

## Contact us

Gender Outreach Worker Information and Advice Line

Tel: 0800 183 1486

You can also email [genderoutreachworker.lypft@nhs.net](mailto:genderoutreachworker.lypft@nhs.net)

Check out our Facebook page for general events and information:

 [facebook.com/GenderOutreachWorker](https://facebook.com/GenderOutreachWorker)

Gender Outreach Workers are based at:

**Yorkshire MESMAC**

[www.mesmac.co.uk](http://www.mesmac.co.uk)

Tel: 0113 244 4209

 [facebook.com/YorkshireMESMAC](https://facebook.com/YorkshireMESMAC)

**Lancashire LGBT**

[www.lancslgbt.org.uk](http://www.lancslgbt.org.uk)

Tel: 07788 295521

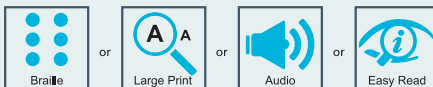
 [facebook.com/lancashirelgbt](https://facebook.com/lancashirelgbt)

Leeds GIS web page contains useful information about the service, waiting times, and care pathway treatment for you and your GP.

[www.leedsandyorkpft.nhs.uk](http://www.leedsandyorkpft.nhs.uk)

### Would you like this information in an alternative format?

For a translation of this document, an interpreter, a sign language interpretation or a version in:



please contact the Interpretation and Translation Support Team on 0113 85 56418/9 or [translation2.lypft@nhs.net](mailto:translation2.lypft@nhs.net)



# Gender Outreach Workers

Supporting trans, non-binary and gender diverse people on the Leeds Gender Identity Service waiting list and care pathway.





You may have questions. You may have heard conflicting information. You might want to talk with someone with lived experience. Gender Outreach Workers can offer advice and support from the point of your referral to Leeds Gender Identity Service. We can also provide advice and information to people thinking about referral to the service.

### Gender Outreach information and advice line

You can call our Information and Advice Line on **0800 183 1486**. We can help with a range of needs related to your transition, including practical advice on name change, document updates, learning more about the gender service, and signposting to other organisations and support near you. We can arrange a one to one session if you need more time to talk.

### Peer support and social groups

People tell us that groups can be a good way of accessing information and support

from peers who share similar lived experience. We offer a variety of groups in-person and online. Groups can provide an opportunity to receive support or just listen to other people's journeys and life experience. This has helped people on their own personal journey. You can take things at your own pace and involve yourself as much as you like. The groups have sometimes helped people make new connections, increase confidence, and sense of wellbeing. Contact a Gender Outreach Worker to learn more or check out our FaceBook page for more information.

### 1-2-1 support sessions

We offer one to one support sessions by online video, by telephone or in person. We can provide practical advice and discuss your individual needs and support available. Feel free to ask questions. Contact us to learn more.

Gender Outreach Workers aim to support people accessing Leeds Gender Identity Service across the NHS England area. We are pleased to work in close partnership with Yorkshire MESMAC, Lancashire LGBT and others, to bring peer support to you. This is what some people have said about Gender Outreach:

Extremely helpful, relieved some of my anxieties about progressing. Great information. Feeling secure about myself and my future

It's easy to bottle things up when they're floating around in ones own head. I feel like I made some progress towards me working things out

When I attended my first session I felt I was at a low point. As the sessions progressed my health and wellbeing has improved

A VERY BIG THANK YOU for ALL your help and support