

TG Focus

The world from a transgender perspective
AUGUST 2024



The TG Girl Diaries:

Focus on Summer

What has the Costa Blanca's trans Community been up to in July?

“The best thing about being a girl is, now I don't have to pretend to be a boy.”

– Avery Jackson, aged 9

TG Focus: August 2024

Welcome to August

What a month we have had. From coping with the Euros when Spain brought home the trophy, to a new UK government, the world has kicked on. We had an assassination attempt on Trump and a new challenger to him in the impressive Kamala Harris. Demonstrations in Mallorca, Benidorm and other holiday destinations in Spain, and Microsoft went bandit, causing the world to stop momentarily. All that in 40 plus degrees. Apparently, the hottest day in Spain for 74 years. Phew!

We have continued to be out and about. Breaking new boundaries with where we visit and meeting new Tgirls. Thankfully, we have continued to produce this month's edition and it's our biggest and best ever.



We have the fashion secrets of Summer, a beautiful Tgirl from the UK, with some quick-fire questions aimed at Cathy, our new friend.

Do you have problems 'tucking'? Our feature will help that most awkward of issues. There's also a personal account of hair removal, which is one of our more delicate and visual of problems, together with how to cope with beard shadow.

No LGB without the T is a phrase often bandied around, so we have looked at that as well as how hate is manifested and directed towards transgender people together with a look at the toxic gender critical movement. These plus much more inside. I hope you enjoy our content and as ever, if you want to contribute or have suggestions on what we can include in future editions, feel free to contact us.

Thank you all for your continued support,

Love Carla XX

My Fashion Secrets Summer



Hi I am 45 year old (the other me is 58 lol) T girl from Hull in sunny England.

We were so lucky, myself and my amazing supportive wife Delly to be able to afford to buy an apartment in Torrevieja in 2021, we spend approx. 8 weeks a year there, the best decision we have ever made. Hopefully this will increase as work becomes less important, although I don't think it would ever be full time.

I work for a 120 year old family business as a co-director with my sister. I identify as she/her or him/he depending on how I present to the world. Although for many years I wasn't totally sure of who I was, in Paul's mid thirties I realised, although at that time I didn't know the terminology, that I was bigender. In simple terms two people with different needs and personalities both lived in my weird brain.

I need to be both. As soon as I truly worked out who I was I knew I would never transition, life is so much easier male, life is so much fun female.! On average at the

moment i spend about 3 days a week as me, 4 days as Paul.

How would you describe your style?

I try – not always totally successfully to dress in what I think a stylish CIS woman of my age would wear. I do knock a few years off lol. So basically, I ask myself what would I be wearing in my mid-forties if I was a genetic woman to look my best.

Which colours and shapes suit you best?

I wear most colours – usually keeping away from black, which is only because when I was larger size, I always wore black! Almost always it will be a dress, knee length suits me best but I sometimes go shorter – why wouldn't you when you've got legs as stunning as mine lol.



Who is your style icon? (if you have one)

No particular style icon, my cousin, a truly good friend to me, tells me subconsciously its Toyah Battersby. Her usual greeting 'you've gone full Toyah today.'

What is your favourite high street/online stores?

Ted Baker for really special items – truly devastated that they may have closed down Next my usual go to, great styling and their tall range fits far better than normal ranges – the waists in the correct place and it helps get length right. Primani is always worth a look as they will at times have that one lovely dress. I also use Primani for all my hosiery and lingerie. Shoe, biggest game changer in my whole journey look wise TBH, is Asos who do a lot of their fashionable shoes up to my size at very normal prices. (If there is a God we've got an issue – not why am I'm bigender, I now see this as a positive, but WTF did you have to give me size 12 feet lol.



What is the oldest item in your wardrobe? (Maybe an old favourite you don't want to throw away?)

I used to wear lot of lacey dresses quite shortish, not a look I'd wear now, but I still have the one I was wearing the night I met my amazing wife, Delly.

What was the last item of clothing you bought?

Last time we came to Torrie (Torrevieja) – I needed some nail varnish, trip to La Xenia lol. Came back with 5 dresses lol.

What is your favourite outfit?

