provide you with the following information and responses.

Please note from 01 July 2022, Clinical Commissioning Groups (CCGs) were disestablished, and their statutory functions and responsibilities inherited by NHS Cheshire and Merseyside ICB.

**Your Request:**

**1) 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:**

- a) name of the provider to whom is outsourced/insourced,**
- b) the total value of the services provided/contract (in £s), and**
- c) total volume of appointments procured (as # of appointments covered/completed under the agreement)**

**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:**

- o Guided self-help based on cognitive behavioural therapy principles**
- o Cognitive behavioural therapy (CBT)**
- o Interpersonal therapy (IPT)**
- o Couple therapy for depression (CTfD) or behavioural couple therapy (BCT)**
- o Dynamic interpersonal therapy (DIT)**
- o Counselling for depression (PCE-CfD).**
- o Mindfulness-based cognitive therapy (MBCT)**
- o Trauma-focused cognitive behavioural therapy (TfCBT)**
- o Eye movement desensitisation and reprocessing (EDMR)**

## Our Response:

Please find listed below the information held regarding IAPT services commissioned between 2018/19 and 2022/23 in each of the former CCG areas that now make up NHS Cheshire & Merseyside ICB:

### Cheshire

Financial Year	a) Name(s) of IAPT / Talking Therapies Provider commissioned	b) Annual Contract Value/Spend (£)
2018/19	Cheshire & Wirral Partnership NHS Foundation Trust	Commissioned as part of block contracts for a wide range of services with no separate defined value/spend for the IAPT element.
	<i>The Big Life Group</i>	1,175,000
2019/20	Cheshire & Wirral Partnership NHS Foundation Trust	Commissioned as part of block contracts for a wide range of services with no separate defined value/spend for the IAPT element.
	<i>The Big Life Group</i>	1,175,000
2020/21	Cheshire & Wirral Partnership NHS Foundation Trust	Commissioned as part of block contracts for a wide range of services with no separate defined value/spend for the IAPT element.
	<i>The Big Life Group</i>	1,720,175
2021/22	Cheshire & Wirral Partnership NHS Foundation Trust	Commissioned as part of block contracts for a wide range of services with no separate defined value/spend for the IAPT element.
	<i>The Big Life Group</i>	1,817,063
2022/23	Cheshire & Wirral Partnership NHS Foundation Trust	Commissioned as part of block contracts for a wide range of services with no separate defined value/spend for the IAPT element.
	<i>The Big Life Group</i>	2,151,686

c) Service is commissioned for whole Cheshire patient population with no set number of appointments commissioned as part of the IAPT contract.

## Halton

Financial Year	a) Name(s) of IAPT / Talking Therapies Provider commissioned	b) Annual Contract Value/Spend (£)
2018/19	<i>Mental Health Matters</i>	2,291,178
2019/20		2,541,903
2020/21		3,098,582
2021/22		3,274,451
2022/23		3,133,219

c) Service is commissioned for whole Halton patient population with no set number of appointments commissioned as part of the IAPT contract.

## Knowsley

Financial Year	a) Name(s) of IAPT / Talking Therapies Provider commissioned	b) Annual Contract Value/Spend (£m)
2018/19	<i>Mersey Care NHS Foundation Trust</i>	Commissioned as part of block contracts for a wide range of services with no separate defined value/spend for the IAPT element.
2019/20		
2020/21		
2021/22		
2022/23		

c) Service is commissioned for whole Knowsley patient population with no set number of appointments commissioned as part of the IAPT contract.

## Liverpool

Financial Year	a) Name(s) of IAPT / Talking Therapies Provider commissioned	b) Annual Contract Value/Spend (£m)
2018/19	<i>Mersey Care NHS Foundation Trust</i>	£6.3m
2019/20		£6.5m
2020/21		£6.7m
2021/22		£6.7m
2022/23		£8.5m

c) Service is commissioned for whole Liverpool patient population with no set number of appointments commissioned as part of the IAPT contract.

