

# **TRANS-AFFIRMING AND GENDER** **DIVERSE SERVICE INFORMATION**

Via Trans Mutual Aid Manchester and UoM SU's Wellbeing and Liberation Officer

## Signposting Resources

### The University of Manchester's Students Union

- Gender Expression Fund (open to all UoM students that identify as trans, gender-diverse or intersex) [University of Manchester Students' Union \(manchesterstudentsunion.com\)](https://www.manchesterstudentsunion.com)
- Monthly Sexual Violence Support Drop In with the LGBT Foundation and Trafford Rape Crisis (Advice Service, 1<sup>st</sup> Floor) – Dates here: [University of Manchester Students' Union \(manchesterstudentsunion.com\)](https://www.manchesterstudentsunion.com)
- All-gendered/gender neutral facilities – Lower Ground, Ground Floor and Second Floor
- Advice Service [University of Manchester Students' Union \(manchesterstudentsunion.com\)](https://www.manchesterstudentsunion.com) The University of Manchester
- Trans Association Network [University of Manchester Students' Union \(manchesterstudentsunion.com\)](https://www.manchesterstudentsunion.com)

Societies who specifically mention inclusivity [University of Manchester Students' Union \(manchesterstudentsunion.com\)](https://www.manchesterstudentsunion.com)

- LGBTQ+ Society
- Queer Medics of Manchester
- Queer Legal Alliance
- Jewish Students Kehillah
- The Feminist Collective
- Resist Rape Culture
- Campaign Group – Butterfly Effect

### The University of Manchester

- Counselling and Mental Health Services ([Diversity \(The University of Manchester\)](https://www.manchester.ac.uk/what-we-do/our-services/counselling-mental-health-services))
- Advice and Response (gender based violence and hate crime support) [Report + Support - University of Manchester](https://www.manchester.ac.uk/what-we-do/our-services/advice-and-response)
- Disability Advisory and Support Service [Disability Advisory and Support Service and University of Manchester Assessment Centre \(The University of Manchester\)](https://www.manchester.ac.uk/what-we-do/our-services/disability-advisory-and-support-service)
- Occupational Health Service [Occupational Health Service \(The University of Manchester\)](https://www.manchester.ac.uk/what-we-do/our-services/occupational-health-service)
- All gendered/gender-neutral facilities (interactive map of buildings with them found here [Interactive map | The University of Manchester](https://www.manchester.ac.uk/what-we-do/our-services/all-gendered-gender-neutral-facilities))

### Peer support

- Trans-specific support groups or social activities locally, [LGBT Foundation have a good list here](https://www.lgbt.foundation/)
- Trans Bare All [Contact@transbareall.co.uk](mailto:Contact@transbareall.co.uk)

- Rainbow Noir (for QTIPOC) <https://linktr.ee/rainbownoirmcr>
- Connect - 18-35 trans social group: [connectmcrgroup@gmail.com](mailto:connectmcrgroup@gmail.com)
- Forge, transmasculine adult social group - <https://forgemcr.org.uk/>
- Mxer - group for nonbinary adults <https://www.facebook.com/MxerMCR/>
- LGBTQ+ and visually impaired support group (18+) Email [fay.kesby@rnib.org.uk](mailto:fay.kesby@rnib.org.uk) to get involved or for more info - meets online on the second Wednesday of every month at 6:00PM
- [The Proud Trust](#) – an LGBT+ organisation that supports LGBT+ young people through youth groups, peer support, mentoring programs and the Proud Connections chat service.
- Group for trans people who need support relating to drugs and alcohol, they are based physically in Brighton but have an online support group that anyone can access [TransSober | Support with drug and alcohol use for the trans and non-binary community in Brighton](#)
- [Northern Concord](#) - social group for Cross-dressers, Transgender & Gender Variant individuals and their partners.

### Helplines

- [Switchboard LGBT](#) 0300 330 0630, open 10:00-22:00. Online chat available
- [The Mix Online Crisis Messenger](#) or call on 0808 808 4994. (UNDER 25)
- [Mindline Trans](#) 0300 330 546, Mondays & Fridays 8pm-midnight
- [Galop](#) support LGBT+ who have experienced abuse and violence.
- LGBT+ Domestic Abuse Helpline - 0800 999 5428
- Conversion Therapy Helpline - 0800 130 3335
- LGBT+ Hate Crime Helpline - 020 7704 2040
- Mermaids (Trans, Gender Diverse and Non-binary Helpline) – 08088010400, Monday-Friday 9am-9pm

### Therapy

- [LGBT Foundation \(Manchester ONLY\)](#) free talking therapy
- Indigo Gender Service (talking therapy)

### Advice/Support

- George House Trust - providing HIV support, advice and advocacy services to improve health outcomes [George House Trust | \(ght.org.uk\)](#)

