

UK Trans Info

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Current Waiting Times & Patient Population for Gender Identity Clinics in the UK

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Contains Information for May to July 2015

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Foreword

UK Trans Info is a national organisation focused on improving the lives of trans and non-binary people in the UK. One of our main aims is to promote transparency, clarity and openness within public sector organisations. As such we have sent a series of requests under the Freedom of Information Act to all NHS and HSCNI organisations which contain an adult Gender Identity Clinic (GIC). The purpose of these requests was to find out more about the waiting lists for accessing gender identity services in the UK and also to find out more about the current patient population.

These requests are currently being sent on a quarterly basis. This report covers a three month period from May to July 2015. This is the first report in which we have been able to cover GICs in Scotland and Northern Ireland as well as England. Wales does not currently have its own GIC.

Gender Identity Clinics Included in this Report

England

There are seven adult GICs in England. They are all commissioned by NHS England and accept referrals from any patients who is registered with a GP in England.

- **Charing Cross in London** run by West London Mental Health NHS Trust
- **Leeds GIC** run by Leeds and York Partnership NHS Foundation Trust
- **Northamptonshire Gender Dysphoria Service in Daventry** run by Northamptonshire Healthcare NHS Foundation Trust
- **Northern Region Gender Dysphoria Service in Newcastle** run by Northumberland, Tyne and Wear NHS Foundation Trust
- **Nottingham Centre for Gender Dysphoria** run by Nottinghamshire Healthcare NHS Foundation Trust
- **Porterbrook Clinic in Sheffield** run by Sheffield Health and Social Care NHS Foundation Trust
- **West of England Specialist GIC (previously known as The Laurels) in Exeter** run by Devon Partnership NHS Trust

Northern Ireland

There is only one adult GIC in Northern Ireland which is the **Brackenburn Clinic in Belfast** run by Belfast Health and Social Care Trust. It accepts referrals from throughout Northern Ireland.

Scotland

There are four adult GICs in Scotland. Most of them only accept referrals from certain parts of Scotland.

- **Sandyford Clinic in Glasgow** run by NHS Greater Glasgow and Clyde accepts referrals from throughout Scotland
- **Aberdeen Clinic** run by NHS Grampian only accepts referrals from patients in the NHS Grampian area
- **Inverness Clinic** run by NHS Highland only accepts patients from the NHS Highland area
- **Chalmers Clinic in Edinburgh** run by NHS Lothian only accepts patients from the NHS Lothian and NHS Borders areas

Wales

Wales does not currently have its own GIC. All adult patients in Wales are referred to **Charing Cross in London**. They are not able to choose an alternative GIC.

First Appointments at GIC

We asked how many patients had their first appointment with the GIC in the three months. This does not include any patient that bypassed part of the waiting list.

Table 1: Number of first appointments May to July 2015

GIC	Appointments	% of country	% of UK
Charing Cross, London	316	52%	47%
Leeds Clinic	59	10%	9%
Northern Region Gender Dysphoria Service, Newcastle	1	0%	0%
Northamptonshire Gender Dysphoria Service, Daventry	59	10%	9%
Nottingham Centre for Gender Dysphoria	102	17%	15%
Porterbrook Clinic, Sheffield	9	1%	1%
West of England Specialist GIC (The Laurels), Exeter	67	11%	10%
English Total	613	100%	91%
Aberdeen Clinic	2	5%	0%
Chalmers Clinic, Edinburgh	0	0%	0%
Inverness Clinic	4	10%	1%
Sandyford Clinic, Glasgow	35	85%	5%
Scottish Total	41	100%	6%
Brackenburn Clinic, Belfast	22	100%	3%
UK-wide Total	676	100%	100%

For the English GICs, this is a significant increase in first appointments since last quarter. It is unclear whether this is due to the new financial year starting in April or whether this is the beginning of a sustained increase. There is no historical data available yet for Scotland or Northern Ireland.

