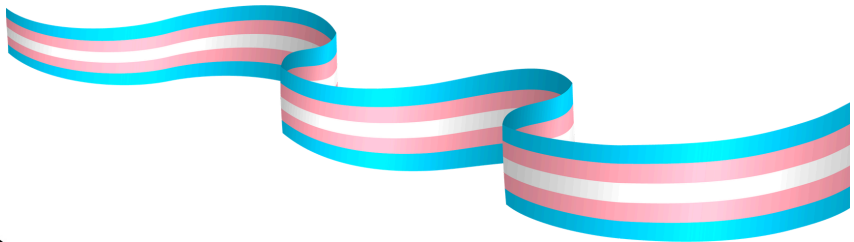


# **A HELPFUL LITTLE GUIDE TO TRANSITIONING**

**(FOR TRANS AND GENDER DIVERSE PEOPLE)**



**VERSION 1 (2026)**





# **TABLE OF CONTENTS**

**PAGE 1 – FOREWORD AND DISCLAIMER**

**PAGE 2 – INTRODUCTION**

**PAGE 3-4 – CHANGING YOUR NAME**

**PAGE 5-6 – NAME CHANGE CHECKLIST**

**PAGE 7-8 – STEP-BY-STEP PROCESS**

**PAGE 9 – LAST BITS**

**PAGE 10 – BLANK CHECKLIST**





## **FOREWORD**

**WE HAVE CREATED THIS GUIDE TO HELP MAKE SENSE OF THE OVERWHELMING AMOUNT OF INFORMATION THAT IS OUT THERE. WE HAVE TRIED TO SIMPLIFY IT AND BRING IT INTO ONE PLACE TO MAKE IT EASIER FOR PEOPLE TO NAVIGATE. WHETHER YOU ARE JUST STARTING YOUR JOURNEY OR YOU ARE SUPPORTING SOMEONE, WE HOPE THIS GUIDE WILL HELP.**



**THINGS CAN CHANGE OVER TIME. THIS GUIDE WAS WRITTEN IN EARLY 2026 AND WAS CORRECT AT THE TIME OF RELEASE. WE WILL REVISE AND UPDATE IF NECESSARY IN 2027.**

**TEMPLATES OF DOCUMENTS MENTIONED CAN BE FOUND ON OUR WEBSITE – [WWW.SPECTRUMINCLUSION.CO.UK](http://WWW.SPECTRUMINCLUSION.CO.UK)**

## **DISCLAIMER**

**THIS GUIDE IS BASED ON PERSONAL EXPERIENCES AND IS NOT A SUBSTITUTE FOR PROFESSIONAL (MEDICAL AND LEGAL) ADVICE.**





## **INTRODUCTION**

**NAVIGATING THE STEPS TO TRANSITIONING CAN BE LIKE NAVIGATING A MINEFIELD. THERE IS AN ABUNDANCE OF INFORMATION OUT THERE AND IT CAN BE OVERWHELMING, ESPECIALLY WHEN YOU JUST WANT ANSWERS TO SIMPLE QUESTIONS, SUCH AS 'HOW DO I CHANGE MY NAME?' OR EVEN 'WHERE DO I START?' AND 'WHAT DO I NEED TO DO FIRST?'**

**THIS GUIDE AIMS TO PROVIDE THE NECESSARY INFORMATION TO YOU IN EASY-TO-DIGEST SECTIONS, KEEPING THINGS SIMPLE AND TO THE POINT. NOT ALL OF THIS GUIDE WILL BE RELEVANT TO EVERYONE AS OUR JOURNEYS ARE ALL DIFFERENT: SOME PEOPLE MAY NOT WANT, OR ARE UNABLE, TO MEDICALLY TRANSITION; OR MAYBE YOU ARE NON-BINARY AND JUST WANT TO CHANGE YOUR NAME. HOWEVER YOU IDENTIFY, THIS GUIDE IS FOR YOU. IF YOU ARE A PARTNER, FAMILY MEMBER OR FRIEND WANTING TO SUPPORT SOMEONE, THIS GUIDE IS FOR YOU TOO.**

**IT MAY BE THAT YOU FIND A DIFFERENT OR BETTER WAY TO DO THINGS THAT WORKS FOR YOU, AND THAT'S OK. EVERYONE IS DIFFERENT AND THERE IS NO 'ONE SIZE FITS ALL'.**

*You are*

**UNIQUE**





## **CHANGING YOUR NAME**

**POSSIBLY THE MOST COMMON QUESTION ASKED IS 'HOW DO I CHANGE MY NAME?' AND THERE IS A LOT OF MISINFORMATION OUT THERE AROUND THIS. CURRENTLY THERE ARE TWO OPTIONS: USE A FREE DEED POLL OR GET AN ENROLLED ONE.**