A black leather Mylene Klass dress, I bought for about £100 off eBay, was worth nearer £300 new. It's my favourite because it is stunning, but also because it took me nearly 3 years to lose enough weight to get into it



How many shoes and handbags do you have? (describe)

Ridiculous number of shoes, well over 50 pairs, I think its my fetish lol. I have a few pairs of high heels amongst them, but as I'm getting older, fashion and comfort (in that order lol) come into it.

Handbags, I have a few but usually use one of my 2 designer bags (not from the 'Lucky Men' or Tat alley in Torrie). Always was what I thought was an undoable bucket list to shop for a designer bag, managed to do it a couple of years ago in Selfridges London, was an amazingly cool thing to do.



What is your best beauty secret? (Make up/clothes etc)

I only use Mac make-up, it is definitely better IMHO. I realise I couldn't cost wise if I wore make-up daily. In my past when I didn't have much spare cash, I used Primark make-up IMHO opinion the best of the reasonably priced ranges. My advice though would always be using the best foundation you can afford, it truly makes such a difference. Look as I've said above try to look like your age.

What's the best piece of fashion advice you've been given?

Wear what you like but try to be as real as possible



Thank you for reading,
Summer xx

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ARE LABOUR TRANS FRIENDLY?

July saw the Labour Party return to government in the General Election. What does this mean for the transgender community?

Labour plans to simplify the process for trans people to obtain a GRC (Gender Recognition Certificate). Instead of needing to prove that they have been living in their chosen gender for two years. This will instead be replaced with a two year period of reflection. No longer will a trans individual need to convince a panel of doctors and lawyers they have gender dysphoria but instead a diagnosis will be made by a single expert medical professional.

A Labour spokesperson said: "Labour will modernise, simplify, and reform the intrusive and outdated gender recognition law to a new process.

"We will remove indignities for trans people who deserve recognition and acceptance; whilst retaining the need for a diagnosis of gender dysphoria from a specialist doctor, enabling access to the healthcare pathway."

Spousal approval and documented proof of living in a different gender would no longer be needed under the proposed reforms.

However, the Labour spokesperson also said that the party would continue to support single-sex "exceptions".

"Labour's plans will protect single-sex spaces, treat everybody with respect and dignity, maintain the existing two-year timeframe for gender recognition, and ensure that robust

provisions are in place to protect legitimate applications."

However, The Health Secretary Wes Streeting is planning to make the previous governments ban on puberty blockers for trans youth permanent.

After the High Court ruled that the previous governments emergency ban on puberty blockers had been lawful.

The Labour health secretary has said the NHS will push forward with a clinical trial to establish evidence on puberty blockers.

Health and social care secretary Wes Streeting welcomed the ruling, adding "children's healthcare must be evidence led".

He continued: "Dr Cass's review found there was insufficient evidence that puberty blockers are safe and effective for children with gender dysphoria and gender incongruence.

"We must therefore act cautiously and with care when it comes to this vulnerable group of young people.

"I am working with NHS England to improve children's gender identity services, and to setting up a clinical trial to establish the evidence on puberty blockers.

"I want trans people in our country to feel safe, accepted, and able to live with freedom and dignity."

News of Streeting's decision prompted a reaction over the weekend from several Labour MPs, while they were joined on Monday by another backbencher, Kim Johnson, who described the ban as "very concerning".

"Labour's manifesto promised to 'remove indignities for trans people who deserve recognition & acceptance' – this entails ending the ban on puberty blockers," the MP for Liverpool Riverside said on X. "I will always stand with trans youth."

Among other Labour MPs, Creasy has said the Cass review "recommended caution, not exclusion" on puberty blockers for children. She wrote on X: "To those asking, [I] will always be MP who listens to demand for better research & evidence base for help for those with gender dysphoria, not abandons them."

Zarah Sultana, another backbencher, also referenced Labour's manifesto pledge, saying the promise "entails ending the Tories' ban on puberty blockers. Young people – cis & trans – must have access to healthcare they need. I'll always stand with the trans community."

Nadia Whittome, the MP for Nottingham East, said: "Only a small number of young people are prescribed puberty blockers. Those who are often describe them as lifesaving. I know the distress the puberty blockers ban is causing them. No matter what happens in court, I will continue fighting for the government to scrap it."



