

This book is dedicated to  
all trans+ people lost too soon

Made as part of the  
Trans Aware Cancer Care project (2025)

Edited by Zak Hand

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This is the art book of the contributions to the Trans Aware Cancer Care project. These took the form of fabric squares, as well as forms about the squares with the categories: Title, Description, and Story.

These contributions are from trans+ people and allies telling us about their access to general healthcare, with a focus on cancer care services (including screening). The majority created their own square to contribute, though some were created for them following interviews (these are in a speech-bubble format to reflect this).

The squares were later sewn up into a flag for display.

The squares have been arranged into the following categories based on emotional content. This was done by the researchers, not by the participants themselves.

**Positive (page 6)**

Squares with only positive themes.

**Neutral (page 72)**

Squares with no negative nor positive themes.

**Negative (page 90)**

Squares that have negative themes.

**Extra Negative (page 146)**

Squares with very negative themes, e.g. hopelessness and death.

**Mixed (page 190)**

Squares with a mix of negative and positive messages.

**POSITIVE**

These squares have only positive themes.

**Title** Be an ally

**Description** Words Be an ally  
Heart – top right  
Hearts across the bottom

**Story** We are allies. And then some.

BE

AN

ALLY



**Title**

**Description**

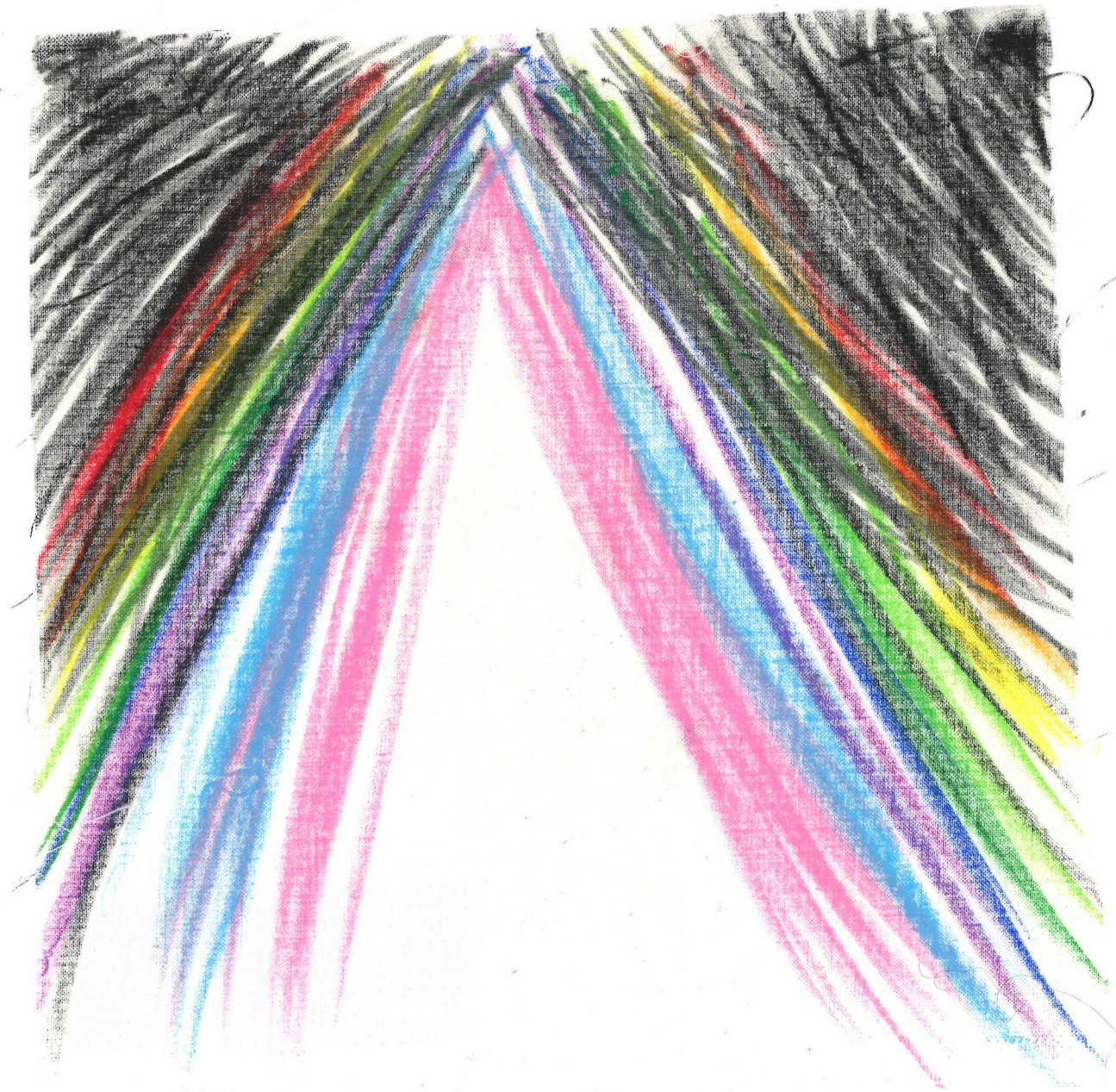
**Story**



**Title** Listen to me

**Description** All voices coming together to be heard and be light in the dark for those who have felt unseen and unheard.

**Story** As an ally and an occupational therapist working with young people in SEMH, having all voices heard, taken seriously and identities at the core of services <3



**Title** Groovy!

**Description** Funky writing in square "Allies are groovy!"

**Story** Supporting my partner and my best pal!

allies

ARE

groovy!