**YOU CAN DOWNLOAD A FREE DEED POLL TEMPLATE, AND INSTRUCTIONS ON HOW TO FILL IT IN, FROM OUR WEBSITE – [WWW.SPECTRUMINCLUSION.CO.UK/RESOURCES](http://WWW.SPECTRUMINCLUSION.CO.UK/RESOURCES)**

**HOWEVER, IF YOU DO WANT A MORE FORMAL OR OFFICIAL DOCUMENT FOR YOUR CHANGE OF NAME (SOME PEOPLE DO), THERE ARE TWO MAIN OPTIONS AND HERE ARE THE STEPS TO DO THAT.**

**THE FIRST OPTION IS TO GET A STATUTORY DECLARATION. THE FORMS CAN BE COMPLETED ONLINE, BUT NEEDS TO BE WITNESS BY A SOLICITOR OR JUSTICE OF THE PEACE AND A FEE APPLIES. YOU ALSO NEED TO SUBMIT TO SUPPORT YOUR CHANGE OF NAME.**

**FOR THE FORMS AND MORE INFORMATION, GO TO [WWW.GOV.UK/GOVERNMENT/PUBLICATIONS/STATUTORY-DECLARATION-FOR-CHANGING-YOUR-NAME-BY-DEED-POLL-FORM-LOC021](http://WWW.GOV.UK/GOVERNMENT/PUBLICATIONS/STATUTORY-DECLARATION-FOR-CHANGING-YOUR-NAME-BY-DEED-POLL-FORM-LOC021)**



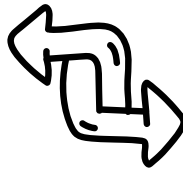


**THE SECOND OPTION IS TO GET AN ENROLLED DEED POLL. THERE IS A FEE OF £53.05 (CURRENTLY) AND IT NEEDS TO BE WITNESSED BY A SOLICITOR. YOU ALSO NEED TO SUBMIT THE DEED POLL TO THE HIGH COURT, WHICH MEANS YOUR OLD AND NEW NAMES WILL BE PUBLISHED IN THE LONDON GAZETTE (EFFECTIVELY OUTING YOURSELF).**

**FOR THE FORMS AND MORE INFORMATION, GO TO [WWW.GOV.UK/CHANGE-NAME-DEED-POLL/ENROL-A-DEED-POLL-WITH-THE-COURTS](http://WWW.GOV.UK/CHANGE-NAME-DEED-POLL/ENROL-A-DEED-POLL-WITH-THE-COURTS)**

**AT THE MOMENT, IT IS NOT ESSENTIAL TO HAVE AN ENROLLED DEED POLL FOR CHANGING YOUR NAME; EVERYTHING CAN BE DONE WITH A FREE DEED POLL, INCLUDING PASSPORT AND DRIVING LICENCE.**

**YOU CAN CHANGE YOUR NAME AS MANY TIMES AS YOU LIKE, JUST BE SURE TO KEEP COPIES OF ALL YOUR DEED POLLS AS YOU WILL NEED THEM FURTHER DOWN THE LINE, PARTICULARLY IF YOU WANT TO GET A GRC (GENDER RECOGNITION CERTIFICATE).**





# **NAME CHANGE CHECKLIST**

**ONCE YOU HAVE COMPLETED YOUR DEED POLL, YOU CAN THEN START CHANGING YOUR NAME ON BILLS, DOCUMENTS AND FORMS OF ID. THIS CAN OFTEN FEEL DAUNTING AND OVERWHELMING, AND THERE ARE BOUND TO BE THINGS YOU'LL FORGET, SO WE'VE CREATED A HANDY CHECKLIST TO HELP YOU OUT. IT IS RECOMMENDED THAT YOU CHANGE YOUR DRIVING LICENCE FIRST, OR APPLY FOR A PROVISIONAL LICENCE IF YOU DON'T HAVE ONE YET, SO YOU HAVE A FORM OF IDENTIFICATION IN YOUR NEW NAME TO HELP WITH OTHER NAME CHANGES.**

**IT MAY BE HANDY TO START MAKING A LIST EVEN IF YOU HAVEN'T DECIDED TO CHANGE YOUR NAME YET, WHICH WILL HOPEFULLY MAKE IT EASIER FOR YOU IN THE FUTURE.**

**THERE IS A BLANK CHECKLIST AT THE END OF THIS BOOKLET FOR YOU TO USE TO MAKE A NOTE OF OTHER PLACES YOU NEED TO CHANGE YOUR NAME. ALTERNATIVELY, YOU CAN DOWNLOAD A BLANK TEMPLATE FROM OUR WEBSITE; THERE IS ALSO ADDITIONAL HELP AND INFORMATION, AND OTHER LETTER TEMPLATES IN OUR RESOURCES SECTION.**





- DRIVING LICENCE**
- NATIONAL INSURANCE**
- GP SURGERY (INCLUDING NHS NUMBER)**
- BANK ACCOUNT (INCLUDING TITLE)**
- PASSPORT**
- UTILITY BILLS (WATER, GAS, ELECTRIC)**
- COUNCIL TAX**
- TV LICENCE (INCLUDING DECLARATION OF NO LICENCE)**
- VEHICLE INSURANCE**
- HOME AND/OR CONTENTS INSURANCE**
- PET INSURANCE**
- V5 REGISTRATION**
- PENSION PROVIDER(S)**