It is worth noting that the International Olympic Committee in its guidelines requires transgender women to have transitioned before the age of 12 to be eligible for the women's category, to prevent any potential biological advantage from male puberty.

Labours ban on puberty blockers could be excluding a generation of transgender women from competing in sports.

The manifestation of hate as applied to transgender people.

-Why challenging low level transphobia is important.

As a follow up to last month's article on transphobia, I'm looking at the scale of prejudice. It's a measure of the manifestation of prejudice in a society. It was devised by psychologist Gordon Allport in 1954 and is as relevant today as it always was.

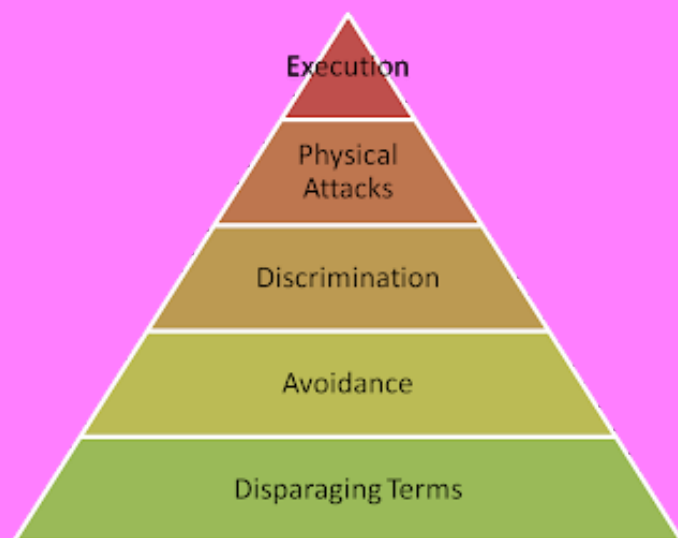
It can be applied to any form of hate behaviour, so I've applied it to transphobia.

The aim is to show that supposedly low-level behaviour can be quite sinister and lead up to severe actions by the perpetrator(s). A person doesn't wake up one day and decide to commit very serious hate crime. It's a progression and left unchecked, leads to serious consequences.

Gordon Allport's scale of prejudice outlines a progression from subtle biases to outright violence. Applying this scale to transphobia reveals the various levels of discrimination and harm that transgender individuals face.

1. Antilocution (Verbal Prejudice)

The first stage involves negative speech without direct action. Transgender people often endure derogatory remarks and jokes. For example, intentionally misgendering someone or making disparaging comments about a transgender person's appearance contributes to a hostile environment and perpetuates harmful stereotypes.



<https://ivybarrow.org/psychology-of-hate-herd-mentality-are-we-programmed/>

2. Avoidance (Social Exclusion)

In this stage, prejudiced individuals actively avoid transgender people. This can manifest in workplaces where colleagues refuse to interact with or collaborate with transgender coworkers, or in social settings where transgender individuals are excluded from group activities. This social exclusion reinforces their marginalization.

3. Discrimination (Denial of Opportunities)

Discrimination involves denying transgender individuals rights and opportunities. This can occur in various forms, such as employers refusing to hire qualified transgender candidates, schools preventing transgender students from using bathrooms that align with their gender identity, or healthcare providers denying necessary medical services. These actions institutionalize transphobia and create significant barriers for transgender people.

4. Physical Attack (Violence)

As prejudice escalates, it can lead to physical harm. Transgender individuals may

be victims of hate crimes, including physical assaults and vandalism of their property. The high rates of violence against transgender people, especially transgender women of color, highlight the extreme danger they face due to transphobia.

5. Extermination (Genocide)

The most extreme level of prejudice aims to eliminate the targeted group. While not genocide in the traditional sense, this concept can be seen in the alarming rates of murders of transgender individuals. The extreme violence and targeted killings reflect a severe manifestation of transphobia.

Real-World Application

- **Media and Public Discourse:** Verbal prejudice is prevalent in media and public rhetoric that disparages transgender individuals. Take a look at social media where people actively misgender trans people, more often than not anonymously. Nowadays politicians do it, which given their status is very disturbing.
- **School and Workplace Policies:** Avoidance and discrimination are evident in policies that fail to protect transgender individuals from harassment or that deny them equal opportunities. Politicians are even suggesting that trans people should be excluded from toilets. Back when this theory was published, black and racial minorities were excluded from toilets, certain workplaces, sections on buses, swimming pools etc. Sound familiar?
- **Legal Systems:** Discrimination is institutionalized when laws prevent transgender people from changing legal documents to reflect their gender

identity or fail to protect them under civil rights laws.

