Trans Focus

The World from a Transgender Perspective

May 2026



Breaking up is hard to do

Bikiniphobia

Woman's safety matters

Welcome to May

May is a strange month in Spain. The remnants of April and very mixed weather often spill over into May. Last week it was 16 degrees here, yet a week earlier we had temperatures in the upper 20's. A few years ago we had the coldest Spanish May temperatures on record in the same month as the warmest Spanish May temperatures. It can make changing over from your winter wardrobe to your summer wardrobe a bit hit and miss, until the warm weather takes a hold.

May 1st here in Spain is a public holiday. Labor Day in Spain, is known here as Dia del Trabajador or Primero de Mayo, and was first celebrated on May 1st, 1889. The way in which the Spaniards celebrate Primero de Mayo has varied greatly since then, due primarily to the Francoist State, which lasted from 1936 to 1975. After 4 decades of being prohibited, in 1978 the celebration was finally re legalised and reinstated as a national holiday, and since then every Primero de Mayo has been marked by protests and manifestations all over the country, in which social advances are celebrated, and workers' rights are revindicated.

This month's magazine is as usual, filled with (what we think are) interesting articles for you to enjoy. **Emma** has again given us her very personal account of how a friend can become an ex-friend, just by coming out as trans.

We have put together an **annoyingly clever quiz** for you to enjoy. The idea is to spend just five minutes attempting the questions before flicking to the back page for the answers.

Women's safety is something the transphobic gender critical activists claim to support, yet their only focus is on the fake danger that trans women supposedly pose. Rarely do you see them tackling the real danger to women. It's summarised in an article inside, together with an inclusive definition of a woman and the detransition myth.

Sadly, a decision by the **Professional Darts Corporation (PDC) to ban trans women** from women's darts events is not just disappointing, it is deeply troubling. We look at how a career can be ended with one hateful decision.

Whatever you are up top this month, we hope you enjoy and hope you also enjoy this magazine. We are always looking for articles from anyone who wishes to contribute. Feel free to contact us on the website. Whether it's a photoshoot, personal reflections, stories, or even just an opinion piece on the latest news, we would love to hear from you.

Wherever you are in the world, we thank you for your continued support. We are nothing without you.

Love and best wishes

Carla & Penny xx



Women’s Safety Matters

If Women’s Safety Matters, Evidence Has to Matter



The conversation around women’s safety is often loud, emotional, and deeply political. But if the goal is genuinely to reduce harm, then one principle has to guide us above all others: evidence.

Too often, public debate drifts toward visible, controversial targets rather than statistically grounded realities. In recent years, trans women have increasingly been framed as a threat to women’s safety in public discourse. It’s a claim that generates headlines, fuels outrage, and shapes policy proposals. But it is not a claim supported by evidence.

The evidence tells a very different story.

Two in five rapes are committed by a partner or ex-partner. Six in seven are committed by someone the victim already knows. And 91% of those prosecuted for sexual offences are men aged 18 and over. These are not marginal figures; they point clearly to where the overwhelming risk lies. Violence against women is not primarily a problem of strangers in public spaces. It is rooted in patterns of male violence, often within familiar or domestic contexts.

This matters, because misidentifying the source of harm does not just distort the conversation—it actively undermines solutions.



There is no credible body of evidence showing that trans inclusion increases violence against women. Multiple reviews of policies in workplaces, public facilities, and institutions have failed to demonstrate any

link between inclusive measures and increased risk. In contrast, there is extensive and longstanding evidence connecting violence against women to misogyny, gender inequality, economic dependence, and failures in legal and social protection systems.

In other words, we know what drives harm—and it is not who is allowed to use which bathroom.

Focusing on trans women as a threat may feel, to some, like a protective instinct. But it diverts attention from where intervention is urgently needed. It shifts resources, political will, and public concern away from tackling domestic abuse, improving conviction rates, supporting survivors, and addressing the cultural norms that enable male violence.

Exclusion creates headlines. Structural reform reduces harm.

If we are serious about women's safety, then we have to be equally serious about intellectual honesty. That means resisting narratives that are emotionally compelling but evidentially weak. It means asking difficult questions about why certain fears take hold despite a lack of supporting data. And it means centering policy and advocacy on what will actually make women safer.

This is not about dismissing concerns. It is about grounding them.



Women deserve safety strategies built on reality, not rhetoric. They deserve investments in prevention, education, and support systems that reflect how violence actually occurs. They deserve a public conversation that is guided by facts rather than fear.

If women's safety matters, all womens safety, evidence has to matter.

And the evidence is clear about where the real dangers—and the real solutions lie.



What is a woman?

