



Gender Identity Clinic
Lief House
3 Sumpter Close
Finchley Road
London
NW3 5HR
Web: www.gic.nhs.uk
Tel No: 0208 938 7590

Welcome to the Charing Cross GIC waiting list

If you need help reading this, or completing the forms, please contact:
gic.clinicaladmin@nhs.net or call **0208 938 7590**

We have now accepted your referral. You must complete the enclosed two forms and return them to us so we know you still want to be seen by our team at the Charing Cross GIC. The forms are:

1. Our consent form
2. Information that we are required to collect by our commissioner, NHS England

Please return these **within the next 6 weeks** so we can proceed with your care.

Patients who go forward for gender reassignment surgery who live in the associated islands of the UK: Jersey , Guernsey , Isle of Man, Isles of Scilly are now required by the Surgical hub to have a funding letter of approval from their Health Provider confirming funding.

Patients from the Republic of Ireland are funded for 2 surgical assessments. Please be aware that any additional appointments will require further funding approval.

If you no longer wish to be seen, please let us know by emailing: gic.clinicaladmin@nhs.net or telephoning: 0208 938 7590

Our service only provides outpatient gender care between 09:00 to 17:00. In an emergency, please contact your GP or local healthcare/mental health provider if you need support that is not related to your gender care. If it is an emergency please dial 999 for and ask for the emergency service relevant to your needs or go to your nearest Accident and Emergency Department and they will support you. We are not an emergency or crisis service.

We know that waiting to hear about your appointment is difficult, and that there is a long wait to access GICs across the country. We advise you to seek advice, support, and information while you wait for your appointment. This letter includes helpful information to know before you attend the GIC, including things you can do whilst waiting for your appointment. This may also make it easier when you are seen here.

Information about waiting lists from anyone apart from the GIC is speculative and varied. For up to date information about our waiting times please visit: <https://gic.nhs.uk>. We are not able to speed up anyone's referral, as we try to treat everyone equally.

Important: Please inform us if your circumstances change

Whilst you are waiting for your first appointment, things may change and the information you or your GP provided in your initial referral may no longer be accurate.

It is very important that you or your GP informs us in writing of any major changes (for example changes to your physical health, mental health, social transition, name change, smoking status, gender related interventions, change of GP or home address). Updates will be added to your file. Updating information will not affect your waiting time and will ensure that your first appointment is with someone with the right skills and experience to help you in your changed circumstances.

A member of our Screening Team will be in touch with you three to six months before your appointment, to ensure that all of the information we have for you is up to date and you are seen by the most appropriate clinician.

About the Charing Cross GIC

Our service provides gender care to a large range of people seeking help with issues related to gender, including trans men, trans women, non-binary people, and people with other gender identities. We accept referrals from people regardless of how certain they are about their gender identity and whether or not they have plans to transition.

Gender care at the GIC is different for each person because each person's needs and goals are different. This care may include accessing physical interventions such as facial hair removal, hormones and/or surgeries, providing voice therapy and coaching so that people can develop their authentic voice, and supporting people in psychological therapy for gender-related issues such as exploring gender identity or plans for transition.

Things you can do while waiting for your appointment

Clinicians consider a number of factors when assessing someone for hormone therapy or surgery. These include whether they smoke, whether they have made a name change and social role transition and whether they are being supported with any mental health issues they have. These topics are explored in more detail below.

Stopping smoking

If you smoke (cigarettes or cannabis) it is very important that you stop altogether at least 3 months before starting hormones (or having surgery).

This is because the thromboembolic (clotting) risk with oestrogens, and polycythaemia (thickening of the blood) risk with androgens is raised to unacceptable levels in people who smoke. Any form of nicotine replacement, including electronic cigarettes, is safe with hormone therapy.

If you wish to have surgery you should not have nicotine in gum, patches, e-cigarettes, or vaping devices because nicotine affects blood flow and scar healing among other things.

Advice and support around stopping smoking can be accessed through your GP and other NHS smoking cessation services:

<http://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines>

Caring for your mental health

If you have difficulties with mental health or substance use, please tell your GP so that you can be supported with this as well as your gender care. We regularly see clients with a range of mental health needs, and encourage you to seek the support you need for this whilst on our waiting list and whilst accessing the clinic in the future. Receiving treatment for your mental health is not a barrier to accessing support, it will better facilitate the GIC team in supporting you.

