



East London
NHS Foundation Trust
Information Governance
Robert Dolan House
9 Alie Street
London
E1 8DE

Email elft.foi@nhs.net
Website: <https://www.elft.nhs.uk>

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Our reference: FOI DA5616

I am responding to your request for information received 30 September 2024. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Information Rights Coordinator

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: I am writing to request information under the Freedom of Information Act 2020. Please provide the following information:

Question 1: Does your organisation provide or contract out cognitive interventions, including Cognitive Stimulation Therapy (CST), as part of post-diagnostic services for dementia patients?

Answer: Yes the Trust does provide in-house CST services for dementia patients. A CST group is offered in each of our Older Adult Community Mental Health Teams (CMHTs - City and Hackney, Newham, Tower Hamlets), as well as individual post-diagnostic cognitive psychological interventions, where clinically indicated. It is delivered in-house by Mental Health Care for Older People (MHCOP) staff.

CST is also provided in-house in Luton.

Question 1a. If you contract this out please can you confirm the provider(s)?

Answer: In Bedfordshire, CST is provided by TIBBs Dementia Foundation. Please see here: <https://tibbsdementia.co.uk/>

Question 2: What is the current waiting period for patients to access cognitive interventions including CST at your organisation?

Answer: In East London: Wait times for individual cognitive interventions are approximately three-six months. Wait times for CST groups are six-twelve months.

In Bedfordshire and Luton (B&L): CST runs every five-six months. Wait times for CST groups are nine-twelve months.

Question 3: How many psychologists currently work in services delivering cognitive interventions to dementia patients in your organisation?

Answer: In East London: there are seven psychologists delivering cognitive interventions.

In B&L: There are two psychologists and one support worker who deliver cognitive interventions.

Question 4: Are there other healthcare professionals, allied health professionals or support staff who deliver cognitive interventions specifically CST to dementia patients in your organisation?

Answer: Yes. The following professions deliver cognitive interventions:

- Dementia Navigator.
- Trainee Clinical Psychologists.
- Support worker.
- Assistant Psychologist.
- Principal Psychologist.

Regarding Cognitive Stimulation Therapy specifically:

Question 5a: How many CST groups does your organisation currently run concurrently?



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Answer: When fully staffed, East London MHCOP delivers a CST group in each London borough (Newham, City & Hackney, and Tower Hamlets). Timetabling of post-diagnostic group programmes is managed locally.

In B&L: There is one CST group.

Question 5b: How many CST sessions have been delivered in the 2024/25 financial year to date?

Answer: In East London: CST groups are ten-fourteen sessions, when fully staffed the Trust aims to run two groups per year, per borough.

In B&L: Three cycles will be delivered in the financial year 2024/25.

Question 5c: What is the average size of a CST group in your organisation?

Answer: In East London: The average size of a CST group is eight-ten patients.

In B&L: The average size of a CST group is five patients.

Question 5d: Is there currently a waiting list for CST groups? If so, how many patients are on it?

Answer: East London: Yes, approximately 40 patients on each borough's waitlist. This number includes all eligible patients, prior to screening and take-up of the intervention offer.

B&L: Currently no waiting list.

Question 6: Does your organisation offer online CST services? If so:

Answer: No.

Question 6a: How many online CST groups do you run per year?

Answer: Not applicable.

Question 6b: What is the average size of an online CST group?

Answer: Not applicable.

Question 7: What was the budget allocation for CST in your organisation for the 2024/25 financial year?

Answer: The Trust has no specific budget allocation for CST.

Question 8: Please provide the budget allocations for CST in your organisation for the financial years 2021/22, 2022/23, and 2023/24.

Answer: The Trust has no specific budget allocation for CST.

Question 9: What recorded plans or strategies does your organisation have to expand access to CST? For clarity this may be a dementia strategy including any consultations, a planned response to the Memory Services Spotlight Audit National Report 2023/24 or clinical service development plans.

Answer: The Trust plans to introduce CST groups on ELFT's East London older adult inpatient wards, where clinically indicated.



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