**Title** Felicity the frog

**Description** A frog

**Story** Trans people shouldn't have to fight for their right to be healthy.



Felicity the Frog

**Title** Loud + Proud

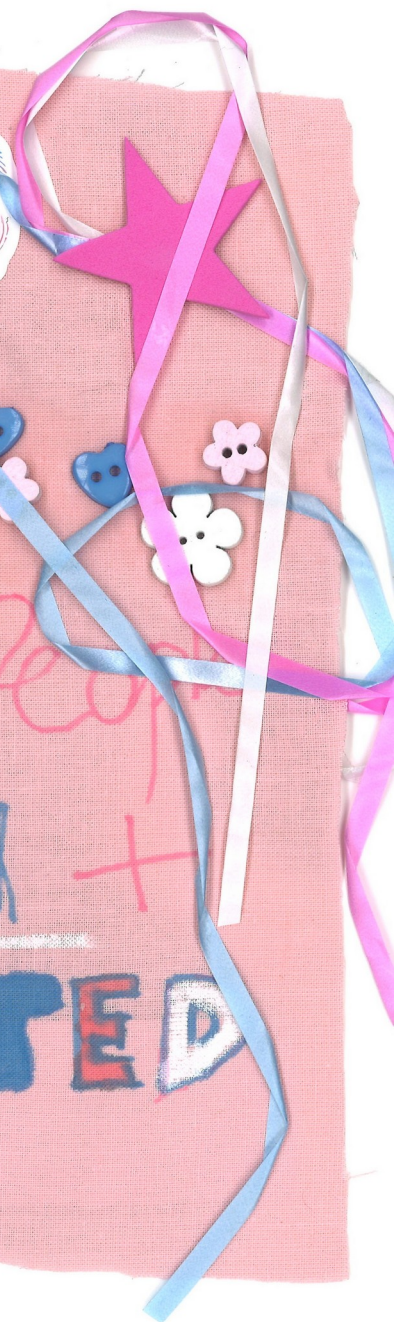
**Description** It is to get the word out and give us a voice.  
Explaining we are all human + should be  
equal!

**Story** We are just people

The Only  
Choice I  
Ever Made  
Was To Be  
Myself

We are just People  
who want to be loved +

**RESPECTED**



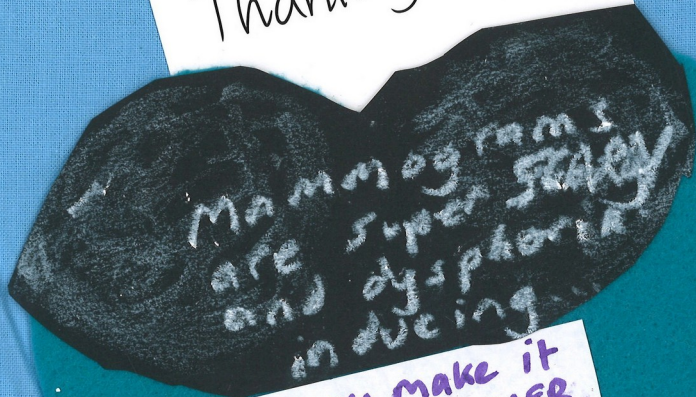
**Title**      Respect my pronouns

**Description**      A blue square with a turquoise felt heart in the centre. There is a small card saying 'Bart's Hospital London, thank you'. Image of mammogram below and text.

**Story**      I found a lump in my chest (not a fan of the B-word!) and was referred to Bart's Hospital screening service by my GP. I was very nervous and dysphoric and as I still hadn't had a first appointment at the GIC after four year's wait there was a part of me hoping it would be cancer (a very small and non-metastatic one!) so I could get top surgery sooner. Everyone at the clinic was very friendly and respected my pronouns, which made all the difference. I got the all clear and a couple of months later I finally got my pre-surgery letter from Nuffield Hospital in Brighton. I was very happy to get my discharge letter from Bart's referring to me as a 'pleasant gentleman' and gendering me correctly. All in all it was a very positive experience at a very stressful time and I'm incredibly grateful to the team at Bart's and to whoever trained them to be trans affirming.

Bart's Hospital  
London,

Thank you



but you make it  
SO MUCH EASIER  
when you

**RESPECT  
MY  
PRONOUNS**

**Title** Rejecting the negativity – growth

**Description** Person walking up the stairs, from dark to light, negative comments to more positivity

**Story** I grew up hearing lots of negative opinions + language around people being trans. I grew up to do my own research and become friends with the most AMAZING trans+ people + reject those opinions.



Don't understand

strange

Weird

Stop

No

Stay away

Odd

Bad

try

Listen

Kindness

Friends

Allies

Angry



**Title** LONG LIVE TRANS PEOPLE

**Description** LONG LIVE TRANS PEOPLE!!!

**Story**

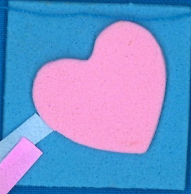
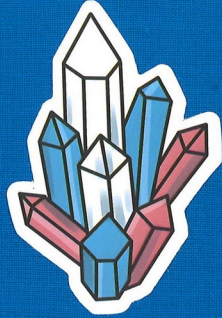
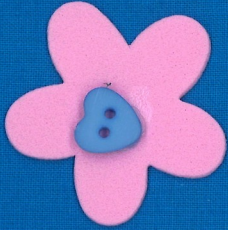
LONG  
LIVE  
TRANS  
PEOPLE



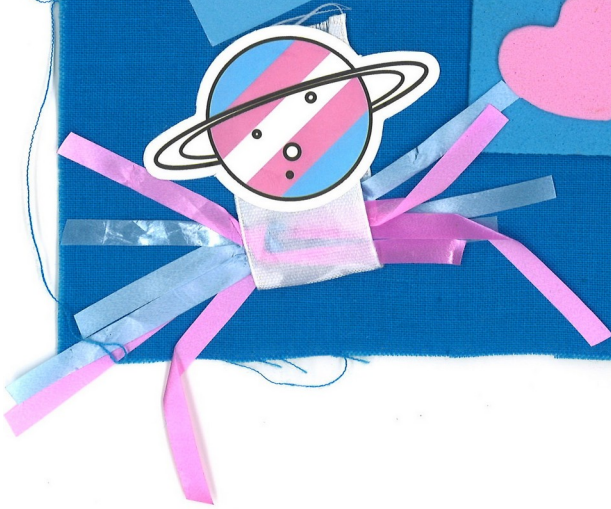
**Title** Trans ally

**Description** Planet with ribbon. Love is love.

**Story** None. Just married to my trans husband.



TRANS  
ALLY



**Title** I love u

**Description** Eye in mouth  
I  
Love u!

**Story** I feel a lot of eyes can be on trans people and I can imagine they can be put under lots of pressure so I feel it's important to say I love u to everyone! :)



**Title** "Trans Hearts Matter"

**Description** Square to illustrate that allies want to be aligned + it is an emotional connection at the heart of trans aware cancer care.