A woman is someone who **identifies and lives as a woman.**



Being a woman is not defined by hair, **makeup**, clothing, body parts, or the *roles society expects her to perform.* **A woman does** not have to be **a mother, a wife, a caregiver**, *or anything others project onto her.*



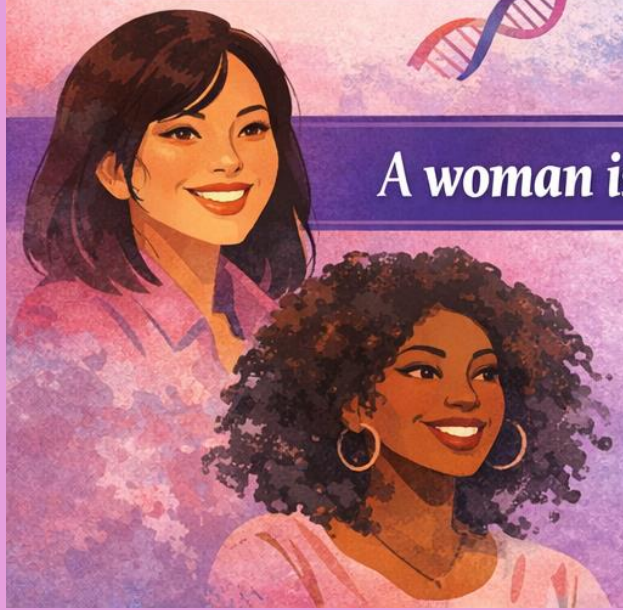
Women experience womanhood in different ways. *Some are raised into it from adolescence, while others come to it later in life.* *Some people may move toward or away from that identity as they grow and understand themselves.*

A woman is not defined by a *single biology, experience, or perspective.* **A woman** *defines herself, determines her path, and shapes the world around her.*





A woman is human.





BREAKING UP IS HARD TO DO



I am trans, progressive, left-wing, open-minded. And so, you quickly assume that your circle of friends reflects the very same qualities you embody. When, about three years ago, I cautiously began telling my friends that I was trans, I therefore expected complete acceptance, understanding, perhaps even a new depth to our friendship. After all, that's how I react to the friends around me. Naturally, it would be the same the other way round.

Now, three years later, I can take stock of my coming out to my friends. In general, the reactions were heart-warming. Ranging from: “how did you manage to keep that to yourself your whole life” to “how lovely to have a new girlfriend”.

What struck me were the more than averagely positive reactions from my female friends. Almost without exception, they responded to me with a special sense of closeness that I had never noticed before. With several of these women, I have since built a female friendship that is so incredibly different from the relationship I used to have with them as a man that I regularly wonder how I should explain this phenomenon. I have realised that I never understood how a friendship between women works and how very different it is from the average friendship between men.

In a friendship between women, so many things are normal that would be completely unthinkable in a friendship between men. I’ll mention a few: complimenting each other on your appearance, your clothes, your make-up; giving each other friendly hugs; telling each other everything, and I mean absolutely everything; kissing each other without any sexual intent, simply because you care about someone; borrowing each other’s clothes, sleeping together in one bed without having sex, really communicating, laughing at ‘men’s stuff’. I could go on for ages.



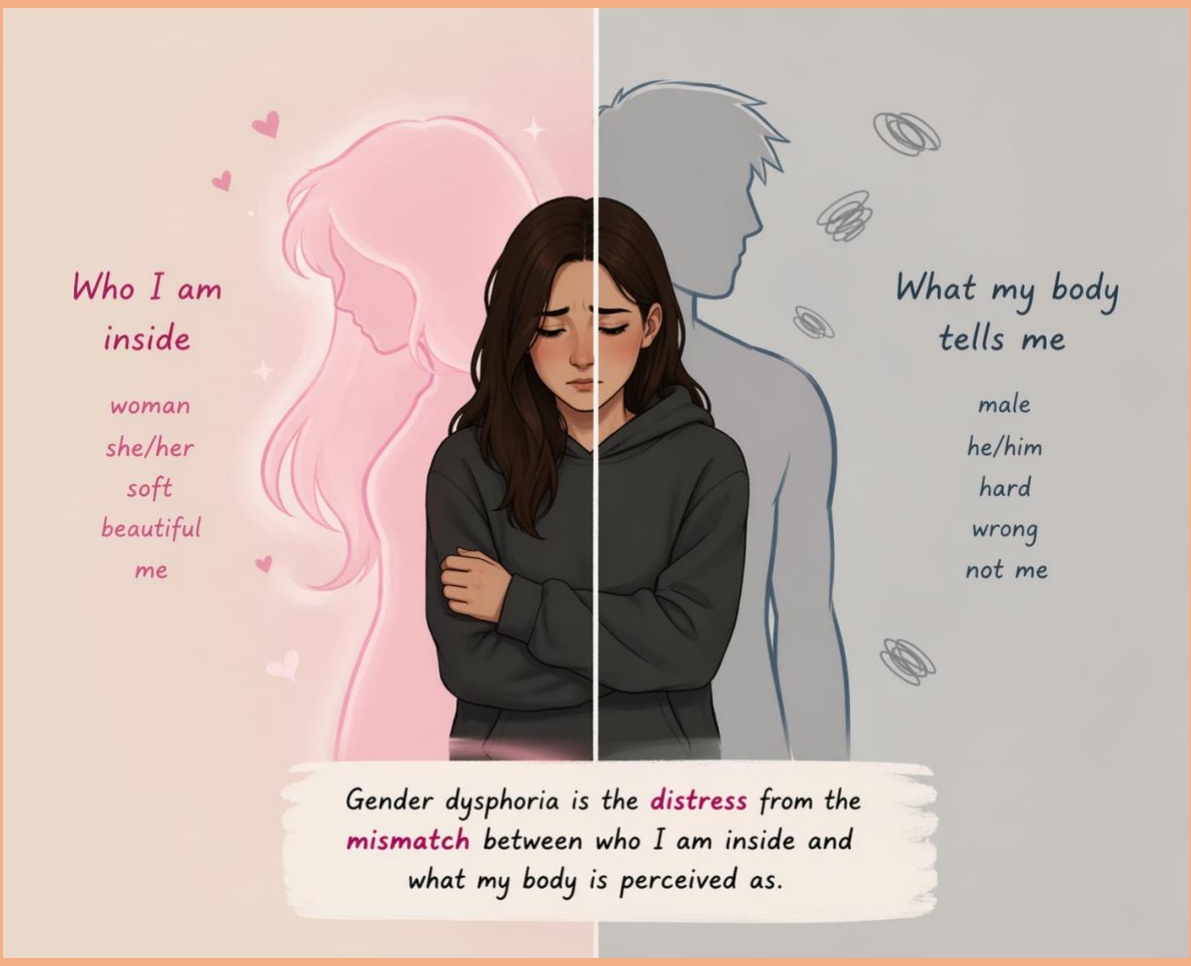
But then, sentences that begin with “generally speaking” are always followed by “but”. And that applies to my sentences too. I’ve always refused to take into account the fact that I might one day be rejected by my friends. And yet that’s exactly what happened in one instance.

