

# count me in too community summary

## Trans lives

The Count Me In Too Trans People report explores the experiences and opinions of respondents who identify as trans. For the purposes of this research, trans is treated as an identity with which respondents align themselves. 5% of those who completed Count Me In Too questionnaires identified as trans. Chapter 2 has more details. There were also two focus groups for trans people.

Trans respondents have various and complex relationships with the identity 'trans' and also with the identity 'LGBT'. The report highlighted a need for the complexity of trans identities to be recognised, and for trans needs and identities to be better understood in the context of the LGBT grouping. Chapter 3 includes a discussion of trans identities.

'It's the best we have at this time and will do. Most of the time I am just myself, but use trans if I need to describe that part of me to others.'

'I have no problem with the word trans... If you are talking about using it within the 'lgbt' banner, then I guess being as inclusive as possible is best. Not that I think trans issues should really be lumped in alongside gay issues. It's not really about sexuality at all.'

'We're the smallest community out of the LGBT community, but we're dotted all the way through, you know, because... we [can be] gay... or lesbian or or bisexual.'

Some trans people described positive things about living in Brighton and Hove as a trans person.

'I've had a few verbal abuses, which I've dealt with in the way I felt was best, but that's a lot, lot less than other places where I've been, so I find very, very little of that in Brighton.'

'It's a very open town and ...being trans for me is not an issue here at all. So that's good.'

42% of trans respondents said that they enjoyed LGBT venues and events.

Trans people in focus groups revealed that some trans people experienced hate crime on an almost daily basis, particularly where trans people didn't 'pass'. Only a third of trans people felt safe or very safe at home. See chapter 8 for more about safety issues.

'You just get worried about walking down the street, and am I passing you know? Do you recognise me as a man or a woman and if I feel uncomfortable in myself am I going to get hit by these people?'

Regarding both straight and LGBT venues, events and people, 58% felt marginalised due to their trans identity. You can read more about prejudice and discrimination in chapter 4.

'I think that being transgendered has been a continual process of exclusion, pain and suffering.'

'They [a Brighton & Hove gay magazine] did a thing about transsexuals being on the scene and they interviewed a few people and, some of them, they just didn't like us at all. Didn't understand us, but didn't like us. I wrote to the editor, sent a letter about some of the comments. He said that was just the ones he could publish. He said, some of it was quite hostile. It's deeply ingrained to dislike us. Don't matter that a lot of us are in same sex or bisexual relationships.'

25% of trans people had experienced hate crime in an LGBT venue.

**Finding a non-prejudiced GP was key to trans people's experiences.**

GPs act as an important initial point of contact when seeking to transition, and bad experiences can result in trans people disengaging from services that are there to support them.

'It's rather like playing Russian Roulette and... twice I got shot in the head and maybe an equal amount of times I got lucky.'

**More than two thirds of trans people said that the quality of care received at NHS Gender Identity Clinics (which support people who seek to transition) was poor or very poor.** Many spoke of bad experiences of health services that were harmful to the management of their mental health.

'The system that's in place now damages people, quite extensively. It isn't even that we are not cared for. We are damaged by the system.'

The report discusses gaps in services: a local centre to support trans people and transition, specialist GP services and ongoing (potentially lifetime) support. Chapter 5 includes an extensive discussion of general health issues for trans people.

'This is a life long thing, this goes on till the day you die, you know.'

**Trans people were more likely to have experienced mental health difficulties than non-trans people.** Trans people were five times more likely than non-trans people to have attempted suicide in the past year. Chapter 6 discusses trans people's experiences with mental health difficulties, suicide and suicidal distress.

**More than a third of trans people have experienced homelessness.** Housing issues for trans people are explained in chapter 7.

**The analysis group recommended that:**

- statutory services, community groups and individuals should work together to establish a city-wide trans strategy in dialogue and cooperation with trans communities, including a local gender identity clinic.
- statutory organisations develop positive and comprehensive understandings of the diversity of trans identities, experiences and needs.
- Relevant services take action in response to transphobic hate crime and support needed with health, housing and employment issues.
- a local trans resource guide be produced in dialogue and cooperation with trans communities. This guide should include trans-friendly GPs, as well as social groups, meeting places and housing providers that are trans-friendly.

To find out more details about the results of the research and recommendations, (including about relationships and sex, chapter 9; and use of services and monitoring, chapter 10) the full report can be downloaded for free from:

**[www.countmeintoo.co.uk](http://www.countmeintoo.co.uk)**