



North East London

LGBTQ+ Health Services

Meeting name: INEL JHOSC

Presenter: Dr Paul Gilluley, Chief Medical Officer

Date: 15 October 2025

Gender Services

- Gender dysphoria is a term that describes a sense of unease that a person may have because of a mismatch between their biological sex and their gender identity.
- Gender identity refers to our sense of who we are and how we see and describe ourselves.
- Gender services in the NHS have a multidisciplinary team of healthcare professionals, who offer ongoing assessments, treatments, support and advice.
- Care for patients are individually tailored to their needs.
- Gender services are commissioned nationally for both adults and children and young people.

Cass Report (Independent Review for Gender Identity Services for Children and Young People)

- Final report published 10 April 2024
- Gender services for children at the Tavistock and Portman closed in April 2024.
- Two new services (London and Manchester) opened.
- Aim at eight regional centres across England.
- 32 recommendations relating to care provision, changes in NHS care pathways and future research.

North east London Gender Services for Children and Young People

- Gender Services for children and young people are nationally commissioned.
- At present there is a managed waiting list for children and young people gender services. There are 6,100 individuals on the waiting list.
- The waiting list is regularly reviewed and triaged.
- There are currently 194 patients on the GOSH South Hub caseload as of March 2025, of these, three are NEL ICB patients
- Once transferred into the service wait times are 6.8 weeks for an initial assessment.

Treatment of children with gender dysphoria/ incongruence

- 3 June 2024 Secretary of State issues an emergency restriction on the prescribing of puberty blockers in the treatment of gender incongruence in those under 18 years.
- 11 December 2024 legislation passed to make restriction on puberty blockers permanent.
- August 2024 commissioning of a review of adult gender services to assess quality and care pathways.
- Outcome awaited.

Inclusive care and treatment

- Inclusion health is an umbrella term used to describe people who are socially excluded, who typically experience multiple interacting risk factors for poor health, such as stigma, discrimination, poverty, violence, and complex trauma.
- The LGBTQ+ population in the UK experiences significant physical and mental health inequalities compared to the general population.
- Pride in Practice in north east London.
- Tailor made interventions to meet the needs of our LGBTQ+ local residents.