- **Violent Acts:** Physical attacks on transgender individuals are sadly common, with high rates of hate crimes and murders underscoring the lethal risks they face.

Understanding these stages helps in recognizing the severity and progression of transphobia, emphasizing the need for comprehensive measures to protect and support transgender individuals at all levels of society.

Don't let anyone tell you that words don't hurt. They have massive consequences and allowing it, allows transphobia.



The image is a vertical advertisement for Samaritans in Spain. At the top, there is a black and white photograph of two people in distress: a woman on the left with her hand to her face, and a man on the right covering his eyes with his hands. Below the photo, the text 'SAMARITANS IN SPAIN' is written in large, bold, white capital letters on a dark green background. Underneath this, it says 'Confidential emotional support' in a smaller white font. To the right of this text is a circular logo featuring a globe and the text 'Samaritans in Spain' and '900 525 100'. Below the main text, it says 'Call FREEPHONE 900 525 100 Available 10am-10pm' and 'ALL English speakers'. At the bottom, the website 'www.samaritansinspain.com' is listed in white on a dark green background.

The Crossdresser's Guide to Tucking: Keep Calm and Tuck On

Introduction

Welcome girls, if you're looking to achieve that perfect, smooth silhouette while keeping things comfortably under wraps, you've come to the right place. Tucking can be a bit tricky, but with a smile and a dash of finesse, you'll be mastering this art in no time. So, without further fumbling, let's get this tuck-tastic adventure started!

Before I start, I have to admit, trying to find suitable illustrations for this article was a bit of a challenge.



Step 1: Assemble Your Tucking Toolkit

First things first, you'll need some essentials:

- **Snug Underwear:** Think of these as your trusty sidekick. A good pair of briefs or shapewear will do nicely.

Think high pitched voice but stopping just short.

- **Gentle Medical Tape:** Skin-friendly, mind you! We're aiming for elegance, not an emergency room visit. Did I tell you about my first time...?
- **Panty hose or Tights:** Optional but highly recommended for that extra hold and sleek finish.
- **Ice Pack:** For a cool, calm start. No icy mishaps, please! Of course, you know what happens when they are cold.

Step 2: The Ice Pack Quickie

Ah, the ice pack! Give the boys a quick chill. Just a brief encounter – we're not freezing fish here. This little chill session encourages them to retreat, making the rest of the process smoother. A minute or two should suffice. Think of it as coaxing a shy turtle back into its shell.

Step 3: The Gentle Push and Pop

Here's where the real fun begins! Gently guide your twins upwards into the inguinal canals. Picture yourself as a magician making something disappear. Voilà! They're up and away. Be gentle, though – nobody wants a surprise squeeze!

Step 4: The Great Shaft Shift

Now, take hold of the shaft and tuck it back between your legs. Imagine you're tucking in a particularly reluctant blouse – it might resist at first, but persistence pays off. Your snug underwear should help keep everything in place. Smooth, darling, smooth!

Step 5: Secure the Situation with Tape

Bring out the medical tape. Carefully place a piece across the front, securing things

nicely, and another along the underside. Think of it as gift-wrapping, but the gift is you, and you're fabulous! Make sure it's secure but comfortable – we're going for sleek and chic, not stiff and sore.

Step 6: Pantyhose to the Rescue

Slip on that pantyhose for an extra layer of security and smoothness. It's like adding the final touch to a masterpiece. Plus, they add a bit of elegance to the whole ensemble. Who doesn't love a bit of extra glamour? Not advised in the Spanish summer heat though.

Step 7: Final Flourish and Adjustments

Stand up, take a twirl, and check yourself out in the mirror. Do a little shimmy to ensure everything stays in place. Comfort is key – you want to strut, not shuffle. Adjust as needed until you're ready to dazzle.

Then the fun starts. Toilet break while you are out? I really couldn't comment.

