

Date 23/01/2026
Your Ref
Our Ref 10934

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

Dear

FREEDOM OF INFORMATION – OUTSOURCED MENTAL HEALTH

I write in response to your request for information in relation to outsourced mental health services.

Question:

- In the last 6 months (June 25- November 25), please confirm if any Mental Health services have been outsourced:

If yes, please confirm:

- The service provided E.G ADHD, Autism etc (please provide breakdown for each service if applicable)
- The name of the company each service was outsourced to
- Is there a contract in place and the length of contract for each service provided (if applicable)
- The value of each service in the last 6 months

Please confirm how this contract was procured E.G Tender, Direct Award etc
Please provide an email and contact name within the outsource provider

Answer:

Royal Edinburgh and Associated Services - service provided	Supplier	Full year	6 months
Post Diagnostic Support service for ASD for East , Mid and West Lothian.	Autism Initiatives	25,800	12,900
Residential Treatment for ARBD	Penumbra	446,326	223,163
Community Support for ARBD	CARDS	19,422	9,711
Postnatal Depression Service	Crossreach	58,000	29,000
Counselling for Deaf People	Health in mind	35,000	17,500
Low Secure Inpatient	Ayr Clinic	2,700,000	1,350,000
Low Secure Inpatient	Surehaven	1,836,000	918,000
Adult acute MH	SAMH	100,000	50,000

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



Low secure/ Specialist inpatient providers	Cygnnet Healthcare	825,968	412,984
Low secure/ Specialist inpatient providers	Elysium Healthcare	241,875	120,937
Low secure/ Specialist inpatient providers	Ellern Mede	274,560	137,280
Low secure/ Specialist inpatient providers	Tees, Esk and Wear Valleys NHS Foundation Trust	228,386	114,193

East Lothian HSCP - service provided	Commissioned company	Length of contract	Cost 1 year
Recovery Wayfinder L4	Penumbra	6 years	£314,000
Distress Brief Intervention	Penumbra	1 year	£167,000
Dementia Post Diagnostic Support	Alzheimer's Scotland	4 years	£130,000
ASD Post Diagnostic Support	No.6	1 year	£16,000
Matrix 1+2 Psychological Therapies	Changes	1 year	£113,000
Individual and collective independent advocacy for adults (18+) with a mental health disorder in East Lothian	CAPS independent advocacy	1 year (2025/26)	£29,000

Edinburgh HSCP – Service Provided	Organisation	Length of Contract	Cost Per Annum 2025/26
Health and Wellbeing	LGBT Mental Wellbeing Project	Contract end date 30 November 2025	£27,000
Gypsy Travellers Carers	MECOPP	Contract end date 30 November 2025	£13,500
Women supporting women	Pilton Community Health Project	Contract end date 30 November 2025	£21,600
Support families and carers, volunteers and the wider community	The Open Door Service	Contract end date 30 November 2025	£13,500
Participation and Engagement	Partners in Advocacy	Contract end date 30 November 2025	£8,878.12
Bereavement services	Cruse Bereavement Care	Contract end date 30 November 2025	£10,800
Branching Out	Edinburgh and Lothian Greenspace Trust	Contract end date 30 November 2025	4,000
Trauma Informed support & Counselling service	Edinburgh Rape Crisis Centre	Contract end date 31 March 2027	£21,600
Craigmillar Counselling	Health In Mind	Contract end date 31 March 2027	£25,627

Counselling services	PF Counselling Services	Contract end date 31 March 2027	£27,000
Counselling support	Polish Family Support Centre	Contract end date 30 November 2025	£5,000
Feel Good App	Foundation for Positive Mental Health	Contract end date 30 November 2025	£8,704
Something to eat Someone to eat with	Cyrenians	Contract end date 28 February 2025	£23,500
Thrive Edinburgh Partnership, Health & Wellbeing	Dance Base Ltd	Contract end date 28 February 2025	£37,080
Menta Health Info Websites	Health In Mind	Contract end date 31 March 2027	£77,051
Timebank through Gamechanger	Pilmeny	Contract end date 30 November 2025	£5,220
Scransion	Scran Academy	Contract end date 28 February 2025	£35,100
Future is Unwritten programme	Strange Town	Contract end date 28 February 2025	£45,000
Trauma Services: Counselling service for those affected by childhood trauma/Sexual abuse/Male Survivor	Health in Mind	Contract end date 31 March 2027	£36,018
IThrive Edinburgh for Staff Area	Health In Mind	Contract end date 31 March 2027	£62,411
Provide assistance to people who are identified as vulnerable by circumstance by supplying them with welfare	Street Assist	Contract end date 31 March 2027	£20,000
Prison Advocacy and Welfare Reform	Advocard	Contract end date 31 March 2027	£67,330
Lothian Transition Advocacy	Partners In Advocacy	Contract end date 31 March 2027	£19,845
Stroke Advocacy	EARS Independent Advocacy Service	Contract end date 31 March 2027	£51,608
MORE-P	Royal Edin Hospital Patients Council	Contract end date 30 November 2025	£67,500



Collective Advocacy support & Service User Led Projects	CAPS Independent Advocacy	Contract end date 31 March 2027	£186,162
Outlook project: Supporting Learners	City of Edinburgh Council	Contract end date 30 November 2025	£10,000
Deaf Counselling	Health in Mind	Contract end date 31 March 2027	£33,532

West Lothian HSCP contributes an NRAC share of £12,600 to a NHS Lothian contract with Autism Initiatives (Number 6 One Stop Shop) to provide Autism Post Diagnostic Support to patients from West Lothian, East Lothian and Midlothian. The current contract runs from 1 April 2025 - 31 March 2026.

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.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
 Cc: Chief Executive