

Trans Health, Care & Wellbeing

For the past six years, 2012-18, we have been researching the health, care and wellbeing needs and experiences of local Lesbian, Gay, Bisexual, Trans and Questioning (LGBTQ+) people. We have surveyed and interviewed 1500 LGBTQ+ people. This programme, of community-based research, has been used to influence policy and practice in health and care including the Joint Strategic Needs Assessments (JSNA) and Health and Wellbeing Strategies across the West of England region. For a comprehensive list of our research reports please visit our website: www.diversitytrust.org.uk/news/research-reports/

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Introduction

Over the last year (2017-18) we have been working with our Local Healthwatch, across Bath & North East Somerset, Bristol, North Somerset, South Gloucestershire, Swindon and Wiltshire to identify the health, care and wellbeing needs of *Trans and **Non-Binary people. This report summarises the evidence, feedback, and experiences, from the Trans and Non-Binary people who took part in the research.

Project Aim

The aim of the community-based research project has been to improve access to health, care and wellbeing for local Trans and Non-Binary people and communities. The project focused particularly on the health inequalities, and discrimination, experienced by Trans and Non-Binary people and communities.

Definitions

*Trans is an umbrella term for people whose gender identity and/or gender expression diverges in some way from the sex they were assigned at birth.

**Non-Binary refers to any gender that is not exclusively male or female. A similar term is gender neutral or gender queer. Some other non-binary identities include: agender, bigender and genderfluid.

Non-binary identity is generally considered to be under the umbrella of trans. However, some non-binary people do not identify as trans. Some countries are now allowing a non-binary identity to be assigned at birth, which will result in people whose non-binary gender is the same as the gender they were assigned at birth.

Key

FtM/MtF: Female to Male/Male to Female

GIC: Gender Identity Clinic

GRA: Gender Recognition Act (2004)

GRC: Gender Recognition Certificate

HRT: Hormone Replacement Therapy

LGBT/LGBTQ (+): Lesbian, Gay, Bisexual, Trans and Questioning

Glossary of Terms

For a full list of terminology and definitions used in this report please go to the Annex on Page 51.

Methodology

Between April and December 2017 225 Trans and Non-Binary people from Bath and North East Somerset, Bristol, North Somerset, South Gloucestershire, Swindon, Wiltshire and other areas in the South West took part in an online survey, interviews and focus groups.

Participants were recruited, through a range of methods, including social, community and support groups; online and through social media. For a full list of groups and organisations who helped us to recruit the participants please see the Annex, Page 54.

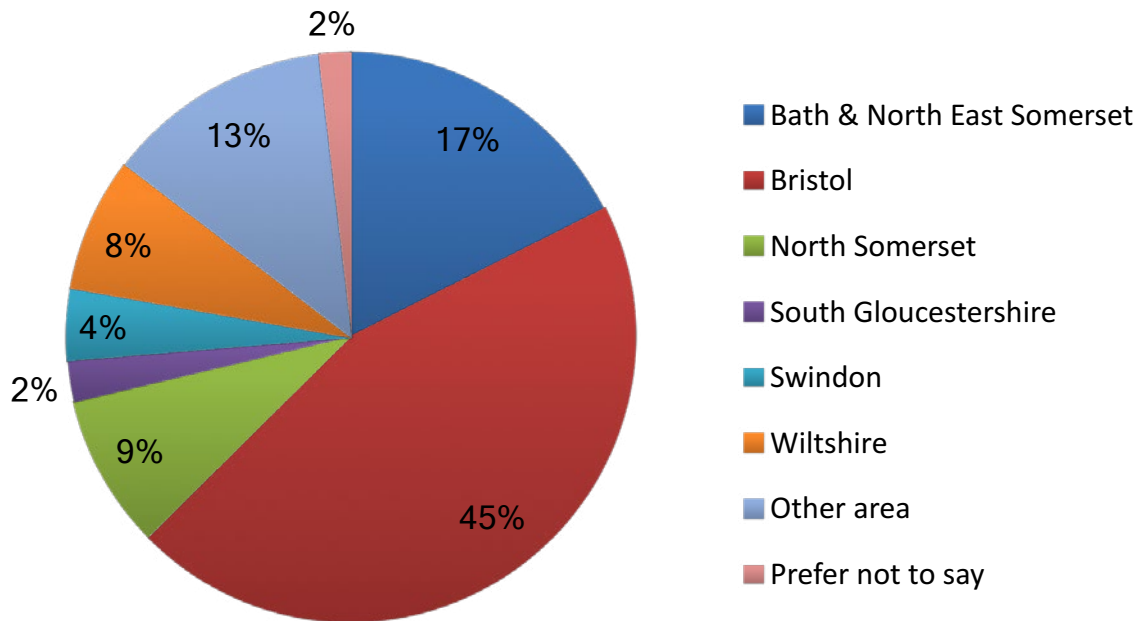
Headline Figures

- 225 trans and non-binary people took part in the project
- 205 people took part in an online survey
- 20 people took part in interviews and focus groups
- Age range from <16 to 80 years
- Average age - 36 years
- Transgender identity - 71%
- Cisgender identity - 25%
- Other gender identity - 4%
- 27% have waited a year or more for a first appointment
- 31% have not yet been seen
- 33% of participants had a physical health condition
- 47% of participants had a mental health condition
- 71% of participants had sought help for anxiety or depression
- 57% of participants had self-harmed or self-injured themselves
- 71% of participants had thought about suicide
- 40% of participants had planned suicide
- 16% of participants frequently used alcohol
- 5% of participants felt they used alcohol too much
- 1 in 5 participants said they felt unsafe
- 1/3 feel unsafe in some situations
- 60% of participants had been called names in the street
- 13% of participants had been subject to violence
- 60% of participants said they felt discriminated against because of their gender identity
- 47% of participants felt discriminated whilst at work
- 30% of participants felt discriminated against in the health care system

Note: A breakdown of the cisgender category included people who identified as cross-dressers and included non-binary participants.

Findings

Healthwatch Area

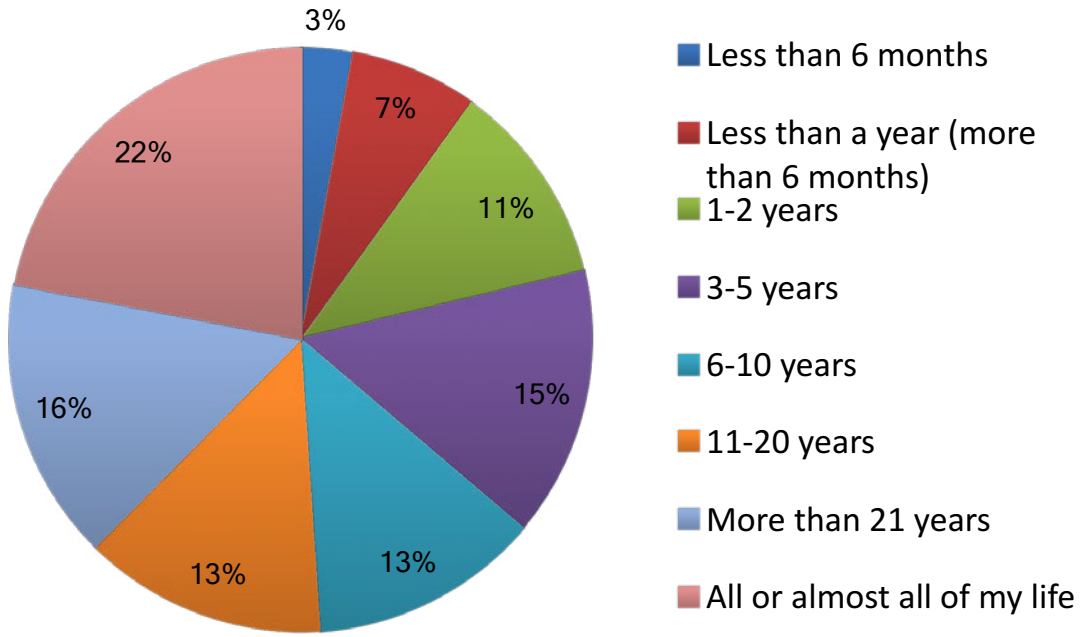


Local Area

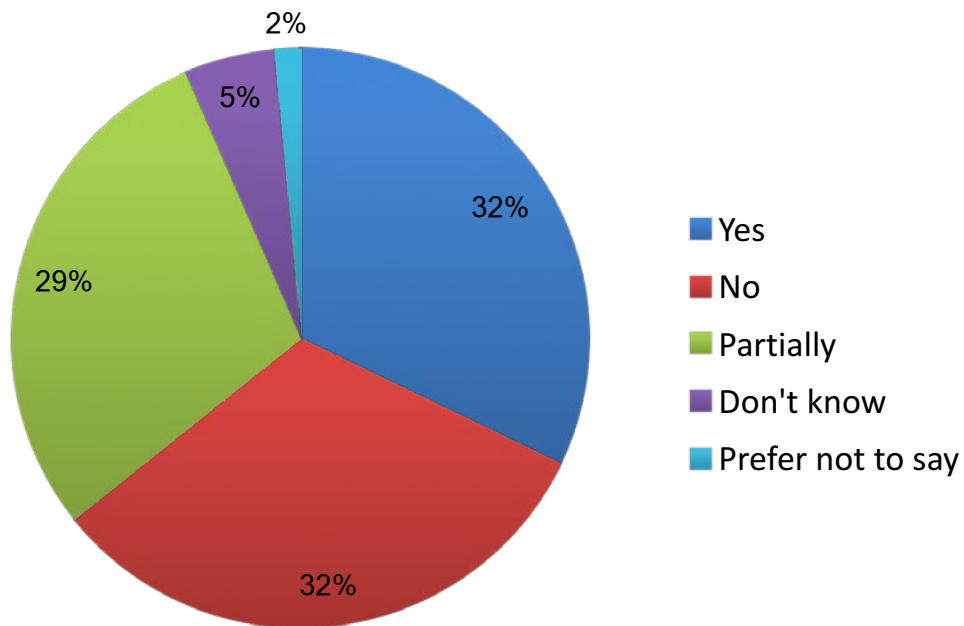
We asked participants how safe they felt to live openly as Trans or Non-Binary in their local area and when accessing health, care and wellbeing services. We also asked participants who they would ask if and when they needed help.

- Living openly as trans/transgender: Yes **32%**, No **32%**, Partially **29%**, Other **7%**
- Out to GP: **60%**, Out in Social Groups or Clubs **52%**, Out at Work **32%**, Volunteering **28%**, Out at School, College or University (Av. **12%**)
- Asking for help (help-seeking): Friend **45%**, Partner **32%**, Relative **24%**, Voluntary organisation **13%**, Prefer not to ask for help **23%**, I have no one to ask for help **5%**

Lived In Area



Living Openly as Trans



Are you open ("out") as an Trans person in your day-to-day life?

	Not Applicable	Yes	No	Partially	Don't know	Prefer not to say
School	72.3%	10.2%	10.2%	5.1%	0.7%	1.5%
College	76.1%	10.5%	10.5%	1.5%	0.0%	1.5%
University	67.9%	16.4%	7.5%	6.7%	0.0%	1.5%
Social Clubs or Groups	13.3%	51.9%	11.9%	20.7%	0.7%	1.5%
Volunteering	41.0%	28.4%	16.4%	11.2%	1.5%	1.5%
Workplace	29.4%	32.4%	20.6%	15.4%	1.5%	0.7%
GP	11.7%	60.6%	16.1%	9.5%	2.2%	0.0%

“I tend to dress rather "queer" if you excuse the blanket term, but I don't think people make the right connections usually.”

Genderqueer identity, aged 36-40, Bath & North East Somerset

“Living as male (my true gender) but not open about my trans history.”

Male, aged 16-24, Swindon

“I pass incredibly well, so I look like a pre-pubescent boy opposed to a [...] year old visible trans-man. My 2/3's of my housemates know that I am transgender because I have told them, I am not comfortable enough with the other 1/3rd to out myself to them yet.”

Trans man, aged 16-24, Bath & North East Somerset

“I would be willing to explain to our neighbours if need be but my [partner] does not wish it known.”

Trans/cross-dresser identity, aged 61-64, North Somerset

“I'm out as genderqueer but unless I specifically bring it up people aren't aware. I find it easier to let people assume my gender unless our relationship is important enough.”

Genderqueer identity, Bristol

“I don't go around telling people I have transitioned but live as my preferred gender.”

Trans woman, aged 36-40, Bristol

“I look “queer enough” to get abuse in the street but it's not like I've knocked on my neighbours doors and said anything.”

Queer identity, aged 25-30, Bath & North East Somerset

“My friends/housemates know. I've never brought it up with neighbours and such.”

Non-binary identity, aged 16-24, Bath & North East Somerset

Health and Wellbeing

We asked participants about their physical and mental health and wellbeing. We asked if participants had any physical health conditions, mental health conditions, or if they had sought medical help for anxiety or depression, and if they had accessed counseling or talking therapies.



“To the best of my understanding, gender dysphoria is (rightly, I think) not considered a mental health condition as such. Associated anxiety and depression could be considered mental health conditions. I am not clinically diagnosed with these conditions over and above the effects of [gender] dysphoria. In general therapists and counsellors I have spoken to do not consider me to have any mental health condition outside of [gender] dysphoria.”

Non-binary/Trans woman, aged 31-35, Bristol

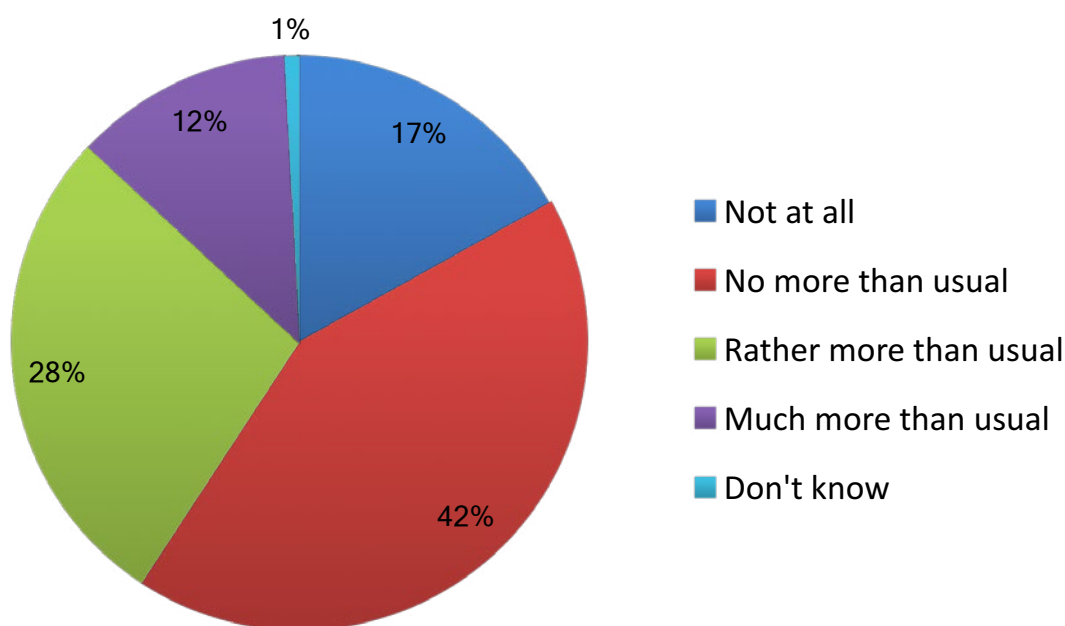
“Been in and out of therapy since I started coming out as a teenager. As you can imagine there was little in way of pro-trans help back in the nineties. I was told to go out and get drunk, and not think about it (seriously!) I have a therapist I try and see as often as I can, but we're reaching the end of the treatment he can offer me.”

Trans woman, aged 36-40, Bristol

“My mood fluctuates due to mental health issues, so I have been about average lately. Sometimes lower than usual, which is fairly low anyway.”

