



SANDYFORD



**Gender
Identity
Services
Information
Booklet**

Hello, I'm Brenda, facilitator of the Trans Women's Support Group here at Sandyford.

Let me say a wee bit about the place before you read about the gender identity services on offer.

Within Sandyford you will find a wide range of health services including advice, information, referrals and support for women, men and young people on all aspects of emotional, sexual and reproductive health – at all stages of your life.

The range of services includes:

- Sexual and Reproductive Health
- Sandyford Counselling and Support Services
- The Place, a service for young people
- The Steve Retson Project for gay and bisexual men
- The Archway – a rape and sexual assault referral centre
- Library and Information Services

You can expect a friendly, welcoming and relaxing atmosphere. We know that talking about your feelings and about sexual and emotional health issues might seem embarrassing and sensitive. It is Sandyford's aim to put you in control as much as possible, taking things at your speed, responding to your issues, and supporting you in discussing the things that are important to you.

If requested, Sandyford can arrange to have the services of Minority and British Sign Language (BSL) interpreters. Sandyford is accessible for people who have a disability.

All services are completely free and confidential.

I trust this little booklet will be of some benefit to you.

A handwritten signature in black ink that reads "Brenda Colvin". The script is cursive and fluid, with the first letters of "Brenda" and "Colvin" being capitalized and prominent.

Brenda Colvin
Trans Women's Support Group

Contents

Sandyford Library and Information Services	5
The Gender Clinic	6
Treatment Options for Transsexual Women Male to Female (MTF)	10
Sandyford Trans Women’s Support Group	13
Treatment Options for Transsexual Men Female to Male (FTM)	14
Changing Documents	18
Other Relevant Support Groups/Organisations Within Scotland	20
Glossary of Terms	23

Sandyford Library and Information Services

e. sandyfordlib@gcc.scot.nhs.uk

phone 0141 221 6717

In the newly refurbished and extended health and information library, situated on the ground floor, you will find an exciting range of information and resources, including books, leaflets, reports, magazines and newsletters, some of which are relevant to gender identity. Library staff are on hand to help you find the information you need.

If you have a membership card from your local library in Glasgow, you can use it here to borrow up to six books for four weeks and you can return them to your nearest library, if that is easier for you. If you don't have a membership card already, that's OK! You can join here, even if you live outside Glasgow – all you need is some form of address ID.

Internet access

With PCs situated across from the library, you will be able to gain FREE Internet access, where you can explore some of the websites listed in this booklet. The library staff are happy to help you get started.

The Gender Clinic

The clinic team of experienced professionals offers a resourceful multi-disciplinary, service-user approach to care.

The team includes two consultant psychiatrists, an associate specialist, and a staff grade doctor. It also includes a dedicated counsellor for transgender people, and an administrator.

Counselling

This service is provided by a dedicated counsellor for transgender people. **Please note** this service is also available without an initial consultation with any of the doctors. For an appointment phone **0141 211 8137**.

How to access the service

It is not necessary to have a GP's (doctor's) referral. Prospective service users can telephone for an initial appointment by phoning our administrator on **0141 211 8137** and asking for a first appointment. One of the team will see you. This service will see anyone who lives in Scotland. You do not need to live in Glasgow and Clyde to access the service.

Transitioning

Your treatment will be monitored and run in accordance with the guidelines set out in the 'Standards of Care' as laid down by the World Professional Association for Transgender Health (WPATH), www.wpath.org – formerly known as the Harry Benjamin International Gender Dysphoria Association (HBIGDA). Therefore, you will have consultations with the gender clinic psychiatrist. **This is mandatory.**

Who can use this service?

We would encourage anyone who is confused about their gender identity or expression of their gender to contact the clinic for an open and confidential discussion. The clinic primarily assists people who are transsexual to progress through the steps of transitioning in order to alter their given gender. However, the service is available to any person who feels uncomfortable about their gender identity whether they wish to change their gender or not.

