

T Monthly

www.lgbthealth.org.uk



October 2014

News, events and support opportunities for transgender people across Scotland.

Hello and welcome to T Monthly,

It has been a challenging, encouraging and insightful September and perhaps like me, you will have been overloaded with information, views, news and opinions. As we all march on into the autumn with mixed feelings about what may lie ahead for Scotland, we hope this month's bulletin will go some way to reassure you that support and encouragement for trans people is readily available, in its many, equally important forms. At LGBT Health and Wellbeing we have an exciting new quarterly programme about to launch, and nestled within its pages are a number of events and workshops to draw your attention to. You can read the finer details about this month's events below and in next month's T Monthly, but here's a taster to whet your appetite...

'The Future of LGBT Equality' community discussion event on 26th November will give you the opportunity to share your views and have your questions answered about what's next for trans equality in Scotland. We've teamed up with the Equality Network and we'll be inviting representatives from each political party to join in the discussion, so you can book your place now to ensure the trans community voice is heard - <http://bit.ly/lgbtfuture14>

Also in November we'll be bringing you **Trans Actions: Theatre and Activism Workshop**. Bookings are being taken for this limited place theatre workshop on Saturday 29th November, for trans people to explore ways to build your confidence through voice and movement. No experience required, just a willingness to have a go. Contact me via jules@lgbthealth.org.uk if you're interested!

In this month's bulletin we have all our usual social event listings as well as news of a free Roller Disco! With group listings, recruitment and trans community news from across the country, why not pour yourself a hot drink and enjoy!

Best wishes and happy vibes to you this October,
Jules

If you'd like to promote your own activities, group or events for trans people through T Monthly, you can contact me via jules@lgbthealth.org.uk or by calling **0131 523 1104** and I'll be happy to help.

LGBT HEALTH AND WELLBEING NEWS

LGBT Health and Wellbeing is a unique organisation that works to promote the health, wellbeing and equality of lesbian, gay, bisexual and transgender (LGBT) people.

We are recruiting! Sessional Worker for T time Glasgow wanted

Hourly rate of £8.50

4 hours per month (plus additional hours as required)

Available the 1st Saturday of each month.

We are seeking to recruit a motivated, positive and enthusiastic person to assist with the delivery of T time Glasgow, our monthly social gathering for transgender people.

The role involves welcoming and talking with attendees whilst creating a safe space for people to socialise in. Applicants should have some experience of group facilitation and a good knowledge of transgender issues.

If you are passionate and knowledgeable about the issues faced by LGBT people in Scotland, are committed to supporting volunteers, and want to help us to deliver our ambitious vision for LGBT health, wellbeing and equality in Scotland we'd like to hear from you.

To request an application pack contact Callum Sinclair, project assistant on **0141 353 5600** or email callum@lgbthealth.org.uk

or to find out more information about the post then please contact Lynda Peachey, Development Worker: Social Programme, on **0141 353 5600** or email lynda@lgbthealth.org.uk

Closing date: Monday 20th October (noon)

Interviews: Wednesday 5th November 2014

LGBT Health and Wellbeing Information Fair & AGM

Save the Date! Tuesday November 18

LGBT Health and Wellbeing is hosting an Information Fair and AGM at the Serenity Cafe in Edinburgh on Tuesday 18th November. There are three parts to the event:

3.00-5.00: Information Fair - geared to professionals wanting to know more about our services

5.00-6.30: Celebration - join us for refreshments, networking and presentations from two of our Projects - everyone welcome

6.30-7.30: AGM - join us for the organisation's annual meeting - everyone welcome

More details will be available shortly.

LOTHIAN TRANSGENDER SUPPORT PROGRAMME NEWS

For further information on all our events and services, please contact Jules Stapleton Barnes or George Burrows via jules@lgbthealth.org.uk / george@lgbthealth.org.uk or call **0131 523 1104 (Jules) / 0131 652 3281 (George)**

Transition Support Course in early 2015 – enquiries being taken

As part of our Lothian Transgender Support Programme, we will be running a two-day weekend course in early 2015, for anyone looking to explore your transition options and be yourself around other trans people, in an open and safe, non-judgemental space. The 2-day event includes informal workshops that will help boost your confidence in a range of ways, as well as giving you the opportunity to make new connections. You do not need to have begun your process of transition, received a gender dysphoria diagnosis or even attended a Gender Clinic. It is for anybody who is questioning, or who has questioned their gender identity and wishes to get information and support about what you might want to do next.