Trans man, aged 16-24, Somerset

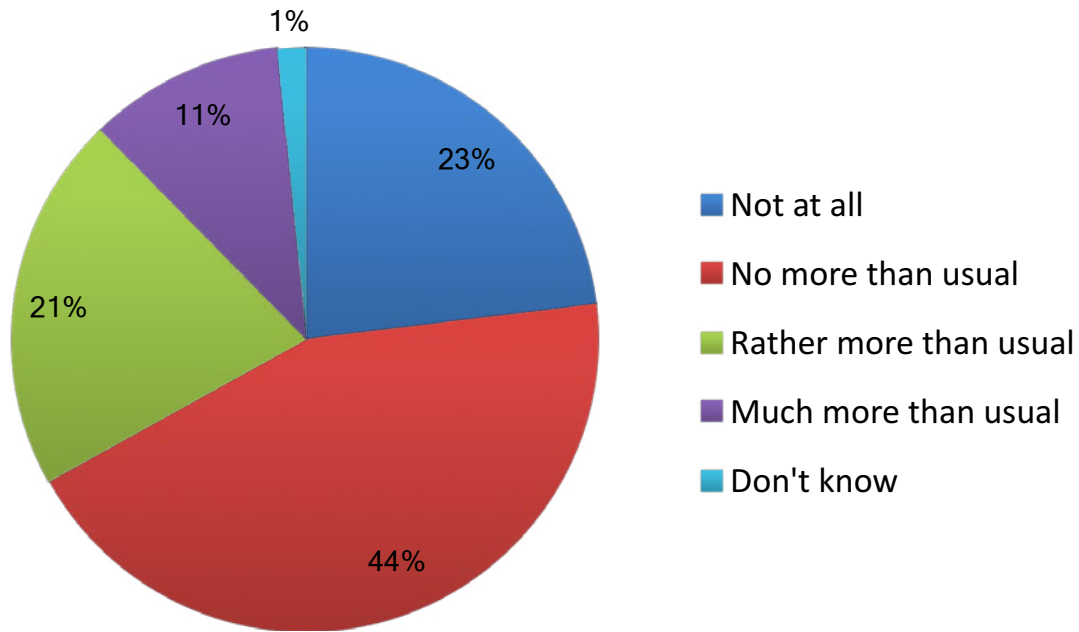
Unhappy and Depressed



“I’ve been feeling both. My GP has prescribed me [anti-depressants], but I am loathe to take [them]. I don’t know what is worse to feel, unhappiness, or nothing at all?”

Trans woman, aged 36-40, Bristol

Losing Confidence



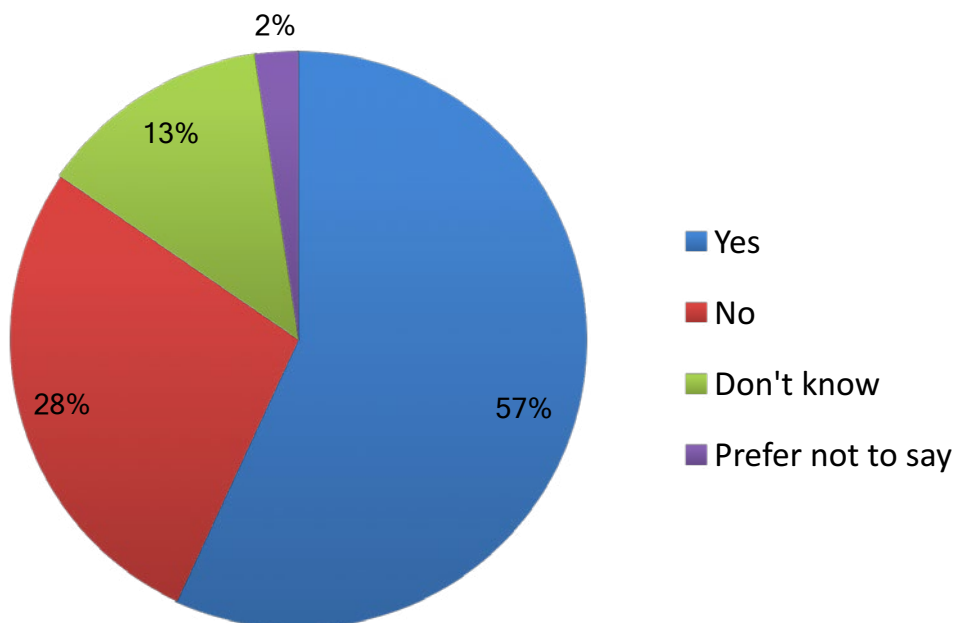
“I don't have confidence in myself anyway, so no more than usual, which is none.”

Trans man, aged 16-24, Somerset

“I don't have a lot to begin with. Too tall, too athletic. I never "pass" for [...] I just watch life from the sidelines. I hate myself for it. But with few friends like me, zero transgendered friends, and a mortgage to pay. I'm just happy to have a job.”

Trans woman, aged 36-40, Bristol

Feeling Reasonably Happy

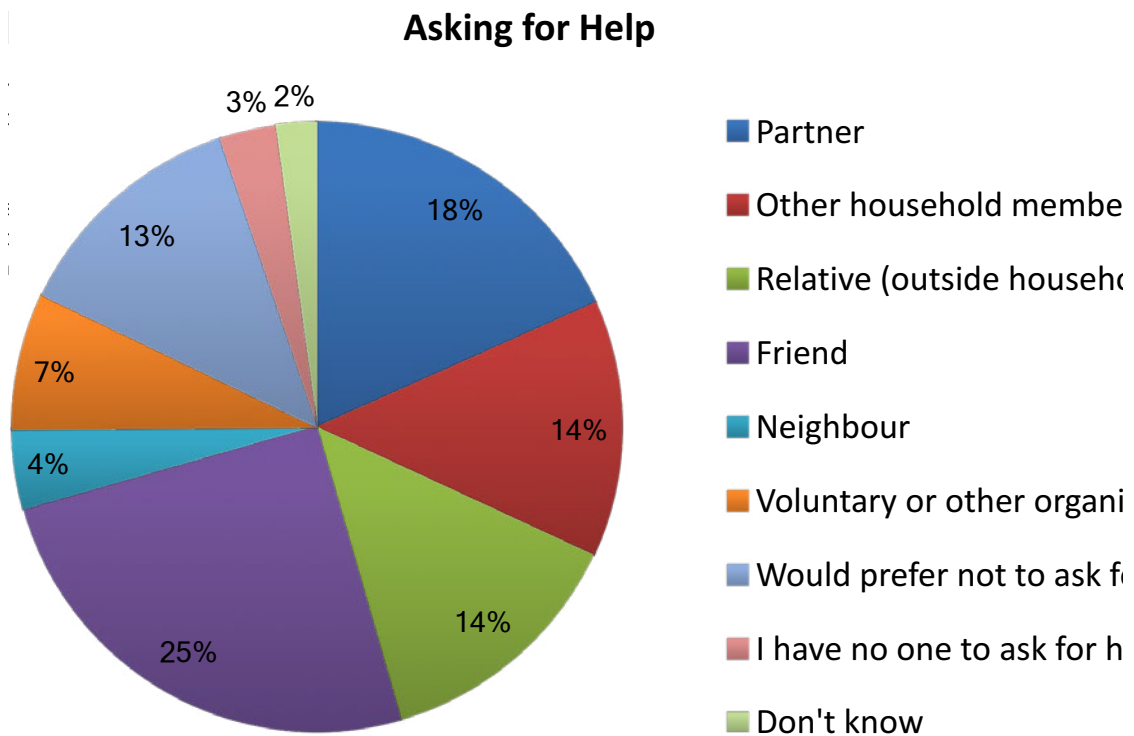


“I feel nothing. Is that the same as happiness? The absence of sadness. I have my family, but my parents are elderly. I have friends in other parts of the world, but none here. Nothing in this part of the UK.”

Trans woman, aged 36-40, Bristol

“On rare occasions I do feel happy for a couple of hours, then it leaves.”

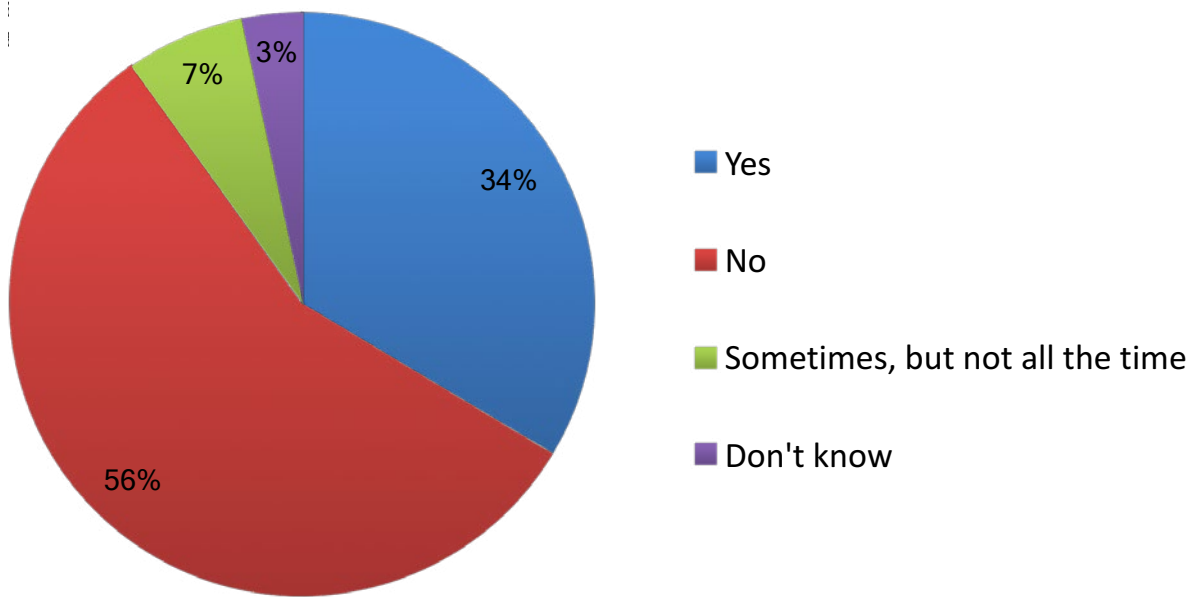
Trans man, aged 16-24, Somerset



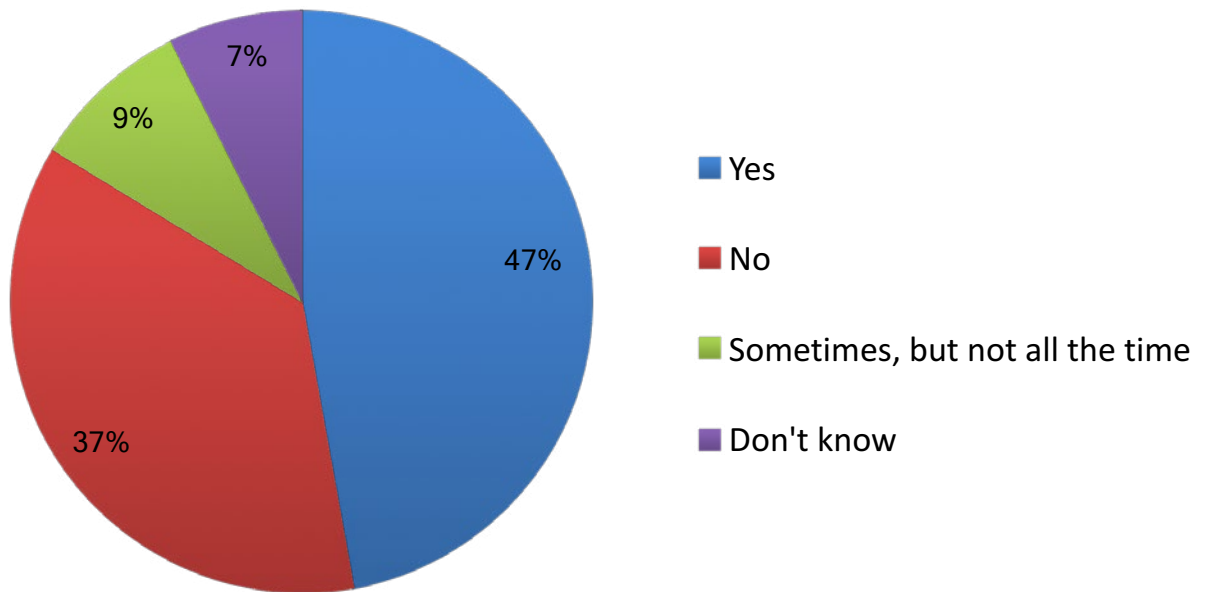
“I have my family, otherwise there is no one else I would trust to come and help. Especially NOT the NHS or Police or social services.”

Trans woman, aged 36-40, Bristol

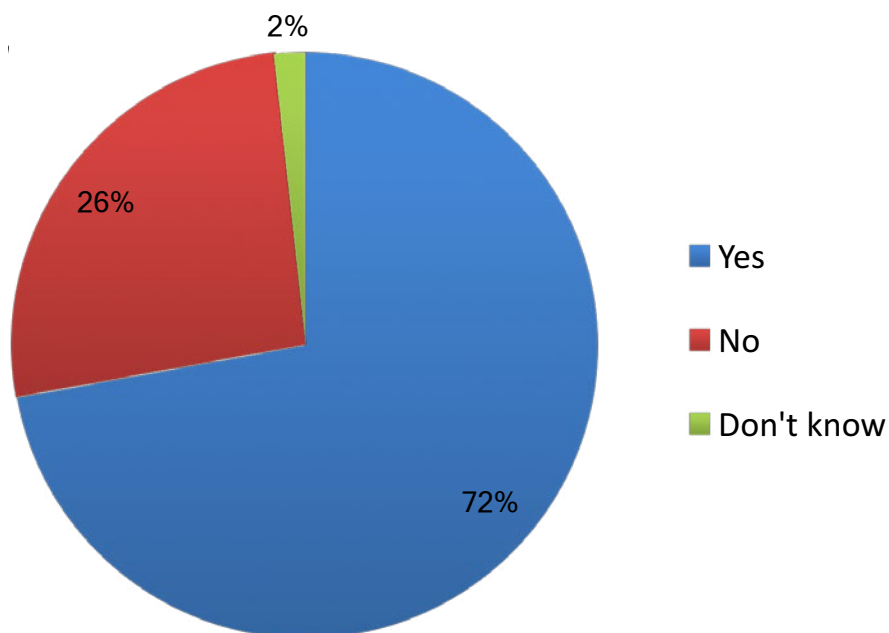
Physical Health Conditions



Mental Health Conditions



Anxiety & Depression



Physical Health Conditions

Yes 34%, No 56%, Sometimes 7%, Other 3%

Mental Health Conditions

Yes 47%, No 37%, Sometimes 9%, Other 7%

Medical help for anxiety or depression

Yes 72%, No 26%, Other 2%

“I have been in therapy since the age [...] and I've been to the doctor a few times for depression and was diagnosed with anxiety last year, but these come with my dominating mental illness.”

Trans man, aged 16-24, Somerset

“Stress and anxiety, before 'outing' myself to friends, family and neighbours, and on return of my grown up [child] to my home (necessitating 'outing' myself).”