Bonus Tips

- **Patience is a Virtue:** The first few times might be a tad tricky, but practice makes perfect.
- **Be Kind to Yourself:** If something doesn't feel right, take a breather, and try again. (and again, and again...)
- **Confidence is Everything:** Walk tall, smile wide, and embrace your fabulous self. You've got this!

Conclusion

And there you have it, darlings! A cheerful guide to tucking that's as fun as it is functional. Be aware that if it's too much fun, you won't want to go out. With a bit of practice and a lot of confidence, you'll be tucking like a pro in no time. So go forth,

tuck with style, and remember – you're absolutely fabulous! Carry on, and tuck on! (or tuck off!)



Me in the middle of the night looking for my water I left next to my bed:



Quick Fire – Get to know you!

Dorina Cathy - Born in the USA, Lives in Spain

What do you love?

I love travel, especially Rome.

What makes you laugh out loud?

My best friend Kimberly Funderburk always makes me laugh.

The last thing I read was...

All the Light You Cannot See.
Amazing book, now in my top 10

I would love to have dinner out with...

The Tgirls



Cathy, fulfilling her dinner date with the TGirls...

My favourite cocktail is...

an expresso martini..alcohol and caffeine in one!

The best thing about summer is...

Everything

What song gets you up on the dance floor?

Don't Stop Believing by Journey

My item of clothing that makes me smile is...

I have no favourites.

The place I would love to holiday next is...

Croatia..hope to make it in the fall.

If I was an animal, what animal would I be?

Cats of course! Has always been my nickname

If you would like to be featured in future edition, send us your answers to the questions together with a photo and a sentence or two introducing yourself.

Thanks, Carla & Penny xx

Why the gender critical movement, in promoting transphobia, enables predatory men.



In recent years, the "gender critical" movement has become more popular, with people like Helen Joyce, Maya Forstater, and James Esses leading the charge. What started as a debate has turned into an unhealthy obsession with opposing trans rights. This obsession has taken over their lives, making them increasingly transphobic.

Joyce, Forstater, and Esses were once respected in their fields but have now distanced themselves from their previous careers and income sources. To support themselves, they have started new ventures focused on spreading transphobia, creating a market for their "gender critical" views. They have formed organizations and lobbying groups dedicated to this cause,

constantly stirring up negative sentiment about trans people to stay relevant and justify their actions.

The gender critical movement enables predatory men due to several key reasons:

1. **Exclusionary Policies:** By advocating for policies that exclude trans women from women's spaces, the gender critical movement can inadvertently make these spaces less safe. This exclusion can prevent trans women, who are often vulnerable to violence themselves, from accessing safe environments, thereby reinforcing harmful gender norms.
2. **Reinforcement of Stereotypes:** The movement often relies on rigid and traditional definitions of gender, which can reinforce stereotypes that associate certain behaviours with biological sex. This can create an environment where predatory behavior is overlooked or excused if it conforms to traditional gender roles.
3. **Marginalization of Trans People:** By questioning the legitimacy of trans identities, the gender critical movement can contribute to the marginalization and stigmatization of trans individuals. This stigmatization can make it harder for trans people to report violence and abuse, thereby creating a cover for predatory behavior.
4. **Distraction from Real Issues:** The focus on policing gender identity can distract from more pressing issues of sexual violence and harassment. By centering debates on who qualifies as a "real" woman, the movement can divert attention and resources away

from tackling predatory behavior directly.

- 5. Encouragement of Vigilantism:** Some gender critical rhetoric can encourage individuals to take it upon themselves to police gender, leading to situations where predatory men might exploit these tensions to their advantage, either by posing as protectors or by capitalizing on the chaos created by exclusionary practices.

Overall, the gender critical movement's focus on exclusion and rigid gender definitions can create environments that inadvertently protect predatory men while undermining the safety and rights of both cis and trans women.

Managing Lipstick After 50

As so many of us come out and transition after 50, I have looked at the issue of applying lipstick, at this age.

Remember when you could quickly put on lipstick and look amazing? If you're over 50, those days might be gone.

Now, you might notice lipstick running into the fine lines around your mouth, creating a messy look that tissues can't fix.

