

Our ref: IG/FOI/FOI.550.25

11 November 2025

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 16 October 2025, to confirm, in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Teaching Health Board (PTHB) partially holds the information that you require.

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

Your Freedom of Information (FOI) Request and Powys Response (Bold):

I am writing to you under the Freedom of Information Act to request the following information:

Q1. I would like to request information about how long people who started a course of Cognitive Behavioural Therapy (CBT) with a qualified practitioner during the period of January 2024 to September 2025, had been waiting to start their therapy. It would be helpful to know:

- The average wait time
- The minimum wait time
- The maximum wait time

We are aware a previous Freedom of Information request has enquired about waiting times access to psychological therapy, but we are specifically interested in the waiting times for CBT. – **Unfortunately Powys Teaching Health Board (PTHB) is unable to provide the waiting times for patients waiting for Cognitive Behavioural Therapy (CBT) services as the data we hold does not tell us specifically which therapy a patient has undergone.**

Q2. If you cannot provide wait times for CBT, please could you provide information about how long people who started a course of high intensity or specialist psychological therapy (as defined in Matrics Cymru) during the period

of Jan 2024 to Sept 2025 had been waiting to start their therapy. Again, it would be helpful to know:

- The average wait time
- The minimum wait time
- The maximum wait time

For all patients who started a psychology intervention between January 2024 and September 2025 the average (mean) wait was 35 weeks, the minimum wait was 0 weeks, and the maximum wait was 79 weeks.

If you have queries or any concerns, contact details are given at the top of the letter. Please remember to quote the reference number above in any future communications. If you are dissatisfied with the handling or response to your request and wish to ask for a review of this, please contact us and we will arrange for this to be done.

Further information is available from the Information Commissioner's Office who can be contacted at:

Address: Information Commissioner's Office (Wales), 2nd Floor, Churchill House, Churchill Way, Cardiff, CF10 2HH.

Telephone: 0330 414 6421

Complaints Portal: www.ico.org.uk/foicomplaints

Web site: <https://ico.org.uk/>

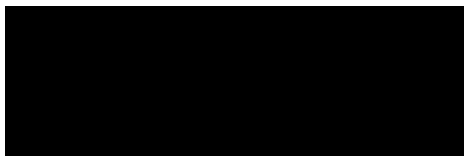
Re-use of Public Sector Information

All information supplied by the Health Board in answering a request for information (RFI) under the Freedom of Information Act 2000 will be subject to the terms of the Re-use of Public Sector Information Regulations 2015.

Under the terms of the Regulations, the Health Board will licence the re-use of any or all information supplied if being used in a form and for the purpose other than which it was originally supplied. This license for re-use will be in line with the requirements of the Regulations and the licensing terms and fees as laid down by the Office of Public Sector Information (OPSI). Most licenses will be free; however, the Health Board reserves the right, in certain circumstances to charge a fee for the re-use of some information which it deems to be of commercial value.

Further information including a sample license terms and fees can be found at Open Government Licence.

Yours sincerely



Elaine Lorton

Executive Director of Primary Community Care and Mental Health

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.