

TG Focus

The world from a transgender perspective



Marc Archer talks about Orihuela Costa Pride



India Willoughby

**"We have to be visible.
We are not ashamed of who we are**

SYLVIA RIVERA, TRANSGENDER RIGHTS
ACTIVIST & CIVIL RIGHTS PIONEER

The TG Focus magazine

May 2024 Edition

Welcome to May everyone and the 2nd edition of the TG Focus, Thank you to everyone who took the time to read our first edition. We had an amazing 1,307 downloads in our first month.

Soon it will be the steep climb into the very hot weather here in Spain. At the moment we are seeing rain for the first time in a few months and remains in the early 20's so it remains tight weather for the time being.

This month our front cover features look forward to our Orihuela Costa LGBT+ Pride event on 1st June. The first time we have been authorised to close the roads around the venue for a parade. We also feature India Willoughby, one of our transgender icons.

Inside we look at the recently published Cass review of children's transgender services in the UK, which has caused some controversy along with other news stories in brief.

We also feature articles on transphobia; being authentically transgender; living safely; the representation of trans people in the media and a personal account of a relationship from one transgender woman many years ago and the devastation it caused her.

Once again, we thank you for reading and supporting us. We are always looking for contributions from our readers to include in future editions. Whether it be personal experiences, opinions or photoshoots, send them to us and hopefully we can use them in the future.

Our email address is tgfocusmagazine@gmail.com

Have a lovely month,

Lots of love,

Carla & Penny xx

The Emerald Isle

ORIHUELA COSTA
ORIHUELA PRIDE 2024



Saturday 1st June

Pride parade 11.00am

Pride party 1.00pm till late



ORIHUELA COSTA PRIDE 2024

Spain has some of the most progressive LGBT+ rights in the world and Benidorm Pride is probably one of the most famous pride events in the calendar year. It's been going since 2011, instigated by transgender trailblazer, Julia Grant. It was about time that Orihuela Costa followed suit.

In early 2023 a group of us from our LGBTQ Costa Cálida/Blanca Facebook group discussed a summer party after the success of our regular Christmas party.

Over the next few weeks this evolved into becoming a pride celebration and the planning started towards an event that would become Orihuela Pride 2024.



Over the months to come we worked to self fund the event and were supported by the Costa's finest entertainers. We had support from local business who helped

fundraise and support with donations.

On Saturday 3rd June 2023 our groups' first ever pride took place with great success at the Los Angeles bar in Torrevieja.

From that beginning, Pride evolved and today at the mantle are Marc Archer one of the original pride organisers now joined by Stevie Spit, Priscilla Cromie, Eileen Gleave and we now have new home the Emerald Isle the biggest entertainment venue

on the Costa's where pride 2024 will take place on Saturday 1st June.

We have had the support of local business bars restaurants and entertainers and this year we were successful with the help of The Independent Party of Orihuela Costa (PIOC) to get permission to hold Orihuela Costas first ever parade.

We have a full parade with the roads closing for the first time at the venue where anyone can join in to celebrate. We will then be bringing you drag queens, singers, fire eaters and much much more. It runs all day and evening.



So this year we will be celebrating Diversity and unity here in Orihuela Costa where love and joy have no Boundaries.

If you are near the area on that date, please come and enjoy what promises to be a fabulous day.

Marc Archer



FIRE & RAIN

CLASSIC DANCE ANTHEMS LIVE

FIRE SHOW



Orihuela Costa Pride

The Emerald Isle

Saturday 1st June

Pride parade 11.00am

Pride party 1.00pm till late

Transgender Woman Icon India Willoughby

India Willoughby is a British journalist, broadcaster, and television presenter, widely known as the United Kingdom's first transgender national television newsreader. Born on August 27, 1965, in Leeds, England, as Jonathan Willoughby, she transitioned publicly in 2015 and adopted the name India.



Throughout her career, Willoughby has been a trailblazer for transgender representation in the media. She began her journalistic journey in local newspapers before moving on to regional television news. Her breakthrough came when she joined ITV

Tyne Tees as a newsreader and presenter, making history as the first transgender woman to front a national news program in the UK.

