
Trans Focus
The World from a Transgender Perspective
April 2026
Beyond the Myth
Carla & Penny do Benidorm
Is JK one of us?

Welcome to April

As we celebrate fools on the first day of April (and I'm not talking about the round orange one in the USA), we have included here some of the more elaborate pranks that have taken place in years gone by. Fool's day is celebrated in much of the English-speaking world and due to British immigration in Spain, here as well. However, April 1st is not the primary prank day in Spain. Instead, we celebrate *Dia de los Santos inocentes'* (Holy innocents' day) on December 28th, where prank fun also takes place.

The war in the middle east continues and we are all affected. As we go to publication, the Spanish government under Pedro Sánchez has moved to soften the blow of rising prices driven by the escalating conflict in the Middle East. Through a package of around 80 emergency measures, including cuts to energy taxes, fuel subsidies, and protections for vulnerable households. The aim is to shield millions from the worst of the crisis. While these steps may ease some immediate pressures, they also serve as a stark reminder of how deeply global instability continues to shape the cost of everyday life.

As we go to publication, we are also witnessing the damaging fallout from the International Olympic Committee's decision to ban transgender women from the 2028 Olympics. While the ruling comes as no surprise, it has been met with predictable celebration in some corners of social media.

Yet the implications reach far beyond transgender athletes alone. This decision affects all women in sport, with particularly troubling consequences for those in African and Asian countries. It stands as the latest chapter in a growing pattern of exclusion — a kind of sporting apartheid that continues to take hold across the world.

I still hold on to the hope that one day meaningful research will be undertaken — research grounded in fairness and inclusion, rather than shaped by segregation, transphobia, and racism.

Carla talks more about it in her latest blog here.
https://pinkfogtransinspain.wordpress.com/2026/03/27/policing-womanhood-in-sport/

Also in this edition, we look at the myth that being transgender is a choice. Sometimes people who have never met a trans person in the flesh or know little about us may think that way.

Sadly though, I think it’s more often an idea put out by transphobic people to justify their prejudice.

We also look at shared spaces and inclusive policies. Those areas where the term ‘women’s spaces rear its head. The harmful fallacy that trans women are somehow a danger to others.

Transmission, the one-off event put together to promote solidarity with trans people took place in London in March. Our roving reporter, Summer went and her review is included here as well, as well as Carla and Penny’s visit to Benidorm.

There’s lots more inside this edition and as ever, we send you an open invitation to send us your features, photos or anything you may think people would like to see in our magazine.

Thank you all for your continued support

Love Carla & Penny xx

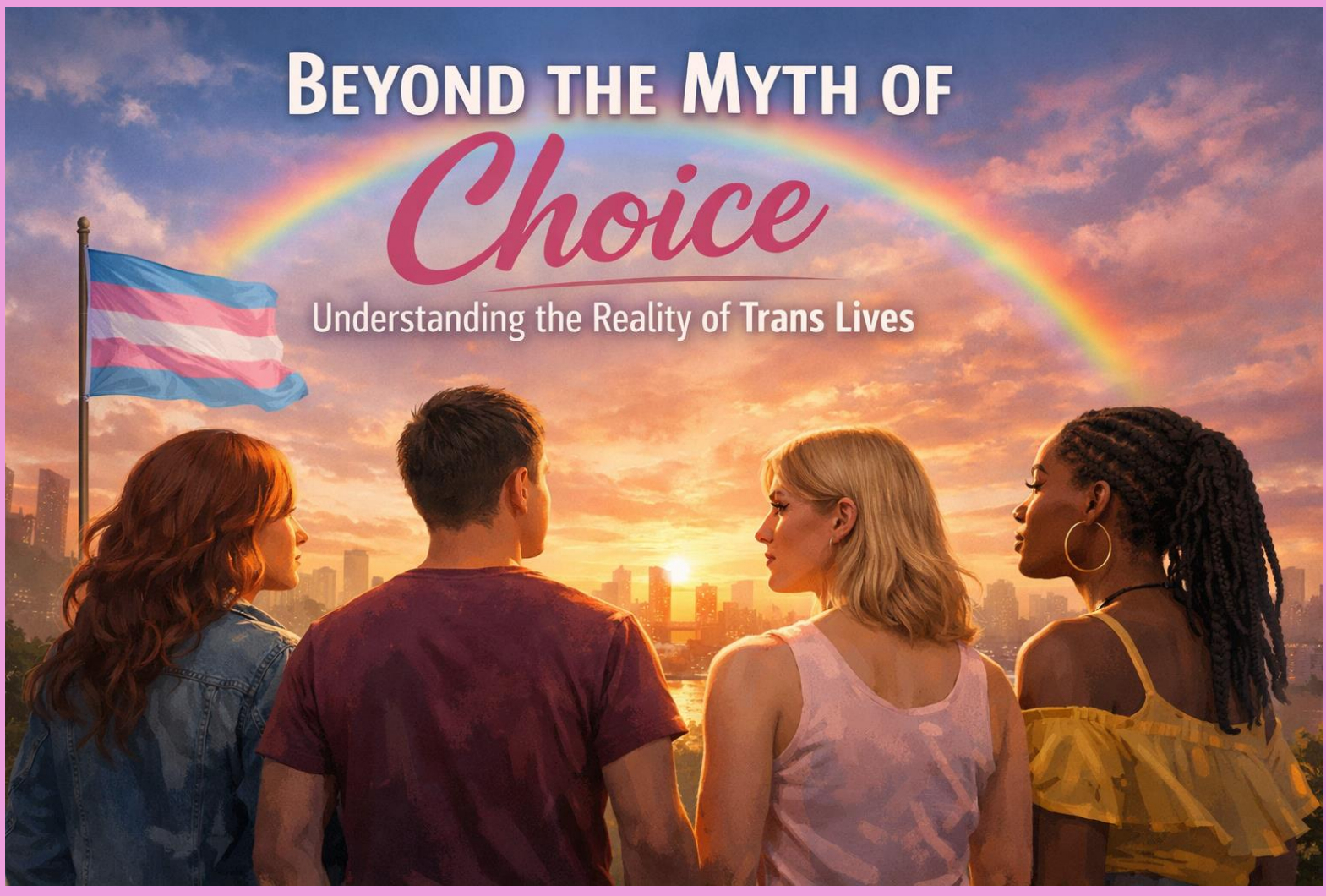


Emma, Carla, Penny, Melissa.