Luckily, makeup experts have tips to help. Michelle Wong from Lab Muffin explains that as you age, your skin gets thinner and develops more lines, which can make

lipstick spread out. This is called "lipstick feathering," where the lipstick looks soft and blurry around the edges instead of sharp and defined, says makeup artist Mila Thomas.



To prevent this, avoid wet, thick, and glossy lipsticks. These types are more likely to feather, especially if you use lip gloss over lipstick.

For better results, consider matte lipsticks. Jamie Greenberg suggests matte products because they stay in place better and don't bleed into the skin. Thomas adds that wet formulas make the problem worse by bleeding beyond the lip line.

For the best lip products, look for matte, long-wear colours that offer full coverage and a smudge-resistant finish. If you still want some shine, apply lip gloss only in the center of your lips and keep it away from the edges. Using blotting paper can also help keep creamy formulas in check.

Covering Beard Shadow

Our Transgender Makeup expert, guides you through this most concerning of issues for T-Girls

Covering beard shadow effectively is crucial for achieving a smooth and feminine look. Here are some tips to help crossdressers minimize and conceal beard shadow:



1. Pre-Shave Preparation

- **Exfoliate:** Use a gentle exfoliating scrub before shaving to remove dead skin cells and lift the hairs for a closer shave.
- **Warm Water:** Shave after a hot shower or use a warm towel on your face to soften the hair and open the pores.

2. Close Shave

- **Quality Razor:** Use a fresh, high-quality razor for the closest shave possible.

- **Shaving Cream:** Apply a thick layer of shaving cream or gel to protect the skin and provide a smoother shave.
- **Shave Against the Grain:** Carefully shave against the direction of hair growth for a closer shave. Be cautious to avoid irritation.

3. Post-Shave Care

- **Cool Rinse:** Rinse your face with cold water to close the pores.
- **Moisturize:** Apply a moisturizer to soothe the skin and reduce redness.

4. Colour Correcting

- **Orange or Red Concealer:** Use an orange or red-tinted concealer to neutralize the blue undertones of the beard shadow. Apply it sparingly over the beard area.
 - **For Fair Skin:** A peach or salmon color corrector works well.
 - **For Medium to Dark Skin:** A deeper orange or red corrector is more effective.

5. Foundation

- **Full-Coverage Foundation:** Use a full-coverage foundation that matches your skin tone. Apply it over the color-corrected areas and blend well with a makeup sponge or brush.
- **Buildable Coverage:** Apply the foundation in thin layers, building up coverage where needed without caking.

6. Concealer

- **High-Coverage Concealer:** Apply a high-coverage concealer over the foundation in the beard area. Blend it

seamlessly with the rest of your makeup.

7. Setting Powder

- **Translucent Setting Powder:** Set your makeup with a translucent setting powder to lock it in place and reduce shine.
- **Baking Technique:** For extra staying power, apply a generous amount of setting powder over the beard area and let it sit for a few minutes before dusting off the excess. This "baking" technique helps set the makeup and reduce creasing.

- **Practice:** Achieving a flawless look takes practice. Experiment with different products and techniques to find what works best for you.
- **Skin Care:** Maintain a good skincare routine to keep your skin healthy and smooth, making makeup application easier and more effective.
- **Lighting:** Apply your makeup in good lighting to ensure even coverage and to spot any areas that need extra attention.

By following these steps, you can effectively cover beard shadow and create a smooth, feminine look. Remember, practice and patience are key to mastering makeup techniques.

The Beard Shadow Shuffle

In the morning's early light,
I wrestle with a beardy plight.
Shave it close, no hair in sight,
Yet shadow lurks, a constant fright.
Orange concealer, dab and blend,
Foundation follows, on it depends.
Powder puffs, setting spray,
Keeps the shadow beast at bay.
By noon it peeks, a cheeky grin,
Touch-up time, I dive back in.
Oh, the dance of beard shadow strife,
A T-Girl's complex daily life!

8. Finishing Touches

- **Setting Spray:** Use a setting spray to keep your makeup in place throughout the day and to give a natural finish.
- **Regular Touch-Ups:** Carry a compact powder or concealer for quick touch-ups if needed.

9. Additional Tips



There's No LGB without the T?



Why LGB and Trans Are Together

Time moves on and with that come new challenges. When I taught LGBT+ studies, it was a question often asked. Why are LGB and T bracketed together?

