

# Trans Living in Brighton & Hove

Key findings from the Brighton & Hove Trans Needs Assessment, 2015

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** - 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.



## What is Brighton & Hove doing well?

- Trans\* Pride
- Schools Trans Inclusion Toolkit
- Trans Equality Scrutiny Panel
- Trans swimming sessions

## 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**

# Health and Wellbeing

Percentage of survey respondents saying they are in good health  
(Health Counts, 2012)



- 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

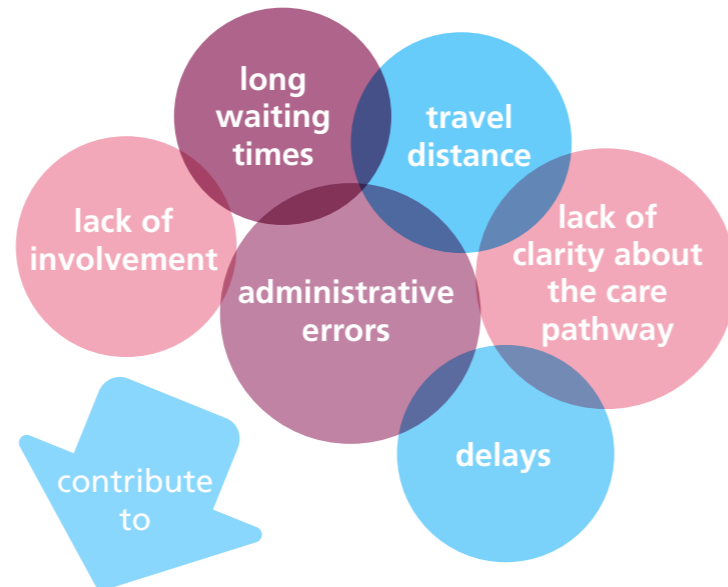
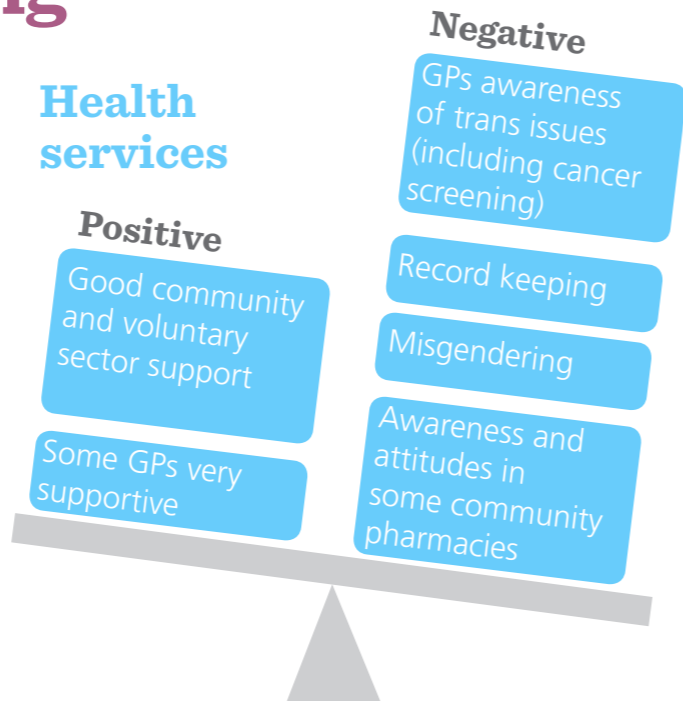
High level of mental health need



- 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**

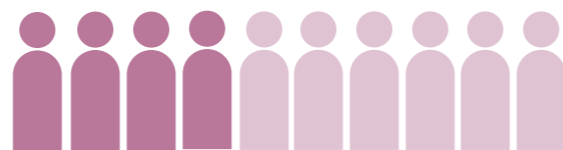
Counselling support is limited.

## Health services



Four in ten Specialist Gender Identity Service users feeling dissatisfied.

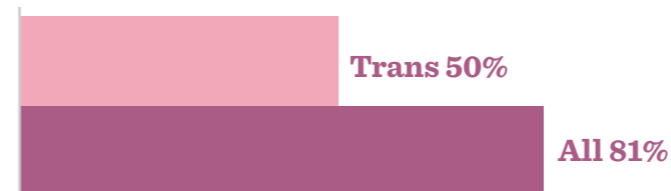
(Trans Community Survey, 2014)



# Community Safety

## Feeling safe

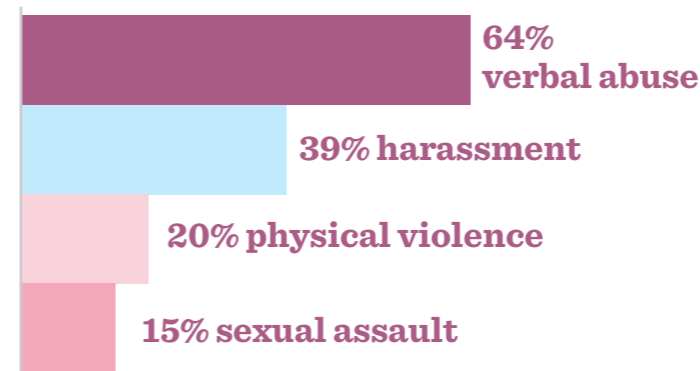
Percentage of people feeling safe after dark in their local area in Brighton & Hove  
(City Tracker, 2013)



"I am on high alert all the time."

## Hate incidents

Survey respondents' experience of incidents due to their gender identity in the last five years  
(Trans Community Survey, 2014)



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, eg. toilets
- Improved police presence
- Further increase in safe spaces

"I know it doesn't make everyone feel safe, [but] just to know that there's trans-friendly police on the beat would be a godsend."

# 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

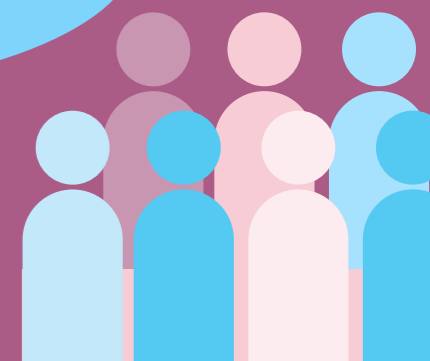
"[It's] not just a place where I can sleep at night, but also a place where I feel comfortable being open about my gender."

# 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.



# Daily Life and Inclusion

“Application forms are binary...  
Toilets are binary...  
Sport teams are binary...”

## Social support

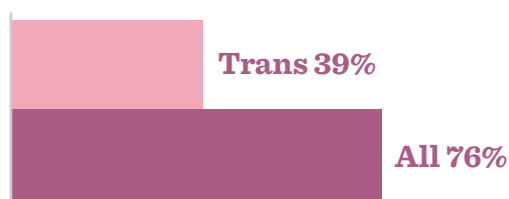
A lack of family acceptance and support



- 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)



## 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

## Finding and keeping work

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



- social isolation
- financial isolation
- difficulties in accessing housing

## At work



### Good experiences:

- supportive employers
- planned transition
- staff forums and mentoring schemes
- supportive colleagues



### Poor experiences:

- exclusion and isolation
- gossip
- fear of transitioning at work

## Becoming older

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

## 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](http://www.bhconnected.org.uk/content/needs-assessments).

For more information email:  
[publichealth@brighton-hove.gov.uk](mailto:publichealth@brighton-hove.gov.uk)

July 2015