**Story**

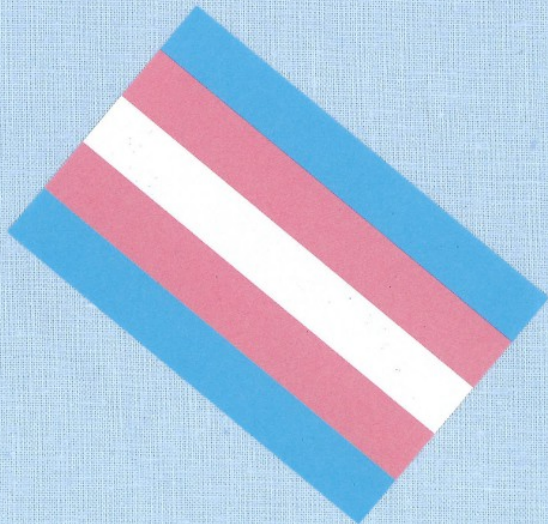


Allies  
Aligned  
at  
Heart

**Title**

**Description**

**Story**

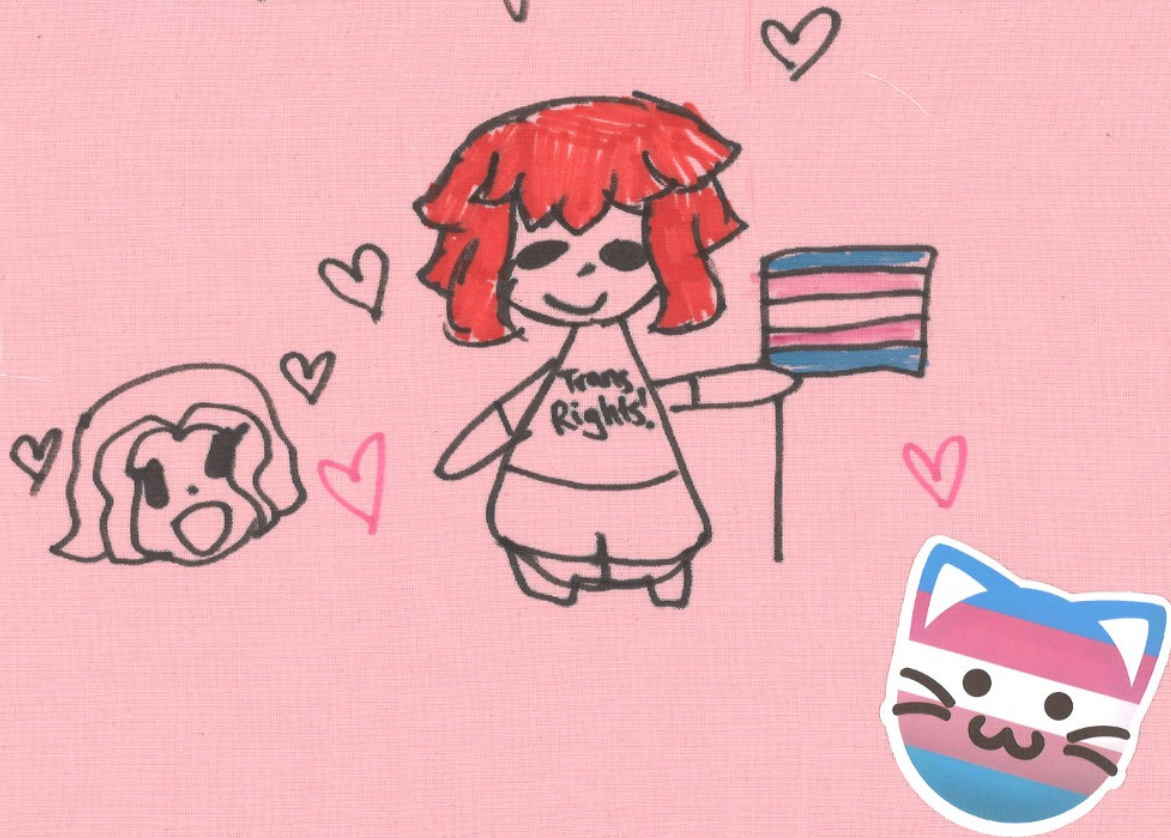


**Title**

**Description**

**Story**

Trans Rights are Human Rights



**Title**

**Description**

**Story**

GOD  
and  
Love  
IS FOR  
Everyone!