The dates and venue are TBC but we are taking enquiries and bookings, so please feel free to contact Jules to find out more via:

Email: jules@lgbthealth.org.uk

Phone: 0131 523 1104

T time Glasgow continues into 2015!

We are thrilled to announce that we will be continuing to deliver T time Glasgow beyond December 2014. T time Glasgow has been attended by both regulars and newcomers each month since its launch in July 2012, and we are so pleased that we're able to continue this crucial service for trans people in the west of Scotland.

If you'd like further information about T time Glasgow, you can contact **Lynda** in our Glasgow based team via:

Email: glasgow@lgbthealth.org.uk

Phone: 0141 353 5600

For general information about the new service, events, workshops & T Monthly:

Jules Stapleton Barnes

Phone: 0131 523 1104

Email: jules@lgbthealth.org.uk

For information, referrals & 1:1 Support:

George Burrows

Phone: 0131 652 3281

Email: george@lgbthealth.org.uk

Nominate your group for our new In the Spotlight feature

T Monthly is a great place to promote your trans community group and share updates about group activities. People who receive and signpost to T Monthly may well be looking to help a trans person get more socially connected and involved in the community. Starting this month, we'll be bringing different trans groups into the spotlight, to celebrate the work they do and help promote their activities. We're looking to hear positive stories about trans groups that you attend, so that we can help raise the profile of groups and share the great work with the rest of Scotland. Contact jules@lgbthealth.org.uk to tell us about your group or a group you attend, or call **0131 523 1104** if you'd like further information.

EVENTS COMING UP – to book & for info contact Jules via jules@lgbthealth.org.uk or call **0131 523 1104** unless other alternative contact is given.

T time Glasgow Saturday 1-4pm, next meeting 4th October, Albany Centre, 44 Ashley Street, Glasgow G3 6DS

This informal monthly social gathering in Glasgow is open to all transgender people and supporters. Led by Development Workers Lynda Peachey and Jane Cullingworth with optional events running alongside most T time Glasgow afternoons. To find out what the forthcoming activity will be, please call **0141 353 5600** or contact Lynda via lynda@lgbthealth.org.uk

T time Edinburgh Saturday 1-4pm, next meeting 18th Oct, LGBT Health and Wellbeing, 9 Howe Street, Edinburgh, EH6 3TE

An informal monthly social gathering open to all transgender people and supporters. Come along for tea/ coffee and a chat in a friendly, relaxed environment. An optional event runs along each T time. **(Please note the 1st T time of each quarter is “family friendly” in Edinburgh – so this month under 16’s are welcome if accompanied by an adult)**

Making a Mural Saturday 2-3.30pm, 18th October (within T time Edinburgh) LGBT Health and Wellbeing, 9 Howe Street, EH6 3TE *‘family friendly’*

With a theme of ‘Looking out for each other’, we'll be making a mural to display at this year's Trans Remembrance Ceremony and LGBT Health and Wellbeing's AGM. Come and get creative and enjoy using a range of art materials to contribute to this group project.

LGBT Roller Disco

Saturday 1.30-4pm, 25th October, Meadowbank Sports Centre, 139-143 London Rd, Edinburgh, Midlothian EH7 6AE

Free, booking via - <http://bit.ly/lgbtrollerdisco14>

All welcome for an afternoon of skates, songs and socialising! Roller Disco is coming to town for once again for LGBT people, their friends, families and supporters! Enjoy a unique roller experience with DJ, Lights and experienced

instructors on hand at this family friendly event. Skates, protective equipment and refreshments will be provided. Booking is preferred for our planning. Family friendly.

TRANS GROUPS - based at 9 Howe Street, Edinburgh, EH3 6TE

Edinburgh Trans Women 1st Saturday of each month 7.30-9.30pm, next meeting 4th October

Support group aimed at transsexual women at any stage of transition, women who are transgender and live as women full-time or part-time or for those who are questioning their gender identity.

We look forward to meeting you and prefer that you email us the first time you want to visit the group. This helps with security and helps us get ready to welcome you.

Group contact: info@edinburghtranswomen.org.uk

Me & T Monthly 4th Sunday 2-4pm, next meeting 26th October

This is a supportive space for people who have friends, family or partners who are transgender or exploring their gender, and provides an opportunity to meet other people who may have similar experiences, questions or concerns.

