



Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

Information Governance Team
Hafren Ward
Bronllys Hospital
Bronllys
Brecon
Powys LD3 0LY
Email: Powys.FOI@wales.nhs.uk
Tel: 01686 252159/01874 442071

Our ref: IG/FOI/24.R.305

19 September 2024

Sent via email to: [REDACTED]

Dear [REDACTED]

Request under the Freedom of Information Act 2000

I write further to your request for information, which was received on 31 July 2024, to confirm, in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Teaching Health Board (PTHB) partly holds the information that you require.

For ease of reference your request is set out below and my response follows.

Your Freedom of Information (FOI) Request:

I am writing to you under the Freedom of Information Act 2000 to request the following information from your organisation. Please may you provide me with an answer to the following in relation to sleep and/or insomnia:

1. Treatment Pathway:

What is the treatment pathway for sleep and/or insomnia within your organisation? Please provide detailed information for both acute and chronic insomnia, including any specific protocols or guidelines followed.

2. Formal Strategy or Plan:

Does your organisation have a formal strategy or plan aimed at improving sleep and/or managing insomnia? If so, please could you share this document or provide detailed information on its key components and objectives?

3. Programs or Initiatives:

What specific programs or initiatives has your organisation implemented to address sleep and insomnia? Please provide detailed information for both acute and chronic insomnia, including program names, objectives, target populations, and outcomes if available.

Pencadlys
Tŷ Glasbury, Ysbyty Bronllys,
Aberhonddu, Powys LD3 0LU
Ffôn: 01874 711661



Headquarters
Glasbury House, Bronllys Hospital
Brecon, Powys LD3 0LU
Tel: 01874 711661

Rydym yn croesawu gohebiaeth Gymraeg
Bwrdd Iechyd Addysgu Powys yw enw gweithredd Bwrdd Iechyd Lleol
Addysgu Powys



We welcome correspondence in Welsh
Powys Teaching Health Board is the operational name of
Powys Teaching Local Health Board

4. Data Collection:

Does your organisation collect data or statistics related to sleep and/or insomnia? If so, what metrics are tracked? Please provide relevant metrics and any available data for both acute and chronic insomnia, including prevalence rates, treatment outcomes, and patient satisfaction if available.

5. Responsible Personnel:

Who in your organisation would hold responsibility for:

a. Clinical leadership around sleep services and/ or insomnia (including chronic insomnia)?

b. Commissioning of sleep services and/ or insomnia (including chronic insomnia)?

Please provide the name, position, and contact details where possible.

6. Additional Information:

Are there any collaborations or partnerships with external organisations or research institutions aimed at improving sleep health or addressing insomnia? If so, please provide details of these collaborations, including their goals and any outcomes achieved so far.

Powys Response:

Q1 – 6. I can confirm Powys Teaching Health Board (PTHB) does not offer any bespoke therapy for sleep conditions. However, the Online CBT Service-SilverCloud offers guided self-help where users across Wales work through a mental health or wellbeing programme of their choice, completing tools, activities, and reading psycho-educational material, resources, and online videos such as mindfulness. The service is delivered by Powys Teaching Healthboard, throughout NHS Wales, supported by the digital therapy provider SilverCloud by Amwell.

For further information please see:

- FOI 24.R.305 Attachment 1 - Online CBT Service Support for Sleep.
- OI 24.R.305 Attachment 2 – Sleep 1 Pager for clinicians.

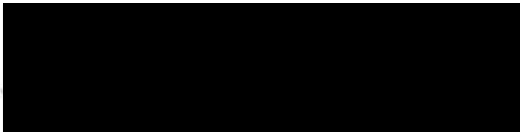
Q3 From the Online CBT Service perspective, the “Sleep Issues Programme” offer is targeted at residents/patients across Wales with mild-moderate mental health/wellbeing needs only and would not be suitable for those users who require more specialised mental health support, nor require a more specialised sleep intervention.

Q4 With regards to Online CBT Service, between May 2018 – 30 July 2024, the service received 757 referrals (self-referrals and referred-in) into the sleep programme.

Under the terms of the Health Board's Freedom of Information procedure, individuals seeking access to recorded information held by the Health Board are entitled to request an internal review of the handling of their requests. If you would like to complain about the Health Board's handling of your request, please contact us directly at the address below or register your complaint via powysfoi.foi@wales.nhs.uk

If after Internal Review you remain dissatisfied you are also entitled to refer the matter to the information commissioner at the Information Commissioner's Office (Wales), 2nd Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH. Telephone Number: 0330 414 6421.

Yours sincerely



Louisa Kerr
Assistant Director for Mental Health and Learning Disabilities

Rydym yn croesawu derbyn gohebiaeth yng Nghymraeg. Byddwn yn ateb y fath ohebiaeth yng Nghymraeg ac ni fydd hyn yn arwain at oedi.

We welcome receiving correspondence in Welsh. We will reply to such correspondence in Welsh and this will not lead to a delay.