## Sefton

Financial Year	a) Name(s) of IAPT / Talking Therapies Provider commissioned	b) Annual Contract Value/Spend (£)
2018/19	<i>Cheshire &amp; Wirral Partnership NHS Foundation Trust</i>	2,523,178
2019/20	<i>Cheshire &amp; Wirral Partnership NHS Foundation Trust</i>	2,766,000
2020/21	<i>Cheshire &amp; Wirral Partnership NHS Foundation Trust</i>	2,798,565
2020/21	<i>Mental Health Matters</i>	699,641
2021/22	<i>Mental Health Matters</i>	2,805,748
2022/23	<i>Mental Health Matters</i>	3,233,899

c) Service is commissioned for whole Sefton patient population with no set number of appointments commissioned as part of the IAPT contract.

### St Helens

Financial Year	a) Name(s) of IAPT / Talking Therapies Provider commissioned	b) Annual Contract Value/Spend (£)
2018/19	<i>Lancashire Care NHS Foundation Trust</i>	1,154,677
2019/20	<i>Lancashire Care NHS Foundation Trust</i>	1,127,466
2019/20	<i>Mersey Care NHS Foundation Trust</i>	1,888,663
2020/21	<i>Mersey Care NHS Foundation Trust</i>	No separate value as part of block payment
2021/22	<i>Mersey Care NHS Foundation Trust</i>	
2022/23	<i>Mersey Care NHS Foundation Trust</i>	2,525,000

c) Service is commissioned for whole St Helens patient population with no set number of appointments commissioned as part of the IAPT contract.

### Warrington

Financial Year	a) Name(s) of IAPT / Talking Therapies Provider commissioned	b) Annual Contract Value/Spend (£)
2018/19	<i>North West Boroughs Healthcare NHS Foundation Trust</i>	1,413,002
2019/20	<i>North West Boroughs Healthcare NHS Foundation Trust</i>	1,424,416
2020/21	<i>North West Boroughs Healthcare NHS Foundation Trust</i>	1,399,115
2021/22	<i>Mersey Care NHS Foundation Trust</i>	1,489,975
2022/23	<i>Mersey Care NHS Foundation Trust</i>	1,534,493

c) Service is commissioned for whole Warrington patient population with no set number of appointments commissioned as part of the IAPT contract.

### Wirral

Financial Year	a) Name(s) of IAPT / Talking Therapies Provider commissioned	b) Annual Contract Value/Spend (£)
2018/19	<i>Inclusion Matters Wirral</i>	130,000
2019/20	<i>Insight</i>	5,524,626
2020/21	<i>Insight</i>	5,524,626
2021/22	<i>Insight</i>	5,535,675
2022/23	<i>Insight</i>	5,629,782

c) IAPT services for the above listed financial years all commissioned for a total of 49,165 patients per year.

Should you require any further information or clarification regarding this response or do not feel that your request has been answered as you would expect, please contact us to discuss.

We also wish to take this opportunity to inform you that, where you are not satisfied with the response to your request for information, a formal complaints and internal review process is available.

This can be formally requested by emailing [foi@cheshireandmerseyside.nhs.uk](mailto:foi@cheshireandmerseyside.nhs.uk) and must be done within a reasonable time period (3 calendar months) from the date this response was issued.

Where you remain dissatisfied with our review under the Freedom of Information Act or the Environmental Information Regulations, you may apply directly to the Information Commissioners Office (ICO) for a review of your appeal decision. Generally, the ICO cannot make a decision unless you have exhausted our complaints procedure. The ICO can be contacted at;

*The Information Commissioner's Office*  
*Wycliffe House*  
*Water Lane*  
*Wilmslow*  
*Cheshire*  
*SK9 5AF*  
[www.ico.gov.uk](http://www.ico.gov.uk)

Should you need any further clarification or assistance, please do not hesitate to contact us quoting the above FOI reference.