Table 2: Number of first appointments May to July 2015 vs Feb to April 2015

GIC	Feb-Apr 15	May-Jul 15	% increase
Charing Cross, London	217	316	46%
Leeds Clinic	28	59	111%
Northern Region Gender Dysphoria Service, Newcastle	0	1	-
Northamptonshire Gender Dysphoria Service, Daventry	35	59	69%
Nottingham Centre for Gender Dysphoria	69	102	48%
Porterbrook Clinic, Sheffield	6	9	50%
West of England Specialist GIC (The Laurels), Exeter	50	67	34%
English Total	405	613	51%

Waiting Times for First Appointments at GIC

We also asked how long on average those patients who had a first appointment between May and July had been waiting for their appointment since they were referred. While this tells us the waiting time for those currently reaching the end of waiting list, it is not necessarily an accurate prediction for those who are just joining the list.

Table 3: Average waiting time of those who had first appointment between May and July 2015

GIC	Answer Given	Converted to Weeks
Charing Cross, London	12 months	52 weeks
Leeds Clinic	509 days	73 weeks
Northern Region Gender Dysphoria Service, Newcastle	628 days	89 weeks
Northamptonshire Gender Dysphoria Service, Daventry	11 weeks	11 weeks
Nottingham Centre for Gender Dysphoria	179 days	26 weeks
Porterbrook Clinic, Sheffield	33.13 weeks	33 weeks
West of England Specialist GIC (The Laurels), Exeter	29 weeks	29 weeks
Aberdeen Clinic	4 months	17 weeks
Chalmers Clinic, Edinburgh	12 to 14 months	56 weeks
Inverness Clinic	6 weeks	6 weeks
Sandyford Clinic, Glasgow	12 months	52 weeks
Brackenburn Clinic, Belfast	13 weeks	13 weeks

IMPORTANT NOTE: These waiting times refer to those who have just reached the end of the list. This is not necessarily an indication of how long you will have to wait if you have been referred.

In order to get a better idea of what patients currently being referred to clinics should expect, we phoned each of the GICs and asked them how long it would currently take to get an appointment for someone just being referred now.

Table 4: Estimated waiting time of someone referred end of September 2015 according to GIC

GIC	Answer Given	Converted to Weeks
Charing Cross, London	12-13 months	54 weeks
Leeds Clinic	3.5 years	182 weeks
Northern Region Gender Dysphoria Service, Newcastle	15 months	65 weeks
Northamptonshire Gender Dysphoria Service, Daventry	No answer*	
Nottingham Centre for Gender Dysphoria	12 months	52 weeks
Porterbrook Clinic, Sheffield	73 weeks	72 weeks
West of England Specialist GIC (The Laurels), Exeter	No answer*	
Aberdeen Clinic	No answer*	
Chalmers Clinic, Edinburgh	12-14 months	56 weeks
Inverness Clinic	6 weeks	6 weeks
Sandyford Clinic, Glasgow	12 months	52 weeks
Brackenburn Clinic, Belfast	13 weeks	13 weeks

* Despite several attempts on several days we were unable to get anyone at Aberdeen, Daventry or Exeter to answer the phone.

Current GIC Waiting Lists

We asked how many patients were still on the waiting list for a first appointment as of the end of July 2015.

Table 5: Patients on waiting list for an appointment at end of July 2015

GIC	Waiting List	% of country	% of UK
Charing Cross, London	1838	50%	46%
Leeds Clinic	525	14%	13%
Northern Region Gender Dysphoria Service, Newcastle	335	9%	8%
Northamptonshire Gender Dysphoria Service, Daventry	100	3%	2%
Nottingham Centre for Gender Dysphoria	496	13%	12%
Porterbrook Clinic, Sheffield	216	6%	5%
West of England Specialist GIC (The Laurels), Exeter	200	5%	5%
English Total	3710	100%	92%
Aberdeen Clinic	33	12%	1%
Chalmers Clinic, Edinburgh	82	29%	2%
Inverness Clinic	3	1%	0%
Sandyford Clinic, Glasgow	167	59%	4%
Scottish Total	285	100%	7%
Brackenburn Clinic, Belfast	42	100%	1%
UK-wide Total	4037	100%	100%

For the English GICs, this means that all waiting lists have substantially increased since the last quarter, despite the increase in first appointments. There is no historical data available yet for Scotland or Northern Ireland.