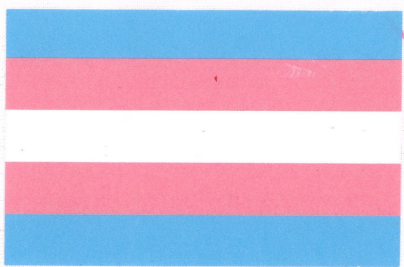
**Title**

**Description**

**Story**



Together we



Can



Transform



healthcare

**Title**

**Description**

**Story**



I LOVE  
*my*  
TRANSGENDER  
GIRLFRIEND

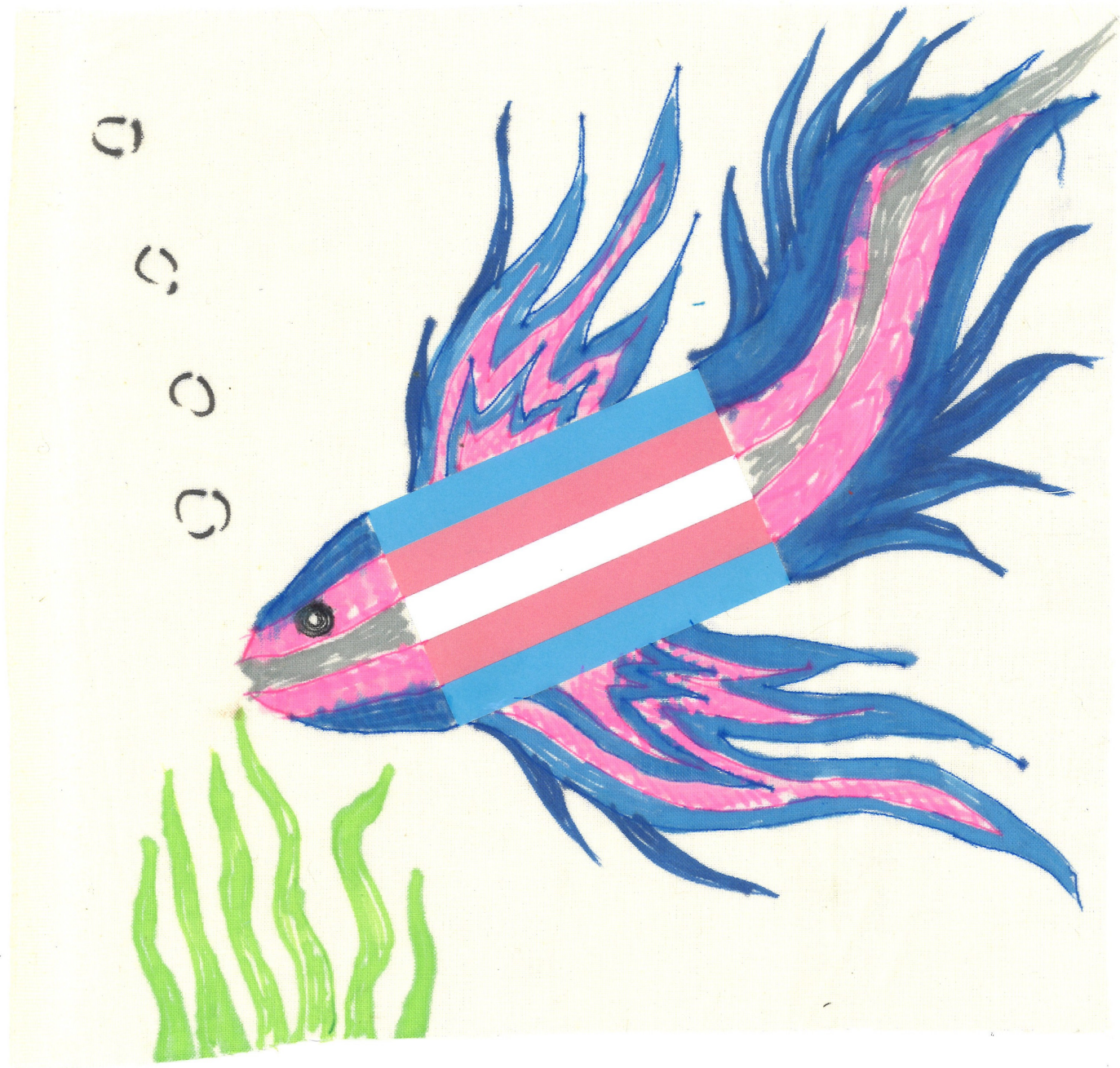


TGT WINS  
I ♥ my enby gf

**Title**

**Description**

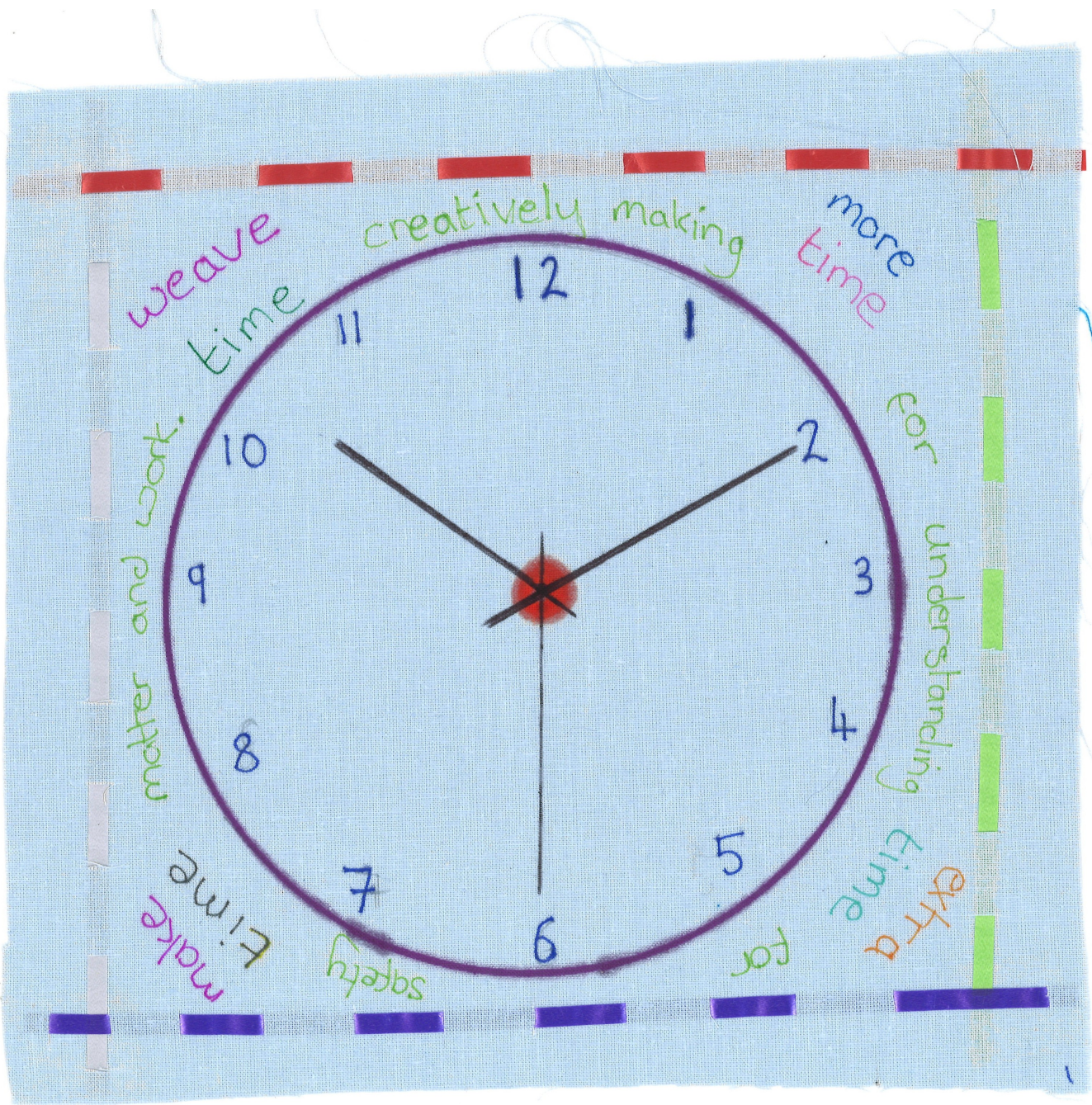
**Story**



**Title** Time matters

**Description** Clock with weaving surround

**Story** Being part of this workshop today and using time creatively and considerately meant that participants felt safe. For some, safer than before they arrived.



weave  
time

creatively making

more  
time

matter and work

for  
understanding

Extra  
for

make  
time

safety

for

**Title** Be nice to yourself

**Description** Picture of Chrisie

**Story** In memory of Chrisie for being an inspiration and advocate for the trans community. I have donated the original of this square to the Museum of Transology.

CHRISIE EDKINS



BE TRUE TO YOURSELF

**Title** In the light

**Description** Emerging from the dark and coming into the light. Light = freedom, information and respect

**Story** Taking space in the world, we can respect what is needed when we hear how best to do this.

TACC can show us the way...



**Title** Jo's Joy

**Description** A young trans girl playing with a ribbon streamer after her first pride. From a photo taken by me, a very proud 'auntie'

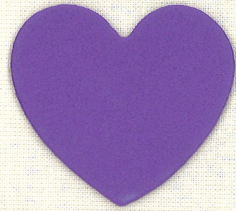
**Story** My hope that Jo will be listened to when accessing services, and her joy will not be diminished.



**Title**

**Description**

**Story**



UNAPOLOGETICALLY  
**ME**



**Title** An ally

**Description** Phrases and words that are a result of being an ally. How supporting transgender individuals makes individuals feel.

**Story** Doing university research about transgender experiences. I've been extremely lucky to chat with individuals and hear their stories. I hope to be able to share these stories to aid understanding and support for all trans+ individuals.

Sharing Stories



listening

Being Seen

Thought About



Support.

Caring

love

Being  
heard



Being Understood

Given the  
Chance