- Trans Actual - offers advice, news and sometimes events that aim to improve Trans peoples quality of life and have advice on accessing trans healthcare <https://www.transactual.org.uk/>
- LGBT Foundation free (advice on sexual health, addiction support, STI testing, ChemSex etc. [Home - LGBT Foundation](#) )

### Sexual Violence Support

- Monthly Sexual Violence Support Drop In with the LGBT Foundation and Trafford Rape Crisis (Advice Service, 1<sup>st</sup> Floor) – Dates here: [University of Manchester Students' Union \(manchesterstudentsunion.com\)](http://manchesterstudentsunion.com)
- LGBT Foundation free (advice on sexual violence through their new ISVA). [Home - LGBT Foundation](#) )
- Trafford Rape Crisis (has drop ins that they regularly share with the LGBT Foundation at the SU) [ISVA Service - Trafford Rape Crisis](#)
- Manchester Rape Crisis (used to be just for women but has expanded) [Listen, Believe, Support | Manchester Rape Crisis](#)
- Survivors Manchester (men and non-binary people) [Survivors Manchester - Break the silence](#)

### Food

- [Queer Food Project](#)
- [Queer Family Tea](#)
- Most food banks now work on a voucher system so you will first have to contact a local agency to be given a redeemable voucher. Typically they provide a 3 day food parcel. The best place to contact is the Citizens Advice Bureau and request an assessment for a food voucher. CAB can be contacted for free on: **0800 2787800**. You can also get a referral directly from the City Council by contacting: **0800 234 6123** or **0161 2345000** You can also get a referral from any health practitioner (your GP, social worker or health visitor) by contacting them directly

### Homelessness:

- Street Support Network - emergency homeless help <https://streetsupport.net/manchester/advice/> & their other help info <https://streetsupport.net/find-help/>
- [AKT](#) supports 16-25 year old LGBT+ youth who are experiencing homelessness, or living in a hostile or abusive household. 0161 2283308 or email: [gethelp@akt.org.uk](mailto:gethelp@akt.org.uk)

### Healthcare

- **Robert Darbshire (The Universities In House GP Practice)**

- **Cornbrook Medical Practice (city centre)** - welcoming of gender diverse patients and can offer all standard GP services and will consider bridging prescriptions of oestrogen and testosterone
- [QueerCare](#) for various kinds of healthcare advocacy
- GenderGP - an online gender identity clinic that can offer diagnoses, HRT and more, including bridging prescriptions. <https://www.gendergp.com/>
- [There is a lot of useful info here](#) about navigating trans healthcare in the UK
- [Hormone Access Flyer](#)
- [Indigo Gender Service](#) (Indigo can also help with things like changing documents)
- [info@actionfortranshealth.org.uk](mailto:info@actionfortranshealth.org.uk) Action for Trans Health email for peer advocacy
- Hormone prescribing guidelines: [Trans woman Prescribing Guidelines 2022 002](#) [Hormone-prescribing-guidance-for-primary-care-March-2021](#)
- How to self-advocate for a bridging prescription: [Bridging Prescription Self-Advocacy Resource.docx](#)

### Disability

- Mobility equipment or other disability-related grants - [Disability Grants](#)
- [Greater Manchester Coalition of Disabled People](#) can help you apply for PIP or appeal a decision

### QTIPOC Support

- [Rainbow Noir](#) – a support group for queer people of colour in Manchester, it is established for and by queer people of colour in Manchester.
- [UK Black Pride](#) – an organisation that hold an annual pride event. UK Black Pride is Europe's largest celebration for LGBTQ people of African, Asian, Caribbean, Middle Eastern and Latin American descent.
- [Purple Rain Collective](#) – a collective for QTIPOC in the UK. They want QTIPOC people to come together to support each other in prioritising their care, safety and wellbeing.
- [Imaan](#) – an organisation for LGBTQI+ Muslims, they organise community and educational workshops as well as safe spaces to meet and socialise.
- [Hidayah](#) – an organisation for LGBTQI+ Muslims. They offer social and support groups in Manchester, London, Newcastle, Glasgow and Leeds.
- [AZ Magazine](#) – an online publication for LGBT+ people of colour. This is a media platform that allows LGBT+ people of colour to showcase their talents and to address the issues that are faced in the BME community.

## Clothing and Style

- Free clothes for trans, nonbinary and intersex individuals -[The TIN Wardrobe](#)
- Check out our document with community [recommendations for underwear for trans women, trans fems, and nonbinary people.](#)
- Manchester-based hairdressers, community recommendations [document](#)

## Digital/Getting online help

- MCC has a service called the Digital Inclusion Team in which they are obligated to provide help getting online for all Manchester residents. For help getting online or filling out web forms text your name and postcode to: **07860064128** or email: [digitalinclusion@manchester.gov.uk](mailto:digitalinclusion@manchester.gov.uk). They will respond with 2 working days with info and resources (e.g. signposting to free services near you, providing equipment and/or training).