Willoughby's openness about her transition has contributed significantly to raising awareness and understanding of transgender issues in mainstream media. She has been an outspoken advocate for LGBTQ+ rights, using her platform to challenge stereotypes and promote inclusivity.

In addition to her work in journalism, Willoughby has appeared on various television programs, including reality shows where she shared her personal journey and experiences as a transgender woman. Her courage and resilience in the face of societal prejudices have inspired many and continue to pave the way for greater acceptance and visibility for transgender individuals.

On a personal level, I find her openness inspiring, especially on the frequently toxic social media platform X (formerly Twitter). She's constantly misgendered by transphobic trolls, and subject to online abuse and death threats but continues even though sometimes things appear to be getting



problematic for her. She never shies away from admitting her past, despite people posting pictures of her before she transitioned

She recently became an ambassador for Rainbow Toffees, a football club based (Everton FC)

LGBTQ+ supporter's network.



"IF YOU'RE GAY, STRAIGHT, TRANS OR ANYTHING ELSE YOU SHOULD BE ABLE TO BE WHAT U WANT & NOT LIVE A LIE WITHOUT DISCRIMINATION OR PREJUDICE"

- Neville Southall

<https://www.facebook.com/groups/rainbowtoffees>

Myth – You must medically transition to be authentically transgender.

It's a popular misconception that you need medical intervention to be seen as valid. The conversations around being 24/7 transgender are often misleading. One of the first questions I am asked when I meet someone in the flesh or online, is whether I am 24/7 or full time. It's almost as if the last 60+ years don't matter and effectively a trans person is being asked, how often they attempt to pass societies outdated and sexist rules on what a woman should look like.

There are numerous trans people who have stopped taking hormones and many who have never taken hormones at all. There are many reasons for this both medically and personal. Just because a person decides to or can't have surgery or take hormones does not stop them being trans. Discrimination in transgender medical treatment sadly, is also still rife.

The social transition that most people start with is dressing feminine. When I look in the mirror, no matter how I present and look, I only see a female.



Barriers to medical transition

The barriers to medically transitions are numerous and vary widely in price and access. In Spain for example, it's very difficult to obtain electrolysis. This is likely because most Spanish people are dark haired, and laser works on dark hair and is

considerably cheaper. It's likely you will need up to 300 sessions of electrolysis and at around 60 euros per session, a little on the expensive side.

Surgery costs will ultimately involve genital and breast surgery (commonly referred to as bottom and top surgery) and depending on where you live, will be difficult to access without numerous medical appointments and lengthy consultations over a long period of time. I know people in the UK who have been waiting over 7 years just for an initial consultation at a gender clinic. Relatively few transgender surgical procedures are available as part of national healthcare.

Then we have plastic surgery, hair transplants, vocal cord and Adams apple and numerous other procedures that also come with risks. I haven't even mentioned an individual's personal medical condition and age. All things added together leaves a potentially expensive, time consuming and stressful journey.

So, what does that say about your gender identity?

I feel feminine so I believe that it would be wrong to call myself 'genderfluid', 'bigender' or 'demigender'. I am a transgender female. If you are transgender, you are what you are. Whether you have no surgery and hormone therapy or if you have it all, you are still transgender 24 hours per day.

Legal status is a different thing altogether. British nationality it means you are bound by outdated rules and laws. UK laws seek to stop you being authentic, restricting your freedom to be yourself. In Spain, you could change your legal documents, but it would mean Spanish citizenship, which is inconvenient and difficult for most. That would arguably make you 'full time' in the eyes of the law, but not necessarily visibly so to others.

What do you put in the tick box at the end of surveys? How often do you see a transgender option? If there was, would you put your cross in the male/female box because your country of birth has made it virtually impossible for you to change your birth certificate? I find the 'other' option dehumanising. If pushed, I usually put female unless it's a medical or legal statement.

Are You Full Time?

So, what do you answer when someone asks if you are 'full time' or '24/7'? If you weren't transgender, why would you suddenly not be, just because of what you were wearing. If a cis woman wears a plain blue T-shirt and jeans, does that mean she is not full time? If a gay person hasn't come out yet, does that make him/her/they any less gay? No!

You don't need to be taking hormones or have or consider surgical intervention to be transgender. We are so all the time. To differentiate and in effect discriminate between transgender people and their individual circumstances is wrong.

