

Our ref: IG/FOI/FOI.023.26

5 February 2026

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 14 January 2026, to confirm, in accordance with S.1(1)(a) of the Freedom of Information Act 2000, that Powys Teaching Health Board (PTHB) does hold the information that you require.

For ease of reference your request is set out below and the Health Board's 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: Please could you provide me with the following information in relation to psychological therapies delivered by your Health Board for each month from April 2024 to December 2025.

Q1. The number of patients who are waiting to start a psychological therapy (end of month census snapshot):

- Patients waiting up to and including 84 days
- Patients waiting 85 days and over and up to and including 126 days
- Patients waiting 127 days and over and up to and including 182 days
- Patients waiting 183 days and over and up to and including 252 days
- Patients waiting 253 days and over and up to and including 364 days
- Patients waiting 365 days and over

For clarity, this request is in relation to those patients who are waiting to start a psychological therapy, as defined as high intensity or specialist psychological therapies/ interventions (as defined in Matrics Cymru). Referrals for low intensity interventions i.e. those delivered via Local Primary Mental Health Support Services (LPMHSS) are not the subject of this request.

Please see the table below:

| Waiting times: April 2024 to December 2025 | | | | | | |
|---|---------------------|-----------------------|------------------------|------------------------|------------------------|--------------------------|
| Date | 0 to 84 days | 85 to 126 days | 127 to 182 days | 183 to 252 days | 253 to 364 days | 365 days and over |
| 30/04/2024 | 117 | 24 | 69 | 49 | 22 | 0 |
| 31/05/2024 | 128 | 40 | 39 | 62 | 33 | 0 |
| 30/06/2024 | 143 | 40 | 40 | 52 | 25 | 0 |
| 31/07/2024 | 143 | 39 | 29 | 43 | 22 | 0 |
| 31/08/2024 | 127 | 42 | 44 | 26 | 34 | 1 |
| 30/09/2024 | 108 | 41 | 61 | 25 | 27 | 4 |
| 31/10/2024 | 93 | 44 | 49 | 46 | 22 | 4 |
| 30/11/2024 | 98 | 34 | 50 | 53 | 33 | 4 |
| 31/12/2024 | 98 | 29 | 49 | 60 | 36 | 7 |
| 31/01/2025 | 98 | 39 | 35 | 56 | 29 | 2 |
| 28/02/2025 | 95 | 33 | 48 | 42 | 39 | 1 |
| 31/03/2025 | 104 | 27 | 38 | 37 | 31 | 0 |
| 30/04/2025 | 95 | 34 | 40 | 41 | 31 | 0 |
| 31/05/2025 | 119 | 37 | 35 | 37 | 20 | 1 |
| 30/06/2025 | 124 | 38 | 35 | 28 | 12 | 2 |
| 31/07/2025 | 132 | 37 | 32 | 24 | 6 | 2 |
| 31/08/2025 | 115 | 48 | 39 | 19 | 8 | 1 |
| 30/09/2025 | 96 | 42 | 48 | 21 | 3 | 0 |
| 31/10/2025 | 120 | 38 | 40 | 25 | 1 | 0 |
| 30/11/2025 | 113 | 30 | 30 | 32 | 3 | 1 |
| 31/12/2025 | 122 | 26 | 35 | 27 | 6 | 1 |

Q2. Please could you also provide any known protected characteristics for the patients involved in this data. This could include age, ethnicity and gender.

Please see the tables below for characteristics for the patients involved in this data:

| Psychological Therapy waiting list Characteristics at referral: | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Age: April 2024 to December 2024. | | | | | | | | | |
| | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| 15-24 years | 37 | 34 | 35 | 38 | 41 | 47 | 40 | 44 | 44 |
| 25-34 years | 70 | 70 | 69 | 68 | 66 | 62 | 63 | 64 | 67 |
| 35-44 years | 49 | 57 | 65 | 63 | 59 | 57 | 55 | 62 | 63 |
| 45-54 years | 51 | 53 | 51 | 44 | 46 | 45 | 42 | 46 | 47 |
| 55-64 years | 27 | 36 | 35 | 33 | 33 | 33 | 35 | 36 | 36 |
| 65-74 years | 29 | 33 | 31 | 24 | 23 | 17 | 16 | 13 | 14 |
| 75-84 years | 15 | 16 | 13 | 5 | 5 | 4 | 5 | 5 | 6 |
| 85+ | 3 | 3 | 1 | 1 | 1 | 1 | 2 | 2 | 2 |

