



**East London**  
NHS Foundation Trust

**Information Governance**

The Green  
1 Roger Dowley Court  
Russia Lane  
London  
E2 9NJ

Email [elft.foi@nhs.net](mailto:elft.foi@nhs.net)

Website: <https://www.elft.nhs.uk>

22 April 2021

**Our reference: FOI DA3604**

I am responding to your request for information received 24 October 2020. I am sincerely sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

I am now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact me on the contact details above if you have any further queries.

Yours sincerely,

Keshia Harvey  
Information Governance Manager

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision. If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office  
Wycliff House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF

Tel: 0303 123 1113  
Web: [www.ico.org.uk](http://www.ico.org.uk)

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Chair: Mark Lam

Chief Executive: Paul Calaminus

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**Request:**  
To whom it may concern,

**Data Request under the Freedom of Information Act (2001) Women from ethnic minority groups are at greater risk of developing mental problems during the perinatal period. Previous literature (i.e., Watson et al., 2019) has outlined that it is essential to ensure that services are designed to meet the unique needs of women from diverse ethnic backgrounds, given the long-term negative impacts it can have on the child(ren) and family wellbeing. As British South Asian researchers in the field, we would like to gather information about current treatment provisions within perinatal settings for women who belong to the BAME communities. Under the Freedom of Information Act (2001), we would like to request the following information:**

**Question 1. Types of services offered for women in the perinatal period;**

Answer: Please find below a link to the Trust's perinatal services:

<https://www.elft.nhs.uk/Services?results=true&postCode=&treatmentid=0&boroughid=0&hospitalid=0&specialityid=0&conditionid=0&page=&searchTxt=perinatal&mode>

**Question 2. Number and job title of qualified mental health professionals within each service who offer treatment focusing on the diverse ethnicities;**

Answer: The Trust has reviewed your request for information under the Freedom of Information Act (FOI) 2000.

Section 1(1) of the FOI Act states:

*Any person making a request for information to a public authority is entitled—*

*(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and*

*(b) if that is the case, to have that information communicated to him.*

There isn't any specific focussed treatment for any ethnicity. The information is not held and therefore not disclosable. Staff would endeavour to seek advice and guidance where needed and all perinatal staff receive cultural and diversity training, in addition to training related to specific communities where appropriate.

**Question 3. Number of perinatal specialists within the Trust;**

Answer: There are 37 perinatal specialists within the Trust.

**Question 4. Lowest age limit for referral to service.**

Answer: The lowest age limit for a referral for a to a perinatal service is 18 years old, however a 17 year old would be accepted if turning 18 at birth due date

**Question 5. We would also like to gather specific referral data for any individuals that had been referred for perinatal care (over the last five years) within the trust as follows: ?**

**Number of referrals from the BAME community;**

Answer: Please see table below:

Financial Year	BAME Referrals
2015-16	805
2016-17	841
2017-18	850
2018-19	1,016
2019-20	1,291

**Question 6. Age of referrals;**

Answer: Please see table below:

Financial Year	Age Band					
	0-10	11-20	21-30	31-40	41-50	51-60
2015-16	-	52	375	341	33	4
2016-17	3	42	373	383	40	-
2017-18	17	38	374	395	25	1
2018-19	37	54	441	443	41	-
2019-20	37	58	553	593	50	-

**Question 7. Gender of referrals;**

Answer: Please see table below:

Financial Year	Gender	
	Female	Male
2015-16	805	-
2016-17	839	2
2017-18	840	10
2018-19	993	23
2019-20	1,270	21

**Question 8. Type of treatment and/or talking therapies offered;**

Answer: Please see below a list of treatment offered for perinatal services:

- Consult Psychiatrist assessment of mental state and biopsychosocial needs of the women and medication management.
- Nursery nurse interventions
- Specialist occupational therapy
- Community psychiatric nursing assessment and intervention,
- Clinical psychology- CBT, EDMR, DBT skills, compassion focussed therapy, person centred therapy,
- Social work intervention,

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- Parent infant psychotherapy,
- Perinatal peer support,
- Specialist mental health midwifery offer.
- Across the Trust for Perinatal People Participation Lead

**Question 9. The estimated time spent on a waiting list prior to initial contact;**

Answer: Please see table below:

Financial Year	Avg Wait Time (Days)
2015-16	24
2016-17	27
2017-18	24
2018-19	20
2019-20	19

**Question 10. How many attended first appointment;**

Answer: Please see table below:

Financial Year	Attended First Appt
2015-16	474
2016-17	578
2017-18	525
2018-19	550
2019-20	761

**Question 11. How many never attended;**

Answer: Please see table below:

Financial Year	Discharged without Attending
2015-16	331
2016-17	263
2017-18	325
2018-19	466
2019-20	530

**Question 12. How many completed treatment;**

Answer: Please see table below:

Financial Year	Completed
2015-16	453
2016-17	546
2017-18	481
2018-19	554
2019-20	662

'Completed' is defined as any discharge whereby the patient was no longer seen as requiring the service due to completion of treatment.

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**Question 13. With those who completed treatment, how many presented with risk pertaining to their gaming behaviours;**

**Clarification: This was an error statement that was intended for another FOI. Please ignore.**

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**Question 14. How many dropped out of treatment part way through;**

Answer: Please see table below:

<b>Financial Year</b>	<b>Dropped Out</b>
2015-16	180
2016-17	179
2017-18	171
2018-19	174
2019-20	157

'Dropped Out' is defined as any discharge whereby the treatment was unable to be completed as a result of the patient's own actions or circumstances.

**Question 15. How many were still in treatment. ?**

Answer: As of 28 November 2020, 118 BAME patients were open to perinatal services.