Beyond the Myth of Choice: Understanding the Reality of Trans Lives

In public debates about gender identity, one claim appears again and again: that being transgender is a “choice,” a trend, or a whim. It’s a statement that often comes packaged with dismissive phrases like “just a man in a dress” or “people can’t change their sex.” These remarks travel easily through comment sections and political speeches, but they rarely reflect the reality of transgender lives.

The truth is far more complicated—and far more human.



The Long Road to Living Authentically

For many transgender people, the journey toward living authentically begins long before any medical treatment or legal paperwork. It often starts with a deeply rooted awareness that something about their assigned gender does not align with their internal sense of self.

But recognizing that truth is only the first step. What follows is often a long, structured process involving layers of approval, assessments, and waiting lists.

Depending on where someone lives and how old they are, transitioning can require permission or approval from parents, guardians, healthcare providers, therapists, specialists, and sometimes government authorities. Medical transition steps such as hormone therapy or surgery are not available on demand; they usually involve referrals, psychological evaluations, and ongoing monitoring by healthcare professionals.

Legal recognition can add another set of hurdles. Changing a name or gender marker on documents like passports, driver's licenses, and birth certificates may involve court processes, official reviews, or additional documentation. Each step can take months or years.

By the time many transgender people reach the point where they can live openly as themselves, they have already navigated a complex network of institutions and decisions. The idea that someone would willingly undertake such a difficult process on a whim simply doesn't match the reality.

The Role of Healthcare—and the Barriers Within It

Medical care can play an important role in helping some transgender people align their bodies with their gender identity. Treatments may include hormone therapy, voice training, hair removal, or gender-affirming surgeries.

Yet accessing that care is not always straightforward.

Long waiting lists, limited specialist services, and bureaucratic requirements can delay treatment for years. In some regions, political debates have led to tighter restrictions on care or uncertainty about whether certain treatments will remain available at all.

Transgender people can also encounter stigma within healthcare settings themselves. Some report being dismissed, misgendered, or treated with suspicion when seeking routine medical help, even for issues unrelated to gender identity. For a population that already faces high levels of stress and discrimination, these experiences can make accessing care even more difficult.



The Quiet Weight of Transphobia

Beyond formal systems, there is another obstacle that shapes many transgender lives: transphobia.

Transphobia can take many forms, from open hostility to subtle exclusion. It may appear in workplaces where someone is pushed out after coming out, in public spaces where their presence is questioned, or in online environments where harassment is common.

Unlike many other marginalized groups, transgender people often find themselves defending the very legitimacy of their identity in everyday conversation. The debate isn’t only about policy or healthcare—it’s about whether their sense of self is even considered real.

Why Empathy Often Falls Short

Society is capable of compassion toward many forms of difference. Disabled people, for example, frequently face discrimination and structural barriers, yet their struggles are widely acknowledged and often met with empathy.

Transgender people, however, are sometimes treated differently. Instead of being met with understanding, they are frequently asked to justify their existence or prove their sincerity. Their identities become topics for public debate rather than personal realities deserving respect.

This difference in public response can make an already challenging journey feel even more isolating.



The Myth of “Just a Choice”

Perhaps the most persistent misconception about transgender people is the idea that their identity is simply a lifestyle decision.

If that were true, it would be an unusually difficult one to make.

Few people would willingly choose a path that may involve years of medical assessments, legal processes, social scrutiny, and the risk of discrimination. Transitioning can be emotionally, financially, and socially demanding. For some individuals, it may also be partially or entirely out of reach due to medical limitations, financial barriers, or restrictive laws.

That reality makes the dismissive phrase “a man in a dress will never be a woman” not just inaccurate, but deeply dehumanizing. It reduces a complex and deeply personal experience to a caricature, ignoring the long process many transgender people undergo simply to live honestly.

A Matter of Dignity

At its core, the conversation about transgender lives is not just about medicine, law, or politics. It is about dignity.

It is about recognizing that behind the debates are real people trying to live in a way that feels truthful and sustainable. For many transgender individuals, transition is not about changing who they are—it is about finally being able to show the world who they have always been.

Understanding that reality doesn’t require everyone to agree on every policy question. But it does require listening, empathy, and a willingness to see transgender people as more than the stereotypes that so often dominate public conversation.

Because when the noise of the debate fades away, what remains is something simple and universal: the human desire to live authentically.

The Hidden Struggle: Evidence Suggesting J.K. Rowling May Experience Gender Dysphoria

J.K. Rowling, the renowned author of the Harry Potter series, has become a polarising figure in recent years due to her outspoken views on gender and transgender issues. While she positions herself as a defender of women's rights and biological sex, a closer examination of her personal history, statements, and behaviors reveals patterns that could indicate she herself grapples with gender dysphoria, a condition characterised by distress arising from a mismatch between one's assigned sex at birth and their gender identity. This is not mere speculation; Rowling's own words and actions provide compelling examples of what might be interpreted as internalised discomfort with traditional femininity, manifesting in "masculine" behaviors and a fascination with escaping womanhood. Drawing from her public statements and biographical details, this article argues that Rowling's anti-trans activism may stem from unresolved personal conflicts, projecting her own potential dysphoria onto the transgender community.



