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Transgender patients 'devastated' as Nottinghamshire GP practice withdraws vital treatments

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NEWS By [Joel Moore](#) Senior Reporter

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(L- R) Patients Samathy Barratt, 29, and Alex Roberts, 32 pictured at the protest (Image: Joseph Raynor/ Reach PLC)

Transgender patients say they have been left "devastated" by a **Nottinghamshire** GP practice's decision to stop providing treatment enabling them to transition. Jubilee Park Medical Partnership, which runs practices in **Carlton** and Lowdham, announced it would stop prescribing transgender healthcare to patients, including those currently on hormone replacement therapy (HRT).

The move has prompted anger from transgender patients and the wider community, with dozens of people attending a protest organised by **Nottingham Against Transphobia** outside Park House Medical Centre in Carlton on Tuesday, December 31. Among the crowd were patients who said the withdrawal of treatment would have "crippling" consequences.

"I've been so stressed and upset about how I'm going to access healthcare," said Samathy Barratt, 29, who has been receiving oestrogen and testosterone blockers from the practice. "If I weren't to receive testosterone blocking meds I would experience a reversal of the transitioning effects.

"That would be devastating for my mental health to be forced to detransition. I'm lucky I haven't had any surgery, if I had there would be significant health risks.

"I'm particularly worried about that for other patients." Specialist transgender services are commissioned nationally and delivered through gender identity clinics, one of which is located in Nottingham.

However the clinics are not allowed to prescribe and monitor any medications, with GPs instead requested to carry out such work alongside guidance from gender specialists.

Bosses at Jubilee Park said their decision to withdraw the treatments was made due to a lack of funding and the work "not being part of the GP contract".

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Dozens attended the protest on Tuesday, December 31 (Image: Joseph Raynor/ Reach PLC)

"Jubilee Park Medical Partnership continues to be very supportive of our transgender patients," said a spokesperson. "This work is more appropriately provided by a specialist as it is beyond the clinical expertise and knowledge of the GPs to provide this service in the way that it should be provided."

Another patient at the practice, Alex Roberts, said they were told they could no longer take testosterone medication after three years of the treatment. "I spent four years on the waiting list. I'm now unable to get my meds for the change that I need," said the 32-year-old.

"The impact on mental health is devastating. It would encourage me and other patients to acquire medications through back channels which is not safe."

Ms Barratt also suggested she would be forced to get hold of medication by other means. "The only way to access it is privately which is extortionately expensive," she said. "An alternative is buying medications off the internet."

"If I have to do that to preserve my mental health and stay alive then I'm going to do that." Sophie England, who organised the protest, said she believed transgender people were "being used as pawns" in a funding dispute between the GP practice and wider NHS.

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Sophie England organised the protest (Image: Joseph Raynor/ Reach PLC)

"This is a failing GP group which is financially struggling and think they can cut this to save money," said the 36-year-old. "If I was a cisgender woman getting the same hormones it would carry on, transgender people should get the same level of care."

"We have to stand up and make it clear that this is unacceptable." Ella Ferrin, a former patient at Jubilee Park who attended the protest, said it was "sad" to see the change in position.

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"They were very supportive when I first came here and to see them completely 180 on that in the space of a few years is quite upsetting," said the 25-year-old, before suggesting wider hostilities towards transgender people were partially to blame.

"I'd probably say the general media coverage of transgender people and gender critical comments and everything that's been said by politicians has definitely caused part of it," she said. A spokesperson for NHS Nottingham and Nottinghamshire said: "Specialist gender dysphoria services are commissioned by NHS England and delivered through specialist Gender Identity Clinics (GICs), including the Nottingham Centre for Transgender Health.

"However, the service does not include the prescribing, supply, and related monitoring of any medications. Instead, currently the GIC will request the GP carry out this element of the patient's care, with guidance and a management plan from gender specialists. There has been no change to the commissioning arrangements, and we continue to work with local GPs to support patient services."

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