Group contact: me.and.t.scotland@gmail.com. Also read more about the group here - <http://meandtscotland.wordpress.com/>

IN THE SPOTLIGHT! A new feature to celebrate & promote trans community groups

If you'd like to nominate a group for the 'in the spotlight' section, contact jules@lgbthealth.org.uk

This Month: TransparenTsees, Glasgow

Led by parents, this monthly group provides a friendly space for parents of trans people, to meet, discuss, find out information and provide support to one another. It has been growing in membership with 9 parents (5 new) attending this month! The group was also joined by 3 guest speakers; a young trans woman and her parents, who shared their stories.

The group has plans for more visiting speakers in the coming months and continues to provide a welcoming environment for new people. Meetings are held regularly at 2nd Floor at Sandyford, 2-6 Sandyford Place, Glasgow G3 7NB on the first Thursday of each month. **Next meeting Thursday 2nd October, 6-8pm.** Contact Allison via TransparenTsees@gmail.com for more details!

TRANS GROUPS MEETING ACROSS SCOTLAND: support - social - youth - spiritual

Beyond Gender Tuesday evenings from 7-9pm

Group for transgender people and their friends aged 13-25. Contact: beyondgender@lgbtyouth.org.uk or visit www.beyondgenderyouth.org

Central Scotland Transgender Group

This has been very successful since it started and is now focused on providing a Public venue for those Girls who are finding their confidence and, with the other groups, seeks to provide another step in their journey. Contact Sarah at sarah_m_whyte@yahoo.co.uk

Edinburgh Trans Women 1st Saturday of each month 7.30-9.30pm, next meeting 4th October

Support group aimed at transsexual women at any stage of transition, women who are transgender and live as women full-time or part-time or for those who are questioning their gender identity. The group meets 1st Saturday of each month 7.30-9.30pm, LGBT Health and Wellbeing, 9 Howe Street, Edinburgh, EH6 3TE.

We look forward to meeting you and prefer you to email us the first time you want to visit. This helps with security and helps us get ready to welcome you. Group contact: info@edinburghtranswomen.org.uk

Grampian T folk Meet in Aberdeen last Wednesday of the month from 6-9pm and last Saturday of the month all-day drop-in

A support group for all under the trans umbrella. Contact by phone: **07917303596** or email: abtfolk@yahoo.com

Non-Binary Scotland

Non-Binary Scotland is a group which provides support and social opportunities for people who either self-identify as out with the gender binary of men and women or are questioning whether they might.

Whether you are genderqueer, androgyne, third-gender, non-gender, agender, gender-fluid, gender-non-conforming or have any other non-binary identity you are always welcome! Non-Binary Scotland began in November 2013. We will be meeting every couple of months in Edinburgh at first and may move to monthly meetings and additional locations if there is sufficient interest. Some, but not all, of our events and meetings are also open to significant others, partners, friends, family and allies of non-binary people.

You can contact Non-Binary Scotland by emailing: nonbinaryscotland@gmail.com

You can tweet us: @NonBinaryScot

You can become a member of our Facebook group

at: <http://www.facebook.com/groups/nonbinaryscotland/>

Me & T Monthly LGBT Health and Wellbeing, 9 Howe Street, Edinburgh, EH3 6TE, 4th Sunday 2-4pm, next meeting 26th October

This is a supportive space for people who have friends, family or partners who are transgender or exploring their gender, and provides an opportunity to meet other people who may have similar experiences, questions or concerns.

Group contact: me.and.t.scotland@gmail.com. Also read more about the group here - meandtscotland.wordpress.com

Our Tribe

Transgender and looking for a supportive place to explore or express your faith? OUR TRIBE is the LGBT welcoming and affirming Christian ministry at Augustine United Church, Edinburgh. It is a joint ministry with worldwide denomination of Metropolitan Community Churches. All are welcome - friends, family and allies.

We meet on the last Saturday of each month and start at 7pm - Please feel free to arrive from 6.30/45pm at Augustine United Church, 41 George IV Bridge, Edinburgh, EH1 1EL.

