

Who Are We?

Talking about today's trans-community and how we can support each other.



"Family = Happiness (Including Found Family)"

"A bit lost"

"Struggling with ignorance"

"Afraid of living a wasted life"

"My own worst enemy"

"Want Peace of Mind"

"Sleeping it away"

"Fear of Being alone"

Transgender Quality of Life Project

We're making audio recordings of people talking about their quality of life. The transcripts from different people can then have the common themes within them identified and reported in the words of participants rather than bland, depersonalised statistics.

If you identify as transgender, nonbinary, agender or genderfluid and live in Edinburgh, or the Chalmers GLC catchment area, we'd like to invite you to take part in our **Transgender Quality of Life Project**.

Your identity, details and the voice recording will remain absolutely confidential unless you give us permission to use them in the report.

To participate or for further details, please email or contact:

talp@volunteeredinburgh.org.uk equalityandrightsnetwork.org.uk/talp
0131 225 0630 (Tuesday's and Wednesday's from 13:00 until 17:00)

Transgender Quality of Life Project, The Equality and Rights Network, Volunteer Edinburgh, 222 Leith Walk, Edinburgh, EH6 5EQ



'Who Are We?' is a workshop that was run at Trans Pride Scotland's 2019 event in Dundee as a safe space to discuss identities, hopes and fears in the context of the Scottish Trans Community and how we can better support each other.

The workshop was attended by a variety of people within the trans-community, including intersex people and trans-allies as well as a surprise trans-penguin!

The workshop followed a very simple format of going through the process of the group getting to know each other, with people sharing information, experiences and ideas freely throughout. You can read some of the things we shared in the bubbles.

There seems to be a very simple, but clear conclusion we can draw from the workshop: Our Scottish Trans Community is massively diverse and whilst we are all individuals with our own identities, lives, problems and cares, there are also many, many things

At the end of the session, participants were asked what the single most important thing they had learned in the workshop was. These are their responses:

"That it will get better." Lorna.

"My hopes and fears are similar to everyone else's." Julius.

"It's OK to be trans." G.

"Don't make assumptions about other's identities; Neurotypical vs Neurodiverse or LGBTQ." Rachel.

"I've learnt it's OK to not quite know what is going on. Give yourself time to learn about yourself. No time limit." Josh.

"The LGBT+ community is even more diverse + great than I realised! And I am not alone in my experiences." Elsie.

"I learned that despite my brain saying that no one gets me we do have a lot of the same fears and the same hopes. It's a very reassuring feeling to have left with." Alex.

"That making time and space to speak to and listen to each other is something that can lift us out of our perceptions of being alone and losing our hope." Johanna.

we share. In a community where we are not equal, where poor mental and emotional health is tragically the norm, the one thing we have is each other.

Hopefully you have read the participant's contributions and found yourself relating to some or all of them. That tells us something really important:

We are not alone.

You are not alone!

'Who Are We?' was literally just eight people, who didn't know each other, sitting down and talking openly in a safe space. Nothing more.

You don't have to deal with life and its issues alone. Talking helps, no matter how awful things seem. And the more the members of our trans-community talk to each other, the more we learn about each other.

That makes us stronger and better able to support each other.