Carla

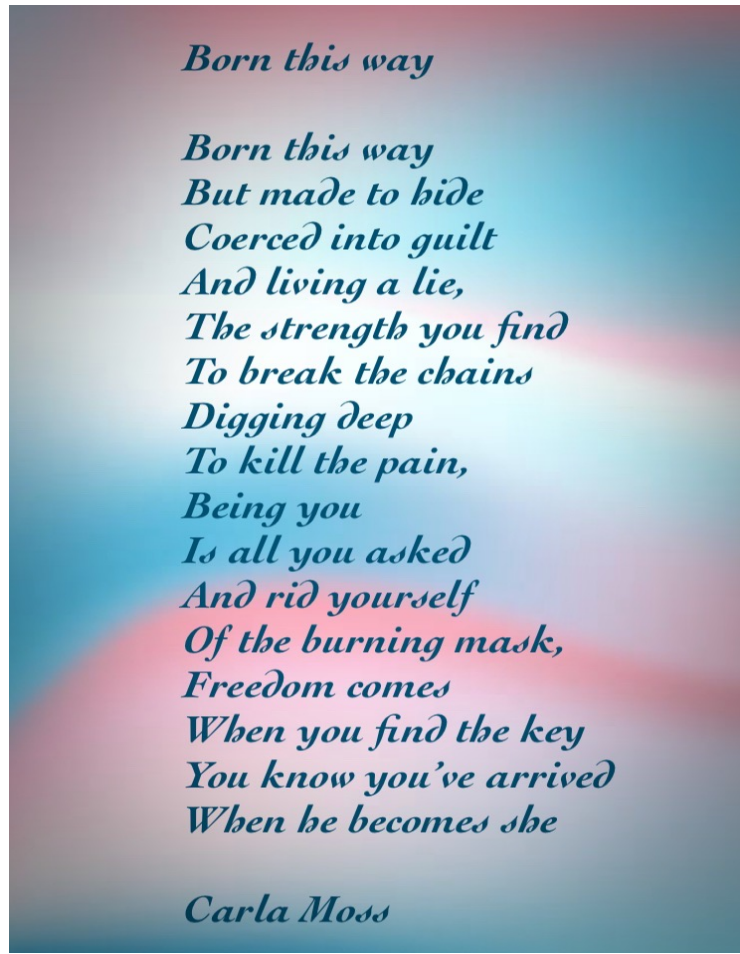
Ten songs that either celebrate gender diversity or can help you celebrate your gender identity...

- 1. *Rebel Rebel*, David Bowie
- 2. *A Girl Called Johnny*, Waterboys
- 3. *Cherry Lips*, Garbage
- 4. *Just a Girl*, No Doubt
- 5. *Man Enough to be a Woman*, Wayne County & The Electric Chairs
- 6. *Laid*, James
- 7. *Josephine*, Terrorvision
- 8. *Transgender Dysphoria Blues*, Against Me
- 9. *We Exist*, Arcade Fire
- 10. *Woman in Chains*, Tears for Fears

ever let anyone tell you what or who you really are...

I wrote this poem for everyone who has struggled with their gender identity in some way. Today we have people denying who we are, without knowing how we feel. Forced to feel guilty just for existing and forced to keep your true self under wraps, sometimes for your life.

I wrote this from the perspective of my own Male to Female (MtF) gender dysphoria but it's equally valid for FtM and all gender identities.



I was born this way; you were born this way. Don't

Why being transphobic is actually dangerous to all women.

I write this, understanding that some people dislike the term Cis. I use it in this blog to distinguish between transgender and cisgender women. Put simply, it's a word used to describe a person whose gender identity aligns with the one they were assigned at birth. It's the opposite to trans and seeing that being transgender seems to be a bit of an obsession with certain people, it's a useful adjective.

"Cis-" is actually a Latin prefix meaning "on this side." If it helps, "trans-" is also a Latin prefix that translates to "on the other side of" or "beyond." That Elon Musk thinks it's a heterosexual slur is nonsense. The below article addresses the issue.