If you would like further information contact Rev Maxwell Reay

ourtribe.auc@gmail.com or call **07957 543359**

Perth TG Group

There is a Facebook page for this Group. On Facebook just search: Perth TG Group. For further information regarding meetings in the Perth area, please email Katherine at: katherineburrows485@gmail.com

Sandyford Transwomen Support Group

A peer support group for transwomen who reside in Glasgow and the West of Scotland and beyond. Although we are affiliated to Sandyford and hold our Wednesday meetings there, we are a separate entity. Our meetings are held on the: 1st Wednesday of each month from 6.00pm to 7.45pm and 3rd Saturday of each month from Noon to 2.00pm (Not within Sandyford). E-mail:

sandyfordtranswomen@yahoo.co.uk

Additional group contact: Colin Mackillop - Sandyford Communication and Equalities Coordinator (Mondays and Tuesdays - agile working) / Counsellor (Wednesdays, Thursdays and Fridays) - colinmackillop@nhs.net

Stirling LGBT Group

Out-here Group is new to Forth Valley and was set up to support adults from the LGBT community to come together. It is a social & support group where the members can arrange their own social evenings as well as being able to meet and talk about day to day issues. Currently the group is growing and is extremely welcoming to the LGBT community. With growing transgender members from rural areas, it's proving to be extremely successful and open for the trans community to support each other and share advice on peoples transitions. The group is facilitated by Terrence Higgins Trust (Scotland) staff and a trans volunteer and is promoted in the Forth Valley area.

For more information please contact Michael Harkin, Health Promotion Specialist – Forth Valley on **0141 332 3838** or michael.harkin@tth.org.uk

Swans of Scotland

Self supporting help group for all Trans folk in the North of Scotland. Find out more and come along and have a chat, ask questions, be yourself. Contact:

www.spanglefish.com/swansofscotland

TG Times monthly at weekends, Dumfries

This is an adult social group that welcomes any person who is adult and identifies as Transgender, including those who are questioning their identity or are cross-dressing. Please note that partners and supporters of Trans people are now welcome at the groups. For more info contact D&G LGBT Centre on 01387 255 058. For information on time and venue please contact the D&G LGBT Centre on: **01387 255 058** or email dandg@lgbtyouth.org.uk

Also to keep up to date on what's happening at the D&G LGBT center checkout our website www.lgbtcentredg.co.uk or add us on Facebook: Dumfries LGBT Centre.

TransparenTsees – group for parents of trans people 1st Thursday of the month, 6-8pm

The aim of the group, which has been set up by parents, is to provide a confidential, safe place for parents to meet, discuss issues and ask questions of one another. You may just have found out that your child, whether young or grown-up, is trans*, or you may still be grappling with the issues after many years of knowing – the group is for all parents. Meetings will be held regularly at 2nd Floor at Sandyford, 2-6 Sandyford Place, Glasgow G3 7NB so please contact: TransparenTsees@gmail.com for more details.

Trans Men Scotland

Edinburgh Meeting on 2nd Saturday of the month from 7-9pm, At LGBT Youth Scotland, 40 Commercial Street, Leith, Edinburgh, EH6 6JD
Contact: transmenscotland@gmail.com for more information or visit <http://transmenscotland.wordpress.com/>.

Trans Youth D&G next meeting Sat 18th Oct, 1-4pm, 88B High Street, Dumfries, DG1 2BJ,

Trans Youth D&G: our youth group for young people 12-26 who identify under the Transgender umbrella and their supportive friends meets twice monthly. 1 support and centre based session and 1 activity/ trip out in the local community to help build confidence in being out while being supported by staff. These dates activity dependant so please get in touch for more info.

- **1:1 support sessions for young people and or parents:** are also available upon request for young trans people who may need support around their identity as are 121 support sessions for parents/ carers of young trans people who may need support in supporting around trans identities.
- **Parents group:** We are currently setting up a parents group for parents of trans young people in D&G so please get in touch for more info on this.

The contact for young people and parents in D&G is julieann.karayilan@lgbtyouth.org.uk or call our centre and ask for Julie Ann – **01387 255 058**.

TYG: Trans Youth Glasgow For young trans people or those exploring, aged 13-26

TYG: Trans* Youth Glasgow is a group for young people aged 13 - 26 who identify as transgender or want to explore their gender identity. The group meets fortnightly on a Monday evening at LGBT Youth Scotland in Glasgow. The group aims to support and empower young people as they take part in workshops on transgender issues, sharing their own knowledge, skills and experience, learning from each other and making new friends. For more info contact Michael Richardson at Michael.Richardson@lgbtyouth.org.uk

TRANS COMMUNITY NEWS IN SCOTLAND

Please get in touch if you would like to promote an event, activity, group or campaign you are involved with for the transgender community anywhere across Scotland - jules@lgbthealth.org.uk

Trans and Intersex Conference of the Isles in Edinburgh

Come to the **Trans and Intersex Conference of the Isles** in **Edinburgh** on **Saturday and Sunday 1st & 2nd November**. Join trans and intersex people and their families and friends from across Scotland, Wales, England, Northern Ireland and Ireland for a weekend of sharing knowledge, skills and support.