As we are a specialist gender service we do not offer a crisis service and we require patients with severe mental health issues to be under local services as well as our service.

Other psychological therapy and counselling services are available, for example through self-referral to local NHS services, voluntary sector organisations and university counselling services.

Mental health self-help resources are available for free online, such as:

- www.getselfhelp.co.uk
- www.mind.org.uk / info line 0300 123 3393
- www.thehappinesstrap.com/free-resources

Caring for your physical health

If you have any physical health concerns or conditions, please tell your GP so that they can help you with these at the same time as we provide gender care.

If you change your name and gender at your GP practice, you may miss invites for national health screening programmes, such as cervical smear tests. However, you can ask your GP to arrange the right screening appointments for your needs.

Here is a guide about the screening tests you may need:

<https://www.gov.uk/government/publications/nhs-population-screening-information-for-transgender-people>

Making a social role change

We see many different people at the clinic with different gender needs and goals. Some people are seeking support with gender transition. For those seeking physical treatment for this, we recommend making steps towards a social role change (please see below) before receiving hormones or surgery as this may help to relieve gender dysphoria, and generally happens before being endorsed for hormones or surgeries by the GIC.

Making a social role transition may include:

- **Telling people your gender identity** (not necessarily telling people your sex assigned at birth or that you are trans or non-binary)
 - This may include friends, family, colleagues, or other people.
 - This often starts with telling people you trust most who are likely to support you.
- **Changing your name**
 - You can officially change your name by Deed Poll. This can be done for free at: <https://freedeedpoll.org/>
You should then update your name everywhere that you are registered, such as banks, GP etc.
 - People may also make an unofficial name change, for example, among friends or family.
- **Asking people to use different pronouns, titles, or other gendered language**
 - You can ask people to use the pronouns (e.g. he, she, they), titles (e.g. Mr, Ms, Mx), or other gendered language that fits with your gender identity.
- **Changing your gender expression** (this may or may not be a traditional gender role)
- **Being yourself in the world**
 - Consider studying, working or volunteering (in line with your abilities) in your new gender role.

Caring for your sexual health

Please continue to access sexual health support and screening regularly, in order to care for your sexual health. You can access this support from your local sexual health services. Alternatively, CliniQ is a specialist transgender sexual health clinic in central London that offers a wide range of sexual health and other services, such as acupuncture and counselling. Please see further information on their website: www.cliniq.org.uk

Taking care of your overall wellbeing

Exploring your gender identity, addressing gender dysphoria, and transitioning can be difficult. Therefore doing things to support your wellbeing can be helpful, for example:

- Do things you enjoy such as exercise, hobbies and community activities
- Eat a healthy diet – diet and exercise information can be found at:
www.nhs.uk/live-well/
- Practice mindfulness/meditation - there are free resources available such as:
www.actwithcompassion.com www.headspace.com

Accessing social support

It can be really helpful to gain support from people in your life. We recommend spending time with and talking to those you can trust, such as your friends, family, colleagues etc. Pets can be wonderful too.

It can also be helpful to meet other people whose experience is similar to yours in order to gain information and support. There are a wide range of in-person and online support groups that you can join. You can find information about trans specific support groups here:

- Tranzwiki – <https://www.tranzwiki.net/>
- Trans Unite - www.transunite.co.uk
- Stonewall – <https://www.stonewall.org.uk/category/trans>
- LGBT-News – www.lgbt-news.com/
- It Gets Better Project – www.itgetsbetter.org/
- Trans Network London – www.transnetworklondon.org.uk

Finding out about your rights and legal gender change

Useful websites are:

Non-Binary Inclusion Project - www.nonbinary.co.uk

GIRES (Gender Identity Research and Education Society) - www.gires.org.uk

Considering fertility options

Before starting hormone treatment, it is important to consider fertility preservation. Hormone treatment may well make you unable to have biologically related children, so please think about fertility preservation before starting hormone therapy. Currently, NHS funding for this can be applied for from your local Clinical Commissioning Group (CCG) via your GP. Please see The Human Embryology and Fertilisation Authority website for more information: www.hfea.gov.uk

Avoiding self-medication with hormone therapy

We urge people not to self-medicate with hormones, as this can be unsafe. We particularly urge against taking Spironolactone, which our Endocrinology Department advises can cause hyperkalaemia (high potassium), which can lead to irregular heart rhythms and kidney damage. Evidence suggests that Spironolactone triples the risk of an upper gastro-intestinal haemorrhage, and that patients taking Spironolactone are more likely to have insufficient breast growth. Using medical resources not regulated by NHS England can be unsafe, as with all medical advice online, you need to discuss your individual circumstances with a doctor.

