

Date 13/08/2025
Your Ref
Our Ref 10371

Enquiries to Richard Mutch
Extension 35687
Direct Line 0131 465 5687
loth.freedomofinformation@nhs.scot
richard.mutch@nhs.scot

Dear

FREEDOM OF INFORMATION – THERAPY AND COMMUNITY REHABILITATION SERVICES

I write in response to your request for information in relation to Therapy and Community Rehabilitation services.

Question:

- Under the Freedom of Information Act 2000, I am requesting the following information regarding your Therapy and Community Rehabilitation services, including Occupational Therapy, Physiotherapy, Speech and Language Therapy, and Dietetics:
- Are any of these services currently delivered by external providers through:
 - Insourcing
 - Outsourcing
 - Subcontracting
 - For each external provider currently engaged, please provide:
- Name of the provider
 - Type of engagement (insourced, outsourced, subcontracted)
 - Service(s) provided
 - Contract start date
 - Contract end date or review date
 - Annual contract value or total spend to date
 - Volume of activity delivered (e.g. number of patients seen, sessions delivered, or hours worked)
 - Performance metrics or KPIs, if available
 - Was the contract awarded via a framework or open tender? If so, please specify which framework (e.g. NHS SBS, HealthTrust Europe, etc.).
- Who is the internal lead responsible for managing these contracts? Please provide their job title and department.

Headquarters
Mainpoint
102 West Port
Edinburgh EH3 9DN

Chair Professor John Connaghan CBE
Chief Executive Professor Caroline Hiscox
*Lothian NHS Board is the common
name of Lothian Health Board*

- Who do the external providers report into operationally within your organisation? (e.g. Clinical Lead, Service Manager)
- Are there any current or upcoming plans to procure additional external support for these services in the next 12 months?
- Have you experienced any challenges in meeting waiting time targets or service demand in these areas over the past 12 months?
- If any part of this request is unclear or likely to exceed the cost limit, please advise me as early as possible so I can refine the request.

Answer:

Please see enclosed spreadsheet.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive
Enc.

WM service provision 25/26				
	Name of the provider			
	Counterweight Plus	MyDesmond	Second Nature	CHW SLA (Physical Activity)
Type of engagement (insourced, outsourced, subcontracted)	Outsourcing	Outsourcing	Outsourcing	Outsourcing
Service(s) provided	Digital App - education, products and home delivery	Digital App - Desmond, LPD, Babysteps. Type 2 diabetes prevention and education. Self-management app	Digital App; personal coaching, education, recipes, support for tier 2 weight management	1:1 Face to Face x6 Sessions (personal training for young people aged 12+ in weight management service)
Contract start date	04/01/2025	04/01/2025	28/07/25	04/01/2025
Contract end date or review date	31/03/26	31/03/26	31/03/26	31/03/2026
Annual contract value or total spend to date	£13,391.84 Annual spend so far for resources (Equipment, Soups & Shakes and App access)	£10,000 which is an inclusive cost for the licence to deliver the in person programme so cost of the app alone cannot be extracted, it is a package contract	£60,000 per annum	£7061.88 per annum
Volume of activity delivered (e.g. number of patients seen, sessions delivered, or hours worked)	53 Referrals received in Q1 April - June 25. 46 x 60min New Patient Appointments Attended 375 x 30min Review Appointments attended in Q1.	DESMOND (Type 2 Diabetes Education) - 181 patients registered. 92 Engaged and taking part in programme. LPD (Prediabetes Education) - 227 patients registered. 114 Engaged and taking part in programme. Babysteps (Previous Gestational Diabetes Education) - 88 Patients registered. 18 Engaged and taking part in programme.	360 spaces purchased for Tier 2 intervention	funding for 48 spaces across 25/26
Performance metrics or KPIs, if available	Number of Patients in remission at end of year 1 and end of year 2. Percentage weight loss at end of Total Diet Replacement, end of year 1 and end of year 2.	Registrations and completers	engagement, % weight loss after initial 12 week intervention, % weight loss during remaining 6, 9, 12 month time points	engagement and attendance
Was the contract awarded via a framework or open tender? If so, please specify which framework (e.g. NHS SBS, HealthTrust Europe, etc.).	No	No	Tender	No
Who is the internal lead responsible for managing these contracts? Please provide their job title and department.	Dietetic Service Lead, Weight Management and Type 2 Diabetes Prevention	Dietetic Service Lead, Weight Management and Type 2 Diabetes Prevention	Dietetic Service Lead, Weight Management and Type 2 Diabetes Prevention	Dietetic Service Lead, Weight Management and Type 2 Diabetes Prevention
Who do the external providers report into operationally within your organisation? (e.g. Clinical Lead, Service Manager)	Team Lead	Team Lead	Team Lead	Team Lead
Are there any current or upcoming plans to procure additional external support for these services in the next 12 months?	No but National Digital Remission Programme launching in Jan 26	No	Potentially as demand exceeds capacity but this will be assessed on basis of funding availability later in year	No

<p>Have you experienced any challenges in meeting waiting time targets or service demand in these areas over the past 12 months?</p>

Yes - Waiting time for service to date is 23 weeks. Referral numbers have almost doubled over the last 5 years from 133/year (2020) to 265/year (2025).	Yes - Waiting time for in person service to date is 41 weeks.	Yes - demand for service exceeds capacity for places with current funding available	Yes - Waiting time for service to date is 52 weeks.
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