<https://news.yahoo.com/cisgender-not-slur-heres-means-142726377.html>

Being transphobic poses significant dangers to cisgender women, despite misconceptions that transphobia primarily affects transgender individuals. Transphobia perpetuates harmful stereotypes, reinforces gender norms, and undermines solidarity among women, ultimately jeopardising the safety, rights, and well-being of cisgender women. Here's why being transphobic is profoundly hazardous to cis women:

Undermines Women's Rights:

Transphobia reinforces traditional gender norms and expectations, limiting the autonomy and rights of all women. By invalidating transgender women's identities and experiences, transphobia perpetuates harmful stereotypes about femininity and womanhood. This undermines efforts to challenge gender inequality and restricts cisgender

women's ability to define themselves on their terms.

Perpetuates Violence:

Transphobia fosters a culture of violence against transgender individuals, which can spill over to affect cisgender women. Hate crimes and acts of violence motivated by transphobia not only harm transgender women but also create an atmosphere of fear and insecurity for all women. Cisgender women may become targets of violence if they are perceived as gender non-conforming or if they challenge traditional gender norms.

Erodes Solidarity:

Transphobia divides and weakens solidarity among women by excluding transgender women from feminist movements and advocacy efforts. When feminism fails to encompass and support transgender women, it undermines the collective struggle for gender equality and social justice. Solidarity among women, regardless of gender identity, is essential for challenging patriarchal systems of oppression and advancing the rights of all women.

Increases Vulnerability to Discrimination:

Transphobia increases the vulnerability of all women to discrimination based on gender identity. By perpetuating the notion that certain identities are more valid or deserving of respect than others, transphobia creates a hierarchy of gender that harms all women. Cisgender women who do not conform to traditional gender norms may face discrimination and marginalization, as transphobia reinforces rigid expectations about femininity and womanhood.

Undermines Healthcare Access:

Transphobia impedes access to essential healthcare services for transgender individuals, which can indirectly affect cisgender women. Discrimination and stigma in healthcare settings deter transgender individuals from seeking medical care, leading to disparities in healthcare access and outcomes. Cisgender women may also experience barriers to healthcare if they are perceived as gender non-conforming or if healthcare providers hold transphobic attitudes.

Exacerbates Mental Health Risks:

Transphobia contributes to mental health risks for all women by perpetuating stigma and discrimination based on gender identity. The invalidation and marginalization experienced by transgender individuals create an environment of psychological distress that can affect the mental well-being of cisgender women as well. Transphobia contributes to a culture of intolerance and exclusion that harms the mental health of all women.

In conclusion, being transphobic is dangerous to cisgender women because it undermines women's rights, perpetuates violence, erodes solidarity among women, increases vulnerability to discrimination, undermines healthcare access, and exacerbates mental health risks. Combatting transphobia is essential for creating a more inclusive and equitable society where all women can thrive free from fear and prejudice.

Carla Moss

DID YOU KNOW?

The first male to female (MtF) 'complete' surgery was first performed as far back as 1922. Dora Rudolphine Richter (born 16 April 1892) was a German transgender woman who was one of a number of transgender people under the care of Dr Magnus Hirschfeld, the German sexologist and advocate for LGBTQ+ rights, who was the sex research pioneer in the 1920's and 30's. (See my article in this months...)

Dora underwent surgical removal of testicles in 1922 followed in 1931 by removal of the penis and subsequent vaginoplasty. It's unclear what happened to her, and her time and cause of death are unknown to this day.

The Seven Ages of a Transgender Woman

A few years ago, I was delivering a training course dealing with age discrimination. I devised an opening exercise where delegates would rewrite Shakespeare's 'Seven Ages of Man' from the play 'As you like it'. It produced fascinating and thought-provoking responses.

***"All the world's a stage,
And all the men and women merely players..."***


In keeping with the theme, I commenced last month when I rewrote 'If' for a TGirl, I decided to rewrite the Seven ages of man into a Transgender Woman version. I hope you enjoy.

The Seven Ages of a Transgender Woman

The Seven Ages of a Transgender Woman.

*In childhood's innocent embrace, she played,
Unaware of the path her heart would trade.
Youth brought whispers, questions deep and wide,
Identity's puzzle, when she often hides.
The lover's age, where hearts entwined,
Yet shadows lingered, undefined.
Midlife's mirror reflects her true rebirth,
Embracing truths, finding her worth.
The elder's wisdom, a beacon bright,
Guiding others through the night.
From teen to woman, her spirit does span,
The seven ages of a transgender woman's plan.*

Carla Moss



Living safely.