Self-medicating will not advance or delay the treatment you receive at the GIC. If you are self-medicating please review this medication with your GP to ensure it is monitored safely as we are not able to provide advice about hormone therapy until we (or another GIC) have seen you for an appointment. If you do choose to self-medicate against medical advice, please try to minimise harm to yourself by having regular blood tests, keeping a standard weight for your height, and not smoking.

We will ask you to have updated blood tests completed before your first appointment. When you receive your invitation to your first appointment, we will ask you to have these blood tests completed by your GP and sent to the clinic.

Finding out about the treatments you are seeking

Chest Surgery for trans masculine people

UK FtM Tumblr is not officially affiliated with surgical providers but tends to have up to date information about chest surgery providers and patient reviews: www.ukftm.tumblr.com
[TMSA-UK](#) Facebook group is also a place people post reviews for masculinising surgeries.

BMI and surgery

For patient safety during and after surgery, we ask you to aim for a BMI of between 19 and 31. Surgery is likely to be delayed until BMI is lower than 31 and waist measurement is less than 100cm. This is because surgical risks and healing difficulties happen more often when people are significantly overweight.

Thank you

We hope you have found this information useful. Please complete and return your two forms found in your welcome pack. Completion of the forms confirms that you want to be on our waiting list.
Yours faithfully

Charing Cross Gender Identity Clinic Team

GENDER IDENTITY CLINIC CONSENT INFORMATION AND FORM

PLEASE SIGN THE CONSENT FORM AT THE BACK OF
THIS BOOKLET AND RETURN TO:

gic.clinicaladmin@nhs.net or

GENDER IDENTITY CLINIC

LIEF HOUSE, 3 SUMPTER CLOSE
FINCHLEY ROAD, LONDON, NW3 5HR

How we manage your information at the Gender Identity Clinic

When we provide treatment for you as a patient at The Tavistock & Portman NHS Foundation Trust, we need to hold information about you.

We need to manage your information effectively, and seek your consent to do so. This is important because, without your consent, we can't provide you with safe, high quality care.

We provide the highest quality care to our patients and seek to work with you to make decisions in your best interests. We base our advice on your clinical history and the information about your treatment to date.

Linking your old and new records

Many of our patients will change their names and personal details throughout their time with the GIC. Patients may also hold or obtain a Gender Recognition Certificate. We create a link in the system between your old and new records (both paper and electronic) so that we have continuity of information and a full picture of your needs and care.

We need to share this information during your treatment with only those concerned with the delivery or support of your care. This is referred to as the 'share list' and further details are given on the next page. However, we cannot do this without your written consent.

We are doing all we can to provide and maintain safe, high quality care at the same time as protecting your privacy. We appreciate the sensitivity of this and want to reassure you that we are as conscientious and diligent in our duty of confidentiality as you would wish.

If you decide not to agree to this, for the reasons stated above, we unfortunately will not be able to provide treatment to you.

The Internal Share List

This is a list made up of both internal (Tavistock & Portman) and external agencies with which your information may be shared. This is known as the 'share list', referenced in your consent information booklet.

It tells you who we might share your information with, to ensure funding is in place and to treat you safely. If you would like information regarding our obligations under the Care Records Guarantee, or other legal information, please read the 'your information' section on our website.

We will only share your information when it is both necessary and appropriate.

Your details and registration information are held electronically. The people who will access this information are the people who:

- Treat you
- GIC Administrators
- Arrange the funding for your treatment
- Maintain the information technology systems
- Deal with a comment, compliment or complaint if you make one

External agencies share list

This share list includes external agencies with which we can share your information. The list includes:

- Your GP
- Your secondary and tertiary care commissioners (the people who provide funding for your care)
- Any other specialist health or social care professionals (who are already aware of your details)
- Your surgeons
- Genital hair removal specialists
- Anyone appointed by you to act on your behalf
- Any relevant court of protection or holder of power of attorney
- Anyone who obtains a court order requiring us to do so
- Anyone employed by a local authority who works within mental health services
- Anyone working or volunteering within vocational services
- Any other government agencies

The share list, both Tavistock and Portman and external agencies, will be held on our website. Any changes to the above list will be updated immediately. If we need to share your information with an organisation or individual not on the share list we will inform you.

