

Information Governance Department
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St. Pancras Hospital
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16 March 2015

Reference: 2015-230

Dear 

Re: Information Request – Freedom of Information Act 2000

Following your request for information we received on the 16 February 2015, we are providing you with access to the recorded information held by Camden and Islington NHS Foundation Trust in answer to your enquiry.

You requested the following information:

- “1. **According to the dataset I have obtained from NHS Choices, you host the following IAPT services:**
- **Islington Wellbeing and Psychological Therapies**
 - **Camden Psychological Therapies Service**
 - **Kingston Right Steps Psychological Therapies Service (IAPT)**
2. **Please can you confirm whether this list is complete and add any additional services that are not listed? (including address and postcodes)**

Please note that the names of the services are slightly different as set out below:

- iCope Islington, Islington Wellbeing and Psychological Therapies Service
- iCope Camden, Camden Psychological Therapies Service
- Psychological services (IAPT) Kingston Wellbeing Service

The Camden service includes four voluntary sector services which are in a sub-contracting relationship with the Camden and Islington NHS Trust who is the lead provider in the partnership (Age UK Camden; Camden, City, Islington and Westminster Bereavement service; NAFSIYAT; Women and Health). The Camden service does not provide the whole of Camden’s IAPT service – there are two other AQP providers as well, but they are not part of the Trust’s services.

3. **If these services are not run directly by the NHS please state who runs them and what they are (e.g. Social Enterprise, Limited Company, third sector group).**

Please refer to question 2 above about Camden voluntary sector partner organisations. The remainder of the services are directly run by the NHS.

4. **If you provide an IAPT service on behalf of another organisation (such as a care commissioning group, foundation trust or other) please state the organisation's name.**

Camden Clinical Commissioning Group, Islington Clinical Commissioning Group and the Kingston Clinical Commissioning Group.

5. **Please state the types of referral used by your organisation / IAPT i.e. GP, Self-Referral, Other.**

I can confirm that the Camden and Islington NHS Trust uses all the above methods.

6. **If you offer a self-referral service do you have an online self-referral method such as a contact email address or a form on your website?**

The Camden and Islington NHS Trust offers a self-referral service via phone, website or via email.

Kingston Right Steps offers a self-referral service via telephone or a self – referral form which can be emailed or posted.

7. **Please state any e-therapies, computerised therapies, Internet-delivered therapies, online therapies, or advice/guidance websites for mental health issues that your organisation / IAPT service use or recommend to service users. For example, these might include, but are not limited to internet-delivered cognitive behaviour therapy with or without therapist support, internet-delivered therapy based on an approach other than cognitive behaviour therapy, online or email therapy/counselling, online social support networks, or informational websites.**

- Beating the Blues (all 3)
- Sleepio (insomnia self-help programme) – Camden and Islington
- HeLP- diabetes - Camden

The Camden and Islington NHS Trust can signpost individuals to many other recommended self-help programmes/ websites: eg down your drink.

Camden service can refer to individuals Psychology Online for internet-based CBT or Big White Wall (pilot programme at present).

8. **Please state any smart phone apps your organisation / IAPT service use or recommend to service users. For example, these might include specific apps from the NHS Choices Health Apps Library, or others that professionals in your service recommend.**

The Camden and Islington NHS Trust is in the process of considering using smart phone applications as part of its treatment - but not currently using this application at the moment.

9. **In 2013/14 could you give the total number of people your service saw under IAPT and also give a figure as to how many of those were aged 50 or over.**

For period 1st April 2013 - 31st March 2014

	Camden	Islington
Total Seen by IAPT Services	5532	6592
Total Seen over 50	1432	1369

I do hope you are satisfied with the way in which your response was handled, if not you may request an internal review at the above email address within 28 days of this letter. When contacting the Trust please use the above reference that is unique to your request.

If you remain unsatisfied with the outcome of the internal review, you may seek further recourse by lodging an appeal with the Information Commissioner' Office at Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF and on the Information Centre's website. www.ico.gov.uk/

Yours sincerely


Interim Information Governance Officer