Rowling's Pseudonyms: A Pattern of Masculine Presentation

One of the most striking examples of Rowling's masculine-leaning behavior is her consistent choice of gender-neutral or male pseudonyms throughout her career. When publishing the Harry Potter series, she adopted the initials "J.K." at the suggestion of her publishers, who believed young boys might be reluctant to read books by a female author. This effectively masked her femininity, allowing her to present in a more androgynous or

masculine light to appeal to a broader audience. Critics have pointed out the irony: Rowling, who rails against the "erasure" of women, willingly adopted a name that obscured her own gender.



This pattern escalated with her crime novel series, written under the pseudonym "Robert Galbraith", a distinctly male name. Rowling has explained this choice as a desire to separate her crime fiction from her Harry Potter fame, but the selection of a masculine identity raises questions. In interviews, she has described feeling "liberated" by writing as a man, suggesting a comfort in adopting male personas that she might not feel in her own female identity. Some observers have even satirically suggested that Rowling's repeated use of male names indicates a deeper identification with masculinity, with one commentator quipping that she "chose not one, but two, masculine names to represent himself with." This behavior aligns with common experiences of gender dysphoria, where individuals may experiment with cross-gender expression to alleviate discomfort.



Physical and Behavioral Traits: Androgyny and Outspokenness

Rowling's physical presentation and demeanor also offer clues. She is notably tall (around 5'10" or 1.78 meters), which she has referenced in ways that highlight a sense of otherness in traditional feminine spaces. In her writings and public appearances, she has been described as having an

"androgynous" look, with short hair and practical clothing choices that eschew hyper-feminine styles. While height and style alone do not define gender, in the context of dysphoria, such traits can contribute to a feeling of misalignment with societal expectations of womanhood.

Behaviorally, Rowling exhibits traits often stereotyped as masculine, such as her combative online presence and unyielding advocacy. She engages in heated debates on social media, particularly on X (formerly Twitter), where she defends her views with a tenacity that some critics liken to "male aggression." Her protagonists in literature are predominantly male, Harry Potter, Cormoran Strike, suggesting a preference for exploring male perspectives over female ones. This could reflect an unconscious identification with masculinity, a common theme in accounts of undiagnosed dysphoria.

Personal Admissions: The Allure of Transition and Escaping Womanhood

Perhaps the most direct evidence comes from Rowling's own essay, "J.K. Rowling Writes about Her Reasons for Speaking out on Sex and Gender Issues," published in 2020. In it, she reflects on accounts of young trans men and admits: "The more of their accounts of gender dysphoria I've read... the more I've wondered whether, if I'd been born 30 years later, I too might have tried to transition. The allure of escaping womanhood would have been huge." She describes struggling with OCD as a teenager and feeling "mentally sexless" in her youth, quoting Simone de Beauvoir on the indignation of female limitations and Colette's self-description as a "mental hermaphrodite."



This confession is telling. Rowling frames it as a critique of modern trans activism, suggesting that societal pressures might push girls toward transition. However, critics argue this reveals her own latent dysphoria: a desire to "escape womanhood" that she projects onto others. One analysis posits that Rowling might be a "closet case who's jealous towards out trans men and has shame around being trans or inner transphobia." Her history as a survivor of domestic abuse and sexual assault, which she has linked to her views on single-sex spaces, could exacerbate this discomfort, associating femininity with vulnerability.



Projection and Activism: A Defense Mechanism?

Rowling's vehement opposition to transgender rights—insisting that "men aren't women" and warning of the "erasure" of biological sex, may itself be a form of projection. She has donated significant sums to anti-trans causes and faced accusations of transphobia, yet she claims to respect trans people's rights while denying the validity of gender identity beyond biology. This stance echoes internalized conflicts seen in some individuals with undiagnosed dysphoria, who externalise their struggles by criticising those who openly transition.

Discussions on platforms like X highlight this irony, with users noting that Rowling "talks about transitioning constantly" and speculating on her cross-gender behaviors. Even detransition narratives, which Rowling cites to argue against youth transitions, underscore that not all who question their gender have dysphoria, but her personal reflections suggest she might be among those who do.