I find it sad that I feel that this should be written. Sometimes though, we must remember that transgender safety goes alongside the safety of all women. If you have lived some or most of your life as a 'man', you may not be immediately aware of some of the dangers of being 'out' as a woman.

I have been out and about for over four years now, much of it on my own. I believe I feel safer than most women, but realise that is down to my previous (male) privilege. I am taller than the average woman and have a bigger build. That though, could be a false sense of security as recently, a trans friend was attacked as she walked back to her car late at night. Her assailant though, came off worse. The next person may not be quite so lucky.



So, here's my brief guide on keeping safe out there. Obviously, this is aimed at relatively newly out women, but the information is generic to all trans women. I make no apologies for that...

Living safely as a transgender woman involves several considerations, both practical and emotional. Here are some tips:

Know Your Rights: Understand the laws and rights protecting transgender individuals in your area. This includes legal protections against discrimination in housing, employment, and healthcare.

Build a Support Network: Surround yourself with supportive friends, family, and allies who respect your identity and can provide emotional support when needed.

Educate Yourself: Learn about transgender-specific healthcare needs, including hormone therapy and gender-affirming surgeries, and find healthcare providers who are knowledgeable and affirming.

Be Aware of Your Surroundings: While it's unfortunate, not all environments are safe for transgender individuals. Be cautious and trust your instincts in unfamiliar or potentially hostile situations.

Safety Planning: Develop a safety plan in case of harassment or violence. This might involve knowing safe places to go or having a trusted friend or emergency contact to call.

Self-defence: Consider taking self-defence classes to help you feel more confident and capable of protecting yourself if necessary.

Stay Informed: Keep up to date on local LGBTQ+ events, resources, and support groups. These can provide invaluable community connections and information about safe spaces.

Online Safety: Be mindful of your online presence and privacy. Use privacy settings on social media and avoid sharing personal information with strangers.

Mental Health: Prioritize your mental health and seek therapy or counselling if needed. Transitioning can be emotionally challenging, and having professional support can be beneficial.

Know Where to Seek Help: Familiarize yourself with organizations and resources that provide support to transgender individuals, such as LGBTQ+ community centres, helplines, and advocacy groups.

Remember, living safely as a transgender woman is about asserting your identity, being aware of potential risks, and taking proactive steps to protect yourself and your well-being. It's also about finding joy, fulfilment, and authenticity in your life.

Carla

Painless

All my life, I have enjoyed the interest of members of the male gender. Although I was convinced for a long time that I was completely heterosexual, it took until the beginning of my transition before I had to admit to myself that this was not the case and that I could have fun in bed with both men and women.

I must have been about nineteen years old when I first slept with what was then called a transsexual man, which nowadays would be called a transgender woman. I was studying law at the University of Amsterdam, and as a side job I worked as a cashier in an amusement arcade, a place with numerous pinball and other electronic machines. I was literally seduced there by Jolanda.

Jolanda had already been hanging out at the pinball machines for a few nights when she finally dared to come to my counter to strike up a conversation with me. She was the type I fell for at the time: slim, blonde, long hair and not shy about a chat. She had a low voice and a big nose for a woman and I immediately suspected that she might be transgender. But I didn't think that was a problem and we agreed to go to the cinema.

The road to the cinema led to a pub also and finally to her bed. She was apparently ashamed of her male genitals because she kept her panties on during sex and apologised by saying she was having her period. By now I had seen so much of her body that I didn't fall for that anymore, but she was fun and sexy and we had a lot of laughs together so I didn't mind having sex with her at all. Due to circumstances, I only saw her once after that. But I am convinced that she was the source of my lifelong love for transgender women.

Years later, I worked as a civil servant at the Amsterdam municipality in the Social housing department. By chance, I heard from a colleague that he had a transgender woman as a client. I was triggered and got into a conversation with him and soon it turned out that Jolanda was his client. She had obtained a social indication to move to another neighbourhood around Amsterdam because her current neighbours were unmercifully bullying her about her gender. I was shocked when I heard this

and thought about contacting her again. But that would mean acknowledging that my colleague had told me sensitive information, so I decided not to. I still regret that decision.



