Brighton & Hove - a trans friendly city...
... but discrimination, abuse and social isolation is still experienced.

“I can walk the streets in Brighton and not worry about getting crap for being trans because people are chilled out about it here.”

“People haven’t understood. They still use the wrong pronouns. In the street I get stared at all the time.”

Our research suggests that at least 2,760 trans adults live in the city. Many more study, work or socialise here.

The Brighton & Hove Trans Equality Scrutiny Panel wanted to know:

“How many trans people are there in the city?”

“What are their needs?”

What we did:

- Services and trans groups jointly led the project
- University of Brighton and Brighton & Hove LGBT Switchboard conducted community research, including a survey and focus groups, involving 150 trans people
- We reviewed local data and national research
- We interviewed stakeholders who work with trans people

A group including services and trans community representatives will consider the recommendations and develop an action plan.

Brighton & Hove’s trans community...

Covers a wide range of gender identities, including female, male, gender queer, trans, non-binary and others

Spans all age groups but our ‘out’ trans community has a younger age distribution than all residents

Is more diverse than the general population in terms of sexual orientation

Is represented across different ethnic groups

Has more people with a long term health problem or who are disabled than the general population

Lives across all parts of the city

Is more likely to live in private rented housing

What is Brighton & Hove doing well?

- Trans* Pride
- Schools Trans Inclusion Toolkit
- Trans Equality Scrutiny Panel
- Trans swimming sessions
Health and Wellbeing

**Percentage of survey respondents saying they are in good health**

(Health Counts, 2012)

- Trans 61%
- All 83%

**Trans people:**
- have more limiting long term illnesses or are disabled (trans 44%; all 26%)
- may smoke more (trans 39%; all 23%)
- may be less physically active

**Mental health**

“It’s not surprising that so many of us have mental health issues. It’s because of what we have to deal with on a day to day basis.”

- Gender dysphoria
- Discrimination
- Negative reactions
- Treatment delays

The trans community survey found that in the last five years:
- nearly four out of five respondents had experienced depression
- one in three respondents had self-harmed

Counselling support is limited.

**Health services**

- Positive
  - Good community and voluntary sector support
  - Some GPs very supportive
  - Record keeping
  - Misgendering
  - Awareness and attitudes in some community pharmacies

- Negative
  - GPs awareness of trans issues (including cancer screening)
  - Long waiting times
  - Travel distance
  - Lack of clarity about the care pathway
  - Lack of involvement
  - Administrative errors
  - Delays

Community Safety

“I am on high alert all the time.”

**Feeling safe**

Percentage of people feeling safe after dark in their local area in Brighton & Hove

(Brighton & Hove, 2013)

- Trans 50%
- All 81%

**Hate incidents**

Survey respondents’ experience of incidents due to their gender identity in the last five years

(Trans Community Survey, 2014)

- 64% verbal abuse
- 39% harassment
- 20% physical violence
- 15% sexual assault

At some point in the past, over six in ten had experienced domestic violence.

**What could help?**
- Trans people having greater visibility in the city
- More gender neutral options, e.g. toilets
- Improved police presence
- Further increase in safe spaces

“[It’s] not just a place where I can sleep at night, but also a place where I feel comfortable being open about my gender.”

**Housing & Homelessness**

Brighton & Hove has a reputation which attracts trans people, but

- Limited affordable housing in the city
- Family isolation
- Financial vulnerability
- Harassment and discrimination

One in three community survey respondents having experienced homelessness

**What could help?**
- Trans inclusive practice by letting agents
- Improve trans people and support organisations’ knowledge of housing rights and services
- Homeless services including safer hostel accommodation

“...just to know that there’s trans-friendly police on the beat would be a godsend.”

Community and voluntary sector

Highly valued community and voluntary sector services for trans people include:

- safe space
- drop-ins
- peer support
- volunteering opportunities

However, available resources limit what can be achieved.
Community research participants were concerned about:

- The quality of care to be expected in a care home or hospital
- Whether staff and other users of older people’s services would understand the needs of trans people

A lack of family acceptance and support can lead to:

- being left out of family events
- a need to move away
- relationship breakdown

Percentage of people who could ask someone for help if ill in bed (Health Counts, 2012)

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<th>Trans 39%</th>
<th>All 76%</th>
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Daily Life and Inclusion

Education

School years and higher education are important stages for trans and gender questioning children and young people. However, they are more likely than others to:

- experience bullying and feel less safe at school
- take time out of higher education because of trans-related issues, bullying or harassment

Gaining and maintaining employment can be a challenge for trans people. Not being in work can lead to:

- social isolation
- financial isolation
- difficulties in accessing housing

Further information

The full needs assessment, along with the community research and other related reports are available from autumn 2015 at www.bhconnected.org.uk/content/needs-assessments.

For more information email: publichealth@brighton-hove.gov.uk

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