I’ve known Hans for 25 years. He was the last person I sold a house to when I was still working for an estate agent 25 years ago. That estate agent’s slogan was “Our clients become our friends”. Although I fundamentally disagreed with this slogan, it did hold true in this specific case. Hans and I have shared 25 years of joys and sorrows. I’ve been his tennis partner, raced him to hospital in an emergency, we attended each other’s birthdays and those of each other’s children; in short, we got on really well. Until it turned out I was trans.

About three years ago, I informed Hans about my trans identity via a long WhatsApp message. It must be a bit of a professional habit; I like to put important things in writing rather than discussing them verbally. That even extends to communicating about important matters with friends.

A few weeks later, I invited him over and prepared him for the fact that he would see me as a woman this time. That didn't go well.

I tried to explain to him what it's like to have trans dysphoria, how I've longed to be a woman my whole life, that since I was eighteen, I've had a secret feminine wardrobe that I've hidden for 40 years, that I don't want to take these secrets to my grave…



Unfortunately, it turned out to be a lost cause with him. After two hours of baring my soul, emotional flashbacks to many periods of my life and trying to teach someone who is completely ignorant something about my world, he said goodbye to me. He said, literally: 'Well, (deadname), I'm still going to see you as

a bloke in women's clothes, you know!' The remark made the blood rush to my cheeks. As it turned out later, this remark would set the tone for the views he continues to hold about me.

I wrote my friend a long message on WhatsApp and tried to explain to him why I felt so hurt and how disappointed I was to be treated this way by a long-standing friend. I also asked him to read up on the 'phenomenon' of trans women and men. I even gave him a few reading suggestions. I didn't receive a reply.

Months later, I saw him again when he was staying in Spain for a few weeks. He said he hadn't replied because he preferred to do so in person. Unfortunately, his response consisted solely of insisting that he was entitled to his opinion. That 'opinion' implies that all trans women are men in women's clothes. And that I've become gay. The fact that this view is based on total ignorance and a denial of all forms of diversity is no problem at all for him. His opinion is sacrosanct, even though it's not based on reality, but on his interpretation of the facts.



The list of incidents and run-ins we've had over the years since then is long, so I'll limit myself to just one example. During a visit to his wife's birthday party, he managed to use my dead name 12 times in two hours. That's once every 10 minutes on average, even though I corrected him every single time. He had known me by my current name for over a year by then. I don't need to explain that this has nothing to do with making a mistake; this is outright harassment.

Despite all the discomfort, I tried, against my better judgement, to maintain our 25-year friendship. But as always, the climax eventually came. A while ago, we went out for dinner with a group of friends, of which he is also a part. At one point, the conversation turned to hats, and he asked me why I never wore a hat.

"Because that's quite a nice, feminine thing to do."

I replied that I wasn't really the type for a hat and that I didn't need a hat to be feminine. His initial response was a sort of grunting denial, which wasn't exactly pleasant for me to hear. But that was only the start of the almost Trump-like nonsense he then began to spout.

"Well, surely there are more trans women who wear hats? Take, for example, come on, what's HIS name again, that comedian from Australia, what's HIS name again, er, er, Dame er, Thingamajig."
It slowly dawned on me that he was referring to Dame Edna.
"You're not seriously comparing me to Dame Edna, are you?" I replied.
"Yes, of course, that was HIS name. He's trans too."
I must have been silent for a moment, after which I said that Dame Edna was a drag queen, an impersonator, and absolutely not a trans woman. He, however, insisted that she was. The discussion raged on for so long that someone else at the table googled Dame Edna. Naturally, it turned out that Dame Edna was not a trans woman.
Hans replied: "But that doesn't change my mind."

I don't know what that opinion is based on now, but at that moment I decided that further discussion with this man was pointless. For the first time in my life, I have ended a long-standing friendship because someone I have considered a friend for 25 years cannot bring himself to respect my lifelong struggle. There is no longer any place in my life for someone like that. Fortunately, I've gained so many others who do have that respect. You all know who you are, I love you.