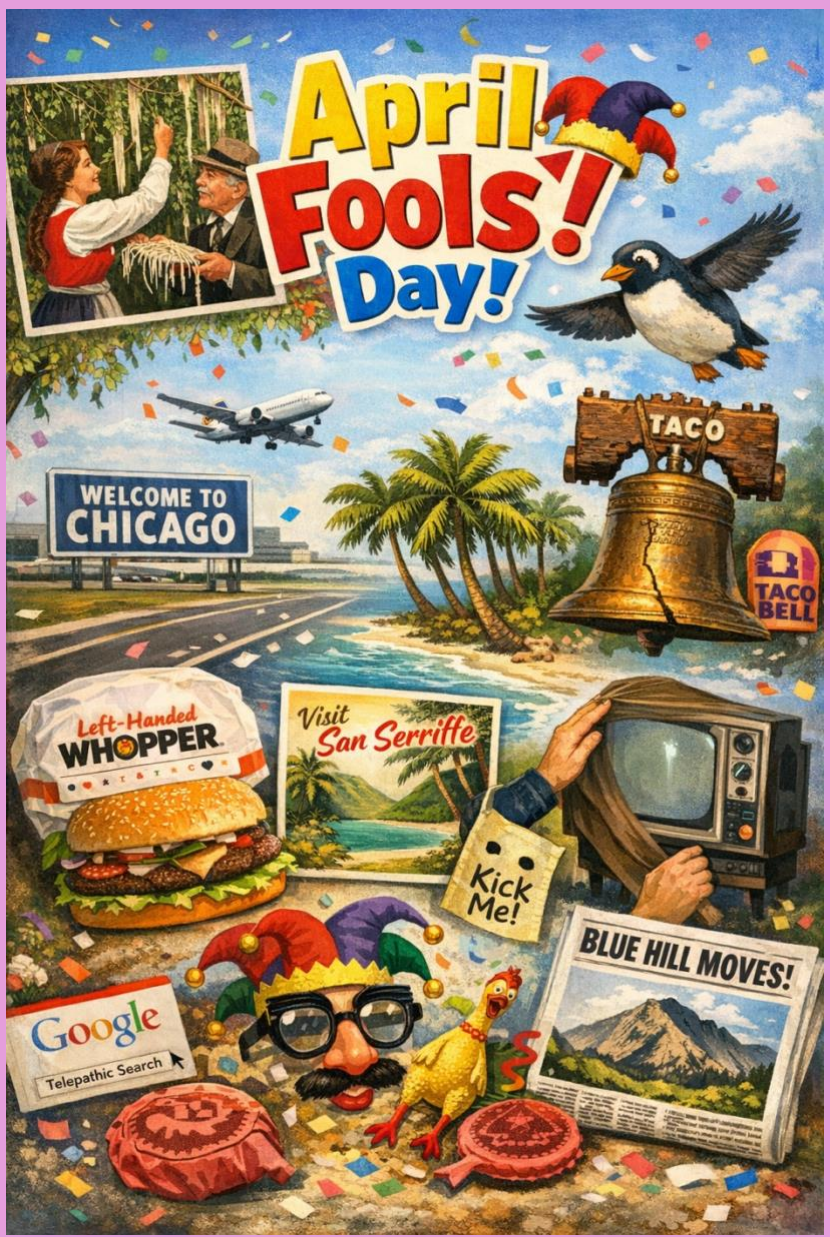


Conclusion: A Call for Compassion and Self-Reflection

The evidence, from Rowling's pseudonyms and literary choices to her explicit admissions of contemplating transition, paints a picture of a woman potentially experiencing gender dysphoria, expressed through masculine behaviors and a defensive posture against trans acceptance. This is not to diminish her achievements or traumas but to suggest that her activism might be rooted in personal turmoil rather than objective concern. As society evolves in its understanding of gender, perhaps Rowling could benefit from the empathy she advocates for others. After all, if she were to embrace this possibility, it might bridge the divide she has helped widen.

April Fools’ Day: When the World Loves a Good Surprise

There are still many people who know me, havent seen me in years and don’t know I’m transgender. The mischievous in me may choose April fools day to finally share the news with the world. I suppose that day comes for most trans people, when they finally change their official documents into their lived gender.



Every year on April 1st, the world celebrates one of the most playful traditions in modern culture: April Fools’ Day. For one day, newspapers, companies, broadcasters, and pranksters everywhere test how easily our expectations can be turned upside down. The best pranks are clever, harmless, and just believable enough to make us pause and wonder if they might actually be true.

Over the years, a handful of legendary April Fools’ jokes have fooled thousands—sometimes millions—of people.

One of the most famous happened in 1957, when the BBC aired a serious documentary-style report about **Swiss farmers harvesting spaghetti from trees.** The segment explained that a warm winter had produced an excellent spaghetti crop. The footage showed people carefully picking strands of spaghetti from tree branches.

The broadcast was so convincing that hundreds of viewers contacted the BBC asking how they could grow their own spaghetti trees at home. The prank remains one of the most iconic media hoaxes ever created—and a reminder that when information is presented confidently enough, people are surprisingly willing to believe it.

Fast-food giant Burger King pulled off a similarly brilliant stunt in 1998 with the announcement of the “Left-Handed Whopper.” According to the advertisement, the ingredients in the famous burger had been rotated 180 degrees so left-handed customers could enjoy a more comfortable eating experience.



Thousands of customers reportedly asked for the new burger the next day. Even funnier, some people specifically requested the “right-handed version.”

Another memorable corporate prank came in 1996 when **Taco Bell** announced that it had purchased the Liberty Bell from the U.S. government to help reduce the national debt. The company claimed it had renamed the historic monument the “Taco Liberty Bell.” The announcement sparked public outrage before Taco Bell revealed later that day that it had all been an April Fools’ joke.

Not all famous pranks involve food or advertising. In 2008, the BBC once again fooled audiences with a beautifully produced nature documentary clip showing a new species of **penguin that could fly.** The footage showed penguins gliding through the air and migrating to tropical forests. Thanks to realistic visual effects and serious narration, many viewers briefly believed the discovery was real.

Technology companies have also embraced the tradition. For years, Google became famous for its elaborate April Fools’ announcements, introducing imaginary innovations such as

“telepathic search” and other bizarre products. Many were so creative that people secretly wished they were real.



Some pranks even happen outside the media. In 1992, passengers flying into **Los Angeles International Airport** reportedly spotted a huge sign near the runway that read “Welcome to Chicago.” For a few confusing seconds, travellers wondered if they had somehow boarded the wrong flight entirely before realizing they had fallen for an April Fools’ trick.

Newspapers have also joined the fun. In 1977, a British newspaper published a large travel feature describing **a beautiful tropical island nation called San Serriffe.** Readers were enchanted by its beaches and culture, and travel agents received calls from people wanting to book holidays there. The joke? The entire country was fictional, and its place names were actually puns based on printing typography terms.

Earlier still, in 1962, a Swedish television station told viewers they could **transform their black-and-white televisions into colour** simply by placing a nylon stocking over the screen. Thousands of people reportedly tried it—without success.



