

## Example letter to patients from GP practice Type 2

<Date>

Private and Confidential

<Patient Name>

<Patient Address>

Dear <Patient Name>

### **Prescribing of Gluten-Free foods on prescription**

#### **What this means:**

- **You will no longer be able to get gluten-free bread or flour mixes on an NHS prescription.**
- **This change was decided by the local NHS organisation (the ICB).**
- **You can still buy gluten-free foods in shops and online.**
- **If you have any queries or concerns, you can contact the ICB using the email in this letter.**

On 3 December 2025, following a 12-week engagement process, the NHS South Yorkshire Integrated Care Board (ICB)\* made the decision to no longer fund gluten free bread and mixes prescribing (except for the most at risk of clinical harm by not adhering to a gluten free diet).

Gluten-free prescribing was one of a number of areas under review by the ICB who are assessing a range of services in relation to organisational priorities, the needs of citizens, clinical outcomes, cost-effectiveness, and the provision of essential services.

The ICB made the decision stating that “in a difficult financial climate we have a responsibility to balance the needs of all our communities and ensure that we are delivering the best possible value for money within the resources available.”

**You are currently prescribed gluten free bread or flour mixes; these will no longer be available to you on an NHS prescription because of the new local guidance.**

Gluten-free foods can be purchased from various sources, such as supermarkets, community pharmacies, or online retailers. Coeliac UK offers a wide range of helpful advice and guidance on their website: [Homepage - Coeliac UK](#)

If you would like to read more about this decision, you can visit the NHS South Yorkshire ICB website: <https://southyorkshire.icb.nhs.uk/news/board-decision-gluten-free-prescribing>

A set of ‘frequently asked questions’ is available here: [Gluten Free FAQs](#)

If you have any queries or concerns regarding this change, please contact South Yorkshire ICB [syicb-sheffield.icbcomplaints@nhs.net](mailto:syicb-sheffield.icbcomplaints@nhs.net).

**Yours sincerely**

\*The NHS South Yorkshire Integrated Care Board (ICB) is the statutory NHS body responsible for planning, commissioning, and funding NHS services in South Yorkshire