What can you expect?

You will have the opportunity to explore your feelings and describe your problem with one of the doctors in a relaxed,

supportive and non-judgemental environment. Following this, the doctor may arrange to see you again, refer you to the counsellor, or ask one of the other clinic doctors to see you. If this service does not meet your needs, we will attempt to identify one that does and refer you on.

What happens next?

After your initial visit, you will have your second appointment with another member of the team. Thereafter, you will be invited to attend the once monthly drop-in clinic. In addition, you may have further scheduled appointments. The clinic adopts a team approach and you can expect to be seen by all of the team members at some point.

Children and adolescents

There is a specific service for young people under the age of 19 years. This service is provided by a consultant child and adolescent psychiatrist. A full assessment will be carried out and the patient's family will be invited to participate in discussions, if the young person gives consent. Young people will also have the opportunity to discuss issues on an individual basis. In some circumstances, young people may be referred for a paediatric

endocrinological opinion (if under 13 years). Occasionally, young people may be referred to their local child and adolescent mental health team for further assessment/interventions.

The “real life” experience

During this period, you need to live continuously in your preferred gender in the whole of your day-to-day life for at least a year before you can get surgery. It is important to experience the realities and challenges of interacting in your preferred gender in your local community through all situations such as employment, voluntary work, educational study, with relatives and social/leisure activities.

Treatment Options for Transsexual Women Male to Female (MTF)

Hormones

Following a period of assessment (which normally takes place around three months into the “real life” experience) blood tests will be taken – with your consent – to determine your health and suitability to begin hormone therapy. Depending on these results, hormones will be prescribed. In exceptional circumstances they are prescribed prior to transition, with agreement of the gender team. Hormone treatment may be offered in the form of the female hormones, oestrogen and progesterone.

This treatment may result in breast development and some re-distribution of body fat into a more female shape, most noticeably the face and hips. The extent of the changes will vary from person to person, but will not have any notable effect on body hair growth, which may require hair removal by a trained technician.

There may be side effects, such as mood swings, tiredness and

breast tenderness, although many clients report feelings of calm and wellbeing after starting on hormone treatment. Hormones can also increase the risk of breast cancer and high blood pressure, so it is important to have regular medical check-ups.

It is advisable to reduce or stop smoking before commencing hormone treatment. Smoking while taking hormones greatly increases the risk of deep vein thrombosis (DVT).

Anti-androgens may also be recommended to counter the masculinising effects of male hormones. The taking of hormones will be for the duration of one's life. **Please note** hormones should **never** be taken without your doctor's involvement.

Surgery

After successfully living as a woman during your "real life" experience for at least one year, surgery may be recommended following a careful assessment by the clinic team. A second opinion from a mental health professional is also required prior to referral. Funding will have to be sought from your local health authority prior to referral for surgery.

Gender confirmation surgery

Construction of female type genitalia (vaginoplasty/clitoroplasty). The prostate gland remains in-situ.

All gender confirmation surgery is performed in England by a surgeon who holds outpatient clinics at Sandyford 3–4 monthly.

Other treatments

- Referral to an endocrinologist for monitoring of hormone treatment and specialist advice on hormones.
- Referral for facial feminisation and tracheal shave.
- Referral for breast augmentation.
- Referral to a speech therapist – usually offered to help project a more female sounding voice.
- Referral to a dermatologist for tattoo removal and possibly hair removal by laser or electrolysis to help with body hair/beard.

Sandyford Trans Women's Support Group

<http://sandyfordtranswomen.tripod.com> It is open to trans women who are current or previous service users of Sandyford Gender Identity Clinic, those who feel they may wish to use the clinic at some stage in the future, or indeed any male to female (MTF) people with gender identity issues.

Although run under the auspices of Sandyford, the group is independent of the clinic and meets twice a month, in a non-clinical setting. You will be made very welcome and have the chance to meet other people who may have had similar experiences to you, where you can share information and support.