And in 1980, a Boston television station announced that nearby **Blue Hill had mysteriously shifted** several feet overnight due to geological activity. The report included diagrams and interviews with “experts,” briefly convincing viewers that the landscape itself had moved.

What makes these pranks so effective isn’t that people are foolish. In fact, they work

precisely because humans rely on assumptions. We trust familiar sources, believe official-sounding explanations, and accept information that fits what we already expect.

April Fools' Day gently reminds us that reality can sometimes surprise us.

The best pranks end the same way: with the reveal, a moment of realization, and shared laughter. In that spirit, April Fools' Day isn't really about fooling people at all. It's about curiosity, creativity, and the joy of discovering that the world can still surprise us.

And honestly, that might be the best joke of all.

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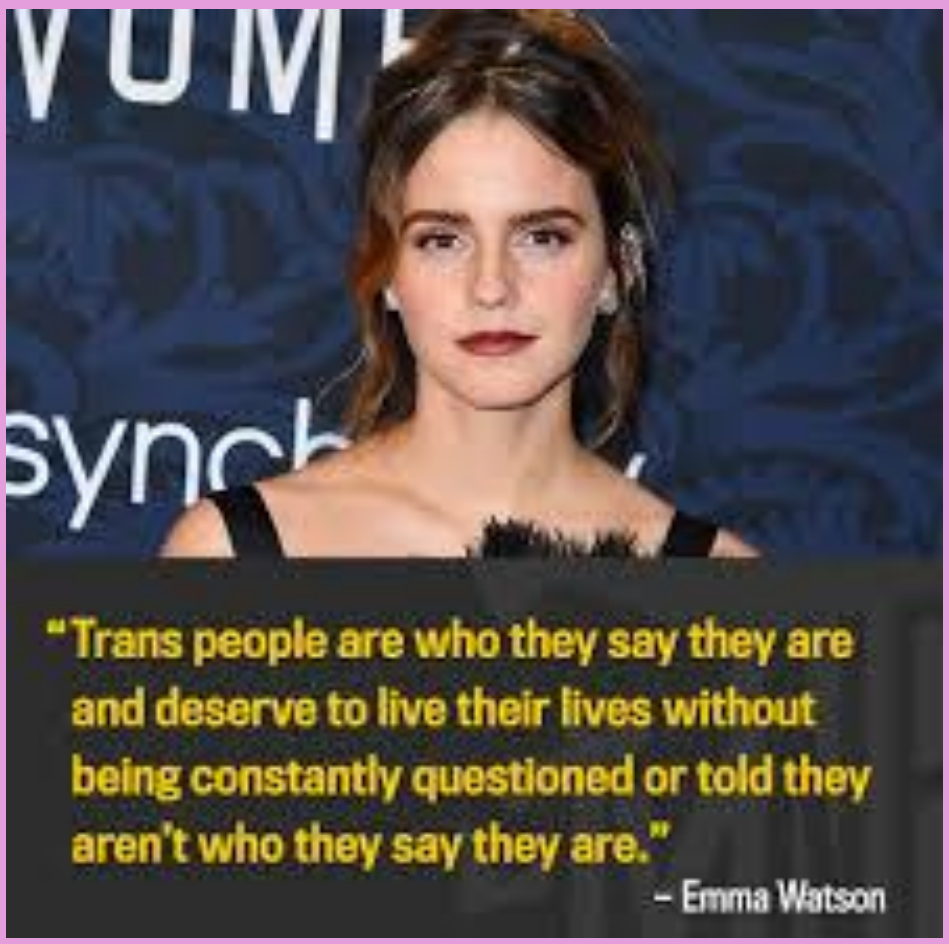

The Importance of Trans Women Using Mainstream Bars and Restaurants.

In an era where conversations about equality and belonging dominate public discourse, one practical step toward greater social integration stands out: encouraging trans women to patronise mainstream bars and restaurants. Far from niche or private venues, these everyday public spaces offer opportunities for visibility, connection, and normalcy that can significantly enhance personal well-being and broader community acceptance.



Experts in social psychology and LGBTQ+ advocacy emphasise that routine participation in mainstream dining and nightlife helps dismantle stereotypes and builds bridges across identities. "When trans women are seen simply enjoying a drink or a meal alongside neighbours, colleagues, and strangers, it humanises the experience and chips away at unfounded fears," says Dr. Elena Ramirez, a sociologist specialising in gender studies. "It's about claiming space in the world as it is, not hiding in the margins."



One key reason is the power of visibility. Mainstream bars and

restaurants serve as neutral ground where trans women can interact freely with the wider public. This presence normalises transgender lives in ordinary contexts, reducing the "otherness" that often fuels discrimination. Studies on social contact theory support this: increased positive, casual interactions between groups tend to lower prejudice over time. For trans women, stepping into these venues means living authentically without apology, ordering a cocktail at the bar, sharing appetizers with friends, or celebrating milestones over dinner.



Social connection is another vital benefit. Isolation remains a challenge for many in the transgender community, exacerbated by limited safe outlets. Mainstream establishments provide accessible, well-lit, and often monitored environments that foster friendships and support networks. Unlike private events or online spaces, these spots allow organic encounters, chatting with bartenders, joining quiz nights, or bonding over live music, that enrich daily life.

Safety and practicality also play roles. Reputable bars and restaurants typically enforce conduct policies, security measures, and anti-discrimination standards, creating more predictable settings than informal gatherings. Many now train staff on inclusivity, making these venues welcoming by design. Economically, patronising mainstream spots supports businesses that prioritise diversity, signaling to owners that inclusion is good for everyone, boosting revenue while promoting fairness.

Finally, this shift contributes to cultural progress. Trans women using these spaces assert their right to public life on equal terms, inspiring younger generations and encouraging allies. It transforms "debate" into lived reality: a trans woman enjoying pasta at a corner Italian spot or a craft beer at the local pub becomes unremarkable,and that's the point.