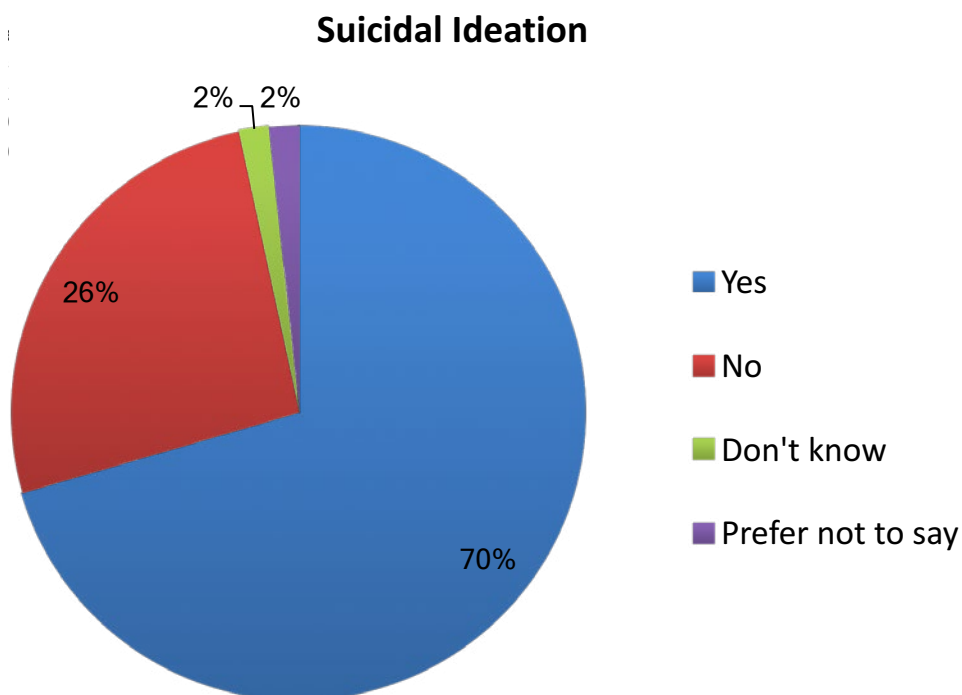
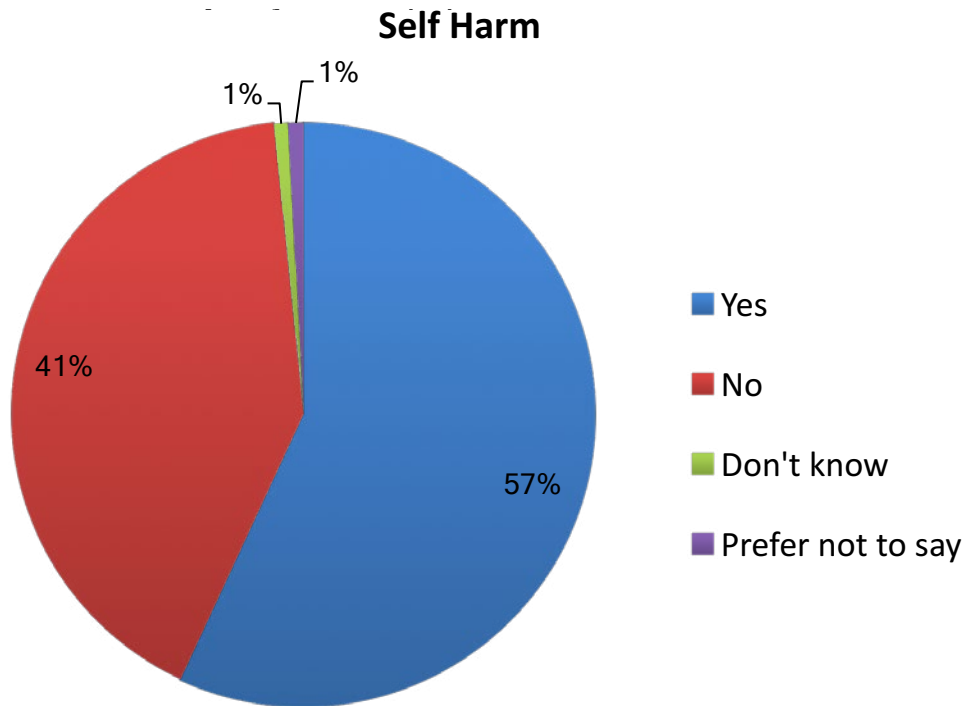
Trans woman, aged 61-65, Wiltshire

Accessed counselling or talking therapies

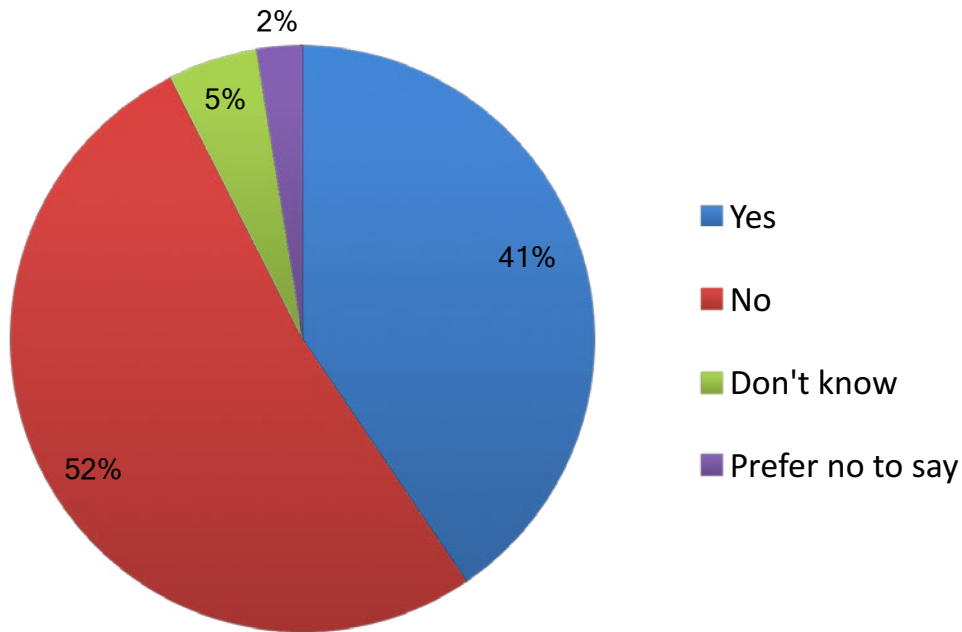
Yes 69%, No 22%, Other 9%

Self-Harm and Suicide

We asked participants to tell us if they had either self-harmed (intentionally cut or injured themselves), had had suicidal ideation (thoughts and feelings) or had planned suicide related to being trans or non-binary and the discrimination, prejudice and victimisation many trans and non-binary report experiencing. (See Appendix X: Hypothesis).



Planned Suicide



Self-Harm

Yes 57%, No 41%, Don't Know 1%, Prefer not to say 1%

Suicidal Ideation (suicidal thoughts and feelings)

Yes 70%, No 26%, Don't Know 2%, Prefer not to say 2%

Planned suicide

Yes 41%, No 52%, Don't Know 5%, Prefer not to say 2%

“I've hidden the tool I used from myself so I've not self-harmed in a few months, but I want to every day at least once. I've been self-harming since I was around 10.”

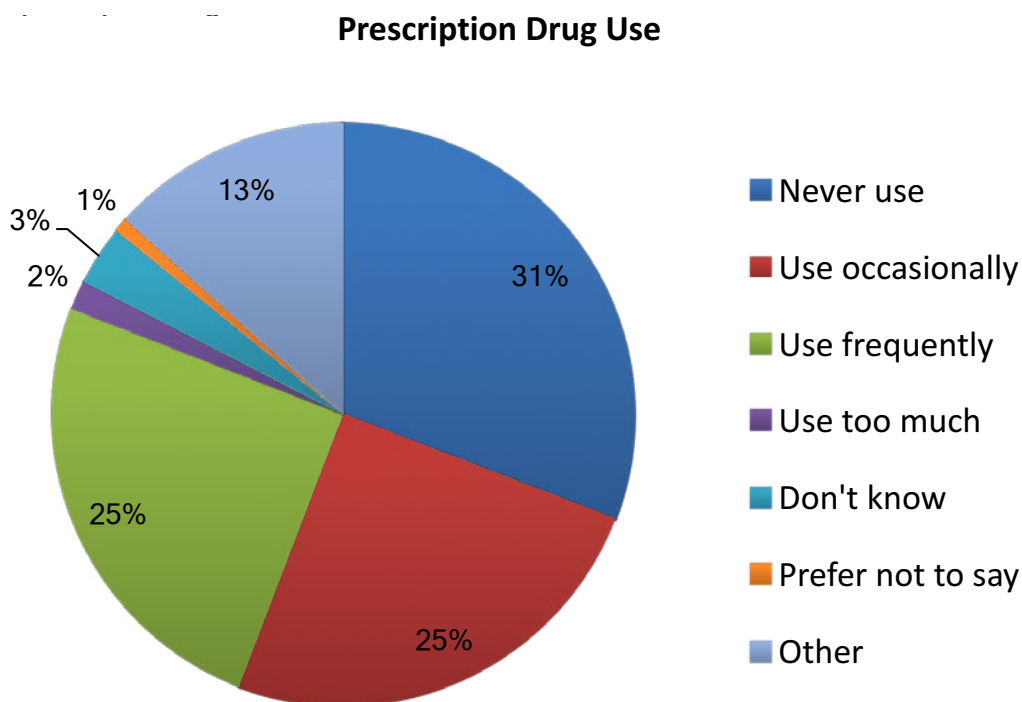
Trans man, aged 16-24, Somerset

“What trans person hasn't? Everything from an unbearable job, to prison. Given the choice between hell and death, I know what I'd choose.”

Trans woman, aged 36-40, Bristol

Prescribed, Recreational Drug and Alcohol Use

We asked participants to tell us about their prescribed and recreational drug and alcohol use.



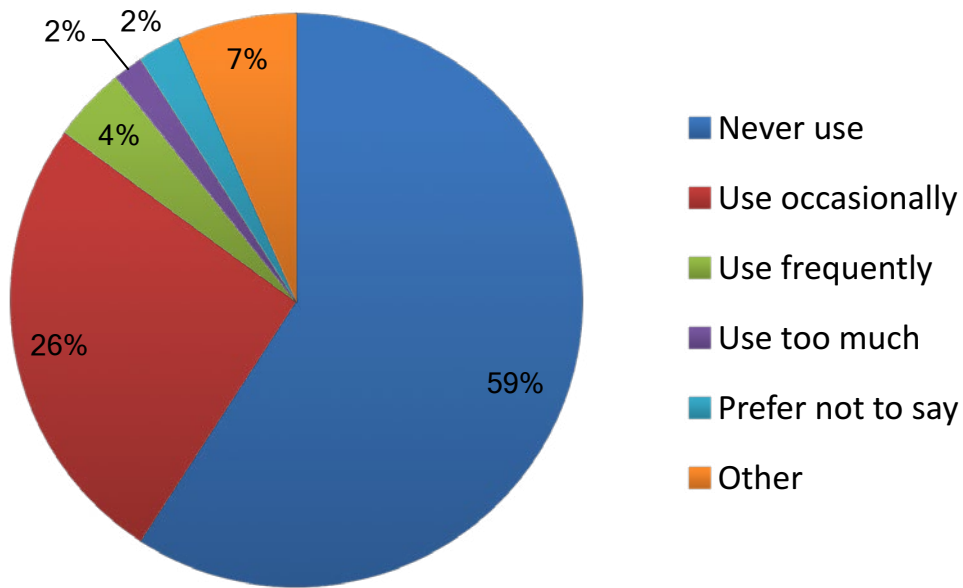
Prescribed Drug Use

Never use 31%, Occasional Use 25%, Frequent use 25%, Use too much 2%, Don't Know 3%, Prefer not to say 1%, Other 13%

“I self-medicated at the start of my transition though i would not consider it misuse.”

Trans woman, aged 51-55, Bristol

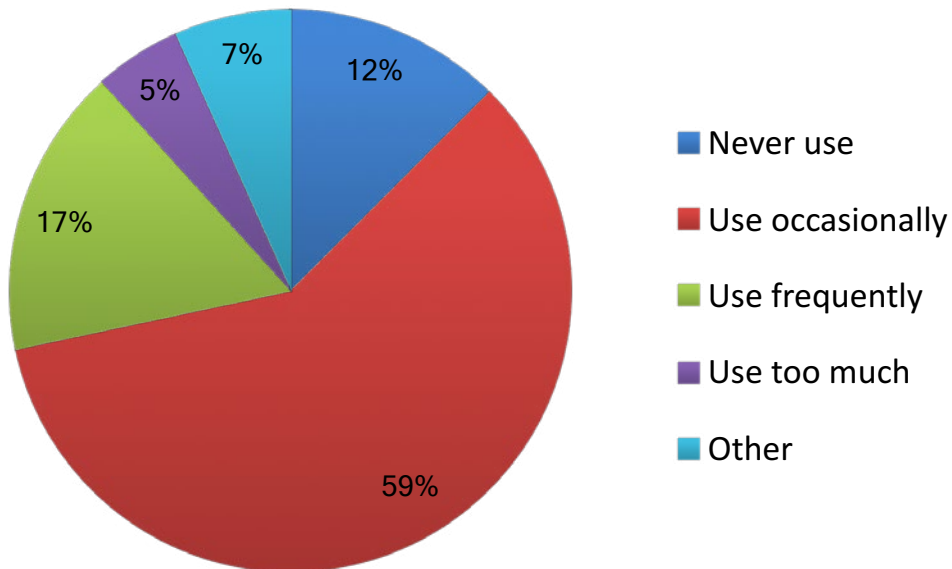
Recreational Drug Use



Recreational Drug Use

Never Use 59%, Use occasionally 26%, Use frequently 4%, Use too much 2%, Prefer not to say 2%, Other 7%

Alcohol Use



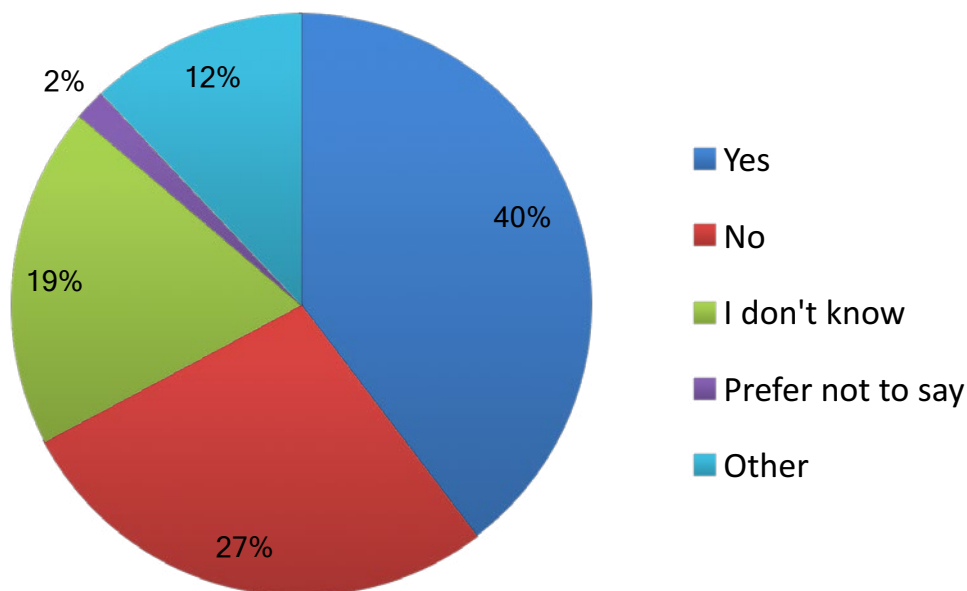
Alcohol Use

Never use 12%, Use occasionally 59%, Frequent use 17%, Use too much 5%, Other 7%

“In the past I definitely misused and generally abused alcohol. Virtually stopped drinking once I started on hormones.”

Trans woman, aged 61-65, Devon

Addiction Support



“People in the trans community are wary of many services, for example health and police services, so I should think they are also [wary] of drug and alcohol treatment services.”

“Similarly, because there is a perception that many people who use these services are cis [gender] and/or straight [heterosexual], [a] threat may be felt from other users - particularly [for] younger trans people.”

Genderfluid/Transmasculine, aged 16-24, Bristol

“Lack of understanding about trans mental health issues. The services need to have input from a trans person so that they are aware of the specific struggles we face.”

Transmasculine non-binary person, aged 16-24, Bath & North East Somerset

“Many trans people are not out. Often gender [identity] is seen as the last of someone's worries rather than something that can be a root cause of distress.”

Other, aged 46-50, Bath & North East Somerset

“Lack of knowledge about gender identity and transitioning, discriminatory beliefs held by professionals, lack of research on prevalence of addiction and drug use in trans communities (also lack of knowledge about how addiction and drug use function in LGBT communities in general, despite research being available), mental health, substance misuse and sexual health are often treated as three separate issues, when for LGBT people they are often interlinked in complex ways. Stigma (esp. around AIDS and other blood borne diseases). Lack of trans friendly support groups, e.g. 12-step meetings (they exist but there needs to be more).”