The Trans Women's Support Group meets twice a month. For further details including dates, times and venues, or for support outwith these dates please contact a group member on **07758 462 988**, or contact the Sandyford community access co-ordinator on **0141 232 8416** email colinmackillop@nhs.net

Treatment Options for Transsexual Men Female to Male (FTM)

Hormones

After a period of assessment, and by mutual agreement, some routine blood tests will be done to determine health and suitability. Hormone treatment may be offered in the form of the male hormone testosterone. This is usually administered by intra-muscular injections once every two or three weeks, for the whole of your life.

The effects you can expect from taking testosterone include deepening of the voice, increased sex drive, cessation of menstruation, re-distribution of body fat to a more male pattern, increased muscle tone, and male pattern body hair and facial hair growth. The possible side effects of taking testosterone can be a slightly increased risk of liver complications, acne and male pattern baldness, depending on your hereditary factors. Regular exercise will increase muscle bulk and give maximum impact to the masculinising effects of testosterone.

The Sandyford Gender Identity Clinic requires you to have

changed your name and to be living as a man before starting to take testosterone, because permanent changes such as your voice breaking can occur quickly after starting testosterone. Depending on your genetics, significant masculine body hair and facial hair development may become obvious within the first few months of your hormone treatment, or it may take up to a few years.

The masculinising effects of testosterone are irreversible and hormones have to be taken for the duration of one's life. **Please note** hormones should **never** be taken without your doctor's involvement.

It is advisable to reduce or stop smoking before commencing hormone treatment. Taking testosterone can slightly increase the risk of heart disease. Smoking while taking hormones will greatly increase this risk.

Surgery

Some transsexual men decide to have surgery. This usually involves bi-lateral mastectomy (removal of the breasts and reduction in the size of the nipples). This can be arranged

depending on funding from your local health authority. Some also decide to have a hysterectomy (removal of the womb, cervix and ovaries).

A smaller number of transsexual men choose to have surgery to change the appearance of their genitals:

- Phalloplasty is a technique that involves creating a penis using skin from the forearm or abdomen. This surgery can also involve the extension of the urethra, giving the ability to stand up and urinate. The penis can also be inserted with an erectile implant. Problems with urinating and loss of sensation are risks of surgery. Some transsexual men feel this surgery is necessary for them. However, many decide not to go through this process, as techniques are still being developed and it can involve several operations, long stays in hospital, extensive scarring and, in some cases, unsatisfactory results.
- Metoidioplasty is a technique which involves releasing the clitoral hood and extending the urethra.
- Testosterone causes the clitoris to grow slightly, and this with surgery can make it look like a very small penis, while still retaining its sensitivity. Problems with urinating can be a risk

of surgery, and the penis is usually too small to use for penetrative sex.

- Scrotoplasty involves the creation of a scrotum from the labia by using testicular implants.

Many transsexual men decide not to have any genital surgery at all and some prefer to wear a prosthesis to give the appearance of male genitalia.

At present all gender confirmation surgery is undertaken outwith Scotland. For your convenience surgeons hold outpatient clinics 3–4 monthly at Sandyford.

Trans Men Scotland

www.transmenscotland.org.uk Provides peer support for all female to male trans men, and for anyone labelled female at birth who is exploring their gender identity. Trans Men Scotland has members across Scotland and holds meetings in Glasgow and Edinburgh.

Please contact admin@transmenscotland.org.uk for information regarding meetings.

Changing Documents

To change your gender on a UK driving licence or passport, it is not necessary to have started hormone treatment or to have had any surgery. All that is needed is your statutory declaration of change of name and a doctor's letter stating either that you are "a female to male transsexual person who is living permanently as a man" or that you are "a male to female transsexual person who is living permanently as a woman". However, changing your gender on your UK driving licence or UK passport does not change your legal gender. Your legal gender is tied to your UK birth certificate.