A few months later, I walked in on the colleague in question again and asked him how Jolanda was doing. Sadly, he looked at me and said that the new home had not come in time. Jolanda had taken her own life.

I was devastated by this message and could only think about the decision I had taken not to get involved in the "case" and my doubts that I had been left with as a result.

Suicide among transgender people is many times more common than among non-transgender people. To date, Jolanda is the only transgender person I have personally known who has committed suicide. Her image and her story I carry with me forever.

If you are facing similar problems or have suicidal thoughts at times, don't hesitate to contact one of us. There is a solution, even for your problem!

Emma X

Emma is a Dutch transgender woman who has been living in Spain since 1996.



- Listen to the words they are using. Wanting the pain to stop, being a burden, I can't go on etc.
- Note any changes in mood and behaviour such as risk taking, heavy drinking, sleep pattern and mood.
- Ask them directly. Talking about suicide does not increase the risk.

Spain Launches Suicide Prevention Hotline



Suicidal Behaviour amongst Transgender People

Like much of the world, there is a prevalence of a history of suicidal behaviour transgender people.

One study relevant to my local area showed that Spanish adolescents and young transsexual people are particularly vulnerable and incidence does not differ according to gender or age range.

It must be stressed that it's not their gender identity that causes their suicide risk, but how they are treated and stigmatised by society.

It's a daily occurrence that a particular group of people in society seek to dehumanise transgender people. One post about International Transgender Day of Visibility this year, on social media platform X, attracted such hate towards trans people that this writer had to leave the page. When one positive post attracts such bile, it's no wonder there's a suicide problem.

You only have to search for transgender suicide online to find numerous studies showing the stark reality and scale of the matter.

Helping and supporting

You can help and support by offering support, talking and listening.

Take them at their word. A common myth is that a person may be looking for attention. This isn't the case for most people.

On Tuesday 10th May 2022, Spain launched a new 024 suicide prevention hotline with the slogan 'Call for Life', which operates 24 hours per day for 365 days a year.

Health Minister **Carolina Darias** said it was a priority objective of the Spanish government to put an end to the stigmas and taboos that exist around **mental health** and 'to break the silences that have weighed like a burden on it for years.'

Suicide is the leading cause of external death in Spain and the leading cause of death in young people.

Data from the National Statistics Agency (INE), in 2020 showed there were 3,491 deaths by suicide in Spain, a 7.4% increase on the previous year.

I hope that this information has helped. We are also here if you or someone you know needs to talk.

Love,
Carla & Penny xx

THE CASS REVIEW

This month saw the long awaited publication of the Cass Review into improving NHS gender identity services. The review has been misinterpreted and jumped upon by the right wing media with the Daily Telegraph declaring "Britain is now leading the world on transgender sanity" and it is not only the UK media using the report. The New York Post declaring "More proof 'gender-affirming care' is a monstrous lie — save the children NOW".

Dr Cass herself admits that "studies are exaggerated or misrepresented by people on all sides of the debate to support their viewpoint"

In response to the "sensationalised" coverage surrounding the independent review of gender identity services for children and young people by Dr Cass, **Amnesty International UK** and **Liberty**, said: "All children have the right to access specialist effective care on time and must be afforded the privacy to make decisions that are appropriate for them in consultation with a specialist.

"This review is being weaponised by people who revel in spreading disinformation and myths about healthcare for trans young people.

"It's concerning that sections of the media and many politicians continue to spread moral panic with no regard for the possible consequences for trans people and their families."

What are the Cass Review's key recommendations?