| Psychological Therapy waiting list Characteristics at referral: | | | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Age: January – December 2025 | | | | | | | | | | | | |
| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| 15-24 years | 36 | 39 | 37 | 36 | 37 | 33 | 31 | 37 | 34 | 32 | 29 | 27 |
| 25-34 years | 59 | 61 | 54 | 55 | 57 | 53 | 59 | 55 | 50 | 49 | 50 | 58 |

| | | | | | | | | | | | | |
|-------------|----|----|----|----|----|----|----|----|----|----|----|----|
| 35-44 years | 61 | 56 | 51 | 49 | 53 | 54 | 49 | 43 | 42 | 41 | 38 | 36 |
| 45-54 years | 42 | 40 | 38 | 41 | 40 | 32 | 28 | 32 | 32 | 35 | 31 | 31 |
| 55-64 years | 36 | 37 | 34 | 34 | 34 | 38 | 40 | 36 | 33 | 40 | 34 | 38 |
| 65-74 years | 14 | 13 | 12 | 16 | 19 | 16 | 16 | 16 | 14 | 12 | 12 | 14 |
| 75-84 years | 9 | 10 | 10 | 10 | 9 | 12 | 8 | 11 | 5 | 12 | 13 | 11 |
| 85+ | 2 | 2 | 1 | 0 | 0 | 1 | 2 | 0 | 0 | 3 | 2 | 2 |

| Psychological Therapy waiting list Characteristics at referral: | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Sex: April 2024 to December 2024. | | | | | | | | | | |
| | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | |
| Female | 180 | 189 | 190 | 174 | 170 | 167 | 159 | 165 | 173 | |
| Male | 101 | 113 | 110 | 102 | 104 | 99 | 99 | 106 | 105 | |
| Unknown | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | |

| Psychological Therapy waiting list Characteristics at referral: | | | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Sex: January – December 2025 | | | | | | | | | | | | |
| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| Female | 158 | 156 | 145 | 151 | 155 | 145 | 152 | 145 | 132 | 145 | 131 | 141 |
| Male | 100 | 101 | 91 | 90 | 94 | 94 | 81 | 85 | 78 | 79 | 78 | 76 |
| Unknown | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Please note: Where the Ethnicity data has not been captured (less than 50% of records), we have categorised this as unknown.

| Psychological Therapy waiting list Characteristics at referral: | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| Ethnicity: April 2024 to December 2024. | | | | | | | | | | |
| | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | |
| White | 143 | 145 | 141 | 127 | 121 | 120 | 111 | 110 | 120 | |
| Other Ethnic Groups | 2 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Unknown | 136 | 156 | 158 | 149 | 153 | 146 | 147 | 162 | 159 | |

| Psychological Therapy waiting list Characteristics at referral: | | | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Ethnicity: January to December 2025 | | | | | | | | | | | | |
| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| White | 120 | 116 | 104 | 116 | 118 | 118 | 109 | 110 | 97 | 101 | 85 | 94 |
| Other Ethnic Groups | 0 | 0 | 1 | 0 | 2 | 2 | 2 | 0 | 0 | 0 | 0 | 0 |
| Unknown | 139 | 142 | 132 | 125 | 129 | 119 | 122 | 120 | 113 | 123 | 124 | 123 |

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/>

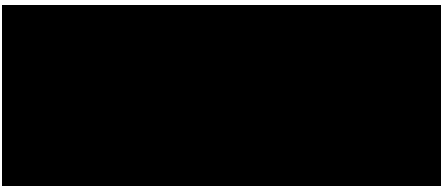
Re-use of Public Sector Information

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.