Emma Bo



From Roast Dinners to Beach Regrets: A Trans Woman's Guide to Surviving Bikini Season

With summer hurtling towards us at a terrifying pace, my thoughts have inevitably turned to the beach, and the glorious prospect of squeezing myself into a bikini while baking under the hot summer sun. For any woman, the mere idea of donning a bikini can trigger a full-scale meltdown of self-consciousness about her figure. But for a trans woman, it's a whole new level of existential dread.



It's not just the usual suspects – those sneaky winter comfort foods that have taken up permanent residence around the middle, or the fact that my thighs now seem to be auditioning for their own postcode. No, it's the added bonus of realising that Mother Nature was apparently on a tea break when it came to issuing my feminine curves. While other women are worrying about whether their bum looks big in that bikini, I'm over here wondering if I'll even have enough bum to fill one in the first place.

Between the lack of natural hourglass proportions and the generous padding I've acquired from one too many winter roast dinners and emergency biscuits, the thought of parading about in minimal fabric feels less like "summer confidence" and more like "public exhibition of my winter hibernation results." Still, chin up (and tummy in), eh? Nothing says "embracing the summer vibes" quite like spending three weeks before the holiday desperately trying to negotiate with your own body like it's a particularly stubborn trade union.

So I have turned to AI to design me a workout routine to help fight those extra layers where I do not want them and place them where I do. On the following pages you will see the workout and I will report back on my progress. Stay tuned…



Sculpting a More Feminine Figure: At-Home Workout Program for Trans Women

Many transgender women want to create a curvier, more feminine physique with fuller hips, rounder glutes, a narrower-looking waist, and a toned but slim upper body. While HRT helps shift fat distribution over time, consistent at-home strength training can dramatically enhance these changes by building muscle in the right places.

This program is designed specifically for home workouts using minimal equipment — primarily bodyweight, resistance bands (optional but recommended), and household items like a sturdy chair, couch, or backpack for added weight.

Program Highlights

- 4 training days per week with 1–2 rest or active recovery days.

- Heavy emphasis on glute and hip development for better waist-to-hip ratio.

- Light upper body work to maintain tone without adding bulk to shoulders.

- Focus on controlled movements and strong glute squeezes.

Important Disclaimer

Consult your doctor before starting, particularly if you are on HRT or have any injuries. Progress takes time — most people notice visible changes after 8–16 weeks of consistent training and proper nutrition.

Warm-Up (5–10 minutes before every session)

March in place, perform leg swings (forward/back and side-to-side), hip circles, and finish with 2 sets of 15 bodyweight glute bridges.

Day 1: Glutes & Hips (Hypertrophy Focus)

- Single-Leg Glute Bridges: Lie on your back with knees bent and feet flat on the floor. Lift one foot off the ground and drive through the heel of the working leg to lift your hips toward the ceiling. Squeeze your glutes hard at the top for 1–2 seconds, then lower slowly. Perform 4 sets of 10–12 reps per leg. (Use a backpack on your hips for extra resistance.)



- Bulgarian Split Squats: Stand in a split stance with your rear foot elevated on a couch or chair. Lower your body by bending the front knee until your back

knee nearly touches the floor, keeping your torso upright. Push through the front heel to rise. 3 sets of 10–12 reps per leg. Excellent for building glutes and improving balance.

- Donkey Kicks: Start on all fours. Keeping your knee bent at 90 degrees, lift one leg behind you toward the ceiling while squeezing the glute. Avoid arching your lower back. 3–4 sets of 15–20 reps per leg.



- Fire Hydrants: On all fours, lift one bent knee out to the side (like a dog at a hydrant). Keep the movement controlled and focus on the side of your glute. 3 sets of 15–20 reps per side.

Day 2: Light Upper Body + Posture

- Lateral Raises: Stand with feet shoulder-width apart holding light weights (water bottles work well). Raise your arms out to the sides until they reach shoulder height, then lower slowly. Keep a slight bend in the elbows. 3 sets of 15–20 reps.

- Face Pulls (with band): Anchor a resistance band at head height (or use a sturdy door anchor). Pull the band toward your face, elbows high, squeezing your rear delts and upper back. This improves posture and creates a more feminine shoulder line. 3 sets of 15–20 reps.

- Knee Push-Ups: From a plank position on your knees, lower your chest toward the floor, then push back up. Keep your core tight. 3 sets of 12–20 reps.

- Plank: Hold a forearm plank position, keeping your body in a straight line from head to heels. Engage your core. 3 sets of 20–60 seconds.



- Dead Bugs: Lie on your back with arms and knees up. Slowly extend one arm overhead and the opposite leg toward the floor while keeping your lower back pressed down. Alternate sides. 3 sets of 10 reps per side.

Day 3: Glutes & Hips (Variation Day)

- Sumo Squats: Stand with feet wider than shoulder-width and toes turned outward. Hold a heavy backpack or water jug at chest level. Squat down by pushing your hips back and knees out, then drive up through your heels while squeezing your glutes. 4 sets of 12–15 reps.

- Hip Thrusts (Shoulders on Couch): Sit on the floor with your upper back resting on the edge of a couch or sturdy chair. Place a backpack on your hips if possible. Drive your hips upward by squeezing your glutes until your body forms a straight line from knees to shoulders. Hold and squeeze at the top. 4 sets of 10–12 reps.