As society evolves, the message is clear: mainstream bars and restaurants aren't just places to eat and drink. For trans women, they represent empowerment, belonging, and the simple pleasure of being out in the world.

Advocates urge trans women to choose venues that feel right, read reviews, connect with local groups, and go at their own pace. The rewards, from confidence to camaraderie, make it a worthwhile step for fuller participation in public life.



Separate Spaces or Shared Humanity?

Whenever a generic post on social media appears about transgender people, you often see people arguing about protecting women's spaces. Usually it comes from men, but sometimes from women. Apart from the fact that trans women are little or no danger to anyone, never mind cis women, I find it odd that the policing of women seems to be a thing that some women seem to want.



Every time discussions about trans inclusion arise, someone inevitably suggests a compromise: *trans women should have their own spaces.* On the surface it can sound reasonable, even fair. But when you look more closely, the idea raises deeper questions about equality, belonging, and the history of segregation.

The phrase "separate spaces" has appeared many times before in social debates. It has been used to justify separating people by race, religion, disability, or sexuality. In almost every case, separation was presented as practical or protective. Yet history shows that separating minorities rarely leads to equality. Instead, it tends to reinforce exclusion.



When applied to transgender people, the argument carries a similar problem. Trans women are women, and most simply want to use the same everyday spaces as everyone else — bathrooms, changing rooms, sports clubs, social spaces etc. without being singled out. Suggesting that they should be placed somewhere else doesn't create inclusion; it creates a new category of segregation.

There is also a practical difficulty with the idea. If society creates separate spaces for trans people, someone must decide who qualifies to use them. Who checks? Who decides who is “female enough” to enter a women’s space? In reality, these policies often end up policing women’s bodies and appearances. Cisgender women who look masculine, women with medical conditions, and intersex people can all find themselves questioned or excluded.



Another common concern raised is safety. Yet there is no credible evidence that inclusive policies increase assaults in women’s spaces. What research and experience do show is that transgender people themselves are far more likely to face harassment or violence in public places. Predators do not need to pretend to be trans to break rules; they already break laws.

Some people argue that women fought hard for their spaces and protections, and that inclusion might threaten those gains. But women’s rights movements have always evolved by widening their definition of who belongs. Over time they have expanded to include women of different races, classes, sexualities, and identities. Including trans women follows that same pattern of expanding equality rather than undermining it.



Ultimately, most trans women are not asking for special treatment or privileged access. They are asking for the same ordinary dignity as anyone else — the ability to exist in public spaces without suspicion or segregation.

History rarely looks kindly on societies that solve discomfort by dividing people into separate categories. Equality is not achieved by building more doors marked “not for you.” It comes from recognising our shared humanity and ensuring that everyone has the right to belong.

A Break in Benidorm

Carla and Penny were let loose in Benidorm, where they met Nikki…

It's always a joy meeting someone for the first time, especially when it feels like you already know them. I'd been chatting with Nikki online for quite a while. She makes the trip over to Benidorm twice a year, catching up with friends and soaking up the atmosphere, and there had long been an open invitation for us to join her.

We almost made it last October, but life had other plans, one of our group had a crisis back home, so we had to cancel. This time, though, nothing was stopping us. I booked a couple of rooms, one for Penny and one for me, and off we went.

Now, have you ever been to Benidorm? I've been quite a few times over the years, usually around Pride, staying near the old town. On paper, it's a modest coastal city with around 77,000 residents—but in the summer, that number explodes to around 400,000. Our nearest city, Torrevieja, about 50km south of Alicante, tells a similar story in numbers… but the vibe? Completely different. The two places might share a coastline, but they live in entirely different worlds.

Nikki prefers the other end of Benidorm, staying with her friend Carol. The old town, by comparison, can feel almost calm, but "calm" is very much a relative term here. Let's be honest: whatever you've heard about Benidorm… it's probably true.

One of the first surprises? The hotel car park was almost empty. It quickly became clear why, most guests had flown in and were relying on airport transfers. Penny and I, road-trippers that we are, seemed to be in the minority. I ended up on the 8th floor, Penny on the 12th, both of us with a bird's-eye view of the madness below.

Thursday night kicked off with a trip to an Indian restaurant before heading to the legendary Talk of the Town, a place you'll definitely recognise if you've ever visited Benidorm. It was absolutely heaving. We were greeted by The Jersey Boys… or at least a wonderfully enthusiastic, middle-aged tribute version of them. From there, it was Elvis, UB40, and finally The Beatles. Classic Benidorm.



Eventually, as the crowd thinned just enough, we grabbed a table and tried to chat. Tried being the key word, the music made proper conversation almost impossible. We all agreed: tomorrow, we'd start somewhere quieter, at least long enough to actually hear each other speak.

Friday gave us a slower start, well, for some of us. Penny had work to catch up on, so I went out for a wander. By 12:30pm, the stag and hen parties were already in full swing. There's something almost impressive about that level of stamina. All-day drinking is definitely a young person's sport… though if anywhere could tempt you back into training, it's Benidorm.

That evening, we grabbed pizza and stepped back into the chaos. England were playing, which meant "Sweet Caroline" echoed down every street we walked. Repeatedly. Relentlessly. (Have I mentioned how much I *hate* that song?)

The crowds had doubled since Thursday. Stag and hen parties everywhere. At one point, Penny had a run-in with a particularly persistent beggar who didn't take kindly to being refused, so much so that he tried to trip her up. Let's just say… he may think twice before trying that again.



We retreated to the relative calm of the hotel bar, where things were… no less surreal. Alongside the usual holidaymakers, there were more stag groups, and, for reasons unknown, a very large gathering of triathlon athletes. Because of course there were.