**Title** Validation is strength

**Description** A quote from my doctor during my diagnosis of depression. This made me feel valid and that I was working with someone who understood my experiences and needs.

**Story** Recently i was diagnosed with depression and prescribed a course of medication. When I informed my G.P. (registered at Shirley health Partnership) that I was genderfluid, they were very supportive and respectful. They even asked how well I felt supported by my wide with my transition. They offered extra support and suggested that I use that positive relationship to validate my experience further to improve my mental health. Very kind and positive.

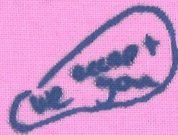
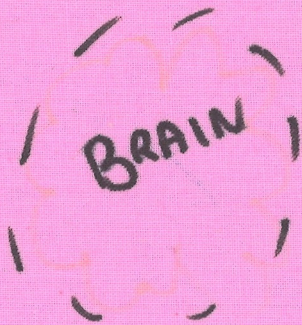
66

VALIDATION  
OF YOUR ~~INHS~~  
GENDER JOURNEY  
IS KEY TO YOUR  
RECOVERY AND  
A SOURCE OF STRENGTH

**Title** "You are loved"

**Description**

**Story** Coming out at university and experiencing the outpour of love and support allowed me to access more support around my mental health

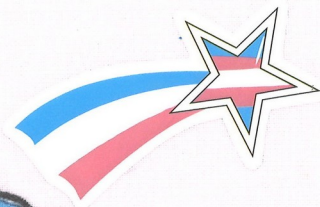


I am  
LOVED!

**Title** I <3 trans

**Description** Coloured drawing on fabric

**Story**



I ♥ Trans  
Who doesn't ?!

**Title**

**Description**

**Story**



LOVE  
PRIDE  
DAY



**Title** All hail mighty Blåhaj!

**Description** Some IKEA shark plushies swimming across a trans flag

**Story** There are several explanations for why the IKEA shark plushie Blåhaj (often just called "Blahaj") has become a mascot of the trans+ community, but whatever the truth of the origins may be, the shark brings comfort to many trans+ people.

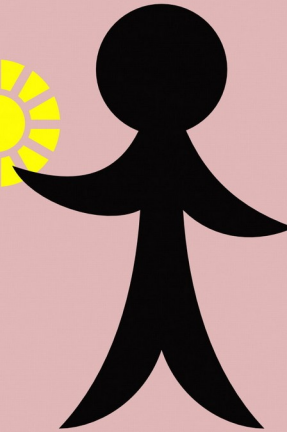
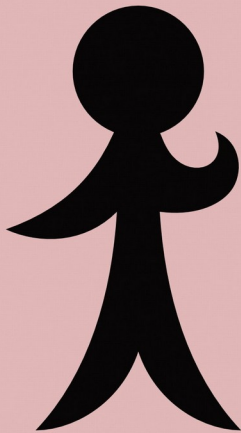
Several trans-flag-coloured shark plushies were handed out at the Pride workshops to those whose days were improved by them.



When she brought up thinking that she might be trans, her GP pointed her towards Beyond Reflections (a local trans+ support group) to help her process those feelings.

I think I  
might be  
trans...

Here's a trans  
support group  
to help you  
figure it out!



**Title** CHIROPRACTORS LOVE EVERYONE

**Description** Stylised "spine"

**Story** As chiropractors we strongly believe that everyone should feel comfortable and welcome within our clinics so they are able to get the care they need in the musculoskeletal sector.

CHIR  PRACTICERS

LOVE

ALL

BACKS

(AND

EVERBODY!!)

**Title** Unicorn Joy

**Description**

**Story** I was very drawn to the unicorn logo used on the cancer care graphics so thought I would recreate it as it felt like the perfect capture of trans and queer joy.