Non-binary, aged 25-30, Bristol

“Make sure all staff are appropriately trained so that they can talk openly about sexuality and gender, ask the right questions in a sensitive way and be aware of pronoun use. Form networks linking together trans and LGBT friendly services so that people can be referred to appropriate places if necessary. Participate in research on addiction in trans communities.”

Non-binary identity, aged 25-30, Bristol

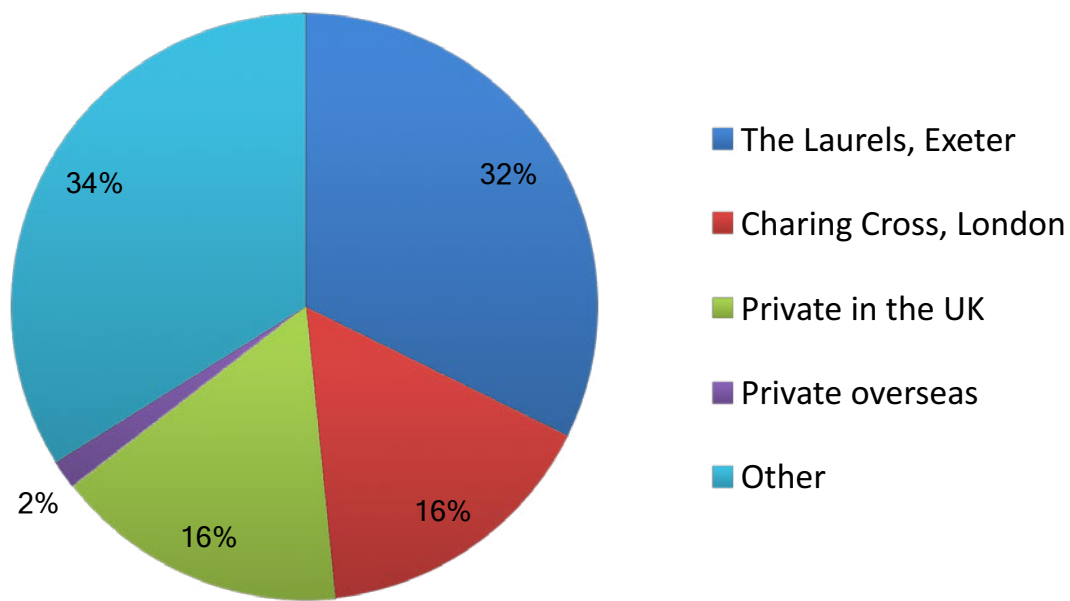
	Yes	No	Not applicable	Don't know	Prefer not to say
Advice on options prior to deciding to transition	18.4%	46.9%	27.6%	5.1%	2.0%
Referral to a Gender Identity Clinic (GIC)	19.6%	53.6%	23.7%	2.1%	1.0%
Advice/assistance on issues related to complications with gender-related treatment	23.7%	42.3%	28.9%	4.1%	1.0%
Advice/assistance with menstrual issues	12.4%	36.1%	48.5%	2.1%	1.0%
Advice/assistance with pregnancy issues	4.2%	26.0%	68.8%	1.0%	0.0%
Advice/assistance with fertility preservation	8.3%	33.0%	53.6%	4.1%	1.0%
Advice/assistance with issues of sexual assault	6.3%	30.5%	57.9%	2.1%	3.2%

	Yes	No	Not applicable	Don't know	Prefer not to say
Bridging prescription for hormones while awaiting a Gender Identity Clinic (GIC) appointment	25.8%	17.5%	46.4%	10.3%	0.0%
Hormone prescriptions post-surgery	5.2%	23.7%	68.0%	3.1%	0.0%
Blood tests post-surgery	6.3%	28.1%	63.5%	2.1%	0.0%
Appropriate screening	6.3%	36.5%	50.0%	7.3%	0.0%
Referral for a legal gender change	8.3%	35.1%	53.6%	3.1%	0.0%
Have you ever had to change GP to get an acceptable service?	34.4%	52.1%	11.5%	1.0%	1.0%
Have you ever been asked what you felt were inappropriate questions by a GP because they know you are trans?	22.7%	57.7%	19.6%	0.0%	0.0%
Has your trans status ever been brought up as an issue by a GP when you were asking for help with a condition unrelated to your being trans?	16.5%	56.7%	24.7%	2.1%	0.0%
Have you ever felt that you had to educate your GP on trans issues?	56.7%	26.8%	15.5%	0.0%	1.0%

Access to Gender Identity Clinics (GIC's)

We asked participants to tell us about their access to Gender Identity Clinics known as GIC's, where they had accessed gender identity services. Many people (34%) had chosen the "Other" option and they were given the opportunity to say where they had accessed gender identity services.

Gender Treatment



- The Laurels, Exeter 32%
- Charing Cross, London 16%
- Private UK and Overseas 18%
- Other 34%

Of the “Other” categories participants told us:

“Referred to Laurels but not been met with yet.”

Transmasculine identity, aged 16-24, Bristol

“Not had gender treatment as was refused referral.”

Transmasculine identity, aged 16-24, Bath & North East Somerset

“My GP referred me to The Laurels last November, but as I have yet to be offered an appointment there, I decided to pay for private treatment with a private UK-based service.”

Trans man, aged 61-65, Bristol

“I self-medicated for 2 years. But now use a private [...] doctor while I wait for my gender clinic appointment, I have been waiting over a year and a half now but still no appointment.”

Other identity, aged 46-50, Bristol

“Referred to The Laurels [...]. Waited 1 year to get first assessment appointment. 2 months prior to that 1st appointment sought private care and prescribed bridging hormones. Been on hormones just over 1 year, but as still waiting for formal diagnosis at GIC and recommendation by the GIC. Consequentially GP will not prescribe yet.”

Trans woman, aged 61-65, Wiltshire

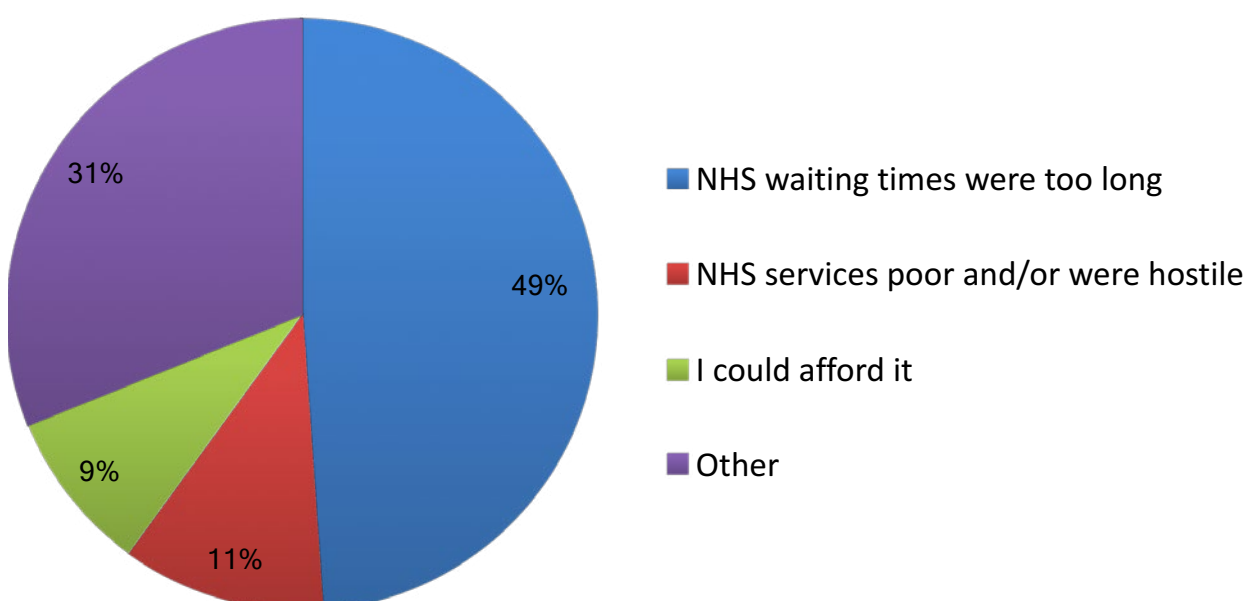
“I initially attended a private clinic in London for assessment, then The Royal Devon and Exeter for psychological treatment and further assessment prior to attending Charing Cross then The Laurels in Newton Abbot. I had NHS funded breast augmentation at a private clinic in Exeter. I had my NHS funded re-assignment surgery at a private hospital in Brighton. The whole process took over 10 years!”

Trans woman, aged 61-65, Devon

“Was at [GIC] for a short while - until I discharged myself. I was told they didn't support "Shemales" when I wasn't sure about GRS. A clinical psychologist there, told me, as I was over 50 years old he'd have to stop my newly acquired NHS prescription for hormones. He was playing mind games. I found a local NHS Endo and went private for everything else. Total farce [...] was then (2010). I have heard they have modernised a little now.”

Transfeminine identity, aged 56-60, Bristol

Private Services



“NHS waiting times were too long NHS services poor and GP was/is not cooperative in doing anything without the instruction of the GIC I couldn't afford it, but felt I had to seek private assistance.”

Trans woman, aged 61-65, Wiltshire

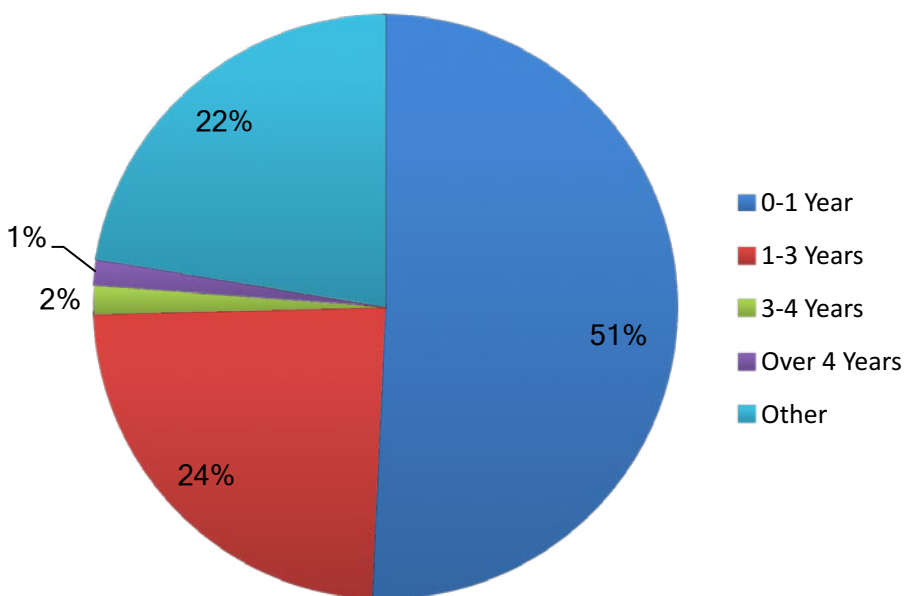
“Initial referrals took too long, so I went private at first, mainly to get the NHS people to take action. I received physical treatment at private hospitals but it was NHS funded. Again, this was due to insufficient capacity in the NHS.”

Trans woman, aged 61-65, Devon

Length of Time for First Appointment

We asked participants to tell us about the length of time they had waited for their first appointment at a Gender Identity Clinic (GIC).

First Appointment (A)



- <1 Year 51%
- 1-3 Years 24%
- 3-4 Years 2%
- Over 4 years 1%
- Other 22%

Of the “Other” categories participants told us:

“Referral was made in January 2014, so in no way is this a reflection on current—considerably longer—waiting times.”

Trans man, aged 16-24, Swindon

“Three months for my first appointment privately. I'd been on the NHS waiting list for over four years at that point.”

Trans man, aged 25-30, Bristol

“I was referred in [...] 2016, and understand I may be offered an appointment in Summer 2018.”

Trans man, aged 61-65, Bristol

“I don't know how much longer I will have to wait for a first appointment. I haven't waited a year or more yet, but I fear that I will.”

Trans man, aged 61-65, Bristol

“The initial appointment took about a year, and I was then only grudgingly referred as I pre-empted the system. I changed GPs part way through and after that things progressed more smoothly. Until Charing Cross.”

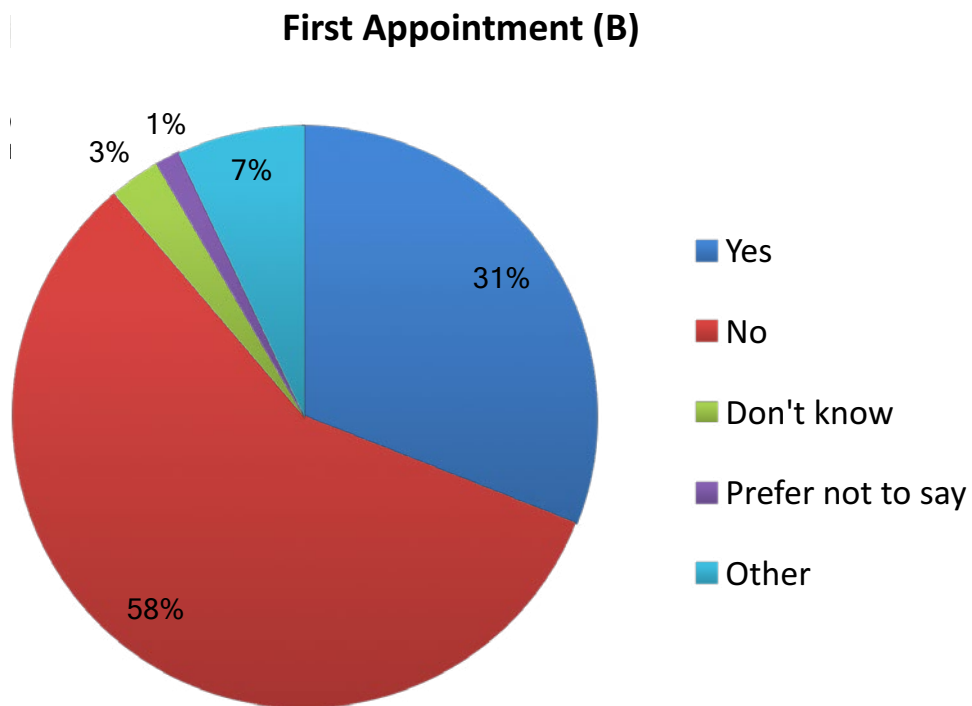
Trans woman, aged 61-65, Devon

“Had to see a local psychiatrist first - took 3 Months. He declared me sane. Then had to wait a year for GIC.”

Other identity, aged 56-60, Bristol

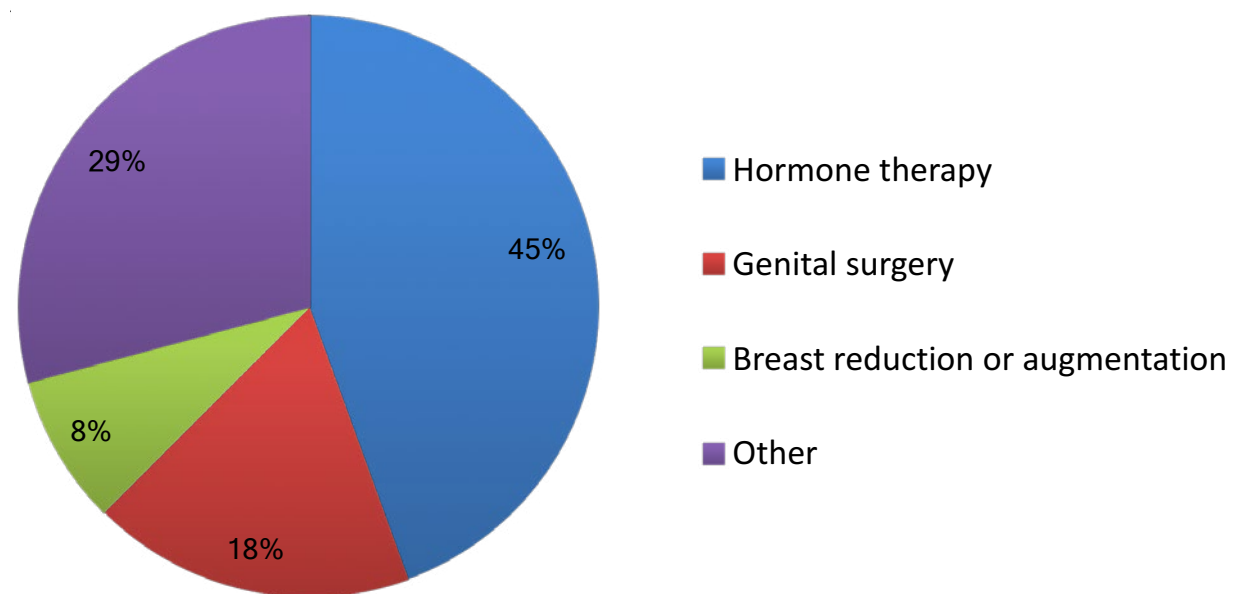
Waiting For First Appointment

We asked participants if they are still waiting for their first appointment.