With 30 diverse workshops and activities to pick from over two days, you can learn about trans activism in other countries, have your say on future equality priorities, build your self-confidence, strengthen your relationships, develop new campaigning skills and have fun expressing yourself creatively.

To book your free place, go to: <http://islesconference.org/bookings/weekend/>

NEW Lanarkshire HIV and Hepatitis Website:

www.LanarkshireHIVandHepatitis.org

The Lanarkshire Blood Borne Viruses Network have now launched their new HIV and Hepatitis website www.LanarkshireHIVandHEpatitis.org. The website supports on-going work across Lanarkshire on BBV prevention, testing, treatment and care and will also add to the many awareness raising activities that are part of World Hepatitis Day (28th July 2014) and World AIDS Day (1st December 2014).

The website provides information on 3 Blood Borne Viruses – HIV, Hepatitis B and Hepatitis C – for the public, health and social care professionals and people living with and affected by a blood borne virus. As well as providing information on local and national services.

A key element of the website is the provision of online learning modules for people of all knowledge levels on HIV, hepatitis B and hepatitis C. Information, resources, news and events also provides the platform for people to be informed of training and education opportunities and to hear about the many different areas of work and projects across Lanarkshire that aim to prevent, educate and support those affected by a blood borne virus.

Find out more via:

Facebook page - www.facebook.com/LBBVN

Twitter page - www.twitter.com/lbbvn

Promotional Video <http://www.youtube.com/watch?v=V2-RxNjYm6M>

Or contact the BBV Network Support Team on **01698 858229** or email BBV.Networks@lanarkshire.scot.nhs.uk

International Trans Day of Remembrance – UK website

Look for your nearest event for the Trans Day of Remembrance on www.TDoR.org.uk.

Organisers can log on to add their events – or email in the details, logo and pictures. Email address is TDoR@titipu.demon.co.uk.

‘Becoming Julie’

“This is a remarkable account of a personal struggle which is written with great dignity.” - Alexander McCall Smith

Julie Clarke was born a boy in the 50s in central Scotland. From a very early age she knew she was different from other boys, but growing up in the 50s and 60s was not conducive to discussing feelings of gender difference and for many years Julie didn't even know there was a medical term for her dilemma: she was transsexual.

Becoming Julie details how Julie Clarke spent many years battling her demons. As a man she married and became a firefighter and later, a charter boat skipper on the Isle of Coll, hoping that these acts would suppress her longing to become female, but to no avail.

She encountered much prejudice in her journey to become the woman she is today, but also many acts of kindness, and the book tells Julie's story in her own words.

Finally, in 2006, Julie achieved her dream and after undergoing transgender surgery, she physically became a woman. She is still living happily on the Isle of Coll and working for Cal-Mac in the role she previously held as a man.

For more information, visit: www.fledglingpress.co.uk

New Glasgow community group emerging for trans-women and trans-feminine people aged 20-35

Hello, I'm Eilidh and I'm interested in starting a new group in the Glasgow area, tentatively called Trans-Sisters. The group would be for trans-women and trans-feminine people in the 20-35 age group. I feel this demographic has got very little support at the moment, with most support for younger and older generations. At the moment I'm just trying to gauge interest for a group like this, as well as what sort of group it should be (either a support group or a more social affair). I'm also currently trying to find a suitable venue.

If you're interested, please feel free to contact me at trans-sisters@hotmail.com. Thank you!

Useful trans community links and resources

The Scottish Transgender Alliance works to improve gender identity and gender reassignment equality, rights and inclusion in Scotland. Click here to access a wealth of links and resources for the trans community. -

<http://www.scottishtrans.org/resources/>

Trans Youth Day November 2014

The National Trans Youth Network is arranging a national conference in Manchester on 8th November 2014. For more information and to book a place, please go to:

transyouthday.eventbrite.co.uk/

Jules Stapleton Barnes
Community Development Worker
LGBT Health and Wellbeing
9 Howe Street
Edinburgh EH3 6TE
Tel: 0131 523 1104
Email: jules@lgbthealth.org.uk

LGBT Helpline Scotland: 0300 123 2523 (Tuesdays & Wednesdays 12-9pm)

Website: www.lgbthealth.org.uk

LGBT Health and Wellbeing is a unique initiative promoting healthy life choices and providing social opportunities for lesbian, gay, bisexual and transgender (LGBT) people. Visit our website at www.lgbthealth.org.uk to find out more about our services and programme of activities, events, courses and community groups.