**NEUTRAL**

These squares have no negative nor positive themes.

**Title** Epilepsy

**Description** Yes.

**Story** I got diagnosed epileptic 2 weeks after coming out.

Trans rights



in epilepsy

**Title** Blank

**Description** Blank

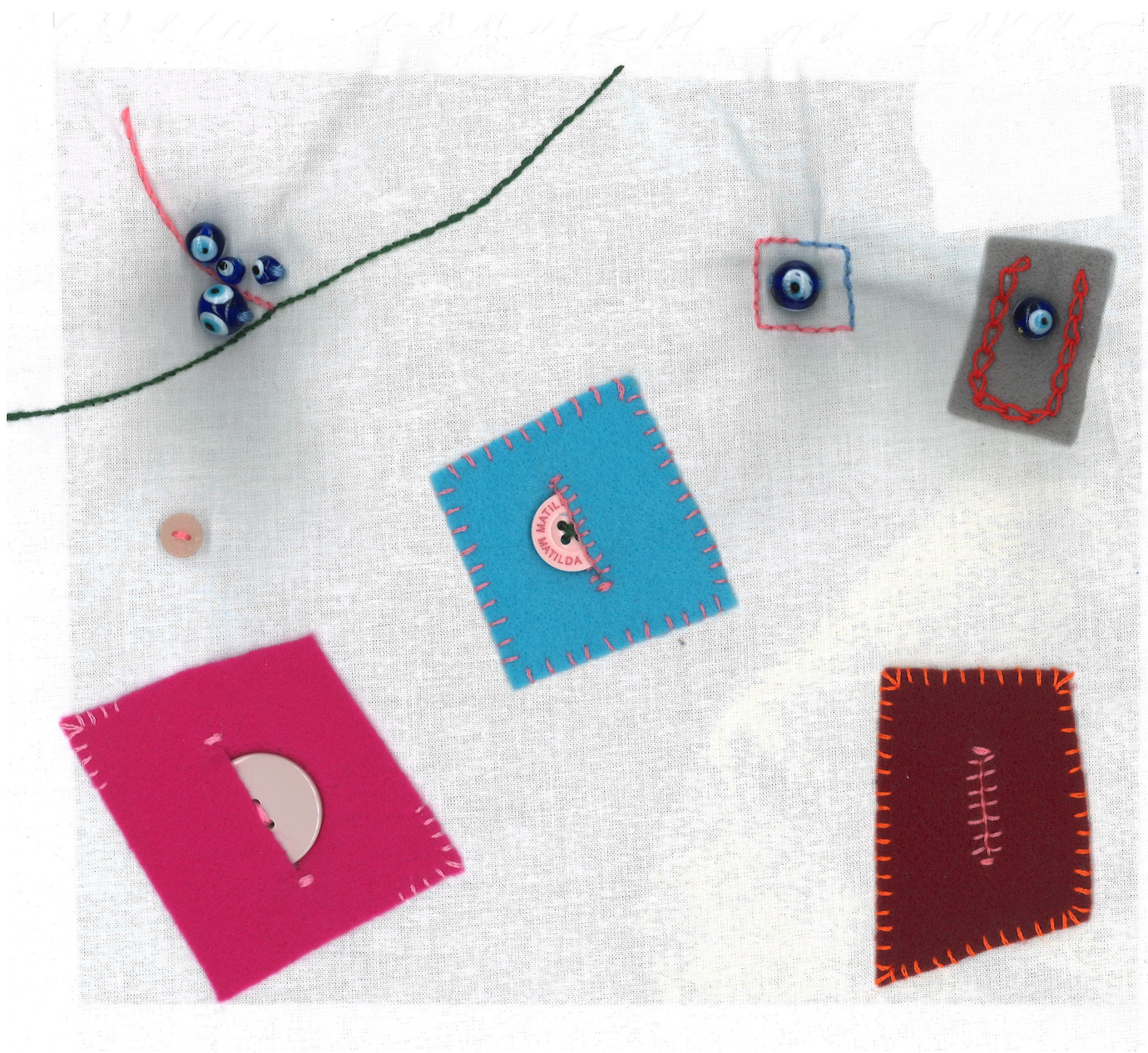
**Story** Blank due to my anxieties of interacting with other people.



**Title** Buttonholed

**Description** Buttons and buttonholes

**Story** HCP. Personalised care is the way forward. One size or type of care does not fit all. We need to know more to respect individual wishes and give care to meet needs and wishes.



**Title** You need to see all of me

**Description**

**Story** I come to the doctors as many things, not just as a person who needs help, but as a friend, mother, as a queer Autistic writer and creative, as a survivor of complex and consistent trauma. I wish I didn't have to be so courageous, brave and resilient all the time. I wish going to the doctors felt as good as going for coffee with a friend.

THERE ARE MANY PARTS  
OF ME

RESILIENT

CREATIVE

HAPPY

AUTISTIC MUMMY

QUEER

KIND

TROUMA

COURAGE ADVOCATE

WRITER

WIFE

FRIEND

SURVIVOR.

TRANS +



**Title**

**Description**

**Story**

IF WE CAN

SUPPORT THEM

Why can't you!