I have found that some of my greatest allies and closest friends have been LGB. When I came out over four years ago, I joined the local LGBT+ Facebook group and within, found some of the most wonderful, supportive, and positive people I have ever met.

Still though, I often get the question asked...

LGB (Lesbian, Gay, Bisexual) and Trans (Transgender) communities are often grouped together under the umbrella of LGBTQ+ because we share common goals

and face similar challenges. Here are some key reasons why we are united:

1. Shared History of Discrimination

Both LGB and trans individuals have faced significant discrimination, marginalisation, and violence. Historically, we have been denied basic rights, subjected to hate crimes, and marginalised by society. This shared experience of oppression has fostered a sense of solidarity and mutual support. It's often said that the first brick in the Stonewall riots was thrown by a black trans woman. More than that, it showed that the battle was fought by people of wide ranging identities.

2. Common Fight for Equality

LGB and trans communities both fight for equality, acceptance, and the right to live authentically. This includes advocating for anti-discrimination laws, equal employment opportunities, and access to healthcare. By joining forces, we strengthen our collective voice and increase our chances of achieving these goals.



3. Overlapping Identities

Many people identify as both LGB and trans. For instance, a transgender person might also be lesbian, gay, or bisexual. The intersectionality of these identities means that issues affecting one group often impact the other, making it logical to address them together.

4. Supportive Alliances

Throughout history, LGB and trans activists have supported each other's causes. Notable moments, like the Stonewall Riots in 1969, saw trans individuals, particularly trans women of colour, playing a crucial role in fighting for gay rights. This mutual support continues to strengthen the bond between the communities.



5. Comprehensive Advocacy

Addressing the needs of both LGB and trans individuals leads to more comprehensive and inclusive advocacy. By working together, we can create more effective strategies to combat prejudice and promote understanding, ensuring no one is

left behind in the fight for our rights and acceptance.

Conclusion

LGB and trans communities are united by our shared history, common goals, and overlapping identities. By standing together, they amplify their voices, support each other's struggles, and work towards a more inclusive and equal society for all.

Resilience

In shadows she weaves tales of strife,
A tortured soul, fights for life.
Bearing wounds, both seen and concealed,
Yet resilience in her spirit revealed.
Each step a battle, courage defined,
Silent struggles in a world unkind.
Her existence, a fierce resistance,
Against the tide, she finds persistence.

In the face of storms, her spirit stands tall,
Transcending hurdles, she won't let them befall.
A friend offers support, a pillar strong,
Through every trial, they journey along.
Resilience blooms, a flower in her heart,
They share the journey, although miles apart.
With acceptance and love, a powerful embrace,
Together they conquer, grace upon grace.

Carla x

TGIRL DIARIES

July has been a busy month for the Costa Blanca Transgender Community. It Started with a night out at Varkk Bar and Kitchen in Campoamor. We were joined by Lina and a couple of friends from the local LGBT Community.



Our regular weekly meet was thrown up to the LGBT Community via their Facebook change and many of them turned out to join us for our first visit to the

Punjabi Palace in Lomas de Cabo Roig.

It was great to have Evie join us for the evening. She was over from the UK on one of



On Sunday evening Penny and Emma Joined Carla for an evening of wine and nibbles in her garden.



her regular visits, and always makes the time, to spend an evening or two out with the Costa Blanca Trans Community.

Our normal weekly night out was at one of our regular haunts, Kultura`s, on the Orihuela Costa.



On Thursday Carla and Penny travelled south to meet to new Trans Women in the neighbouring state of Murcia. Sandra and Nina were perfect hosts and I am sure will become regular members of the Trans Community here on the Costa Blanca.

Friday night saw Carla and Penny out with their wives enjoying a meal at the Restaurante Miso in Las Filipinas, where the food and the company were both excellent.



On the Saturday night Carla and Emma hit the local bars of El Galan for a night of Cocktails.



Saturday night saw us heading down to La Marina and the Pride Party at Llilt D`Leo Café.



A night out in Guadamar Del Segura. Where we were joined by another one of our regular visitors from the UK, Summer. We spent the evening exchanging gossip while enjoying a glass

of vino by the beach.