The Cass Review's key recommendations and reflections include some that the trans community and wider LGBTQIA+ sector have been speaking about for many years:

- A major expansion in care for trans, non-binary, gender diverse and gender questioning youth and young people is needed - [Trans Actual CIC](#)
- There needs to be mental health provision for those using gender identity services - [Diva](#)

- More neurodiversity assessments should be part of the process and care pathway - [Gay Times](#)
- Long waiting lists, seeing some people waiting a decade for a first appointment, are unacceptable

In the LGBTQIA+ sector, there is a recognition that some of the report's recommendations, therefore, could help young transgender people - particularly the recommendation of a decentralised approach and improving "unhurried, holistic, therapeutic, safe and effective" care for young people and their families. Most of the largest LGBTQIA+ sector voices have only offered interim responses to the report while promising to respond with the complete picture once they have it - [Mermaids on Sky News](#)

Summery in a briefing from transactual.org.uk

There are numerous issues of major concern with the Cass Report, from the way the Review Team was structured, through the way research was structured and ethical considerations minimised, to the final recommendations which seem to rely on an unevidenced set of assumptions. NHS England's response has been, once again, incredibly quick and cause for huge concern, starting with the appointment of a problematic medic to a senior oversight position, to bringing forward a review of adult trans healthcare services. The fact that this short analysis describes many more problems than benefits, shows there is little to negate the view that this Review has been a political stitch-up with potentially huge implications for trans people. Simply asserting that something is independent does not make it so, especially when it seems to feed into the government narrative of the day. The press coverage immediately following the publication of the report fed some of the misinformation, and appears to indicate that adult trans healthcare is now at risk. The Report places NHS England outside the international consensus on trans healthcare, while NHS England says the review will be of "international importance"

The Imperative for Increased Representation of Transgender People in UK Media



In recent years, the call for more diverse representation in media has gained considerable momentum, and rightfully so. Among the various marginalized groups, transgender individuals stand out as one of the most underrepresented and misrepresented communities in the UK media landscape. This critical review aims to underscore the pressing need for greater transgender representation and explore the profound impact it can have on society.

Firstly, representation matters. Media shapes societal perceptions and attitudes, influencing how individuals understand and relate to the world around them. When transgender people are consistently absent or portrayed inaccurately in the media, it perpetuates harmful stereotypes and fosters ignorance. This lack of representation can contribute to the marginalization of transgender individuals, leading to increased discrimination, prejudice, and misunderstanding.

Secondly, visibility is empowerment. By showcasing diverse transgender narratives in media, we validate their experiences, challenges, and triumphs. This visibility can be a source of inspiration and empowerment for transgender individuals, fostering a sense of belonging and acceptance. It sends a powerful message that their stories are valid, valuable, and deserving of recognition.

Furthermore, increased representation can drive social change. By challenging stereotypes and promoting understanding, media can play a pivotal role in dismantling societal barriers and fostering inclusivity. It encourages audiences to engage critically with diverse perspectives, promoting empathy, compassion, and respect for transgender individuals and their rights.

Additionally, diversity in media leads to richer storytelling. Embracing diverse voices and experiences enhances the depth, authenticity, and complexity of narratives. It broadens horizons, offering audiences fresh insights into the human experience and challenging conventional norms and expectations.



Despite these compelling arguments, the UK media continues to fall short in representing transgender individuals adequately. There is a pressing need for media organizations to prioritize diversity and inclusion actively, ensuring that transgender voices are heard, respected, and celebrated.

In conclusion, the underrepresentation of transgender people in UK media is not merely an oversight but a significant social injustice. It perpetuates harmful stereotypes, fosters discrimination, and deprives audiences of diverse and enriching narratives. It is high time for the UK media to acknowledge this imbalance and take decisive steps to amplify transgender voices, fostering a more inclusive and equitable society for all.



The Tgirl Diaries

A look back at our month here on the Costa Blanca, Spain.

31st March

We meet in Carla's bar to discuss the TG Focus magazine prior to its launch the next day.



1st April

The TG Focus magazine is launched and available free on line, with 214 downloads on the first day.

2nd April

A trip to Varkk bar and Kitchen in Campoamor and a chance to say farewell to Melissa, who has spent the winter in Torrevieja, and now heads back to not so sunny Scotland.

4th April

An invitation to attend the opening night at the Bridge Bar in Punta Prima.



7th April



Emma heads down to La Marina Village for the Eurovision Anniversary Party where she gets to meet up with her "wing girl" Nina.

9th April

We catch up with the beautiful Rola on another night out in Varkk Bar and Kitchen.



17th April



Another night out in Varkk Bar and Kitchen. It must be the food and of course the wonderful hospitality and company of our hosts Rik and Rex.

21st April

The Sea View Bar in Playa Flamenca throws a party night for the LGBT+ community. We meet Kelly a girl from Wales who, I am sure, will become a regular part of our group.



