

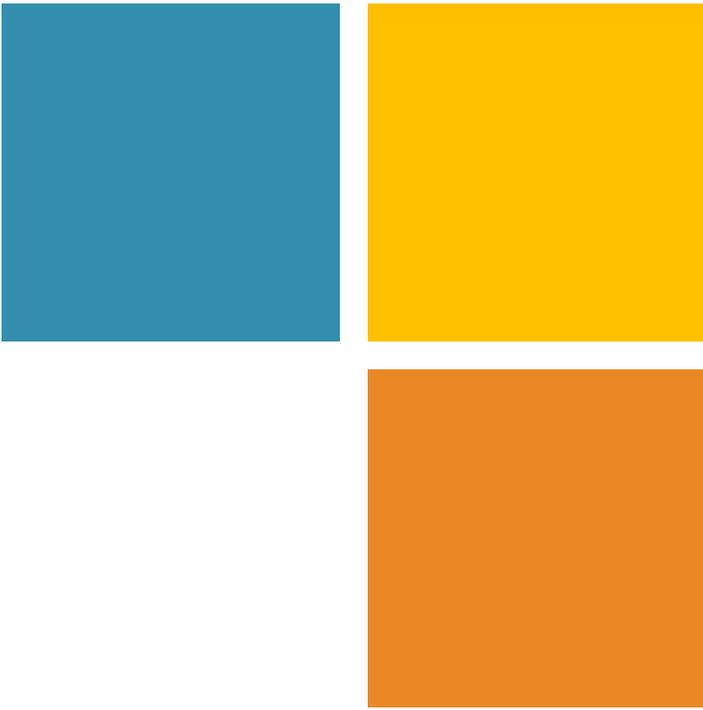


# Welcome Booklet



## The Clare Project & TNB

Providing support, resources and opportunities for the  
trans, non-binary and gender-variant community.



# Welcome!

## Thank you for joining us

Founded in 2000, The Clare Project has been supporting the trans and/or gender-variant community with resources and information, access to subsidised counseling, volunteering opportunities, and a friendly face.

The charity is committed to ensuring their work continues to grow and develop, and that the support needs of the wider community are met.

This has led to further engagement and outreach, and the recent launch of their alternative drop-in: TNB.

Reaching out for support can often be the most difficult part of any journey. Exploring, questioning, or recognising your gender identity can often be confusing, stressful, and often rather isolating.

The Welcome Pack will introduce you to resources, information and opportunities on how you may wish to embrace this exploration of identity and initiate or continue your journey. Regardless of your trans-identity or status, we hope you find this useful.



# The Trans Umbrella

(see glossary on page 7 for further definitions)

Trans identities can represent themselves in a variety of ways, with gender identities being considered separate from sex assigned at birth. A few examples include identifying as a trans man, trans female, non-binary, gender-queer, gender-fluid, gender non-conforming, gender-variant, agender, bigender, two-spirit, and many others. Lots of people from the intersex community also identify with the trans community.

Throughout history and culture, there has been much wider recognition of a variety of genders that go beyond the binary of 'male' and 'female'. Over the past few years, we have seen a much wider recognition of this, with some platforms and organisations listing anywhere upwards of fifty genders.

Unfortunately however, most of these are currently not legally recognised by British government, which can make everyday life difficult for those who consider

themselves to sit outside of the binary of 'male' and 'female'.

Despite this, there are many local and national organisations working towards improving inclusivity for the community, including wider-representation.

Within the community, there are also intersectional groups, who are often further marginalised from society. A few of these include trans people of colour, those with disabilities, the LGB community, sex workers, and the homeless.

Saying this, support and resources for the trans community are continuing to grow, diversify, and improve representation, through funding supplied by local councils, the NHS and various other agencies.

Many trans people continue to live happy and fulfilling lives in a variety of ways, and organisations like The Clare Project are here to support you in achieving that.



# + You are not alone – and we can help.

The Clare Project hosts a variety of activities you can get involved in. Our groups provide a safe space free from judgment and discrimination. We operate in a person-centered, affirming way to ensure the community feels supported and empowered, while providing great opportunities to socialise, volunteer and find out more information on issues that affect trans people.

Everyone from the community is welcome to attend regardless of their trans status and/or stage in their transition.

This 'transition' can mean different things to

individuals from the community, and we ask all attendees are respectful of others' experiences of being trans, as they are mindful that others' may face issues with accessibility to services.

For some, transitioning can involve a change of name and/or pronouns, taking hormones, gender reassignment surgery, voice-coaching, or a cosmetic adaptation to change their appearance (e.g. clothes).

It is important to note that not everyone may take the medical route to transition. Regardless of how you may be embarking or continuing on your journey – we are here to help.

## + Tuesday Drop-in

**Dorset Gardens  
Methodist Church,  
Dorset Gardens,  
Brighton  
BN2 1RL**

Hosted from 2:30-5:30pm every Tuesday, apart from the first Tuesday of the month when it is 5-7pm, this is the longest running drop-in at The Clare Project.

Come along for tea and biscuits, access to fliers and leaflets on support services, and to meet other friendly people.

The Tuesday drop-in also hosts an opportunity to register for subsidised counselling facilitated by a trans-identified counsellor.

The drop-in is free to attend, no booking required – simply come along!

## + Monthly Meet & Eat - and more!

**Various locations across  
Brighton & Hove**

The Clare Project's monthly Meet & Eat happens on the first Tuesday of every month, straight after the 5-7pm drop in, at 7:15pm at one of our favourite local restaurants or pubs.