- Reverse Lunges: Step one foot backward and lower until both knees are bent at 90 degrees. Push through the front heel to return to standing. 3 sets of 10–12 reps per leg.



- Frog Pumps: Lie on your back with the soles of your feet together and knees flared out. Drive your hips up toward the ceiling by squeezing your glutes. This is a high-rep glute burner. 3–4 sets of 20–30 reps.



- Clamshells: Lie on your side with knees bent and a resistance band above the knees (optional). Keep feet together and lift the top knee as high as possible without rotating your hips. 3 sets of 15–20 reps per side.

Day 4: Core, Mobility & Active Recovery

- Bird-Dog: On all fours, extend one arm forward and the opposite leg backward while keeping your hips level and core tight. Hold briefly, then switch sides. 3 sets of 10–12 reps per side.



- Stomach Vacuums: Stand tall or get on all fours. Exhale fully and pull your belly button in toward your spine as hard as possible. Hold for 10–20 seconds. 4 sets. This helps create a tighter, more cinched waist appearance.

- Yoga Flow: Spend 10–15 minutes on cat-cow poses, hip openers, pigeon pose, and gentle stretches to improve posture and mobility.

Additional Success Tips

- Progression: Increase reps, slow the tempo (especially the lowering phase), or add resistance (bands/backpack) when exercises feel easier.

- Mind-Muscle Connection: Actively think about squeezing your glutes during every rep on lower body days.

- Nutrition: Consume enough protein and calories to support muscle growth. HRT pairs especially well with this training for enhanced lower-body curves.

- Tracking: Take progress photos (front, side, back) and measurements every 4 weeks.

- Equipment (Optional but helpful): Resistance loop bands, yoga mat, ankle weights, and a sturdy chair/couch.

You’re investing in yourself — keep going!



Annoyingly Clever (Borderline Unfair) Quiz



You have five minutes to complete this quiz. Don't cheat, set your watch timer and go for it. Answers at the back of the magazine.

Good Luck!!

1. **Q:** You're in a race. You pass the person in second place. What place are you in?

2. **Q:** A doctor gives you three pills and tells you to take one every half hour. How long will they last?

3. **Q:** A man describes his daughters: "They are all blonde, but two; all brunette, but two; and all red-haired, but two." How many daughters does he have?

4. **Q:** How many times can you subtract 10 from 100?

5. **Q:** If you have a bowl with six apples and you take away four, how many do you have?

6. **Q:** You buy a rooster to lay eggs. It lays three per week. How many eggs do you get in a month?

7. **Q:** A woman has two sons who were born at the same hour on the same day of the same year, but they aren't twins. How?

8. **Q:** If you're facing north and turn right three times, which direction are you facing?

9. **Q:** What is the next number in the sequence: 1, 2, 3, 4, 5, …?

10. **Q:** If you have three boxes—one with apples, one with oranges, and one with both—and all labels are wrong, how many boxes must you open to label them correctly?

11. **Q:** You see a boat filled with people. It hasn't sunk, but when you look again you don't see a single person. Why?

12. **Q:** How far can a dog run into a forest?

13. **:** A farmer has 17 sheep. All but 9 die. How many are left?

14. **Q:** How many sides does a circle have?

15. **Q:** What word is always spelled incorrectly in the dictionary?

16. **Q:** Some months have 31 days, others have 30. How many have 28?

17. **Q:** How many birthdays does the average person have?

18. **Q:** A man builds a house with all four sides facing south. A bear walks past. What color is the bear?

19. **Q:** How many seconds are there in a year?

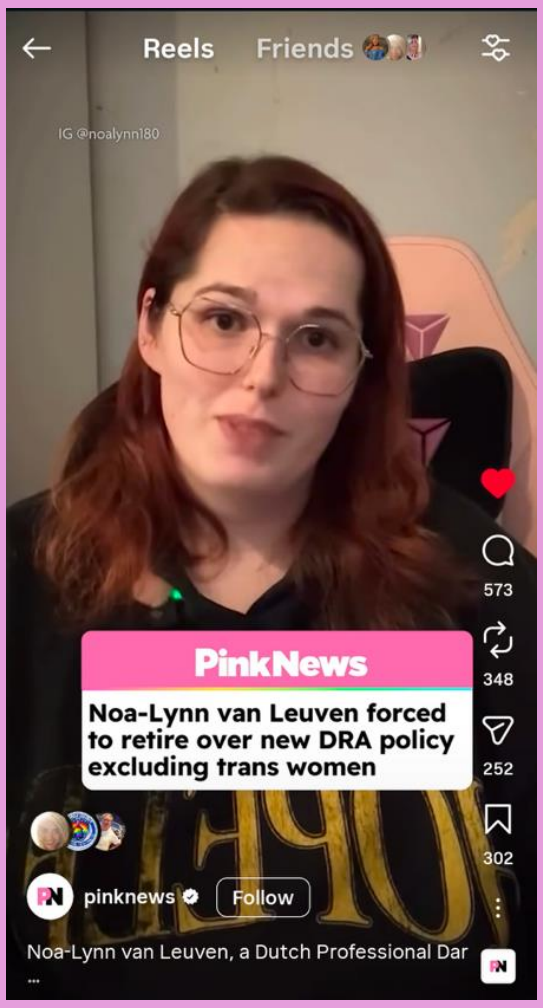
20. **Q:** What comes once in a minute, twice in a moment, but never in a thousand years?