Table 6: Waiting List end of April 2015 vs end of July 2015

GIC	End of Apr	End of July	% increase
Charing Cross, London	1359	1838	35%
Leeds Clinic	405	525	30%
Northern Region Gender Dysphoria Service, Newcastle	269	335	25%
Northamptonshire Gender Dysphoria Service, Daventry	79	100	27%
Nottingham Centre for Gender Dysphoria	334	496	49%
Porterbrook Clinic, Sheffield	137	216	58%
West of England Specialist GIC (The Laurels), Exeter	161	200	24%
English Total	2744	3710	35%

However it is worth noting that there appears to be a certain margin of error in the information the trusts have given us. For example Charing Cross told us they had 1359 patients on the waiting list at the end of April 2015. Between May and July 2015 they told us they had 462 new referrals and that 316 patients had their first appointment. This means the waiting list at the end of July 2015 should have been 1505 patients, but they told us it was 1838 patients. It is unclear where the extra 333 patients have come from, however we have requested clarification.

Patients Who Have Waited Over 18 Weeks

Referral to Treatment (RTT) standards in both England and Scotland state that patients should receive treatment within 18 weeks of referral. There are no relevant standards in Northern Ireland or Wales. We therefore asked each GIC how many of the people on their waiting list had been waiting for over 18 weeks.

Table 7: Patients on waiting list who have waited over 18 weeks at end of July 2015

GIC	Patients	% of waiting list
Charing Cross, London	1189	65%
Leeds Clinic	351	67%
Northern Region Gender Dysphoria Service, Newcastle	271	81%
Northamptonshire Gender Dysphoria Service, Daventry	1	1%
Nottingham Centre for Gender Dysphoria	274	55%
Porterbrook Clinic, Sheffield	114	53%
West of England Specialist GIC (The Laurels), Exeter	200	100%
English Total	2400	65%
Aberdeen Clinic	19	58%
Chalmers Clinic, Edinburgh	46	56%
Inverness Clinic	0	0%
Sandyford Clinic, Glasgow	167	100%
Scottish Total	232	81%
Brackenburn Clinic, Belfast	6*	14%
UK-wide Total	2638	65%

**Brackenburn Clinic stated that all 6 of their patients waiting over 18 weeks had waited this long because they had not had a response regarding their eligibility. For more information on this see the 'Proof of Eligibility for Treatment' section of <http://genderjam.org.uk/transresources/healthcare/healthcarehelp/>*

As this is the first time we have asked for this information, we cannot yet compare it to historical data.

New Referrals

We asked the GICs how many new referrals had been received over the three months.

Table 8: New referrals received May to July 2015

GIC	Referrals	% of country	% of UK
Charing Cross, London	462	40%	35%
Leeds Clinic	101	9%	8%
Northern Region Gender Dysphoria Service, Newcastle	71	6%	5%
Northamptonshire Gender Dysphoria Service, Daventry	93	8%	7%
Nottingham Centre for Gender Dysphoria	225	19%	17%
Porterbrook Clinic, Sheffield	54	5%	4%
West of England Specialist GIC (The Laurels), Exeter	154	13%	12%
English Total	1160	100%	88%
Aberdeen Clinic	12	11%	1%
Chalmers Clinic, Edinburgh	18	16%	1%
Inverness Clinic	5	4%	0%
Sandyford Clinic, Glasgow	77	69%	6%
Scottish Total	112	100%	8%
Brackenburn Clinic, Belfast	47	100%	4%
UK-wide Total	1319	100%	100%

For the English GICs, this is for the most part quite similar to the previous quarter. There is no historical data available yet for Scotland or Northern Ireland.

Table 9: New Referrals Feb to Apr 2015 vs May to July 2015

GIC	Feb-Apr 15	May-Jul 15	% change
Charing Cross, London	446	462	+4%
Leeds Clinic	109	101	-7%
Northern Region Gender Dysphoria Service, Newcastle	64	71	+11%
Northamptonshire Gender Dysphoria Service, Daventry	85	93	+9%
Nottingham Centre for Gender Dysphoria	222	225	+1%
Porterbrook Clinic, Sheffield	43	54	+26%
West of England Specialist GIC (The Laurels), Exeter	151	154	+2%
English Total	1120	1160	+4%

Current GIC Patient Population

We asked how many patients were currently under the care of each GIC. We defined this to include all patients who have had their first appointment but have not yet been discharged from the clinic.