The Trust will hold your consent for the legal time frames set by national NHS guidance. The consent does not affect your statutory rights in any way.

The attached consent form makes reference to the above share list. The consent form covers the current Data Protection Act, Gender Recognition Legislation and Common Law. Please complete the consent form and return it to the GIC:

Gender Identity Clinic
Lief House
3 Sumpter Close
Finchley Road
London NW3 5HR

Your data

Please help us keep your information correct and up to date by letting us know whenever there is any change to your personal details, for example:

- Your name and address
- Your phone number
- Your NHS number
- Your next of kin
- Your GP
- Email address

Consent to contact you by SMS/Text and or email

The Tavistock and Portman may wish to contact you via sms text and or email. To do this you will need to give consent to be contacted via sms text to your mobile number and or email to your personal email address

Once consent from you has been obtained we are able to confirm appointments via sms, send sms appointment reminders and also communicate with you via email.

More Information

If you require more information please visit our websites, where you will find a range of information.

www.gic.nhs.uk

www.tavistockandportman.nhs.uk

Please note we can't answer any specific clinical information over the phone. If you have a specific question relating to your data please write to us at:

Gender Identity Clinic
Lief House
3 Sumpter Close
Finchley Road
London NW3 5HR

For Complaint: complaints@tavi-port.nhs.uk

Subject Access Request: Sar@tavi-port.nhs.uk

FOI: FOI@tavi-port.nhs.uk

You can also contact our Information and Security Manager and Data Protection Office (DOP):

dpo@tavi-port.nhs.uk

Consent Form (please complete in ink only and only use your legal name)

I have read and understood the attached information and wish to attend appointments, and hereby give consent for Tavistock and Portman NHS Foundation Trust to (please tick)

Share my information with the people required, as stated in the internal and external share list

Give my consent for the organisation to contact me by:

Home telephone, on number:

SMS text, on number:

Email, at address:

Section B (If applicable)

I am;

The patient's parent

The patient's carer

Other (please state your relationship to the patient)

Section C

I understand that automated reminders about the above named patient appointments will only be sent to the above phone number.

I agree to inform the organisation if there is any change to either my mobile and/or my email address and acknowledge that it is my responsibility if a message is sent to a former number / email address and I have not informed them.

I confirm that I understand how the text/email message communication works and the type of communication that can take place via text/email. I also confirm that I have read and will comply with the requirements outlined in the Consent Information Booklet

I understand that text/email is not a secure medium. I understand that there is a possibility that my text/email and the responses could be intercepted and read by someone else. I will bear this in mind in deciding how much information to seek and how much information to disclose by text/email. I understand that if I require urgent clinical advice or attention I should contact my GP.

Print name:

**If electronically completing form
please tick here instead of signature:**

Signed: _____

Date signed: ____/____/____

DOB: ____/____/____ NHS no: _____

Please only use your **legal** name on this consent form

Form must be sent in from your personal email address if emailing to: gic.clinicaladmin@nhs.net

Please return this form to the GIC: Lief House, 3 Sumpter Close, Finchley Road, London, NW3 5HR

Legal note:

This Consent is for the purpose of meeting the requirement of the General Data Protection Regulation (GDPR) (EU) 2016/679) as supplemented by the Data Protection Act 2018, for the Tavistock and Portman NHS Foundation Trust (the Trust) as data controller and for the Gender Recognition Act 2004 (as amended) as it relates to the Trust, which in return undertakes to provide adequate security and compliance with legal requirements. It also waives the common law duty of confidentiality where internal Trust discussion is required. It cannot offer any guarantee of behaviours by third parties, e.g. GPs, Clinical Commissioning Groups of consortia, etc. from whom you should seek separate assurances.

If you choose to give your consent to be contacted via sms/email, you have a right under the Data Protection legislation to withdraw your consent at any time.