The Gender Recognition Act 2004 created a process to enable transsexual people to get their UK birth certificates and legal gender changed. To apply for gender recognition, you need to show that you have been diagnosed by a gender identity clinic as having gender dysphoria and that you have been fully living in your acquired gender for at least 2 years. You do not need to have had any surgery.

You can get information and application forms from the Gender Recognition Panel whose address is:

**GRP
PO Box 6987
Leicester
LE1 6ZX
UK**

**0845 355 5155
www.grp.gov.uk**

If you apply for gender recognition while married, or in a civil partnership, then you will only be able to get an interim certificate. The marriage or civil partnership would need to be ended to get a full gender recognition certificate. Then, if you wished, you could get a civil partnership with your partner in place of the original marriage, or a marriage in place of the original civil partnership. The change from marriage to civil partnership, or vice versa, can be organised to take place on the same day.

Other Relevant Support Groups/Organisations Within Scotland

Scottish Transgender Alliance c/o Equality Network

www.scottishtrans.org

t. 07020 933952

e. info@scottishtrans.org

30 Bernard Street
Edinburgh EH6 6PR

*The Scottish Transgender Alliance is based within the Equality Network. It is funded by the Scottish Government and The Big Lottery Fund. It provides employers and service providers in Scotland with training and good practice guidance on trans equality and human rights. It runs a regular **Scottish Transgender Alliance Forum** to enable trans people to discuss equality and rights issues with public bodies such as the NHS and with the Scottish Government.*

*It also has a **Transition Support Service** which provides a range of information, creative workshops, befriending and volunteer training to trans people across Scotland. The Equality Network is a Scottish charity working for lesbian, gay, bisexual and transgender equality and rights.*

www.equality-network.org

www.scottishlgbt.org

Stirling Transgender Support Group

www.stirlingtggroup.org.uk

SWANS of Scotland

www.spanglefish.com/swansofscotland

e. swansofscotland@gmail.com

or mj.long3@btinternet.com

Meetings held in Inverness on the last Thursday of each month 7.00pm to 9.30pm.

Crosslynx

www.crosslynx.org.uk

Runs an information line

t. 0141 847 0787 Mondays 7.30pm to 9.30pm.

Meetings in Glasgow on the 2nd Wednesday of each month.

Edinburgh Trans Women

www.edinburghtranswomen.org.uk

e. info@edinburghtranswomen.org.uk
c/o LGBT Centre for Health and Wellbeing

9 Howe Street

Edinburgh EH3 6TE

Support group for transsexual women meets 1st Saturday of each month from 7.30pm to 9.00pm.

Polygender Scotland

www.androgyny.org.uk

e. committee@androgyny.org.uk
LGBT Centre for Health and Wellbeing
9 Howe Street
Edinburgh EH3 6TE

Support group for all third-gender, genderqueer, androgyne and polygender people.

T- Time

www.lgbthealth.org.uk

e. admin@lgbthealth.org.uk
An informal social drop-in for all trans people, partners, family and friends with space to change clothing. Held in Edinburgh on the 3rd Saturday of each month from 1.00pm to 5.00pm.

North East Scotland Trans

www.nestsupport.co.uk

Aberdeen based support group for trans people.

Equality Network

www.equality-network.org

e. en@equality-network.org
30 Bernard Street
Edinburgh EH6 6PR
Campaigns for LGBT equality in Scotland.

Beyond Gender Scotland

LGBT Youth Scotland

www.lgbtyouth.org.uk

e. info@lgbtyouth.org.uk

A group for young trans people aged 13 to 25. LGBT Youth provides a range of services and opportunities for LGBT young people, families and professionals, which aim to increase awareness and confidence, as well as reduce isolation and intolerance.

Parents Enquiry

www.parentsenquiryscotland.org

e. parentsenquiry@hotmail.com

A group of parents, with LGBT offspring, who provide support and information for anyone who knows, or is related to, a trans person.