Darts, Discrimination, and the Dangerous Direction of “Fairness”



The decision at the start of April by the Professional Darts Corporation (PDC) to ban trans women from women’s darts events is not just disappointing, it is deeply troubling. It signals a broader cultural shift that goes far beyond sport, raising urgent questions about fairness, safety, and the future of trans rights.

A Forced Retirement



Dutch trans darts player Noa-Lynn van Leuven's response, sharing on Instagram that she now considers herself effectively retired, puts a human face on what might otherwise be dismissed as a policy debate. The reality is, this is someone's life, passion, and livelihood being stripped away. She found out by email, a typically gutless response we have come to expect from such organisations.

https://www.instagram.com/p/DW6eHm5jLMu/?hl=en

At its core, this decision forces us to confront an uncomfortable question: what is the real goal here?

Because if the intention were truly fairness in sport, the conversation would be nuanced, evidence-based, and inclusive. Instead, what we are seeing feels more like exclusion dressed up as fairness. Womens sport is under publicised, under respected, under paid, under represented, but the same people don't care. It increasingly appears that trans women are being pushed out, not just from sport, but from public life altogether.

And if trans women are barred from women's spaces, where exactly are we expected to go?

The implication, whether acknowledged or not, is that we should enter male spaces. In a sport like darts, which is still heavily male-dominated, this is not a neutral alternative. It can be intimidating, isolating, and, in some cases, unsafe. Forcing trans women into these environments ignores the realities of gender dynamics and the lived experiences of those affected. So much for fairness.

This is not inclusion. It is displacement.

For many of us watching, the emotional impact is significant. It creates a chilling

effect, not just for trans athletes, but for anyone who believes in fairness, dignity, and equal opportunity. It sends a message that some people's identities are negotiable, conditional, or unwelcome. That message lingers far beyond the darts board.

And we must ask: how is this fair?

A typical response from social media suggested that if there's no advantage, why are trans women concerned about entering male events? The same people no doubt, who complain about womens safety in male dominated areas, spaces and events.

Why is it always women's spaces that are targeted?

Fairness should not mean exclusion. It should not mean removing individuals from competition without considering the full complexity of identity, biology, and lived experience. Yet, time and again, it is women's categories that are scrutinised, restricted, and policed, while men's spaces remain largely unquestioned. Why is it always women's sport that becomes the battleground?

The Source of the Evidence is unsafe to say the least.

The justification for this decision raises further concerns. The BDO has cited evidence from Dr Emma Hilton, who is affiliated with the organisation Sex Matters.

This is not a neutral source. It is a group widely criticised for its stance on trans issues, and relying on such perspectives without balancing them with broader scientific and medical consensus undermines the credibility of the decision-making process.

Equally troubling is the reliance on an outdated definition of biological sex, one that reduces identity pretty much to genitals. This framework, echoed in last year's Supreme Court ruling, ignores decades of scientific, medical, and social understanding. Human biology is complex. Gender is not reducible to a single characteristic. Policies based on oversimplified definitions risk enshrining discrimination under the guise of clarity.



So where does this leave trans rights?

If decisions like this continue, the trajectory is concerning. Each exclusion sets a precedent. Each policy narrows the space in which trans people are allowed to exist freely and safely. Sport does not exist in a vacuum, it reflects and shapes society. When exclusion becomes normalised in sport, it becomes easier to justify elsewhere.

This moment demands reflection.

Are we building a society that values inclusion, fairness, and respect? Or are we retreating into fear-driven policies that target already marginalised communities?

Because ultimately, this is not just about darts. It is about who gets to belong.

And right now, the answer being given is not good enough.



SECTION 28 IN DISGUISE

In the long shadow of Section 28,
when lives were quietened, written out in silence,
support felt like an ocean - wide, but hollow
and truth had to whisper to survive.

Young hearts learned to hide themselves,
to fold desire into something unspeakable,
to grow in darkness or not at all,
through years that felt like endless night.

We remember. We lived it. We carry it still.
And now the echo returns, reshaped but familiar,
a new silence pressed onto different voices,
a new fear dressed in old language.

This time, it is trans people asked to disappear,
to soften, to shrink, to wait their turn to exist.
But we have seen what that silence costs,
and we will not pretend it is harmless.

So we stand.
past and present intertwined,
hands reaching across generations of resistance,
facing the same storm with clearer eyes,
naming the same quiet cruelty for what it is.
Because this fight is not new,
and neither is our refusal to lose it again.

Carla Moss



The Detransition Myth: How Misleading Narratives Harm Trans People

In recent years, the idea that large numbers of transgender people “regret” their transition has become a popular talking point in some political and religious debates. Headlines and social media posts often suggest that detransition is widespread and that many trans people later regret their decisions.

The evidence tells a very different story.



Multiple studies show that **detransition is rare**. Research examining long-term outcomes of gender-affirming care has found regret rates of roughly **1–2%**, a figure that has remained consistent across decades of research.