**Title**      The fight for rights

**Description**      Written on square

**Story**

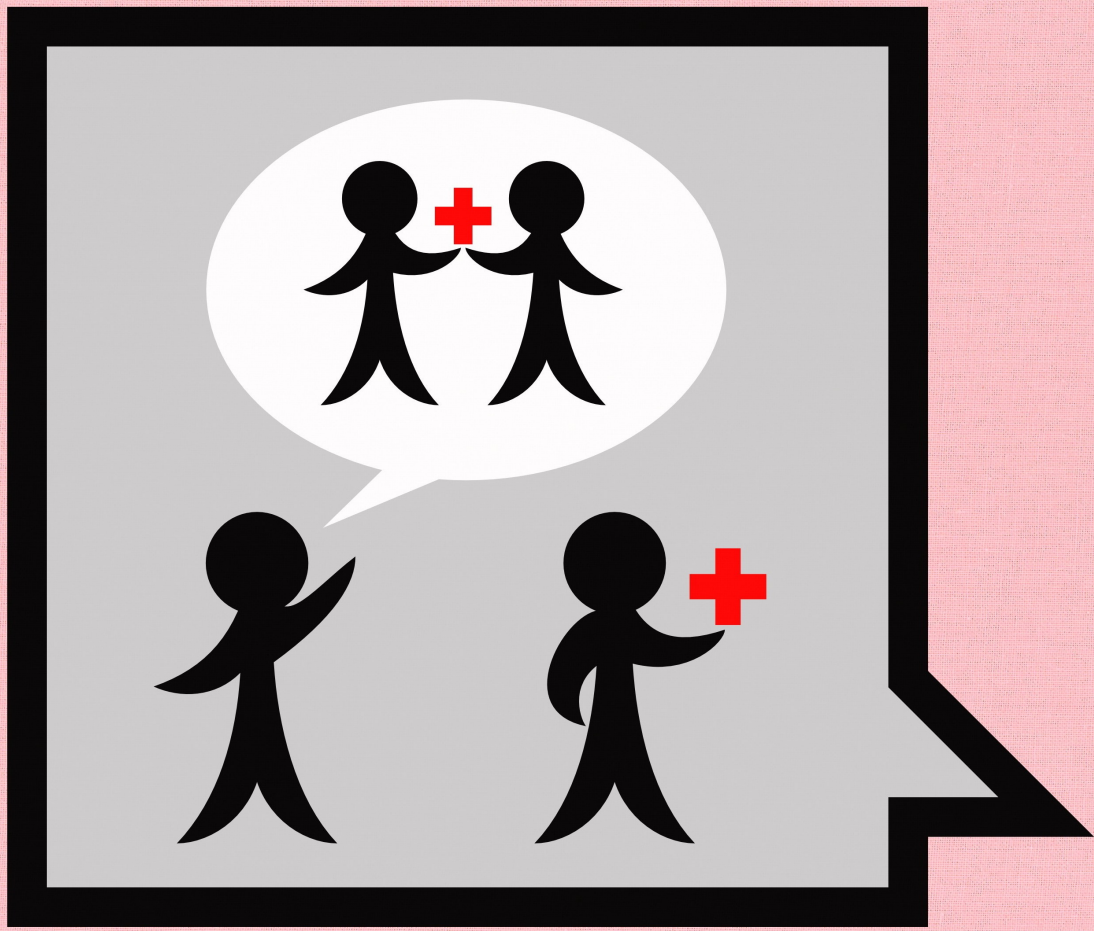
From the perspective of an ally and friend of  
trans people, the inequality within the system is  
disgusting and inappropriate.

Help the fight for their rights.

**Title** In partnership

**Description** I want to work in partnership with you and all health care providers; I don't want to be unwell; I want to get better

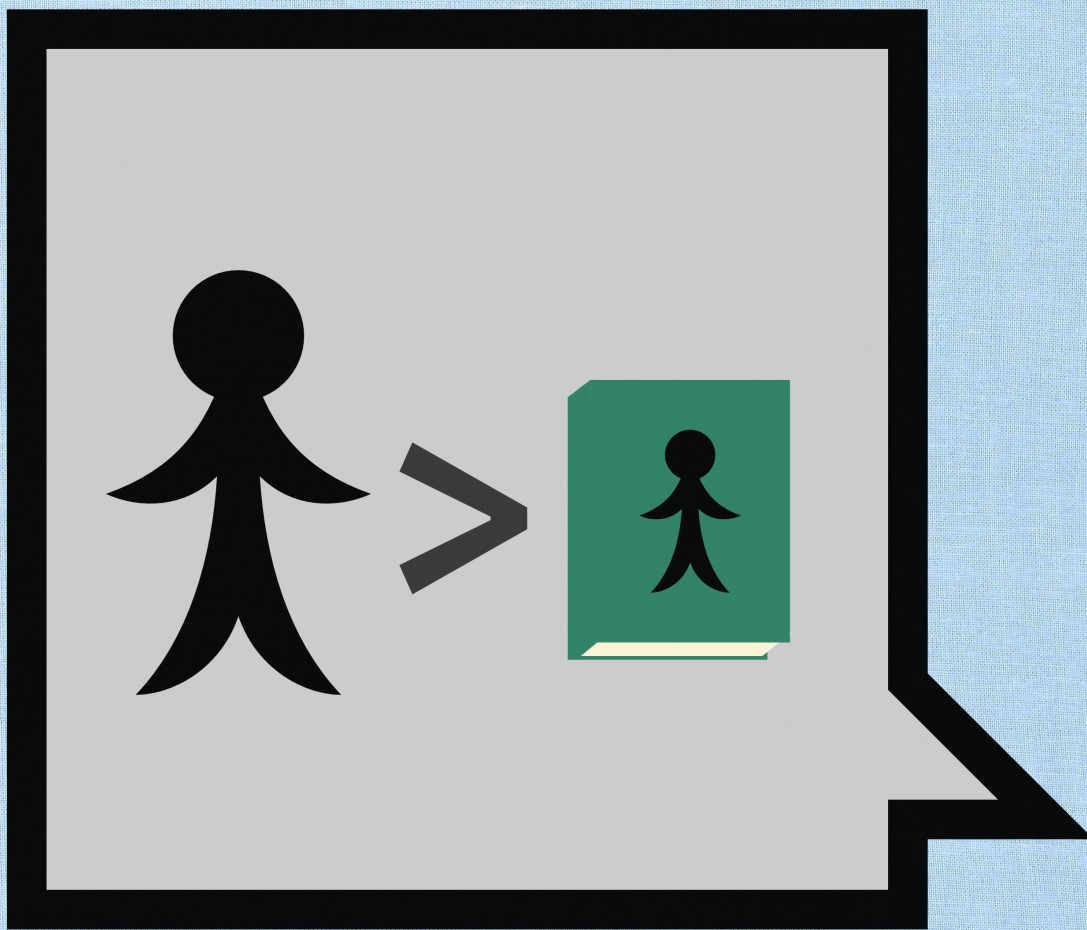
**Story** Health inequality happens because of outside social prejudices, limitations, pressures and expectations – compounded by negative experiences with NHS but it is not NHS' 'fault'. It is difficult for frontline practitioners who are dealing with trans patients for the first time as there is an immense responsibility (and at all levels of healthcare), but we need to help the clinicians relax and be human centred.



