

Our Ref: 62404

**NHS Southport & Formby CCG**  
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## Re: Freedom of Information Request

Please find below the response to your recent Freedom of Information request regarding non-pharmacological therapy within NHS Southport and Formby CCG.

### Request/Response:

1. Psychological therapies (using a cognitive behavioural approach):
  - a. Are GPs able to refer NHS patients with chronic pain to this service?

Yes - The Sefton IAPT service accepts referrals if the focus of treatment was to be on a common mental health problem.

- b. How many NHS patients were referred in 2017/18, 2018/19 and 2019/20 (to date)

NHS Southport and Formby CCG does not capture pain specific referrals. You may wish to refer your query to Cheshire and Wirral Partnership NHS Foundation Trust - [FOI@cwpa.nhs.uk](mailto:FOI@cwpa.nhs.uk)

- c. What was the average waiting time in 2017/18, 2018/19 and 2019/20 (to date)  
The below figures relate to all waits:

Year	
2017/18	97.2% seen within 6 weeks
2017/18	99.1% seen within 18 weeks
2018/19	99.1% seen within 6 weeks
2018/19	99.9% seen within 18 weeks
2019/20	95.8% seen within 6 weeks
2019/20	100% seen within 18 weeks

1. Manual therapy (spinal manipulation, mobilisation or soft tissue techniques such as massage):
  - a. Are GPs able to refer NHS patients with chronic pain to this service? (Yes/No)
  - b. How many NHS patients were referred in 2017/18, 2018/19 and 2019/20 (to date)
  - c. What was the average waiting time in 2017/18, 2018/19 and 2019/20 (to date)

2. Group exercise programme (biomechanical, aerobic, mind–body or a combination of approaches):
  - a. Are GPs able to refer NHS patients with chronic pain to this service? (Yes/No)
  - b. How many NHS patients were referred in 2017/18, 2018/19 and 2019/20 (to date)
  - c. What was the average waiting time in 2017/18, 2018/19 and 2019/20 (to date)
3. Pain Management Programmes:
  - a. Are GPs able to refer NHS patients with chronic pain to this service? (Yes/No)
  - b. How many NHS patients were referred in 2017/18, 2018/19 and 2019/20 (to date)
  - c. What was the average waiting time in 2017/18, 2018/19 and 2019/20 (to date)

For questions 2-4 NHS South Sefton CCG does not hold this information, you may wish to refer you query to –

The Walton Centre NHS Foundation Trust  
[enquiries@thewaltoncentre.nhs.uk](mailto:enquiries@thewaltoncentre.nhs.uk)

Lancashire Care NHS Foundation Trust  
[Freedom.OfInformationRequests@lancashirecare.nhs.uk](mailto:Freedom.OfInformationRequests@lancashirecare.nhs.uk)