Even more important is understanding *why* detransition sometimes happens. The assumption that people detransition because they “realise they were never trans” is largely unsupported by the data. Studies drawing on large surveys of transgender people show that **external pressures are the most common reasons** for stopping or reversing a transition. ()

In one analysis of over 27,000 transgender respondents, the most frequently cited reasons included **family pressure (35.5%), social stigma (32.5%), and difficulty finding employment (26.8%)**.
Only **2.4% of those who detransitioned said it was due to doubt about their gender identity**.

In other words, detransition is far more often a reflection of **social hostility than personal regret**.



This matters because the myth of widespread regret is increasingly used to question access to gender-affirming healthcare. For transgender people, this misinformation can have serious consequences. It can fuel stigma, make healthcare providers more hesitant to offer treatment, and reinforce the idea that trans identities are somehow less valid or stable.

Ironically, when placed in context with other medical decisions, the regret rates for gender-affirming care are **remarkably low**. Many common medical or cosmetic procedures have far higher regret rates. Cosmetic surgeries such as rhinoplasty or other elective procedures can see regret rates well into double digits in some studies. By comparison, gender-affirming treatments consistently show some of the **lowest regret rates in modern medicine**.

Yet public discussion rarely reflects this reality.

Instead, a small number of detransition stories are often amplified to represent the entire transgender population. While the experiences of detransitioners deserve compassion and support, using them as political tools misrepresents the broader picture.

The overwhelming majority of transgender people **do not regret transitioning**. For many, gender-affirming care significantly improves mental health, wellbeing, and quality of life.

When debates focus on exaggerated fears instead of real evidence, transgender people pay the price. Honest conversations about healthcare should be guided by data, empathy, and respect—not myths that distort reality and deepen stigma.

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Orihuela Costa: A Warm and Welcoming Haven for Trans Women on Spain's Sunny Costa Blanca

Nestled along the Mediterranean coast in the Alicante province, Orihuela Costa has earned a reputation as a friendly, laid-back destination that attracts sun-seekers and expats from across Europe, particularly the UK. With its golden beaches, year-round mild climate, and relaxed vibe, it offers more than just beautiful scenery – for many trans women, it provides a genuinely welcoming atmosphere where one can feel comfortable and included.



Spain has long been recognised as one of Europe's most progressive countries on LGBTQ+ rights, with strong legal protections and a live-and-let-live Mediterranean attitude that extends to many coastal communities. While larger scenes thrive in places like Benidorm or Torremolinos, Orihuela Costa stands out for its inclusive spirit, international expat population, and growing sense of community.

A Friendly Coastal Community

Orihuela Costa encompasses popular residential and tourist areas such as Cabo Roig, Campoamor, Dehesa de Campoamor, and La Zenia. It's home to a large British and Northern European expat community, which contributes to an open-minded, cosmopolitan feel. Many residents and business owners are accustomed to welcoming visitors and new arrivals from all walks of life.

Local events like Orihuela Costa Pride (with its parade and celebrations) highlight this inclusive ethos, bringing together people to celebrate diversity, love, and equality in a joyful, colourful atmosphere. Transgender individuals are visibly part of these gatherings, reinforcing a message of acceptance and belonging.

The area benefits from Spain's broader legal framework, which supports gender self-determination and anti-discrimination measures. In tourist-friendly coastal spots, day-to-day life tends to be pragmatic and non-judgemental – people are generally more focused on enjoying the sunshine, good food, and socialising than on anyone's personal identity.

Inclusive Bars and Restaurants

One of the delights of Orihuela Costa is its vibrant selection of bars and restaurants, many of which maintain a welcoming, "everyone is welcome" approach. While the area may not have a dense concentration of dedicated "gay bars" like nearby Benidorm, several venues – particularly around Zenia Boulevard and local promenades – are known for their

friendly service and mixed, inclusive crowds.

Spots such as Temperatura Ambiente, A'Divina, El Abanico, and Divina Pub appear in local recommendations for those seeking LGBT-friendly atmospheres. These venues often feature relaxed vibes, good music, cocktails, and terraces perfect for people-watching or chatting with locals and visitors. Staff are typically warm and professional, creating spaces where trans women can enjoy a drink or meal without feeling out of place.

Beyond explicitly LGBTQ+-listed places, many standard bars and restaurants in Orihuela Costa pride themselves on hospitality. Establishments like Twenty Two Bar & Grill, Rosee Club Cafe, and Crystals Disco Pub offer tasty food, cocktails, outdoor seating, and a convivial setting that draws a diverse clientele. The general consensus from visitors and residents is that prejudice is rare; instead, you'll often find cheerful service, English-speaking staff, and an easy-going Mediterranean charm.

Restaurants serve everything from fresh seafood paella and tapas to international favourites, with many venues featuring spacious terraces overlooking the sea or golf courses. The inclusive nature means trans women can dine out, celebrate with friends, or simply relax with a glass of wine feeling at ease.

A Place to Feel at Home

Orihuela Costa shines as a destination where trans women can enjoy the simple pleasures of Spanish coastal life – long sunny days on the beach, al fresco dining, and evenings in friendly bars – while feeling respected and included. Its blend of British-influenced practicality, Spanish warmth, and growing Pride visibility creates an environment that many describe as refreshingly welcoming.

Whether you're planning a holiday, a seasonal escape, or considering a more permanent move, Orihuela Costa offers wonderful bars and restaurants that reflect the area's inclusive spirit. It's a place where you can be yourself under the Mediterranean sun, surrounded by people who value good company above all else.