You can withdraw your consent to be contacted by sms/email at any time without it affecting the care we provide to you. However, the withdrawal of consent shall not affect the lawfulness of processing based on consent before its withdrawal. Withdrawal of consent must be provided in writing.

Confirmation of Current Personal Information:

To register you with the clinic we will need the following details:

GP Details:

GP Name:
Surgery address:
Surgery telephone number:

Communication Support:

- Do you require communication support?
- Do you require specific contact method?
- Do you require communication professional?
- Do you require specific patient format?

If you have answered yes to any of the above questions please let us know your requirements in the box below.

Please tell us of any physical or other special need requirement, or times and days that you are available, and we will do our best to accommodate you

Change of Name Documents Provided (Please note that the GIC will not post back original documents – please bring these to your first appointment): (Please tick appropriate box)

- Included Not applicable

Gender: As assigned at birth (Please tick the appropriate box)

- Male Female

Relationship Status:

- Civil Partnership
- Divorced / Person whose Civil Partnership has been dissolved
- Married
- Separated
- Single / Cohabiting
- Widowed / Surviving Civil Partner
- I not wish to disclose my relationship status

Pronouns:

- They/Them
- He/Him
- She/Her
- Xe/Xir
- Ze/Zir

Please tick a box below which best fits your ethnic origin:

- White – British**
- White – Irish
- White – Northern Irish
- White – English
- White – Scottish
- White – Welsh
- White – Cornish
- White – Cypriot
- White – Greek
- White – Greek Cypriot
- White – Turkish
- White – Turkish Cypriot
- White – Italian
- White – Irish Traveller
- White – Gypsy / Romany
- White – Kosovan
- White – Polish
- White – All Republics of former USSR
- White – Albanian
- White – Bosnian
- White – Croatian
- White – Serbian
- White – Other Republics of former Yugoslavia
- White – Mixed White
- White – Other European
- White – Any other background

- Asian or Asian British** – Indian
- Asian or Asian British – Pakistani
- Asian or Asian British – Bangladeshi
- Asian or Asian British – Mixed Asian
- Asian or Asian British – Punjabi
- Asian or Asian British – Kashmiri
- Asian or Asian British – East African Asian
- Asian or Asian British – Sri Lanka
- Asian or Asian British – Tamil
- Asian or Asian British – Sinhalese
- Asian or Asian British – British
- Asian or Asian British – Caribbean Asian
- Asian or Asian British – Any other background

- Black or Black British** – Caribbean
- Black or Black British – African
- Black or Black British – Somali
- Black or Black British – Mixed
- Black or Black British – Nigerian
- Black or Black British – British
- Black or Black British – Any other background

- Mixed** – White & Black Caribbean
- Mixed – White & Black African
- Mixed – White & Asian
- Mixed – Black and Asian
- Mixed – Black and Chinese
- Mixed – Black and White
- Mixed – Chinese and White
- Mixed – Asian and Chinese
- Mixed – Any other mixed background

- Other Ethnic Groups – Chinese**
- Other Ethnic Groups – Vietnamese
- Other Ethnic Groups – Japanese
- Other Ethnic Groups – Filipino
- Other Ethnic Groups – Malaysian
- Other Ethnic Groups – Arab
- Other Ethnic Groups – North African
- Other Ethnic Groups – Other Middle East
- Other Ethnic Groups – Israeli
- Other Ethnic Groups – Iranian
- Other Ethnic Groups – Kurdish
- Other Ethnic Groups – Moroccan
- Other Ethnic Groups – Latin America
- Other Ethnic Groups – South / Central America
- Other Ethnic Groups – Maur / Seyc / Mald / St Helen
- Other Ethnic Groups – Any other Group

- I am unable to choose
- I do not wish to disclose my ethnic origin

Thank you

Please return to: gic.clinicaladmin@nhs.net or

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London, NW3 5HR

Patient name: _____

DOB: _____

ID No: _____ (for official use only)

Religion

Please tick a box below which best describes your religion (PTO):