## **STEP-BY-STEP PROCESS**

**THE FOLLOWING STEPS ARE NOT SET IN STONE, THEY ARE JUST THE RECOMMENDED/SUGGESTED ORDER IN WHICH TO PROCEED WITH MEDICALLY TRANSITIONING. THIS PROCESS WILL TAKE YEARS BUT IF YOU HAVE EVERYTHING IN ORDER WHEN YOU START, IT CAN MAKE THE JOURNEY SMOOTHER AND EASIER.**

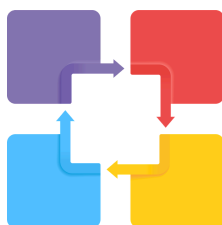
**NOT EVERYONE WILL GO THROUGH ALL THE STAGES. SOME PEOPLE ARE HAPPY JUST BEING ON HRT, OTHERS HAVE TOP SURGERY BUT NOT BOTTOM SURGERY. WHATEVER YOU DECIDE, MAKE SURE IT IS RIGHT FOR YOU.**

**THERE ARE CURRENTLY TWO MAIN PATHWAYS TO TRANSITIONING: GO THROUGH THE NHS OR GO WITH A PRIVATE CLINIC. THERE ARE CURRENTLY 18 NHS GENDER IDENTITY CLINICS (GICs) ACROSS THE UK – 12 IN ENGLAND, 4 IN SCOTLAND, 1 IN WALES, AND 1 IN IRELAND – WITH WAITING TIMES FOR A FIRST APPOINTMENT RANGING FROM A COUPLE OF YEARS TO OVER 8. IT'S ONE OF THE REASONS PEOPLE CHOOSE TO GO THROUGH A PRIVATE CLINIC TO GET THEIR JOURNEY STARTED.**





- **STEP 1 – REFERRAL TO A GIC. YOU CAN CURRENTLY BE REFERRED TO ANY GIC WITHIN THE COUNTRY YOU LIVE (I.E, ENGLAND, SCOTLAND, WALES OR IRELAND). YOU CAN SELF REFER, ALTHOUGH IT IS RECOMMENDED TO ASK YOUR GP TO MAKE THE REFERRAL FOR YOU. IF YOU DO NOT RECEIVE A CONFIRMATION LETTER FROM THE GIC, BE SURE TO CHASE YOUR GP. USE AN ADVOCACY SERVICE IF NEEDED**
- **STEP 2 – A DIAGNOSIS OF GENDER DYSPHORIA FROM A PSYCHOLOGIST. THIS CAN BE DONE THROUGH A GIC OR A PRIVATE CLINIC**
- **STEP 3 – ONCE YOU HAVE YOUR DIAGNOSIS, MOST PEOPLE WANT TO MAKE AN APPOINTMENT WITH AN ENDOCRINOLOGIST IN ORDER TO HOPEFULLY START HRT. AGAIN, THIS CAN BE DONE THROUGH A GIC OR A PRIVATE CLINIC**
- **STEP 4 – PEOPLE USUALLY CONSIDER SURGERY AFTER THEY HAVE BEEN MEDICALLY TRANSITIONING FOR ROUGHLY 12 MONTHS**





## LAST BITS

**THERE CURRENTLY SEEMS TO BE AN INCREASE IN DOCTORS REFUSING TO PRESCRIBE HRT, EVEN WHEN ISSUED THROUGH A GIC. THERE HAS ALSO BEEN A DECREASE IN GP SURGERIES AGREEING TO SHARED CARE (WHERE THE SURGERY ISSUES YOUR PRESCRIPTIONS AND BLOOD TESTS ON THE ADVICE OF A PRIVATE CLINIC). BRIDGING PRESCRIPTIONS ARE SOMETIMES ISSUED FROM DOCTORS WHILE PEOPLE ARE WAITING TO BE SEEN BY A GIC, BUT THERE IS A DECREASE IN THESE BEING AGREED UPON AS WELL.**

**TRANSACTUAL IN PARTICULAR HAS SOME GOOD INFORMATION AND GUIDANCE ON THEIR [WEBSITE](#) ON A WIDE RANGE OF SUBJECTS, INCLUDING GETTING HELP WITH YOUR GP SURGERY IF NEEDED.**

**A FINAL NOTE – YOU DO NOT NEED TO UNDERGO SURGERY OR BE ON ANY FORM OF HRT TO BE VALID AS A TRANS PERSON. YOU DO NOT OWE ANYONE ANDROGYNY AS A NON-BINARY PERSON. HOWEVER YOU CHOOSE TO IDENTIFY AND EXPRESS YOURSELF.**



The Seal of Approval





# NAME CHANGE CHECKLIST

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