Yes 31%, No 58%, Other 11%

Medical Treatment



We asked participants what type of medical treatment they had had, and noted that not all trans and non-binary patients want/need the same type of medical treatment including: hormone therapy, gender surgery, breast reduction or augmentation.

“I think HRT would be a great deal for me and would probably eradicate most of my own problems, aka gender dysphoria. GRS seems too much for me and I also can't imagine [breast augmentation].”

Genderqueer identity, aged 36-40, Bath & North East Somerset

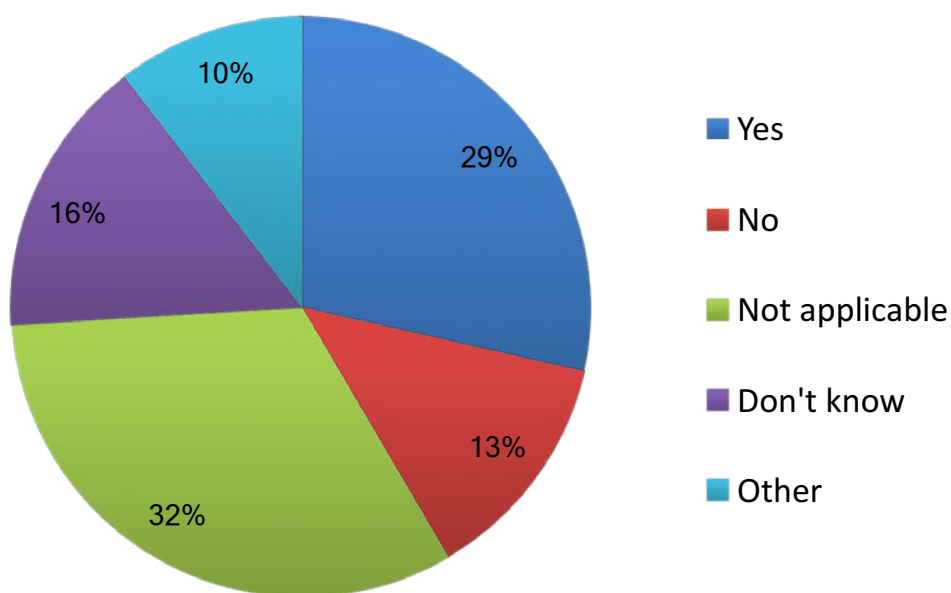
“On hormone therapy - Have had chest masculinisation surgery - On the waiting list for genital surgery.”

Trans man, aged 16-24, Swindon

“Had my genital surgery, throat surgery and a script for HRT. Not boob surgery, and even though I'm pushing 40, I'm still not sure about having it.”

Trans woman, aged 36-40, Bristol

Hair Removal



“Prior to surgery I had to travel to London, to get appropriate pre-surgical electrolysis. So that was the cost of a rail ticket, and the treatment. and I had a lot. There was NO electrolysis service available in the region to do genital-electrolysis.”

Trans woman, aged 36-40, Bristol

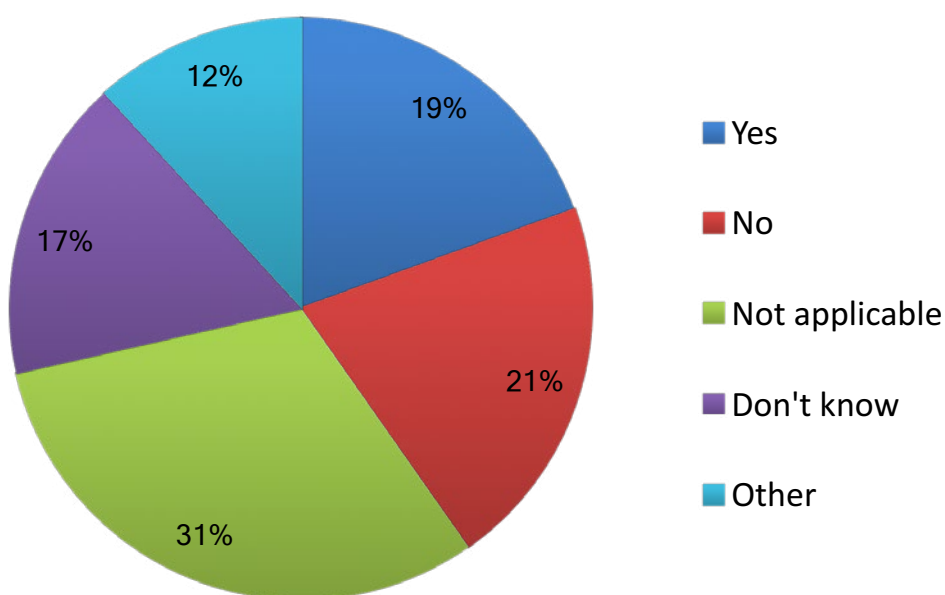
“I paid for laser privately prior to seeing [gender specialist], have had some NHS funded electrolysis, but will need to find more somehow.”

Trans woman, aged 46-50, North Somerset

“It was convenient but I would not have been able to afford it myself. It was NHS funded. I need further treatment but cannot afford it. I used up my ration.”

Trans woman, aged 61-65, Devon

Voice Therapy



“I’ve not been offered this, but I would love to.”

Trans man, aged 16-24, Somerset

“Completely inadequate length of provision at the cost of [...] mile journey. This would have worked with serious local provision over a reasonable time period.”

Trans woman, aged 51-55, Dorset

“I had to go to London. Nothing available in the South West.”

Trans woman, aged 36-40, Bristol

“The testosterone injections make my voice deeper, so I have not had to go for voice therapy.”

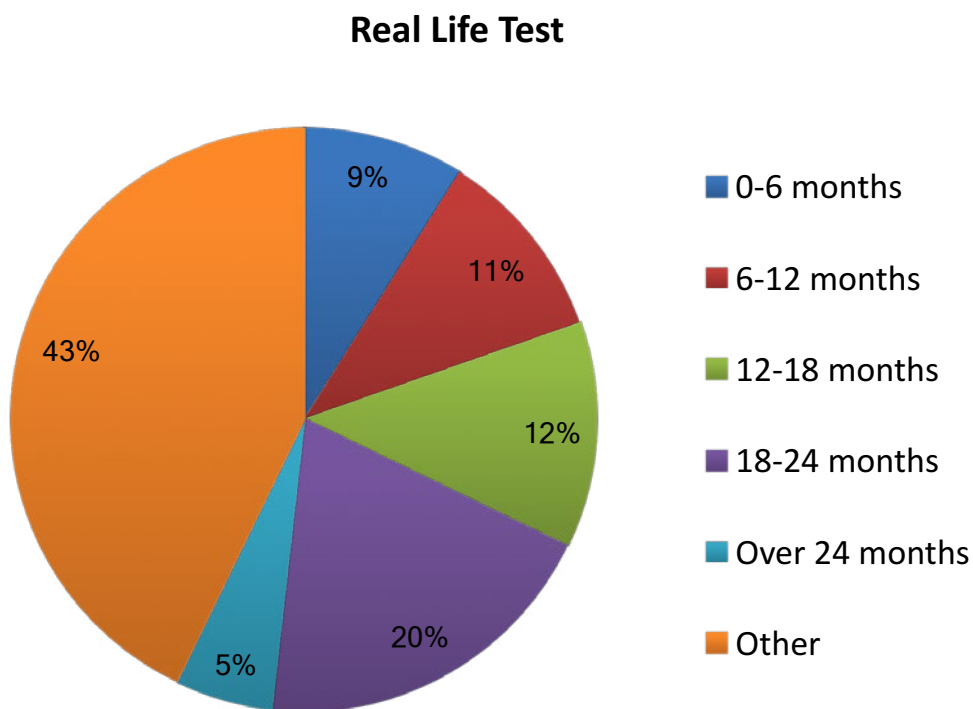
Trans man, aged 16-24, Bath & North East Somerset

“I could have had voice therapy but chose not to.”

Trans woman, aged 61-65, Devon

Real Life Test

We asked participants how long they were required to undergo a so-called “real life test”.



■ 0-6 Months - 9%

■ 6-12 Months - 11%

■ 12-18 Months - 12%

■ 18-24 Months - 20%

■ Over 24 Months - 5%

■ Other - 43%

Of the “Other” categories participants told us:

“12 months for genital surgery, nothing specified for hormones or chest surgery.”

Trans man, aged 16-24, Swindon

“Not applicable to receive HRT. 1-2 years required to have genital reconstructive surgery.”

Trans man, aged 25-30, North Somerset

“My private therapy didn't include a real life test. Instead I had six counselling sessions a fortnight apart.”

Trans man, aged 25-30, Bristol

“I don't yet know what will be required of me.”

Trans man, aged 61-65, Bristol

“I don't yet know, I began my own 'real life test' this May, am aware that for GIC purposes, I will find it easier to demonstrate that once I have made an enrolled Deed Poll, and I intend to do that before the end of this year.”

Trans man, aged 61-65, Bristol

“I haven't started transitioning socially yet.”

Non-binary identity, aged 25-30, Bath & North East Somerset

“Not been asked - but although yet to officially change name and documentation , have already effectively completed 9 months, living in role socially and with voluntary work.”

Trans woman, aged 61-65, Wiltshire

“I think at the time it may have been two years, but it may have been one. It turned out to be completely irrelevant as I was made to wait for over a year before receiving hormones, three years for augmentation and ten years before finally getting fully reassigned.”

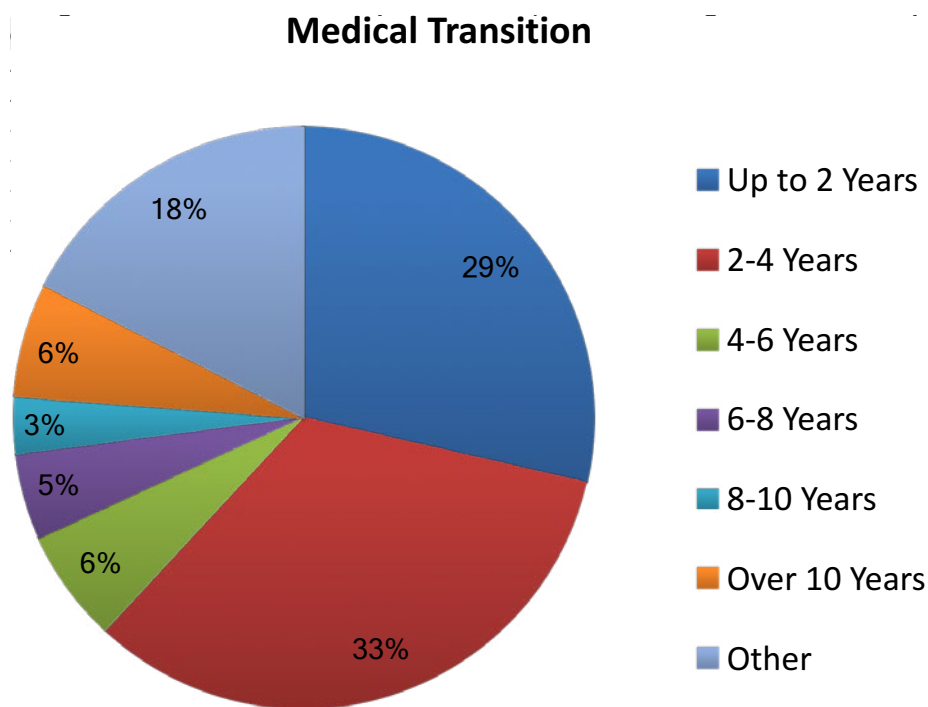
Trans woman, aged 61-65, Devon

“I was already presenting female full-time a couple of years before I stepped inside a GIC.”

Other identity, aged 56-60, Bristol

Medical Transition

We asked participants how long their medical transition had taken, and to select, how long so far, if they hadn't completed their transition.



- Up to 2 years - 29%
- 2-4 Years - 33%
- 4-6 Years - 6%
- 6-8 Years - 5%
- 8-10 Years - 3%
- Over 10 Years - 6%
- Other - 18%

Of the “Other” categories participants told us:

“This hasn't yet begun! I intend to commence hormone and anti-androgen therapy in [...] electrolysis in [...] but I'm undecided on what kind of genital surgery (if any) I would want. I don't believe I can fund facial feminisation surgery or private voice coaching myself at all, so I will have to wait to see whether the NHS makes either of these available.”

Trans woman, aged 61-65, Bristol

“Not completed it. At the present rate I am anticipating it to take approximately another 4-5 years.”

Trans woman, aged 61-65, Wiltshire

Community Safety

We asked participants how safe they felt living as a Trans or Non-Binary person in their local area, 1 in 5 participants said they felt unsafe and that an additional third (36%) feel unsafe in some situations.

Very safe	Safe	Neither safe nor unsafe	Unsafe	Very unsafe	Don't know	Prefer not to say
7.3%	37.5%	28.1%	19.8%	1.0%	6.3%	0.0%

“While I am very out in many areas of my life, I do my best to avoid social contact in the town where I live. Small communities can be very difficult, and rented housing very precarious. I would prefer not to have to move because someone locally took exception to me.”

Trans woman, aged 60-65, Wiltshire

- Very Safe - 7%
- Safe - 37%
- Unsafe - 19%
- Very Unsafe - 1%
- Other - 36%

Of the “Other” categories participants told us:

“I usually pass as “birth gender” but even just dressing “queer” often makes me feel uncomfortable.”

Genderqueer identity, aged 36-40, Bath & North East Somerset

“There are instances when I feel unsafe, but that occurs everywhere. People yelling in the street happens no matter where I live.”

Non-binary identity, aged 16-24, Bristol

“Parents do not feel supportive so I haven't come out to them.”

Other identity, aged 16-24, Bath & North East Somerset

“I was prepared for some verbal abuse, but have only experienced any on [...] occasions since last November. I have 'come out' to my neighbours and haven't experienced any difficulties there. I count myself as fortunate that I seem to blend in well enough not to excite any attention at all in the vast majority of situations.”

Trans man, aged 61-65, Bristol

“I live in a close knit, and very diverse community, and have a lot of support from the [...] lesbian community.”

Intersex identity, aged 31-35, Bristol

“I have anxiety and PTSD. I'll never feel safe.”

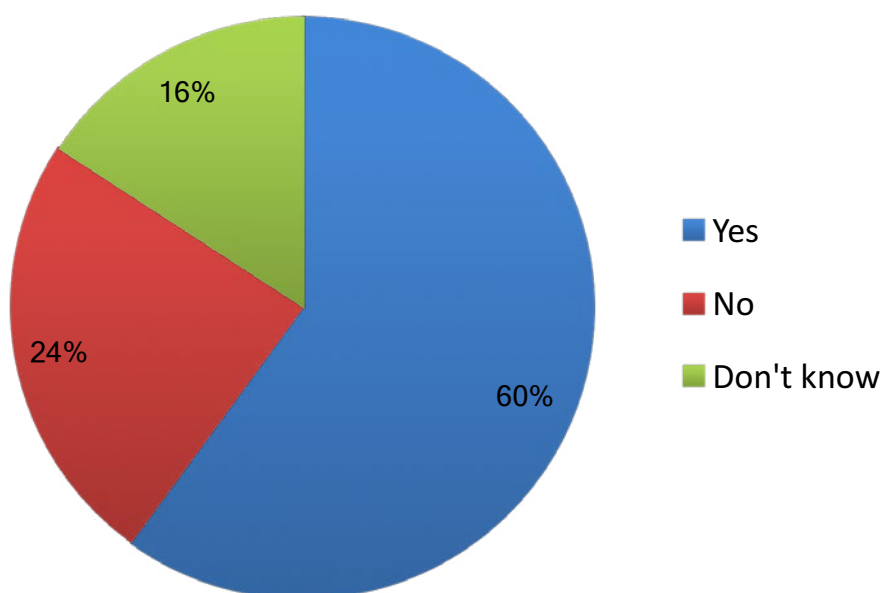
Trans woman, aged 16-24, Bristol

“I get abuse on the street sometimes but no more than elsewhere I have lived and I don't feel particularly at risk of physical attacks.”