24th April

A night out at Bar Tango in Torrevieja where we always receive a warm welcome

27th April

Celebrating the birthday of our close friend and ally Lina at the Kulturas Bar, Campo de Golf.



Haiku

-Transgender Woman

In the style of the traditional Haiku, using the 5-7-5 syllable structure, I've written without the restriction of describing nature as its focus. The modern Haiku has more freedom, so I have written some tracking the transgender women through some of life's hurdles.

Carla

Hidden away.

Held within, a fear,
Trans woman's silent turmoil,
Brave steps yet to take.

Ready to come out.

Time to tell the world,
Embrace authentic life, now,
Visible as she

Coming out...

In dawn's tender light,
Her truth blooms, petals unfurl,
Transcendent journey.

Out to family & Friends.

Heart's tender reveal,
Words flow, bridges of truth built,
Love's embrace awaits.

Confidence

Blossoming anew,
Her spirit in vibrant bloom,
Trans grace takes flight.

Fighting her inner demons

Blossoms bloom anew,
Transcending storms, she rises,
Courage in her truth.

First steps outside

Blossom in courage,
Petals of truth unfurl bright,

Trans journey, joy's flight.

Leaving the house...

Blossom in new light,
Silhouette of joy transforms,
Laughs dance in her stride.

Looking ahead

Blossoming anew,
Transcendent woman's journey,
Future blooms with love.

Blending

Graceful confidence,
Trans woman weaves through the crowd,
Radiant presence.

Medical transition

In mirror's embrace,
Eyes glimpse dawn of transformation,
Hope blooms in transition.

Content in her own skin

New wings unfurled wide,
Identity's truth embraced,
Transcendence achieved.

A positive future

In tomorrow's light,
Transcendence paints vibrant hues,
Hope's song fills the air.



IN THE NEWS

Germany passes law making it easier to legally change gender

Germany's parliament passed a new law on Friday, easing legal procedures for changing names and gender identity.

The 'Gender Identity Act' was widely supported by the ruling 'traffic light' coalition of Olaf Scholz, though debates were fiery and emotional.

The final vote count was 374 in favour with 251 against.

Full story [Euronews](#)

Sweden's parliament passes a law to make it easier for young people to legally change their gender

The Swedish parliament passed a law Wednesday lowering the age required for people to legally change their gender from 18 to 16, while those under 18 still need approval from a guardian, a doctor and the National Board of Health and Welfare.

No longer required is a gender dysphoria diagnosis, defined by medical professionals as psychological distress experienced by those whose gender expression does not match their gender identity.

[Sweden](#) joins a number of countries with similar laws including Denmark, Norway, Finland and [Spain](#).

The vote in Sweden passed 234-94 with 21 lawmakers absent, following a debate that lasted for nearly six hours.

Full story [The independent](#)

Teenager charged with attempted murder after transgender girl stabbed 14 times at party

A teenage transgender girl was rushed to hospital after being stabbed 14 times, a court has heard. The victim, 18, was attending a roller-skating party with friends when she was allegedly attacked by a group and subjected to slurs, it is said.

Summer Betts-Ramsey, 19, appeared in the dock at Willesden magistrates court on Tuesday, accused of being involved in the stabbing.

Full story [The Standard](#)

The UK's Transphobia Problem Is All Of Our Problem

When Prime Minister Rishi Sunak stood up during PMQs last week and made a snide remark about trans women, the world was watching. Which is to say, the press has extensively covered the story, and those with an awareness of the harsh reality of life for trans people looked on in disbelief. The comment came as part of a sparring match with Labour leader Keir Starmer. Sunak listed what he perceived to be Labour's U-turns, one of which, he said – to cheers and sneers from his bench – was on 'defining a woman'. He added a jibe for good measure: 'Although in fairness that was only 99% of a U-turn' – likely referring to Starmer's [past comment](#), '99.9% of women do not have penises'.

Full story [Elle](#)

Trans rights in Europe: Where does your country stand?

While a number of European nations have been praised by leading trans organisations for their commitment to improving rights for the marginalised group, others - including Slovakia and the UK - have been told they still have a long way to go.

Full story [Euronews](#)