

Primary Care Communications

FAO Primary Care Managers: The below changes are likely to impact your practice. As such primary care managers are asked to ensure this communication is shared with your GPs.

Children and Young People Gender Incongruence Service, Waiting List Management and Referrals.

The NHSE national CYP GIDS provider Tavistock and Portman NHS Foundation Trust has been decommissioned. NHS Arden & GEM commissioning [National Referral Support Service](#) (NRSS) now manage waiting lists and referrals into the new North and South gender incongruence service collaboratives. (N.B. the above link for more information).

The current waiting lists are around 2-4 years this means that young people who are currently 17 years or reach 17 years whilst on the waiting list will be 18+ years before they are able to be seen and shall therefore be ineligible for CYP GIDS. These young people will receive a letter from NRSS telling them that they have been removed from the waiting list and advised that Adult incongruence services are now open to 17-year-olds.

- The GP and referrer will receive copies of the patient communication. The advice given will indicate the need for these young people to return to their GP to make a joint decision whether a referral to an adult service is appropriate.
- GPs will need to make an onward referral to the adult gender incongruence service clinic of choice.
- The young person and GP will be provided with the entry date onto the CYP waiting list and this date will then be used by the adult service as the clock start date for waiting for access to the service.

The receipt of this information may trigger heightened distress for young people who have been waiting in some circumstances for a long time. A significant proportion of these children and young people are neurodiverse; GPs are therefore asked to take into consideration the CYP mental health, neurodiversity and safeguarding and make referrals as necessary.



NHSE Gender
Experience Survey.pdf

NRSS will ask young people to complete a Gender Experience Survey, it would be helpful to ask that they share their completed survey with you.

NHSE MindEd Modules:

https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_59819&programmeld=59819

- 1) Supporting children and young people with gender questions or distress and their sexual orientation for health and education professionals, and
- 2) Supporting children and young people with gender questions or distress and their sexual orientation for parents and carers;

The link to MindEd modules will soon be available on [Healthier Together](#) under the Professionals/ GP- Primary care tab.