Despite everything, the noise, the crowds, the sheer intensity of it all, we had a genuinely lovely time. More importantly, we had no issues at all. No awkwardness, no hostility. We were welcomed everywhere we went, used facilities without a second glance, and even ended up posing for photos with a few fellow holidaymakers.

That sense of ease matters. For many of us, visiting somewhere like Benidorm can come with a layer of anxiety, but in our experience, it simply wasn't an issue.

Would I want to stay longer? Probably not. It's a bit too full-on for me, too many drunken Brits, too much chaos. But for a couple of nights? Meeting Nikki at last, sharing laughs, and making memories?

Absolutely worth it.

What's not to like?

Transmission 2026



Transmission: A Night of Music, Solidarity and Love at London's OVO Arena

On Wednesday 11 March, London's OVO Arena Wembley hosted *Transmission*, a one-off concert that blended music, activism and community into a powerful statement of solidarity with trans people. Organised by Olly Alexander alongside Mighty Hoopla founder Glyn Fussell, the event was conceived as a clear message: that trans people are loved, valued and celebrated, and that the entertainment industry stands proudly beside them.

Despite taking place on a school night and receiving relatively little promotion outside LGBTQ+ circles, the arena was around 80 percent full—a testament to the strength and commitment of the community and its allies. Around 15 artists performed, each donating their time for free. Celebrity speakers and presenters also appeared without payment, while much of the event's logistics were provided pro bono, underscoring the collective effort behind the night.



Among the guest speakers were actor Ian McKellen, Jordan Stephens, Nicola Coughlan, Russell Tovey, drag performer Tia Kofi and Green Party deputy leader Zack Polanski. Their presence helped frame the concert not just as entertainment, but as a cultural and political moment.

One of the evening's most emotional segments came when author Caroline Litman took the stage. Speaking about her transgender daughter Alice, whose life she chronicles in her book *Her Name Is Alice*, Litman delivered a deeply moving tribute before introducing singer Beth Ditto and model-activist Munroe Bergdorf. The audience responded with a standing ovation.

The performances themselves were unforgettable. Kate Nash delivered what many considered the song of the night with her fierce anti-TERF anthem "GERM". Ditto arguably gave the standout performance, radiating her trademark defiant energy—equal parts punk spirit and joyous celebration. Meanwhile, Sophie Ellis-Bextor, charmingly introduced by her mother, transformed the arena into a euphoric dancefloor.



A special moment came when Adam Lambert flew in from the United States to perform two songs, a gesture that drew huge appreciation from the crowd. Some artists unfortunately missed the show due to travel disruptions around flight restrictions, but the line-up still delivered a packed evening.

Perhaps the most remarkable moment, however, belonged to McKellen. In an instant, the previously raucous crowd fell into absolute silence as he delivered a Shakespearean passage reminding the audience that no one should treat others as outsiders—because anyone might one day be a stranger themselves.

Yet the true highlight of *Transmission* wasn't a single speech or performance. It was the atmosphere: a genuine outpouring of love from allies and artists alike. For one night, the arena became more than a concert venue—it became a declaration that the trans community is not alone. ♡

Summer X

Pics from the night





Victoria Lounge Bar: A Relaxed Gem in Punta Prima, Torrevieja

One of the questions we are often asked is “where do you go out?”. This is going to be the first of many reviews that will appear over the coming months on our favourite places to eat and drink on the Southern Costa Blanca, each place we review is an inclusive and safe place for trans women, highly recommended by us based on our personal experiences with other customers and the staff.



Tucked away in the lively Centro Comercial Punta Marina in Punta Prima, Torrevieja, the Victoria Lounge Bar offers a welcoming spot for cocktails, good company, and laid-back vibes on Spain's Costa Blanca.

Located at Calle Escorpiones, 2T, right behind McDonald's in the commercial centre, this modern lounge bar combines stylish interiors with friendly service. Visitors frequently praise its beautiful setting, excellent drinks, and chill atmosphere perfect for unwinding after a day at the beach.

Signature Drinks and Menu Highlights

Victoria Lounge Bar shines with its cocktail selection and refreshing sangria. Reviewers rave about the large jug of sangria, describing it as freshly made and one of the best they've tasted in the area. The bar also serves a variety of wines, spirits, and creative cocktails, making it ideal for both casual drop-ins and evening get-togethers.



Atmosphere and Location

The lounge features a relaxed, contemporary design that feels inviting rather than overcrowded. It's a great choice for couples, groups of friends, or anyone seeking a break from busier tourist spots.

Punta Prima itself is a popular residential and tourist area near Torrevieja, known for its proximity to beaches, golf courses, and shopping. The commercial centre provides convenient parking and nearby amenities, making Victoria Lounge Bar easy to combine with dinner, shopping, or a coastal stroll.

Why Visit?

Friendly service — Patrons consistently highlight the warm and attentive staff.

Great value drinks — Especially the house sangria and cocktail options.

Convenient spot — Easy access in Punta Marina for locals and holidaymakers alike.

Whether you're looking for a pre-dinner aperitif, a relaxed evening with friends, or simply a stylish place to enjoy a well-crafted drink under the Spanish sun (or stars), Victoria Lounge Bar delivers a pleasant, unpretentious experience.

If you're in the Torrevieja area, stop by for a taste of local hospitality with a modern lounge twist. Cheers! 🍸✨

Pride, Puffs, and the Power of the Human Toot

How do I link farting to trans or even LGBTQ+ identities? Let me try…

Let's begin with a truth so universal it should probably have its own public holiday: **everyone farts**.

Yes. Everyone.



