



Park Farm Medical Centre

Support for LGBTQ+ Patients

We recognise that many individuals in the LGBTQ+ community may hesitate to seek healthcare due to past negative experiences. We are working hard as a team to improve understanding and awareness of the unique challenges faced by LGBTQ+ patients. Everyone is welcome at Park Farm Medical Centre.

The NHS uses 'trans' as an umbrella term that includes transgender, non-binary, gender fluid, and other identities outside the traditional male/female definitions.

Updating Your Name, Title, and Pronouns

You do not need to have legally changed your gender or name to update how you are addressed at our practice.

- You may ask us to use a preferred name and pronouns at any time.
- Your title (e.g. Mr, Ms, Mx) can also be updated without a legal name change.
- A formal change to your gender in your NHS record will create a new NHS number. This is not reversible and affects how your records are managed, including screening invites. It is important to be aware of the implications of a gender change on your medical record.
 - Changing your gender on your records would mean that you will be supplied with a new NHS number which is not reversible, and we will need to register you as a new patient.

- Your old NHS number will no longer exist and your existing medical information will be transferred into your new medical record minus any information relating to your previous identity.
- Should you later wish to revert to your previous gender, you will be issued with a third NHS number, and your existing medical information will be transferred to your new record, once again omitting any information about your previous identity.
- Please note: Upon changing your gender, it is important that you understand that you will not receive automatic invites for screening for certain cancers and conditions.

Please contact us to arrange a GP appointment to discuss your options for transferring information and ensuring you remain on the right screening programmes and with the needed information for your care.

Information if You Have Changed Your Gender on NHS Records from That Assigned at Birth – NHS Screening Programmes


If you have changed your gender on your NHS records, it's important to know that automatic screening invitations for some conditions may no longer be generated. This is because national screening programmes are linked to the gender recorded in your NHS file.

We strongly recommend taking time to read the national guidance, which has been created specifically for people who identify as transgender or non-binary in England. The leaflet explains the adult NHS screening programmes that are available, how invitations are determined, and what actions you might need to take to ensure you're included in relevant screening.

NHS Screening Guidance for Trans Patients (PDF)

This guidance offers helpful information so that you can stay informed about your health needs, including which screenings may still apply to you. Your wellbeing is a priority to us, and we believe that having access to the right information is a key part of managing your care confidently.

By understanding the content of the leaflet, you'll be in a better position to make informed decisions tailored to your own health and identity. If you have any questions or would like further support, our team is here to help you navigate the process. We are committed to providing you with compassionate, safe, and informed care at every stage.

The NHS uses 'trans' as an umbrella term that includes a wide range of identities beyond the traditional male/female binary. These include transgender, gender fluid, and non-binary identities. You can find more information on NHS trans health at www.nhs.uk/trans-health.  [NHS Screening Guidance for Trans Patients.pdf](#)

For further detail, visit the full NHS screening guidance at: <https://www.gov.uk/government/publications/nhs-population-screening-information-for-transgender-people/nhs-population-screening-information-for-trans-people>



[NHS population screening: information for trans and non-binary people](#)

Trans men and non-binary people assigned female at birth Registered with a GP as female If you are aged 25 to 64 and registered with a GP as female, you will be routinely invited for cervical ...

www.gov.uk

Gender Identity and Bridging Hormones Policy

At Park Farm Medical Centre, we are committed to providing safe, inclusive, and respectful care to all patients, including those who are transgender or gender-diverse. We recognise that many individuals face long waits to access NHS Gender Identity Clinics (GICs), and we understand how difficult this can be. We have received increasing enquiries about hormone prescribing and monitoring while awaiting specialist assessment, particularly around "bridging hormones."

While we fully support patients in accessing gender-affirming care, it is our practice policy that the diagnosis and initiation of hormone treatment for gender incongruence should be undertaken by a specialist gender identity service.

We want to let you know that we are working with our local ICB to push for improvements in how care is managed through GIC clinics. At present, we have concerns about the current system, where GIC clinics see patients and then transfer their long-term care to GP practices. We do not believe this is as safe as it should be.

For this reason, we have made the decision to pause taking on any new shared care from GIC clinics until a safer and more sustainable system is in place. We will keep you updated on any changes and remain committed to helping develop a better approach for everyone.

We do not initiate or continue new shared care prescribing for hormone treatment from private providers. We are also not able to prescribe bridging hormones, even if patients are already self-sourcing treatment. This is in line with national clinical guidance and ensures patient safety.

NHS GICs initiate treatment following multidisciplinary assessment, including psychological, psychiatric, and endocrinological input, with full consideration of risks, side effects, and long-term implications. These safeguards cannot be replicated in general practice. Prescribing without specialist input could risk serious harm.

What We Can Offer

- We will support you with a prompt referral to a Gender Identity Clinic, taking into account waiting times and your preferences.
- We are not able to continue or initiate prescriptions from private providers or issue bridging hormones in any circumstances.
- We will continue to support your general health and wellbeing, including mental health support, advice, and referrals where needed.

Support Available:

We understand that long waiting times can be distressing. If you are struggling while awaiting a GIC appointment or feel you need to chat about anything, we can support you through:

- Advice on managing anxiety and low mood

- Mental health assessments and support
- Referrals to NHS talking therapies
- Signposting to local and national LGBTQ+ organisations such as below:

Website [Derbyshire LGBT+ -](#) Please visit website on further information regarding local support groups and meetings available. **Phone** [01332 207 704](#)

Address Derby Centre, 25 Curzon Street, Derby, DE1 1LH

Website

[LGBT Foundation – Resources](#)

[Galop](#) is the UK's LGBT+ anti-abuse charity working with and for LGBT+ victims and survivors of interpersonal abuse and violence.

LGBT+ Domestic Abuse Helpline

[0800 999 5428](#)

Email

help@galop.org.uk

LGBT+ Hate Crime Helpline

[020 7704 2040](#)

Email

hatecrime@galop.org.uk

Conversion Therapy Helpline

[0800 130 3335](#)

Email

CThelp@galop.org.uk

[LGBT Foundation's](#) Helpline Service has been running for 35 years and provides thousands of hours of advice and support to thousands of people every year on a huge range of issues. The Helpline is staffed by a team of dedicated staff and volunteer operators, all of whom receive extensive training and support. The LGBT Foundation helpline is a good first step if you are unsure of how to access support and advice.

Phone

[0345 3 30 30 30](#) Monday to Friday between 10am and 6pm

Email

helpline@lgbt.foundation and receive a reply within 10 working days

[Mermaids](#) focus on supporting and informing gender diverse children and young people, and their families, with a particular focus on younger children who may be questioning their gender or who identify as trans. Mermaids have online forums, a helpline, and host meet ups across the UK.

[Stonewall Young Futures | Stonewall](#) is a hub for all young lesbian, gay, bi, trans, queer, questioning and ace people thinking about their next steps.

[Trans Unite](#) is a comprehensive resource for people in the UK searching for support in the transgender community. Their easy to use, mobile friendly directory connects users to an established local network of trans support groups.

[How to find an NHS gender dysphoria clinic – NHS \(www.nhs.uk\)](#)

<https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/derby-and-derbyshire-test/>

[Derbyshire Mental Health Services - Vita Health Group](http://www.vitahealthgroup.co.uk) www.vitahealthgroup.co.uk