For the latest details on events, venues, or community gatherings, checking local social media groups or Pride pages is always a good idea, as the scene continues to evolve in positive ways. Orihuela Costa may not be the loudest voice on the Costa Blanca, but for many, its quiet, genuine welcome makes it all the more special.




I cannot wait for a nice cold glass of red wine!
Seriously, this heat!
FOOTSTEPS
Ugh, I hope they don't stare...
Taberna del Sol.
Should we just go in?
¡HOLA CHICAS!
¡BIENVENIDAS!
¡Hola! ¿Qué os pongo?
¡Salud!
I *love* living in Spain!
¡CLINK!

☕ Everyday Habits That No Longer Make Sense



I was watching TV the other day and saw people in a pub, get up and walk out without finishing their drink. It happens so much on TV and I cant say I've ever felt the need not to finish my drink. It got me thinking about when I see people leave tea at the bottom of their cup, despite not having tea leaves there. It got me thinking about some of the habits people continue, despite there being no apparent reason for doing so. How many of these apply to you? There are 17 here. It's not scientific, but I would suggest that most of us would be into double figurers.

Leaving a little tea in the cup

A hangover from loose-leaf tea where the bottom contained leaves.

Blowing on hot food that isn’t that hot
People automatically blow on soup, tea, or coffee even when it’s barely steaming.

Pressing the elevator button multiple times
Logically it does nothing, but people keep tapping it as if it will arrive faster.

Turning the car radio volume down when parking
People instinctively lower the volume to concentrate, even though hearing has nothing to do with parking.

Saying “cheese” for photos
Originally used because early cameras required people to hold a smile for a long time.

Saying “pull the chain” to flush the toilet.
Of course, it’s when the flush was on the end of a chain. Interestingly, in Madrid recently the place I stayed in still had a chain flush.

Technology Habits From the Past

Saying “roll down the window” in cars
Even though modern car windows are electric.

Using the “save” icon shaped like a floppy disk
Most people under 30 have never seen a real one.

Ending a phone call by saying “bye… bye… bye… ok bye…”
A relic from bad landline connections where you weren’t sure the other person heard you.

Tapping microphones and saying “hello?”
Even when everyone can clearly hear.

🧠 Strange Social Reflexes

People clapping when a plane lands
Originally common when flying was risky. Some places still do it.

Looking up when someone drops something
Even if it obviously fell from a nearby table.

Shaking empty bottles or cartons
People shake milk or ketchup containers even when they can see they’re empty.

Checking the fridge repeatedly
Opening it again as if new food might appear.

🚪 Old Design Habits We Still Copy

Phone “dial” sound effects
Many phones still mimic the rotary dialing noise.

Making a camera shutter sound
Even though smartphone cameras don’t have mechanical shutters.

Hanging up a phone with a “click” gesture
People still mimic the old receiver slam.

Quiz Answers

1. **Q:** You're in a race. You pass the person in second place. What place are you in?
   A: second place.
2. **Q**: A doctor gives you three pills and tells you to take one every half hour. How long will they last?
   A: 1 hour (0 min, 30 min, 60 min).
3. **Q:** A man describes his daughters: "They are all blonde, but two; all brunette, but two; and all red-haired, but two." How many daughters does he have?
   A: 3 (one of each).
4. **Q:** How many times can you subtract 10 from 100?
   A: Once—after that you're subtracting from 90.
5. **Q:** If you have a bowl with six apples and you take away four, how many do you have?
   A: Four.
6. **Q:** You buy a rooster to lay eggs. It lays three per week. How many eggs do you get in a month?
   A: None—roosters don't lay eggs.
7. **Q:** A woman has two sons who were born at the same hour on the same day of the same year, but they aren't twins. How?
   A: They're part of a larger set (triplets, etc.).
8. **Q:** If you're facing north and turn right three times, which direction are you facing?
   A: West.
9. **Q:** What is the next number in the sequence: 1, 2, 3, 4, 5, …?
   A: 6. ***(Because sometimes the trick is that there is no trick.)***
10. **Q:** If you have three boxes—one with apples, one with oranges, and one with both—and all labels are wrong, how many boxes must you open to label them correctly?
    A: One.

11. **Q:** You see a boat filled with people. It hasn't sunk, but when you look again you don't see a single person. Why?
A: They're all married (no *single* person).

12. **Q:** How far can a dog run into a forest?
A: Halfway—then it's running out.

13. **Q:** A farmer has 17 sheep. All but 9 die. How many are left?
A: 9.

14. **Q:** How many sides does a circle have?
A: Two—inside and outside.

15. **Q:** What word is always spelled incorrectly in the dictionary?
A: "Incorrectly."

16. **Q:** Some months have 31 days, others have 30. How many have 28?
A: All of them.

17. **Q:** How many birthdays does the average person have?
A: One.

18. **Q:** A man builds a house with all four sides facing south. A bear walks past. What color is the bear?
A: White (it has to be at the North Pole).

19. **Q:** How many seconds are there in a year?
A: 12 (2nd of Jan, 2nd of Feb, etc.).

20. **Q:** What comes once in a minute, twice in a moment, but never in a thousand years?
A: The letter "M."

How did you do?