Table 10: Current Patient Population as of End of July 2015

GIC	Patients	% of country	% of UK
Charing Cross, London	3347	55%	49%
Leeds Clinic	368	6%	5%
Northern Region Gender Dysphoria Service, Newcastle	300	5%	4%
Northamptonshire Gender Dysphoria Service, Daventry	151	2%	2%
Nottingham Centre for Gender Dysphoria	928	15%	14%
Porterbrook Clinic, Sheffield	263	4%	4%
West of England Specialist GIC (The Laurels), Exeter	756	12%	11%
English Total	6113	100%	90%
Aberdeen Clinic	85	15%	1%
Chalmers Clinic, Edinburgh	246	44%	4%
Inverness Clinic	25	4%	0%
Sandyford Clinic, Glasgow	206	37%	3%
Scottish Total	562	100%	8%
Brackenburn Clinic, Belfast	138	100%	2%
UK-wide Total	6813	100%	100%

If we combine this information with the waiting list information in table 5 then we can see how many people are engaging with gender identity services at any stage from referral to discharge. This will not include anybody who has been referred to a local mental health assessment service prior to referral.

Table 11: Current Patient Population (including waiting list) as of End of July 2015

GIC	Patients	% of country	% of UK
Charing Cross, London	5185	54%	49%
Leeds Clinic	893	9%	8%
Northern Region Gender Dysphoria Service, Newcastle	335	4%	3%
Northamptonshire Gender Dysphoria Service, Daventry	251	3%	2%
Nottingham Centre for Gender Dysphoria	1424	15%	13%
Porterbrook Clinic, Sheffield	479	5%	5%
West of England Specialist GIC (The Laurels), Exeter	956	10%	9%
English Total	9523	100%	90%
Aberdeen Clinic	118	14%	1%
Chalmers Clinic, Edinburgh	328	39%	3%
Inverness Clinic	28	3%	0%
Sandyford Clinic, Glasgow	373	44%	4%
Scottish Total	847	100%	8%
Brackenburn Clinic, Belfast	180	100%	2%
UK-wide Total	10550	100%	100%

Patients Discharged

We also asked how many patients were discharged during the three month period.

Table 12: Patients Discharged May to July 2015

GIC	Appointments	% of country	% of UK
Charing Cross, London	247	64%	61%
Leeds Clinic	31	8%	8%
Northern Region Gender Dysphoria Service, Newcastle	7	2%	2%
Northamptonshire Gender Dysphoria Service, Daventry	27	7%	7%
Nottingham Centre for Gender Dysphoria	43	11%	11%
Porterbrook Clinic, Sheffield	9	2%	2%
West of England Specialist GIC (The Laurels), Exeter	22	6%	5%
English Total	386	100%	96%
Aberdeen Clinic	0	0%	0%
Chalmers Clinic, Edinburgh	0	0%	0%
Inverness Clinic	0	0%	0%
Sandyford Clinic, Glasgow	1	100%	0%
Scottish Total	1	100%	0%
Brackenburn Clinic, Belfast	15	100%	4%
UK-wide Total	402	100%	100%

For the English GICs, this is a substantial change from the previous quarter however for some it is a substantial increase while for others it is a substantial decrease. There is no historical data available yet for Scotland or Northern Ireland.

Table 13: New Referrals Feb to Apr 2015 vs May to July 2015

GIC	Feb-Apr 15	May-Jul 15	% increase
Charing Cross, London	436	247	-43%
Leeds Clinic	102	31	-70%
Northern Region Gender Dysphoria Service, Newcastle	61	7	-89%
Northamptonshire Gender Dysphoria Service, Daventry	9	27	+200%
Nottingham Centre for Gender Dysphoria	7	43	+514%
Porterbrook Clinic, Sheffield	61	9	-85%
West of England Specialist GIC (The Laurels), Exeter	9	22	+144%
English Total	685	386	-44%