Non-binary identity, aged 25-30, Bath & North East Somerset

Discrimination

We asked participants if they had ever felt discriminated against because of their gender identity. The majority (60%) said they had felt discriminated against because of their gender identity.



Yes 60%, No 24%, Other 16%

Of the “Other” categories participants told us:

“My first GP simply wanted me off his list, and was heard to say so. Since then everyone has been on my side.”

Trans woman, aged 61-65, Exeter

“By the NHS over the failure to provide meaningful treatment for facial hair removal.”

Trans woman, aged 51-55, Dorset

“Some of the few I've come out to haven't been receptive to pronouns and names and still refer to me as my assigned gender or “practically” my assigned gender (or closer to it than them, even though my gender is closer to THEIRS than my assigned gender).”

Genderqueer identity, aged 16-24, Bath & North East Somerset

“Many, many job interviews.”

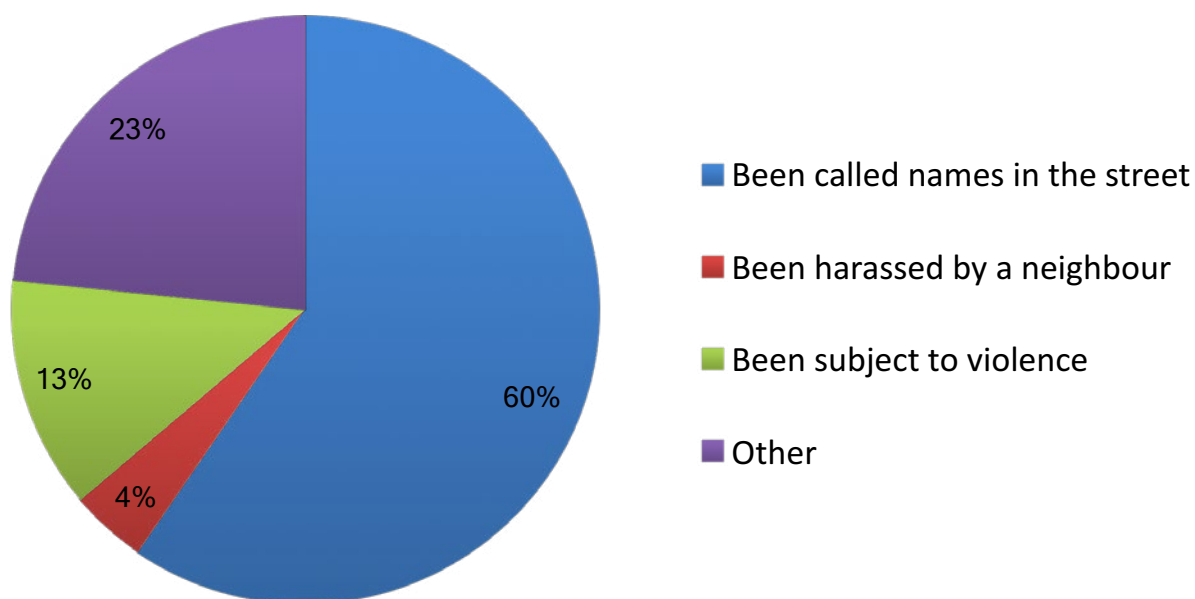
Intersex identity, aged 56-60, Bristol

“I’ve been spat on for presenting as masculine.”

Non-binary identity, aged 25-30, Bath & North East Somerset

Discrimination

We asked participants in which circumstance or situations discrimination had taken place.



Answer Choices	Responses
By neighbours	21.0%
On the street	53.2%
At school/college/university	40.3%
At work	46.8%
When looking for a job/at a job interview	27.4%
In the health care system	30.7%
When applying for social housing	6.5%
By social services or the local authority	9.7%
By the immigration service	3.2%
By the police	9.7%
When practising your religion or belief	17.7%
On public transportation	35.5%
In shops	33.9%
In restaurants, bars, pubs, or clubs	45.2%
When trying to rent a property	9.7%
When trying to buy a property	6.5%
At LGBT+ social events	32.3%

“I have been called names in the street and spat at in the workplace.”

Non-binary, aged 25-30, Bath & North East Somerset

“The worst instance was that I was hit by a car (fairly slow moving) whilst crossing the road at a traffic light and when indicated that it was a red light to the driver he yelled "Yeah but you can kill a queer f*ggot and no one will give a crap, are you even a human? You don't have any rights" and he proceeded to threaten to get out of his car and stab me if I carried on bothering him.”

Non-binary, aged 16-24, Bristol

“I was assaulted by a guy outside a club in Bristol and despite me saying no he kept on and on and eventually I pushed him away [then] he attacked me.”

Trans woman, aged 61-65, Bristol

“Name calling in a pub when I was with a group of [FtM] friends trying to order drinks. At work I was told by a colleague that I'm "not a proper man". At church I was told it was demonic to be trans. I had to go to casualty once and when the doctor discovered I was trans she asked to see my genitals and show them to another colleague.”

Trans man, aged 36-40, North Somerset

“Public attitude to all trans people needs to change. People need to understand that non-binary genders are real and exist, and then I think hate would be reduced.”

Non-binary, aged 16-24, Bristol

“From someone whose been bullied and beaten all her life, it's hardly surprising I feel that way towards the staunch gender binary of the South West. I know this survey isn't going to do anything. You're gonna find out how much people love or hate the region. It's not gonna stop me getting grief every day, or having to cry down the phone after a hard shift, or wondering if jumping to my death might actually be a blessing.”

Trans woman, aged 36-40, Bristol

“I am very careful as to what I do and where I go to mitigate potential threats. This does impact on my life and restricts some of the activities that I do. e.g. I won't go certain places, or at certain times. I don't use the changing facilities at sports centres' etc.”

Trans woman, aged 61-65, Wiltshire

“I work in the NHS. And have done for over a decade. My status is still whispered about in corners, I am misgendered and wrong-pronounced on a daily basis. When this happens it feels like a punch to the stomach, on an emotional level. And I stop feeling anything for a few hours afterwards. This is especially tough when I'm misgendered by someone I believed was a friend or a colleague whom which I believed to have a positive professional relationship with. It makes me doubt my own ability to "pass". And I do not want to speak with people any more. I needed a fortnight away from work because of the stress this situation was beginning to generate. Any attempt to approach the subject of teaching the NHS workforce about trans-centric issues are met with the defense "oh, don't be so sensitive". And so I shrug and disengage from life.”

Trans woman, aged 36-40, Bristol

“Name calling, pointing, laughing - oh and "discussions" with people who deny that trans people exist or are real.”

Genderqueer identity, aged 36-40, Bath & North East Somerset

“Generally I have faced discrimination when with other trans people, because I generally pass as a young boy or a lesbian. Particularly trans women/trans feminine people I go out with in public are harassed more than me. Most discrimination I face is just people being uncomfortable or slightly hostile when talking to me, or getting annoyed when they can't figure out my gender.”

Genderfluid identity, aged 16-24, Bristol

“Derogatory terms shouted at me for entire bus journeys and rude and transphobic comments said to be, around me and to others I know about me.”

Trans man, aged 16-24, South Gloucestershire

“Kids at school saying you're not a boy. Or “ewwww what's a boy doing in the girls toilets”. Clothes shops not fitted for FTM sizes. I want to be z boy but boys clothes don't fit my female body. No chest binders in UK. Have to order online from abroad.”

Trans masculine identity, aged <16, Wiltshire

“Dismissal of gender/purposeful misgendering; forced closeting; sexual harassment.”

Genderqueer identity, aged 16-24, Bath & North East Somerset

“I’m occasionally called at in the street, but predominantly it's the way people look at me like I'm a freak.”

Trans woman, aged 25-30, North Somerset

“I'm not out, just discrimination I've seen directed to the trans community.”

Other identity, aged 16-24, Bristol

“Name calling from friends, often as poor taste jokes.”

Trans masculine identity, aged <16, Dorset

“Was called a girl in a public toilet. Told them actually I’m a bloke and used a neutral toilet. Told staff who intervened as it was my local gay bar. As a result I went home, I still go to that nightclub.”

Trans man, aged 36-40, North Somerset

“I have only been living openly in my current gender role for [...] weeks. So far I have experienced only mild harassment and odd looks - the situation is much better than I feared prior to transition and I think things have improved enormously since I was younger.”

Non-binary identity, aged 31-35, Bristol

“Trained as a teacher but didn't get a job in teaching. Stripped of church ministry in local church of England and denied going further for ordination. Also in a new relationship was told that the person felt they'd be ostracised by other lesbians if they had a relationship with me.”

Trans woman, aged 56-60, Bristol

“All organisations that divide people by gender systematically discriminate against trans* people. Schools, colleges, NHS, Hospital wards, Prisons etc. - and not just [Government] bodies. Sports organisations, male choirs, female choirs. The WI the Round Table - the list goes on... One of the few advantages of being trans is that you are guaranteed a single room in hospital and a single cell in prison.”

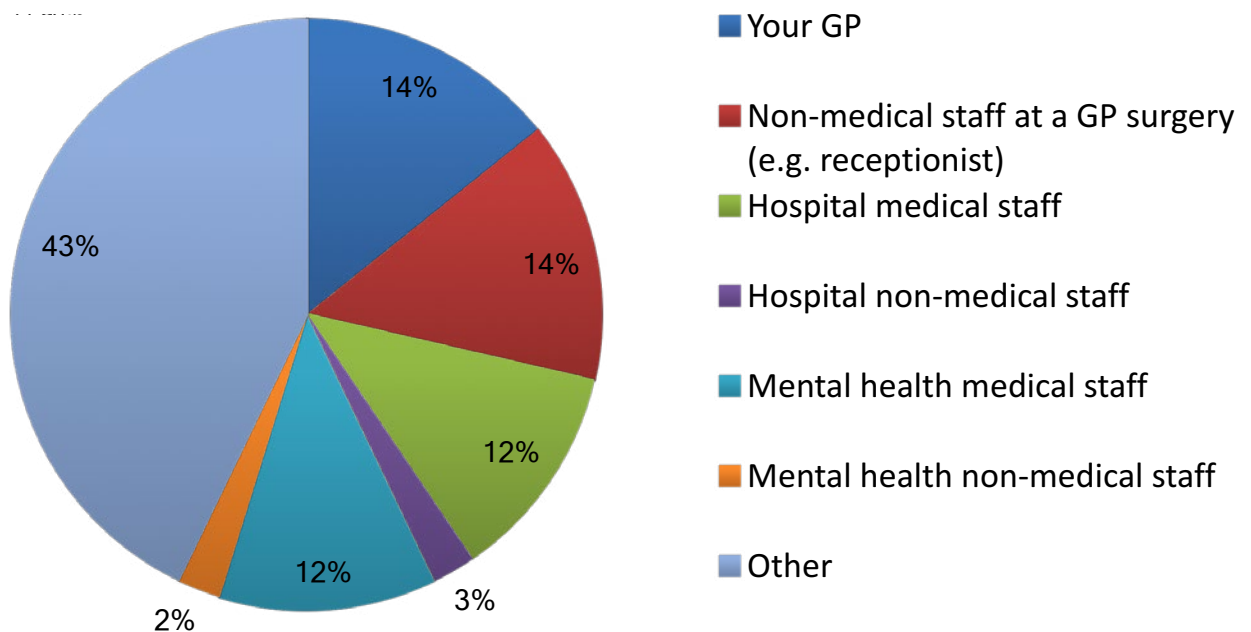
Intersex identity, 56-60, Bristol

“Often it is homophobic because people assume I am a lesbian but I have had an amount of specifically transphobic. Being called "It", "you bloody freak" etc. I would say your standard level of abuse for appearing female in some ways and behaving or appearing in a way which jars with that in some peoples minds.”

Non-binary identity, aged 25-30, Bath & North East Somerset

Discrimination in Healthcare Settings

We asked participants if they had felt discriminated against when accessing health care services including GP’s, hospitals and in mental health services. Total 30% (67 participants) said they had felt discriminated against when accessing health care services.



"My GP at the time refused to support my application for a Gender Recognition Certificate, even though she had only ever known me as a woman and I had all of my hospital records proving that I had had genital surgery."

Trans woman, aged 60-65, Wiltshire

"While my current GP has been good in taking me off cervical screening, and putting me on breast screening, I am not on the list for prostate screening. No one seems to have any idea whether trans women are at risk of prostate cancer."

Trans woman, aged 60-65, Wiltshire

"Rather more seriously, although I am now 19 years post-op, I have found it very difficult to find a GP willing to prescribe the hormones I need to stay healthy. Although GMC guidelines state that estrogen is mandatory for post-op trans women, there are no drugs specifically licenced for this. GPs can therefore refuse to prescribe, or say they will only do so on the advice of a "gender specialist". Up until recently I have been getting my hormones from a private doctor because dealing with GPs was just too time-consuming and depressing. However, that doctor has recently retired and I suspect I will probably end up having to buy hormones online."

Trans woman, aged 60-65, Wiltshire

"A GP Receptionist and mental health medical staff."

Trans man, aged 16-24, Somerset

"GP, non-medical GP staff, non-medical mental health staff, hospital medical staff."

Genderfluid identity, aged 16-24, Bristol

"Hospital staff where I work are abhorrent."

Trans woman, aged 36-40, Bristol

"A nurse, non-medical staff, mental health staff and hospital medical staff."

Trans man, aged 16-24, Bristol

"Ambulance paramedic."

Trans woman, aged 25-30, Bristol

"When visiting the [...] GIC and meeting with a volunteer (a stop-gap service offered to waiting patients), I was shocked by the things the volunteer said. She was clearly well-intentioned but had no awareness of appropriate boundaries. She made assumptions and personal comments about my gender identity and presentation, she barely asked, or gave me space to ask, a single question, and she dominated the session by telling me in graphic detail the story of her own medical transition - which at that point I was not ready to hear. Proper training for volunteers in this role is necessary if they are to provide the first point of contact for people who are understandably quite desperate and vulnerable at that point."

Non-binary identity, aged 31-35, Bristol

“I don't pass as my preferred gender (male) so I get called a butch lesbian a lot, or I get asked why I dress "like a boy" when to everybody else I don't look like a boy. My GP wouldn't refer me to GIC because of my mental health problems despite me telling [them] a mental health assessment is not needed for referral (and I had just had one anyway). I've had people tell me I'm much prettier as a girl even though I'm more comfortable as a boy.”

Transmasculine/Non-binary person, aged 16-24, Bath & North East Somerset

“I am training as a nurse and while on placement I was asked by my mentor if I was transgender. I said yes, and she explicitly told me that I would have a difficult time working in that environment.”

Non-binary person, aged 25-30, Bristol

“If you have people asking about your "real name" with impunity, without the fear of professional reprimand. Or asking about your genitals, when management doesn't care, you feel invisible. Less than a person.”

Trans woman, aged 36-40, Bristol

“It is really unheard of in my area, the first GP I spoke to about it had only had one other trans person come to them in a 30 year career as a rural GP. The attitude is mostly one of ignorance rather than malice, however as with homophobia in the countryside there are some malicious people.”

Trans woman, aged 25-30, Bath & North East Somerset

“My main problem is with the NHS. I see provision as inadequate and abusive because of the failure to provide basic needs.”

Trans woman, aged 51-55, Dorset

“I am 63 years old but have been transgender all my life. In my 30s I went to my doctor to tell him how I felt but he didn't know anything about trans issues so I got referred to the hospital where I had twelve months of electric shock treatment. I have attempted to take my own life on one occasion. I have lost my job due to me being transgender. I have faced discrimination from prospective employers because I am trans. I have had to change GP because he had no idea about trans issues.”