Strathclyde L&G Switchboard

Helpline available daily 7.00pm to 10.00pm 0141 847 0447.

Glossary of Terms

Sex

It is biological. It is being male or female in the reproductive sense. You are a boy/man or a girl/woman. In fact there are many intermediate forms of sex in nature. Even among humans there is a variety of intermediate forms in terms of anatomy, chromosomes, hormones or developmental problems as part of natural variation. It appears that the human brain is also wired differently in males and females.

Gender

Refers to a personal sense of identity as masculine or feminine, and how one is seen by society. Most people have no issue with their gender. It correlates with their sex. They accept the role they have been brought up in, without question. Gender however is not bipolar, it is not a black and white choice between 'male' or 'female' stereotypical behaviour or self-perception. There are effeminate men and masculine women, who are content with their gender. Society has expectations of gendered behaviour and the gender roles it expects people to have or adopt are continually evolving.

Transgender people or trans people

An 'umbrella' term which encompasses all those people whose gender identity or gender expression differs in some way from the gender assumptions their society made about them when they were born. Transsexual people are just one of the many different kinds of transgender people.

Gender dysphoria

Unhappiness or discomfort experienced by someone about their physical body not fully matching their gender identity (that is, their internal sense of where they exist in relation to being a boy/man or girl/woman).

Transsexual people

This term is used to describe someone who consistently self-identifies as the opposite gender from the gender they were labelled with at birth. Transsexual people often experience intense gender dysphoria.

Depending on the range of options and information available to them during their life, transsexual people may try to cope in

a variety of ways. Many will manage (some while still children, most as young adults, and some much later in life) to find a way of transitioning to live fully in the gender that they self-identify as. Many transsexual people take hormones and some also have surgery to make their physical bodies match their gender identity better.

Female to male (FTM) transsexual man (trans man)

Someone who was labelled female at birth but has a male gender identity, and therefore transitions to live completely and permanently as a man.

Male to female (MTF) transsexual woman (trans woman)

Someone who was labelled male at birth but has a female gender identity, and therefore transitions to live completely and permanently as a woman.

Transvestite people/cross-dressing people

These are terms used to describe people who dress in clothes associated with the opposite gender, as defined by socially accepted norms, but who are generally happy with their birth

gender, and do not want permanently to alter the physical characteristics of their body.

They may dress as the opposite gender for emotional satisfaction, erotic pleasure, or just because they feel more comfortable doing so. Cross-dressing can provide a pleasant way for them to explore feelings and behaviours associated with the opposite gender.

Although they enjoy the actual periods when they cross-dress, some people can initially find it difficult to come to terms with their desire to cross-dress and may spend a period of time struggling alone with feelings of shame or fear. In due course, most are able to move beyond these negative feelings, and simply enjoy cross-dressing with others at supportive social evenings and occasional weekend events.

Occasionally, a person might spend a period of time thinking they are a transvestite person before realising that actually they feel more like a transsexual person, or vice versa.

Androgyne people/Gender queer people/Polygender people

Some people find they do not feel comfortable thinking of themselves as simply either men or women. Instead they feel that their gender identity is more complicated to describe. Some may identify their gender as being some form of combination between a man and a woman, or as being neither.

Intersex people

Sometimes a person's external genitals, internal reproductive system or chromosomes are in-between what is considered clearly male or female. People born with these kinds of physical variation are often referred to as intersex people, and there are many different intersex conditions.

Thank you

With special thanks to Brenda Colvin for all her hard work on this booklet.

Thanks also to James Morton and Nick Laird for their contributions to this booklet, and to everyone else who has supported its production.

This booklet can also be made available
as large print, braille, audio tape,
or in a foreign language, if required.
Please contact Sandyford Library and
Information Services on 0141 211 6717.

SANDYFORD



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www.sandyford.org



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