Both new and old faces, partners and friends, are all welcome to attend this enjoyable social gathering!

TCP has access to a limited subsidy bursary to support the cost of coming along. Please get in touch for more information.

On other occasions we also branch out to further activities including volunteering or fundraising in the community, shopping sprees, quizzes and more!



**Café Domenica  
5 Preston Road  
Brighton  
BN1 4QE**

In collaboration with Switchboard, The Clare Project's newest drop-in – TNB - is on the third Thursday of the month, from 6-8pm at one of our favorite cafes.

TNB hosts a platform in which those who are trans and/or non-binary, or questioning and exploring their gender identity or variance, can come along and socialise, find out more information, and be empowered to get involved.

Monthly sessions are themed on a topic, and has an optional workshop or discussion to engage with. Themes include topics such as: mental health; sports; housing; or substance use.



# Other resources & opportunities in Brighton & Hove, and Sussex.

## Local Charities

### Switchboard

Helpline and various support groups.

[www.switchboard.org.uk](http://www.switchboard.org.uk)

### TransLink – Community Navigation

Support for isolated trans people.

[www.switchboard.org.uk/projects/trans-support/trans-link](http://www.switchboard.org.uk/projects/trans-support/trans-link)

### Trans Survivors Helpline & Drop-in

Support for trans people who have been victim of violence

[www.switchboard.org.uk/projects/trans-support/trans-survivors-switchboard](http://www.switchboard.org.uk/projects/trans-support/trans-survivors-switchboard)

### Clinic-T – Sexual Health & Advice

Testing and advice from trained medical professionals

[www.brightonsexualhealth.com/service/clinic-t](http://www.brightonsexualhealth.com/service/clinic-t)

### Transformers – AllSorts Youth Project

Support for 5-25 year old LGBTQUI people with trans-specific services

<http://www.allsortsyouth.org.uk/>

## Hobbies & Activities

### Trans Can Sport

Sports and activity sessions

[www.facebook.com/transcansport/](http://www.facebook.com/transcansport/)

### BLAGGS

LGBTQ+ sports and activities across Sussex

[www.blaggs.org/](http://www.blaggs.org/)

### LGBT GEEKS

Gaming group/meet-up

[www.facebook.com/BrightonandHoveLGBTGeeks](http://www.facebook.com/BrightonandHoveLGBTGeeks)

### Queer in Brighton/LGBTQ

#### History Club

Arts and cultural networking and events

[www.facebook.com/QIBrighton/](http://www.facebook.com/QIBrighton/)

### Rainbow Chorus

LGBTQ+ choir group

[www.rainbowchorus.org.uk/](http://www.rainbowchorus.org.uk/)

### Older & Out

Social activities and trips for

LGBTQ+ aged 50+

[www.olderandoutbrighton.org.uk/](http://www.olderandoutbrighton.org.uk/)

### Rainbow Hub Inventory

One-stop shop for more info:

[www.therainbowhubbrighton.com/](http://www.therainbowhubbrighton.com/)

## Grassroots Groups & Volunteering

### The Clare Project

Volunteering opportunities: befriending, trusteeship, and facilitation, supporting others.

[www.clareproject.org.uk/](http://www.clareproject.org.uk/)

### Trans Addiction Recovery Brighton

Meet-up group for those in recovery of substance or alcohol misuse

Cascade Café/Facebook

### Trans Pride Brighton

Volunteering opportunities throughout the year

[www.transpridebrighton.org](http://www.transpridebrighton.org)

### Lunch Positive

Cooking and community group for those effected by HIV

<http://www.lunchpositive.org/>

### The Magic Bean Café

Community café supported by the LGBTQ community

<https://www.facebook.com/The-Magic-Bean-Cafe-149216301776808/>

## + Glossary

Please find below a brief glossary of some of the terminology used in this booklet. Do note that many terms are fluid in their use.

### **Trans/transgender**

Someone who identifies differently to the sex they are assigned at birth. Many use the term 'trans' as an umbrella term that includes identifying as non-binary, gender-queer, gender-fluid, agender, bigender, two-spirit, intersex, and other associated communities.

### **Non-binary**

Someone who identifies themselves as outside of the gender binary of 'male' and 'female'.

### **Intersex**

A person who may have been born with biological characteristics which do not fit societal norms that define the sex of 'male' and 'female'. This can include variations amongst chromosomes, genetics, or genitalia.

### **Trans-status**

This can be seen to refer to whether a person is already trans-identifying, or in the beginning, middle, or end of what they consider to be their personal experience of transitioning. This might involve a medical transition, including hormones or surgery; or non-medical, and include name and cosmetic changes – although some people choose a combination of both journeys.

## + Accessibility

The Clare Project is committed to ensuring our events are as accessible as possible. In both Dorset Gardens Methodist Church, and Café Domenica, our meeting spaces are located on a ground-floor level, wheelchair accessible, and have gender-neutral accessible toilet facilities.

Accessibility information for other events, Meet & Eats and volunteering opportunities will be released with their advertisement.

We appreciate that coming along to one of our groups or events may be difficult for a variety of reasons. If you would prefer to discuss this with someone prior to coming along, please get in touch via contact details on the back page. If you would prefer this booklet in a different format, do let us know.



Want to volunteer with  
us?

Get in touch:  
TCPBrighton@gmail.com



## The Clare Project

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