Trans woman, aged 61-65, Bristol

Conclusions

Trans people face a significant amount of hostility in society, and the health care system is a contributing factor.

Trans people have very poor mental health compared to the rest of the population. The discrimination Trans people face is a significant contributor.

Trans people's experience, in the health care system, is very mixed. Some health care professionals are excellent in their treatment of Trans and Non-Binary people, others are not as good and some professionals act in a discriminatory way towards Trans and Non-Binary people.

Trans people often have to rely on word of mouth to find sympathetic health care professionals. Those Trans people who live in small, isolated and rural communities often have few choices available.

Recommendations

Training

- Training on equality, diversity and inclusion should be mandatory for all staff working in health, care and wellbeing services
- Equality, diversity and inclusion training should include transgender awareness and be provided both online, and offline, through classroom-based and e-learning
- All training providers should review their training courses and materials to ensure they are Trans and Non-Binary inclusive
- Trans awareness training should become part of all health, care and wellbeing professionals Continuing Professional Development (CPD)

Policy Development

- All health, care and wellbeing service providers should develop policies on challenging transphobic bullying, harassment, victimisation and discrimination in line with the Equality Act (2010) and the Public Sector Equality Duty (2011)
- All health, care and wellbeing service providers should develop a Trans Inclusion Policy, involving and consulting with trans staff and patients, on best practice in supporting trans colleagues and patients through their transition. The policy should address confidentiality, dress codes, and the use of facilities

Specialist Support

- Development of specialist trans support organisations including drug and alcohol services and mental health services
- Specialist support can be provided by external organisations. Trans people may be reluctant to go to a general drug support service for fear of discrimination by staff or by other service users
- Audit of healthcare services to find out how much they know about trans care

Pronouns

- If unsure how to identify a person in relation to their gender identity, or sexual orientation, it is acceptable to ask which term they would prefer you to use to describe them
- Respect people's pronouns and use correct pronouns
- Do not intentionally misgender or dead-name trans or non-binary people

NHS England/Gender Identity Clinics (GIC's)

- NHS England increase should funding to Gender Identity services
- GIC's should make improvements in their volunteer training

Healthwatch England

- Research at a national level, with funding identified for a national Trans survey, including academic involvement

Challenging Transphobia

- Challenging all forms of bigotry against Trans and Non-Binary people including bullying, harassment, hate crime and discrimination

APPENDIX: Previous Survey Findings

In 2012, in an online sample of 889 trans people, published as the Trans Mental Health Study (2012), carried out by the Scottish Transgender Alliance and Sheffield Hallam University, they found:

- 32% of respondents had waited 3 or more years for an appointment at a Gender Identity Clinic (GIC)
- 58% of respondents felt their mental health had been negatively affected by waiting times
- 38% felt they had been threatened or intimidated due to being trans
- 35% felt they had been turned down for a job due to being trans
- 53% had self-harmed, almost half of those daily at some point
- 84% had suicidal ideation (thoughts and feeling) at some point
- 48% had attempted suicide, 33% more than once
- 19% were or had been homeless
- 24% were drug users, 18% felt this was sometimes a problem

https://www.scottishtrans.org/wp-content/uploads/2013/03/trans_mh_study.pdf

In 2016 Healthwatch Devon found:

- Waiting times for operations, which should be less than 18 weeks, are sometimes as much as 21 months
- Demand for services for transgender people is increasing each year - but there are not enough specialist services available
- Communication with trans patients is poor, leaving people who are waiting for help unsure as to when they might get help

<https://www.healthwatchdevon.co.uk/wp-content/uploads/2016/07/Gender-Identity-Report-FINAL-29.04.16.pdf>

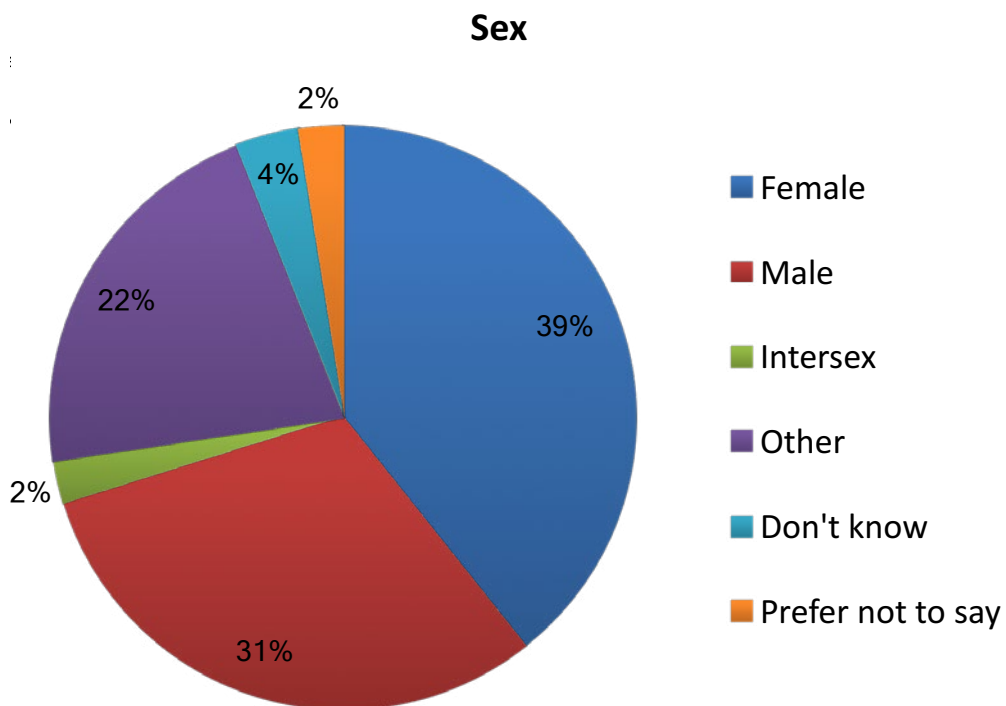
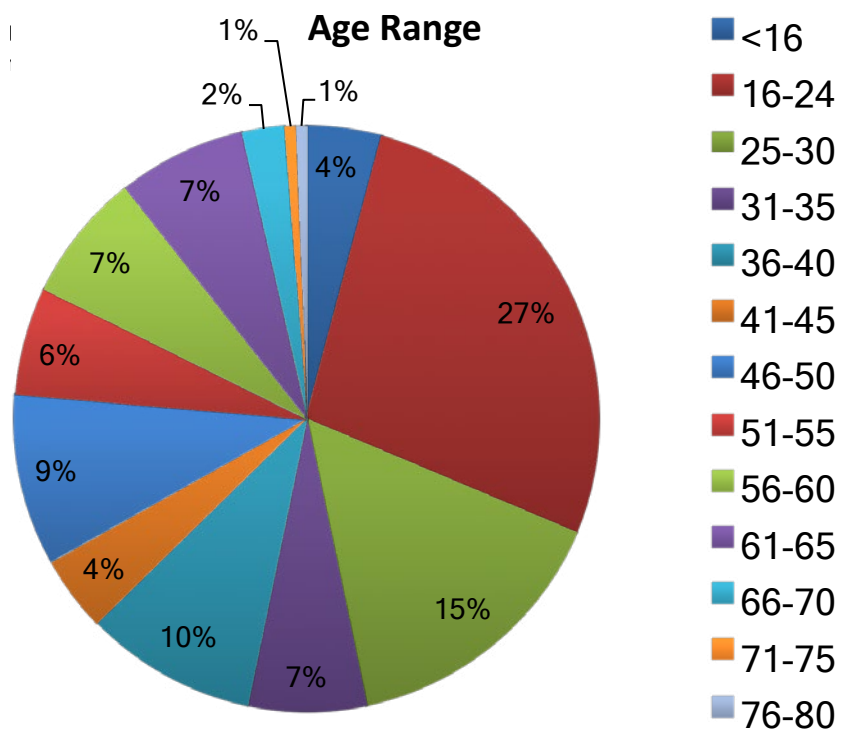
In 2018 the Stonewall - LGBT In Britain: Trans Report found:

- A significant number of trans people face poor treatment when accessing healthcare services, despite the legal duty of all health and care organisations to provide equal treatment and tackle discrimination

- Trans people that do need medical support face significant barriers to accessing treatment, including waiting times that stretch into years, far exceeding the maximums set by law for NHS patients
- Causing significant stress and impact on people's lives and prevents many trans people from accessing the support they need
- Two in five trans people (41%) said that their healthcare staff lacked understanding of specific trans health needs when accessing healthcare services in the last year
- Three in five trans people (62%) who have undergone, or are currently undergoing, medical intervention for their transition are unsatisfied with the time it took to get an appointment
- More than one in ten trans people (11%) have gone abroad for medical treatment to alter their physical appearance, including buying hormones over the internet from other countries, with many citing the barriers they currently face in accessing medical treatment in the UK
- 7% of trans people said they have been refused care because they are LGBT, while trying to access healthcare services in the last year
- Trans people in the UK experience wide ranging discrimination ranging from verbal abuse and intimidation in the street and other public spaces like toilets, to being discriminated against in shops, cafés, restaurants, bars and nightclubs
- Trans people face discrimination when using public services, including health, care and wellbeing services

<http://www.stonewall.org.uk/sites/default/files/lgbt-in-britain-trans.pdf>

APPENDIX: Equalities Monitoring



Other (Sex/Gender) Categories

In total 34 (15%) participants said their gender identity fitted into “other” categories and definitions including: non-binary, demi-girl, genderfluid, transmasculine, intersex, trans, non transitioned, transmasculine non-binary, transman and transwoman.

“I generally say genderqueer, but mostly because I am too much of a coward to say demi-girl or female.”

Queer identity, aged 36-40, Bath & North East Somerset

“I consider my sex to match my gender (genderqueer), though was assigned differently at birth.”

Genderqueer identity, aged 16-24, Bath & North East Somerset

“Defined as Trans [...] as crossdresser who can look female if dressed accordingly.”

Male, 61-65, North Somerset

“Presenting female since 2010. I've had FFS and GRS (Paid for privately). I can't tick the Male box above because I'm not male. I can't tick the Female box above as I won't be getting a GRC. Obtaining one is tantamount to having [...] officials look in your pants. I am thus in gender limbo until gender self-determination is the law of the land.”

Other identity, aged 56-60, Bristol

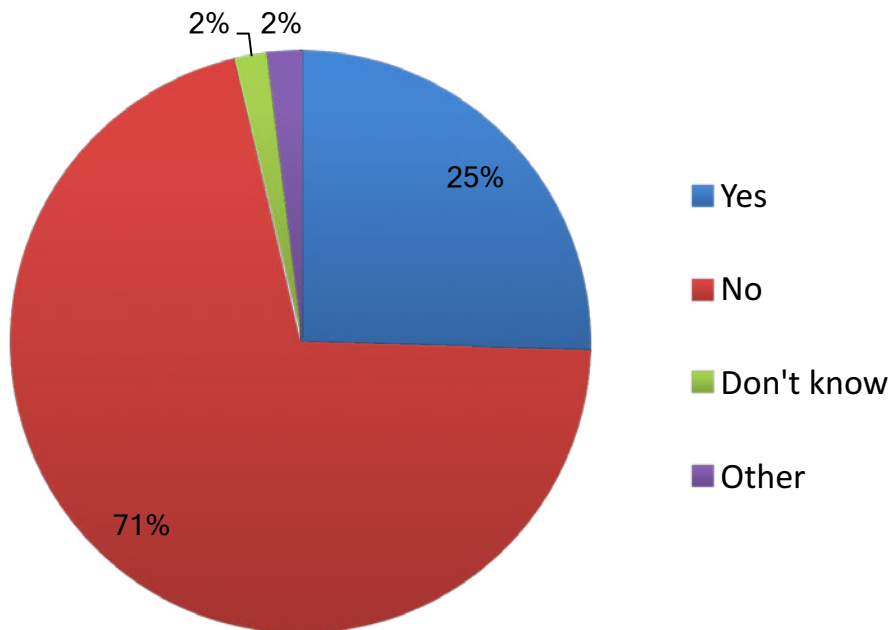
“I would guess at non binary but not young enough to be comfortable with all the terminology. Don't feel very female. I generally say queer for sexuality and gender.”

Other identity, aged 25-30, Bath & North East Somerset

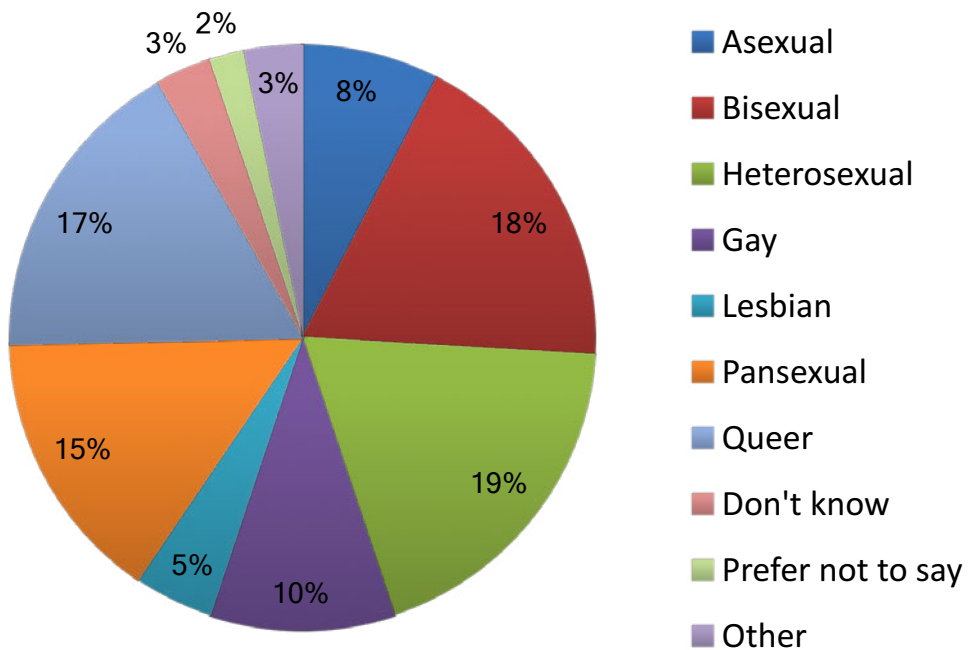
Total 34 participants (15%) said their gender identity fitted into “other” categories and definitions including: non-binary, demi-girl, genderfluid, transmasculine, intersex, trans, non transitioned, transmasculine non-binary, transman and transwoman.

We asked participants is your gender identity the same as the sex you were assigned at birth?

Gender Identity



Sexual Orientation



“To be a lesbian one needs to identify as a woman. I am a trans man attracted to women which I don’t think make me straight. And I’m not a lesbian so I don’t know. I am not straight.”

Other identity, aged 41-45, Somerset

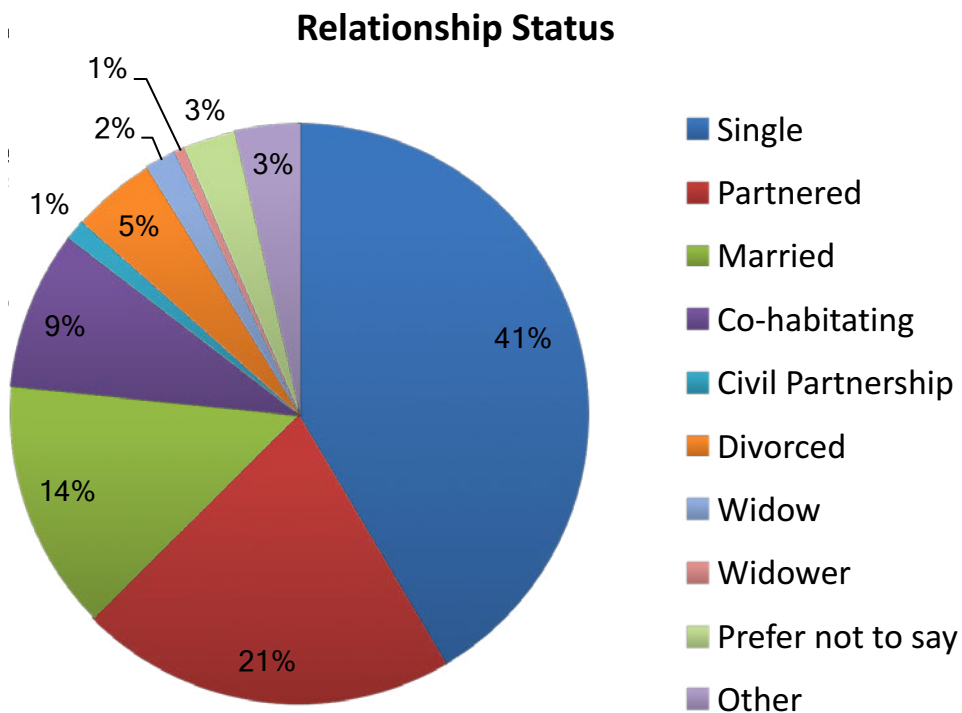
“I prefer queer, but pansexual [and] gynoromantic describes it better. Might choose "bisexual" depending on what a form offers.”