Anglican		Free Methodist	
Atheist		Free Presbyterian	
Baptist		Free Presbyterian Church of Scotland	
Buddhist		Free Presbyterian Church of Ulster	
Chinese Religions		Free Thinker	
Christadelphian		Full Gospel Assembly	
Christian		Greek Catholic	
Church in Wales		Greek Orthodox	
Church of England		Hare Krishna	
Church of Ireland		Heathen	
Church of Jesus Christ of Latter Day Saints (Mormons)		House Church	
Church of Scotland		Humanist	
Declines to Disclose		Independent	
Hindu		Independent Evangelist	
Jehovah's Witness		Independent Methodist	
Jewish		Interdenominational	
Methodist		Internationalist	
Muslim		Jain	
None		Lutheran	
Roman Catholic		Mennonite	
Sikh		Methodist Church in Ireland	
African Methodist		Metropolitan Church	
Agape		Monk	
Agnostic		Moravian	
Amish		Mysticism	
Ancestor Worship		Native American Church	
Animism		New Age	
Apostolic Church		Non-Denominational	
Asatru		Nonconformist	
Assemblies of God		Non-subscribing Presbyterian	
Baha'i		Occult	
Belfast Chinese Christian Church		Orthodox Catholic Church	
Believe in God		Orthodox Church	
Bible Pattern Church		Orthodox Presbyterian	
Brahma Kumari		Other Religions	
Brethren		Own Belief System	
Brethren in Christ		Pagan	
British Israelite		Pantheism	
Bulgarian Orthodox Church		Pentecostal	
Associate Synod		Presbyterian	
Catholic Apostolic Church		Presbyterian Apostolic	
Celtic Pagan		Presbyterian Church in Ireland	
Chapel		Presbyterian Church in Wales	

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PTO

Charismatic		Presbyterian Secession Church	
Child of God		Protestant	
Chinese Church		Protestant (Mixed)	
Christian Fellowship		Raja Yoga	
Christian Fellowship Church		Rastafarian	
Christian Scientist		Rationalist	
Christian Spiritualist Church		Realist	
Church		Reformed	
Church of All Religion		Reformed Presbyterian	
Church of Christ		Religious Society of Friends (Quakers)	
Church of God of Prophecy		Russian Orthodox Church	
Church of Harmony		Salvation Army	
Church of Prophecy		Sant Mat	
Church of the Living		Santeri	
Church of the Living God		Satanism	
Church of the Nazarene		Scientology	
Church on the Way		Scottish Episcopal Church	
City Mission		Scottish Presbyterian	
Combined Methodist and Presbyterian Church		Secularist	
Coleraine Christian Centre		Serbian Orthodox Church	
Confucianist		Seventh Day Adventist	
Congregational Church		Spiritualist	
Cooneyite		Taoist	
Coptic Orthodox Church		The Methodist Church In Wales	
Day of Church of God		Theism	
Deist		in Tao	
Disciples of Christ		Ukrainian Catholic	
Divine Lightmission		Ukrainian Orthodox Church	
Druidism		Unification Church	
Druze		Unitarian	
Dutch Reformed Church		Unitarian-Universalist	
Eastern Orthodox Church		United Brethren	
Eckankar		United Church of Canada	
Ecumenical		United Free Church of Scotland	
Elim Church		United Reformed Church	
Emmanuel Mission		Universalist	
Episcopalian		Unknown	
Evangelical		Unsectarian	
Evangelical Alliance		Vodun	
Evangelical Presbyterian Church		Whitehall Metropolitan Tabernacle	
Evangelical Union		Wicca	
Faith Mission		Zorastrian	
Fellowship of Independent Evangelical Churches			
Four Square Gospel			
Free Church of Love			
Free Church of Scotland			
Free Evangelical Church			

Thank you

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London, NW3 5HR

Patient name: _____ DOB: _____

ID No: _____ (for official use only)

Employment status and Accommodation status

Please tick **one** box below in each section which best describes your status:

EMPLOYMENT		ACCOMMODATION	
Employed/Self-employed/Carer		Local Authority placement in Temp. accommodation	
Unpaid Voluntary Work		Owner/Occupier	
Weekly hours worked – <u>Please complete if either of above selected</u>		Staying with friends/family/partner	
Homemaker		Tenant- Housing Association	
Retired/semi-retired		Tenant - Private Landlord	
Long-Term sick or disabled		Temporary accommodation	
Student – full time/part time		Tenant – Local Authority	
Not receiving benefits		Other accommodation – <u>Please Specify</u>	
Unemployed and seeking work		Not Disclosed	
Not Disclosed			

Thank you