

Please contact: Access to Information  
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19 December 2023

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**Re: Your request for information under the Freedom of Information Act 2000**  
**Ref no: FOI-3631-LSC**

Thank you for your request dated 30 November 2023.

We can confirm that the ICB does hold all of the information you requested.

Please find our response to your questions below:

#### Part 1: Demographics

1. What is the postcode of the place where you work/your organisation?

**PR1 8XB**

2. What NHS region do you work in?

**North West**

3. Do you see commissioning services for children or young people with SEND and/or their parent carers as part of your role?

**Yes, we commission services for all children and young people who may need access to mental health support.**

4. How would you best describe your current role?

**Commissioner NHS Healthcare**

5. For which age group do you commission services?

**Both Children and Young People**

#### Part 2: Mental health services for Parent Carers

6. Do you currently commission any specific services for parent carers\* mental health? \*by parents carer we mean parents of children or young people with special educational needs or disabilities

**No**

7. If yes, what mental health interventions/services do you commission for parent carers?

**We are in the process of commissioning peer support for parents/carers of a child with mental health, but it is more around peer support than an evidenced based mental health intervention. We would expect onward referral into mental health services from this service should a parent be identified as requiring additional help. The parenting peer support is a new service which will be in place next year.**

8. Are there any specific barriers to commissioning mental health services for parent carers?

**Depending on mental health presentation of the parent/carer - publicly available information on websites: -**

- a. **LSC Integrated Care Board :: Mental health support (icb.nhs.uk)**
- b. **Mental health :: Lancashire and South Cumbria NHS Foundation Trust (lscft.nhs.uk)**
- c. **Our Services | Blackpool Teaching Hospitals NHS Foundation Trust (bfwh.nhs.uk)**

**For instance, we commission: -**

**NHS Talking Therapies who would see any parent/carer with a presentation of anxiety and/or depression.**

Part 3: Mental health interventions available for parent carers of special educational needs and disabilities in your local area.

9. Are you aware of any sources of mental health support or interventions specifically for parent carers in your local area?

- a) Yes
- b) No

10. If, yes, who offers this support or interventions in your local area? Please check all that apply. Please include as much information/examples as you can, e.g. name of organisation

- a. NHS (please specify the service/intervention)
- b. Social care (please specify the service/intervention)
- c. Private therapy/counselling (please specify the service/intervention)
- d. Charity/Third sector (please specify the service/intervention)
- e. Other (please specify the service/intervention)

11. Are you aware of any support available specifically for parent carers for their mental health, nationally, or remotely?

- a) Yes
- b) No
- c) Not sure

12. Who offers this support or interventions nationally or remotely? Please add any details you are aware of, e.g. name of organisation(s) and service(s)/intervention(s)

13. Are there any types of mental health interventions or support that you think may be particularly helpful for parent carers?

14. From your professional point of view, how could access to appropriate mental health support for parent carers be improved?

15. Do you have any other comments you would like to add about anything related to this research?

**Questions 9 to 15 under part 3 is not a request asking for recorded information but is asking for an opinion, which is not covered under the Freedom of Information Act.**

### **Right of Appeal**

Should you require any further information or clarification regarding this response please do not hesitate to contact us. If you are dissatisfied with the response, you are entitled to request an internal review which should be formally requested in writing and must be within two calendar months from the date this response was issued.

### **To request an internal review**

You can request this by contacting the FOI team by email at [MLCSU.FOITeam@nhs.net](mailto:MLCSU.FOITeam@nhs.net) or by post to Jubilee House, Lancashire Business Park, Leyland, PR26 6TR, specifying why you require a review.

If you are not content with the outcome of your internal review, you may apply directly to the Information Commissioner's Office (ICO) for a decision. Generally, the ICO cannot make a decision unless you have exhausted the CCGs FOI complaints procedure. The ICO can be contacted at:

Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF  
[www.ico.gov.uk](http://www.ico.gov.uk)

Yours sincerely

**On behalf of Kevin Lavery  
ICB Chief Executive**