Genderqueer identity, aged 26-40, Bath & North East Somerset

“I use the term 'queer' to describe my sexuality, but I will sometimes simplify to 'bisexual' and count myself part of the bisexual community.”

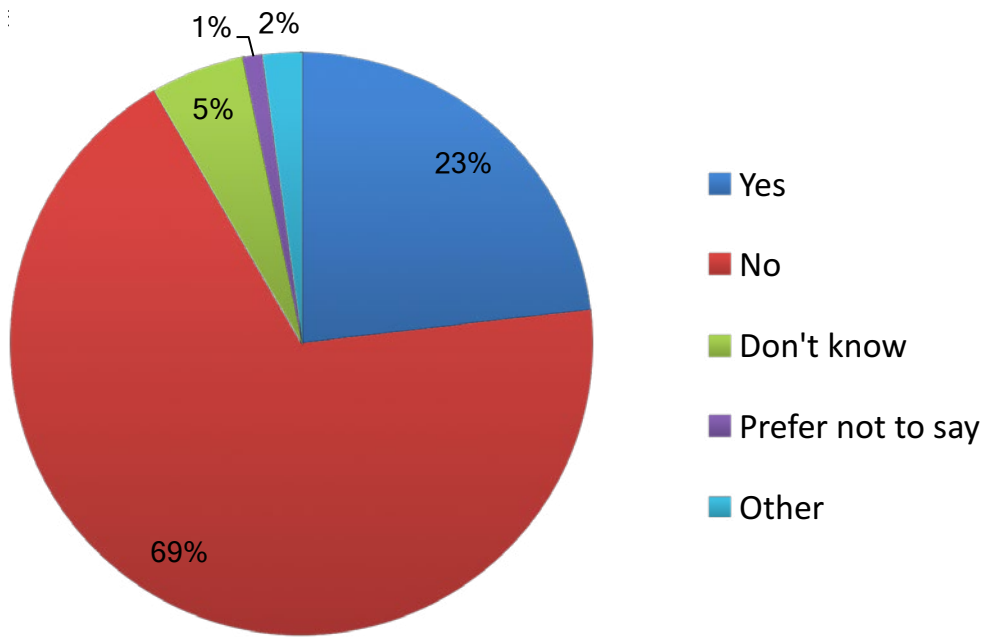
Queer identity, Bristol

Total 13 participants (6%) added comments under the “other” category in relation to their sexual orientation. These included: sapphic, pansexual, asexual, fluid and biromantic.



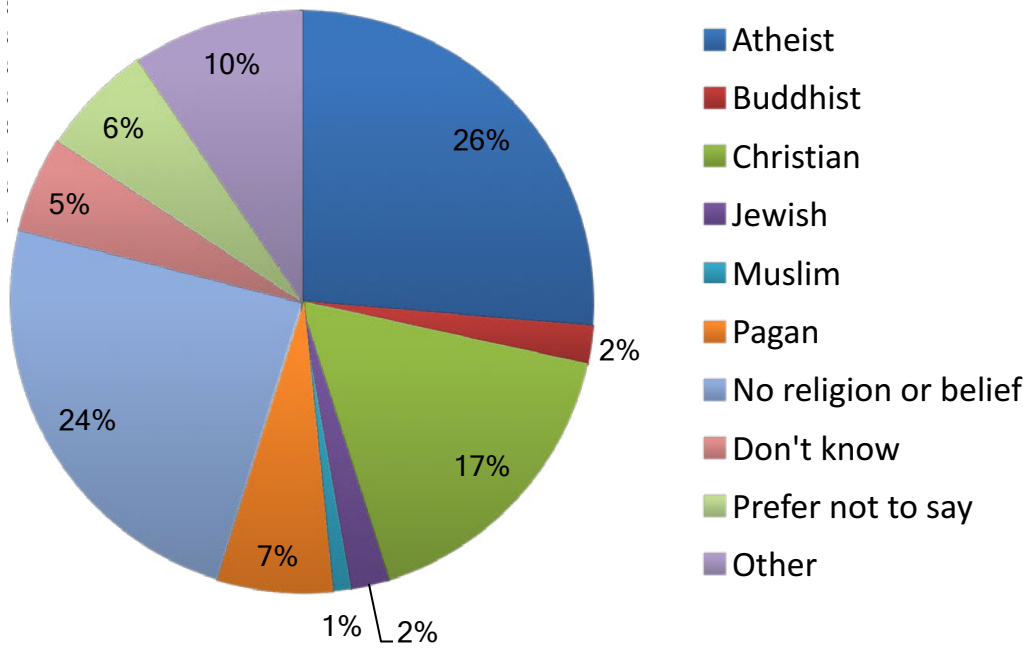
Total of 9 participants (%) added comments in the “other” category in relationship status. These included: poly/polyamorous, long distance relationship, casual hook ups, co-habiting, platonic open marriage and close friends.

Disability

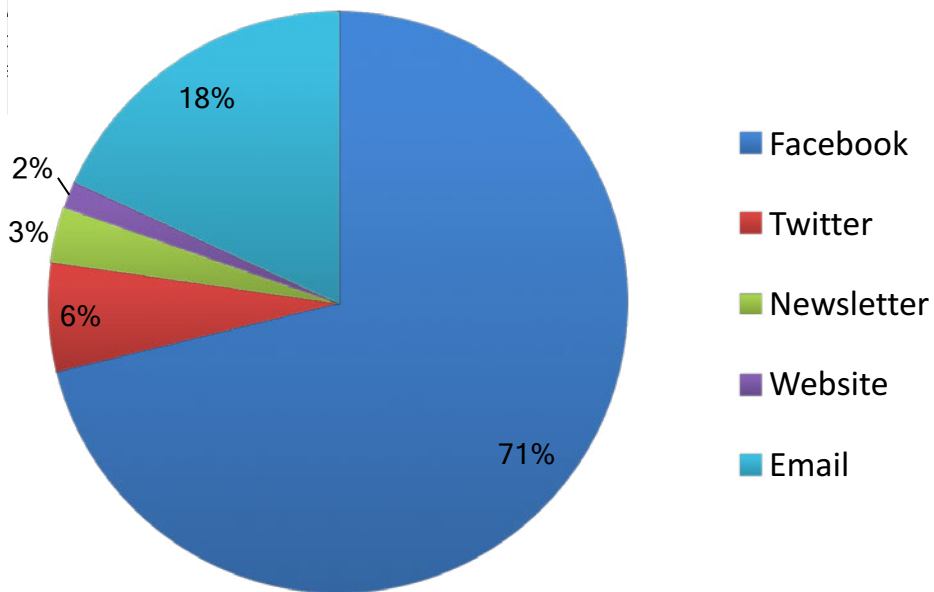


Race	Responses
WHITE - English/Welsh/Scottish/ Northern Irish/British	83.2%
WHITE - Irish	1.1%
WHITE - Eastern European	1.1%
WHITE - Mixed European	1.1%
WHITE - Any other White background	1.1%
OTHER ETHNIC GROUP - Arab	1.1%
OTHER ETHNIC GROUP - Any other ethnic group	1.1%
MIXED/ MULTIPLE ETHNIC GROUPS - Any other mixed background	4.2%
Prefer not to say	1.1%
Other	5.3%

Religion or Belief



Survey Source



APPENDIX: Glossary of Terms

Please note the definitions of some of these terms can vary, according to the context and source, and are used here only as a guide. It is also important to be aware that people may not choose to use a particular term to identify themselves, even if they fit within the definition. For example, some Trans people post-transition would not identify with the identity Trans.

Note on gender/sex: in this document, sex is used to refer to a person's physical sexual characteristics, and gender to refer to their identity.

Asexual without sexual feelings or associations.

Cisgendered/Cis person a person whose gender identity is the same as the sex they were assigned at birth.

Cisgenderism is a prejudice similar to racism and sexism. It denies, ignores, denigrates, or stigmatises non-cisgender, Transgender, forms of expression, behaviour, relationship, or community.

Coming out refers to the experiences of some, but not all, LGB and Trans people as they explore/ disclose their gender identity and/or sexual orientation.

Deadnaming occurs when someone disrespectfully calls or refers to someone by their previous name after they have changed their name.

Gender Identity Clinic (GIC) is a specialist NHS service providing assessment for Trans people who are seeking hormone treatment and/or surgical gender reassignment procedures. They are usually run by consultant psychiatrists who may or may not have other types of NHS staff working with them.

Gender Queer a person who does not identify as either male or female ("the gender binary"), or may identify as different genders at different times. Gender Queer people do not usually want to transition physically to a different sex from the one they were assigned at birth.

Gender Reassignment Surgery (GRS) medical treatment to enable Trans people to alter their bodies to match their gender identity is highly successful and has been available through the NHS for several decades. The medical process is known as 'Gender Reassignment Surgery' or 'GRS'.

Gender Variant (see also Trans) an umbrella term for those people whose gender identity differs from the sex they were assigned at birth. Anyone outside of the gender binary.

Intersex is a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male. For example, a person might be born appearing to be female on the outside, but having mostly male-typical anatomy on the inside. Or a person may be born with genitals that seem to be in-between the usual male and female types.

LGBT/LGBTQ/LGBTQI acronyms for Lesbian, Gay, Bisexual and Trans. Increasingly including 'Q' for "Questioning" and/or "Queer", "I" to include "Intersex", "A" to include "Asexual" and "P" to include "Pansexual".

Misgendering occurs when someone intentionally or unintentionally refers to a person, relates to a person, or uses language to describe a person that doesn't align with their affirmed gender.

Non-binary refers to any gender that is not exclusively male or female. A similar term is gender neutral or gender queer. Some other non-binary identities include: agender, bigender and genderfluid.

Non-binary identity is generally considered to be under the umbrella of trans. However, some non-binary people do not identify as trans. Also some countries are now allowing a non-binary identity to be assigned at birth, which will result in people whose non-binary gender is the same as the gender they were assigned at birth.

Queer a 'reclaimed' word used by some people to self-identify as part of a movement that may include LGB and Trans, A (Asexual) and I (Intersex). Queer tends to be defined by what it is not- i.e. not having a prescribed view of gender identity and/or sexual orientation. Queer is also sometimes used to indicate a commitment to 'non-normative' gender and sexual fluidity (rather than to fixed categories of person).

Questioning usually refers to young people who may be experiencing Lesbian, Gay, Bisexual, and/ or Trans feelings but have not yet identified their gender identity and/or sexual orientation.

Trans an umbrella term for people whose gender identity and/or gender expression diverges in some way from the sex they were assigned at birth, including those who identify as transsexual people, those who identify as non-binary gender people, and so on. As with any umbrella term, there is some disagreement as to who and what should be included. For example, some people from non-Western backgrounds such as Two Spirit people or Hijra may reject Trans as being a Western concept that does not fit with their culture.

Transition can have two elements, social and medical. Some Trans people transition through both, but others may only go through a social transition. Medical transition includes hormones, surgery, GPs - anything medical. Social transition involves social aspects, such as coming out, changing documents, names, clothing etc. Not everyone will do all the things in each category such as not having surgery or not having all surgeries available etc.

Transphobia a reaction of fear, loathing, and discriminatory treatment of people whose identity or gender presentation (or perceived gender or gender identity) does not “match,” in the societally accepted way, the sex they were assigned at birth. The response of other members of society that results in Trans people experiencing discrimination, harassment, hatred and victimisation.

Trans Man (FtM) a person who was assigned female at birth but has a male gender identity and therefore proposes to transition, is transitioning or has transitioned to live as a man, often with the assistance of hormone treatment and perhaps various surgical procedures. Trans Man is a subset of Man.

Trans Woman (MtF) a person who was assigned male at birth but has a female gender identity and therefore proposes to transition, is transitioning or has transitioned to live as a woman, often with the assistance of hormone treatment and perhaps various surgical procedures. Trans Woman is a subset of Woman.

APPENDIX: Resources

FFLAG

National voluntary organisation and charity dedicated to supporting parents and their lesbian, gay, bisexual and Trans sons and daughters.

Website <https://www.fflag.org.uk>

Gender Identity Research & Education Society (GIRES)

UK wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.

Website <http://www.gires.org.uk/>

Website <https://www.tranzwiki.net>

Gendered Intelligence

Gendered Intelligence is a not-for-profit Community Interest Company, established in 2008. Working with the trans community and those who impact on trans lives; GI particularly specialises in supporting young trans people under the age of 21.

Website <http://genderedintelligence.co.uk>

Website (Bristol youth group)

<http://genderedintelligence.co.uk/trans-youth/Bristol>

Gender Jelly (Off the Record, Bristol)

Gender Jelly, at Off the Record Bristol, is a project which designs resources about gender identity, Trans identities, and how to tackle Transphobic bullying in schools.

Website <http://www.otrbristol.org.uk/2015/07/gender-jelly-from-otr/>

Mermaids UK

Family and individual support for gender diverse and transgender children and young people.

Website <http://www.mermaidsuk.org.uk/>

Mindline Trans+ Helpline

Confidential emotional, mental health support helpline for people who identify as Trans, Agender, Gender Fluid and Non-binary.

Phone 0300 330 5468 (Mondays and Fridays, 8pm to midnight)

Website <http://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

Website <http://mindtws.org.uk/trans-plus/>

Trans Pride South West

Organisers of trans pride events in the South West.

Website <http://transpridesw.webs.com>

World Professional Association for Transgender Health

Organisation devoted to the understanding and treatment of gender dysphoria.

Website <http://www.wpath.org/>

Online Media Resources

Diversity Trust (YouTube Channel)

We make films on a range of themes including health and education with LGBTQ communities. There is a short film aimed at health care professionals available on the channel.

https://www.youtube.com/channel/UCYz1ZSS2PRTE_u4UoAxYNMQ

My Generation Project

Films of the experiences and perspectives of gender variance under the transgender umbrella, such as trans, genderqueer, non binary, agender etc.

Website <http://www.mygeneration.com>

What is Gender?

Short film made by Off the Record in Bristol with Freedom Youth, Gender Jelly and EACH on what is gender.

<https://www.youtube.com/watch?v=qlYtj0sf6ec>

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Avon Trans People, Western Boys, Pride West News, South West LGBT Equality Network, North Wiltshire Gender Support, Bath Gender Equality Network (BGEN), LGBT Swindon, Space YP Bath (Off the Record B&NES), Bristol Mind, Taunton Mind, CTSAR Plus, Bath Spa University LGBT+ Society, University of Bath LGBT+ Society, Bath & North East Somerset Council, Rainbow Group (Bristol City Council), Beaumont Society, Freedom Youth (Off the Record Bristol), Mermaids, Swindon Pride, University of Bristol LGBT+ Society, Bristol Pride, WSM Pride and Trans Matters.

About Us

The Diversity Trust is a Community Interest Company (CIC). Our mission is to: influence social change to create a safer and fairer society. We are a private limited company registered in England and Wales. Company Number: 8141031.

The Diversity Trust
PO Box 5189
Somerset BA6 0BN

Phone: 0844 800 4425
Email: info@diversitytrust.org.uk
Web: www.diversitytrust.org.uk
Twitter www.twitter.com/DiversityTrust

Find us on Facebook, Instagram, LinkedIn, Twitter and YouTube @DiversityTrust

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