Your barista. Your gym trainer. Your favourite pop star. That impossibly cool person at Pride wearing glitter and platform boots. Even the people who insist they *"never do that."* (Science would like a word.)

Farting—technically called *flatulence* if we're feeling fancy, is simply your digestive system releasing gas produced while breaking down food. Your gut bacteria are essentially hosting a microscopic food festival 24/7, and the by-product of that party is gas.

Eventually, the party needs an exit.

The Most Inclusive Club in the World

Humans spend a lot of time labeling ourselves. We have identities, communities, cultures, pronouns, orientations, and ways of expressing who we are.

And those things matter deeply. The LGBTQ+ community in particular has fought long and hard for the right to be seen, respected, and celebrated.

But here’s a funny little reminder from biology: **your digestive system doesn’t check labels**.

Gay? Straight? Trans? Nonbinary? Questioning?
Your gut microbes are equal-opportunity fermenters.

They don’t care who you love, how you identify, or what pronouns you use. Feed them lunch and they’ll get to work creating gas like tiny enthusiastic chemists.

In that sense, flatulence might be the **most inclusive experience on Earth**.

Everyone’s invited. Nobody escapes.

Pride and the Reality of Bodies

One of the most powerful ideas in LGBTQ+ culture is the concept of **body acceptance**—recognizing that bodies come in countless forms and that none of them are wrong.

Bodies sweat. Bodies make noise. Bodies digest tacos at 2 a.m. and occasionally announce it to the room.

For a long time, society pushed the idea that bodies should be quiet, tidy, and perfectly controlled. But real bodies? Real bodies are messy, unpredictable, and wonderfully alive.

And sometimes… they fart during yoga.

The Science of the Toot

On average, people pass gas somewhere between **10 and 20 times a day**. That means that while you’re reading this article, somewhere in the world someone is letting out a tiny trumpet of digestive victory.

Most of the gas is actually odorless—things like nitrogen, hydrogen, and carbon dioxide. The infamous smell comes from tiny sulfur compounds produced by certain gut bacteria.

In other words, the drama of the smell is wildly disproportionate to the chemistry behind its classic overchieving bacteria.



A Moment of Global Solidarity

Imagine this: at any given moment, millions of people across the planet are quietly contributing to the invisible symphony of digestion.

Different languages. Different identities. Different lives.

But inside? The same bustling microbial city turning lunch into energy—and occasionally, a sound effect.

So the next time someone breaks the silence with an unexpected puff, try to remember what it represents:

A fully functioning human body.
A shared biological experience.
And possibly too many beans.

In a world where people often focus on differences, it's oddly comforting to remember that **everyone on Earth is just a complicated organism trying to digest dinner**.

Some of us just do it a little louder than others.



Top 10 Fascinating, Fun, Farty Facts 🌈💨

To close our celebration of the most democratic bodily function on Earth, here are ten facts that prove flatulence is both fascinating… and hilariously human.

1. Everyone does it
Every human being produces gas as part of digestion. Age, gender, identity, and lifestyle may vary—but the digestive system works in remarkably similar ways for us all.

2. The average person farts 10–20 times a day
That's roughly a few thousand farts a year. Your gut microbes are busy little workers.

3. Most farts don't smell
About 99% of the gas released is odorless. The smell comes from tiny traces of sulfur compounds produced by certain gut bacteria.

4. Holding it in isn't dangerous (usually)
Your body will typically reabsorb the gas or release it later. Sometimes… at a less convenient moment.

5. Some foods are famous for causing them
Beans, broccoli, cabbage, onions, and fizzy drinks are all known for producing extra gas because they're harder for the body to digest.

6. Gut bacteria are the real stars
The trillions of microbes living in your digestive system break down food and produce gas as a by-product. In other words, you're basically hosting a microscopic fermentation festival.

7. The sound is not the gas itself
The classic toot sound actually comes from vibrations of muscles around the exit point. Think of it as your body briefly turning into a tiny trumpet.

8. Everyone's microbiome is unique
Your gut bacteria are as individual as your fingerprint. That means everyone's digestive "style" is a little different.

9. Farts can tell doctors things about your health
Changes in frequency, smell, or discomfort can sometimes help doctors understand digestive issues.

10. It’s one of the great human equalizers
Across cultures, identities, and communities—including the wonderfully diverse LGBTQ+ world—everybody shares the same basic biology.

And sometimes… that biology makes a noise.

So whether you call it a toot, puff, trump, or the classic “whoops,” remember: it’s just your body doing its job.

Pride comes in many forms. Occasionally, it comes with sound effects. 🌈💨

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Our Pride Event



Recipe of the Month

Pasty Sandwich



Serving suggestion

Oh, the joy of a pasty barm or sandwich. From as early as I can remember, this delicacy has hit the spot. It's also incredibly versatile. The pasty can be swapped for the pie of your choice, or slice, such as cheese and onion. The only limit to this recipe is your imagination.

Long before I left Liverpool to move to Wigan, I revelled in the delight of this delicacy. Lovingly, its sometimes called a Wigan kebab. There's no downside to this flavoursome dinner.

Here goes…

Whether you use sliced bread or a barm, is a matter of personal preference. I prefer a barm as it holds the pasty together better. Buttered of course and a ready-made and cooked Cornish pasty for convenience. I prefer brown sauce (HP of course) but you can use tomato sauce or anything else you prefer.



After slicing and buttering your barm on both sides, add the preferred amount of brown sauce to one side of the barm.



Carefully place the warm pasty on to the side with the brown sauce. Important to ensure the infusion of the sauce.



The final step is the most important. You will find that there is still one side of the barm left. Place the remaining piece on top of the pasty. Failure to do this will result in spillage and greasy hands when you come to eat.



Serve on a plate as above. Your pasty sandwich (butty) is ready to eat.

Carla X