**Title** Treat the person not the condition

**Description** I want to say...I know my body better than you know the book about my body.

**Story** GPs do not know your history like family GPs used to, it's problematic as I present as outside the norm and it creates a problem. I want what is best for me right now. My medical record only has F for gender, nothing says previously M (should this be the case?) – We need to be open, or we may not be given the best treatment. I don't want to be treated as female where I need to be treated as male, but if you meet me outside of medical setting, treat me only as female.



**NEGATIVE**

These squares have negative themes.

## **Title**

## **Description**

Stress before the session. Docs and questions and met only before sessions but when meeting with new people how they will react.

## **Story**

Never been and using these services. I am on the beginning of my journey. I would like to be prepared and see how I can process if this happens to me.

I am lost in my doubts and feelings. I am about to panic. How they accept me...I want just to feel myself and be treated as anyone else. I am just asking for understanding and to be able to stand in my shoes.

I am lost in my doubts and feelings  
I am about to pierce close how they accept...  
me... I want just to feel myself and  
be treated as anyone else.

I am just asking for understanding and to  
be able to stand in my shoes.



Noemi

**Title** Wonder Woman

**Description** This is a poem I liked, with a background of mountains with a rainbow. The poem is Wonder woman by Ada Limon, which describes a cis woman's experiences of healthcare for her chronic pain, but I see a lot of gender feelings in it.

**Story** This isn't a poem that says, 'everything is going to be okay', but reminds us that we will challenge everything they know. As a trans woman, I have to do everything myself, (with the help of every community and loved charities). I dressed up as a girl as a little kid just like the made woman in the poem. I wonder if I ever made anyone feel the way the poet did when dressed up. I'm sure I did.

STANDING BY THE SWELL OF THE MUDDY  
MISSISSIPPI

AFTER THE URGENT CARE DOCTOR HAD  
JUST SAID, WELL  
SOMETIMES ~~STAY~~ HAPPENS, I FELL FOR  
NEW ORLEANS ALL OVER AGAIN  
PAIN FILLS SWIRLING IN THE PURSE ALONG  
WITH A SPELL FOR LATER  
IT'S TAKEN A WHILE FOR ME TO ADMIT,  
I AM IN A RAGING BATTLE WITH MY BODY  
INVISIBLE PAIN IS BOTH A BLESSING AND  
A CURSE. YOU ALWAYS LOOK SO HAPPY,  
SAID A STRANGER ONCE AS I SHIFTED  
TO MY GOOD SIDE, GRINNING.  
BUT THAT DAY, ALONE ON THE RIVERBANK  
BRASS BLANK FROM THE STEAMBOAT  
NATCHES,  
OUT OF THE CORNER OF MY EYE, I  
SAW A GIRL, MAYBE HALF MY AGE,  
DRESSED, FOR NO APPARENT REASON,  
AS WONDER WOMAN.  
SHE STRUTTED BY IN ALL HER  
STRENGTH AND GLORY, INVINCIBLE  
ETERNAL, AND WHEN I STOOD TO CLAP  
(BECAUSE WHO WOULDN'T VE)  
SHE BOWED AND POSED BECAUSE  
SHE KNEW I NEEDED A MYTH  
A WOMAN BY A RIVER,  
INDESTRUCTIBLE.

ADA LIMON  
WONDER WOMAN

**Title**

**Description**

**Story**

Dear Project

I have always been hesitant  
to enquire in mainstream NHS GP  
services, - .....

What were the chances of contracting  
some kind of throat or tongue cancer!!

Because a) of oral sex +

b) one of my lesbian friend had  
cancer of the tongue.

I've never plucked up the courage to ask  
+ so from 18-65 - I could have but  
avoided asking.

Trace xxx

**Title** Disabled Trans Healthcare Unity

**Description** Seeing many different trans flags and nonbinary flags, because we are such a big spectrum. Expressing the family you make and community love you share.

**Story** I worry about not being supported within the healthcare system. I often hide my enby self to get the medical care I deserve. I want the disabled community to know Fuck off ableists and transphobes. We aren't going anywhere.

I love you just the way you are  
♥ Thank you for Existing as you ♥



genderfluid

bigender

transgender

nonbinary

genderqueer

demi-non-binary

TOP



pride flag



retro diverse pride symbol



autistic pride symbol

Trans people Deserve  
HEALTHCARE!!!♥

Speak out!  
we hear you  
☺

Disabled Trans people Exist!  
Autistic Trans people Exist!  
ADHD Trans people exist!



**Title**      Waiting

**Description**      Statement of a long wait

**Story**      Five years of waiting just to be seen and denied services of any kind until you are seen should be made criminal.

NHS WAITING LIST ARE  
FAR TOO LONG.

BUT THE WAIT FOR  
TRANSGENDER TREATMENT  
IS JUST CRUEL AND  
SHOULD NOT BE ALLOWED.

**Title** 7 years

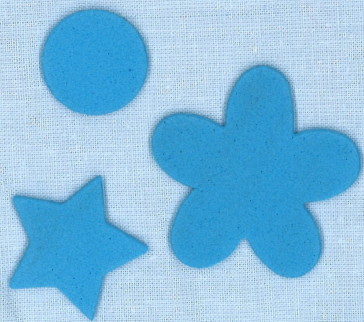
**Description** Blue square w/ stickers  
Text that says "7 years of waiting and I still haven't had my first GIC appointment"

**Story** I was referred to Tavistock when I was 11. I still haven't had my first appointment + get letters from the GIC w/ my deadname.

7

YEARS

of waiting and  
I still haven't  
had my first  
GIC appointment



**Title** Read my notes

**Description** Don't misgender me because you didn't even read my notes.

**Story** Misgendered  
Misnamed  
Tactless  
Non-sensitive.  
Doctors have been dicks.  
Nurses are brilliant.

My notes tell you

My name & My

Gender. DON'T

add MISS to my

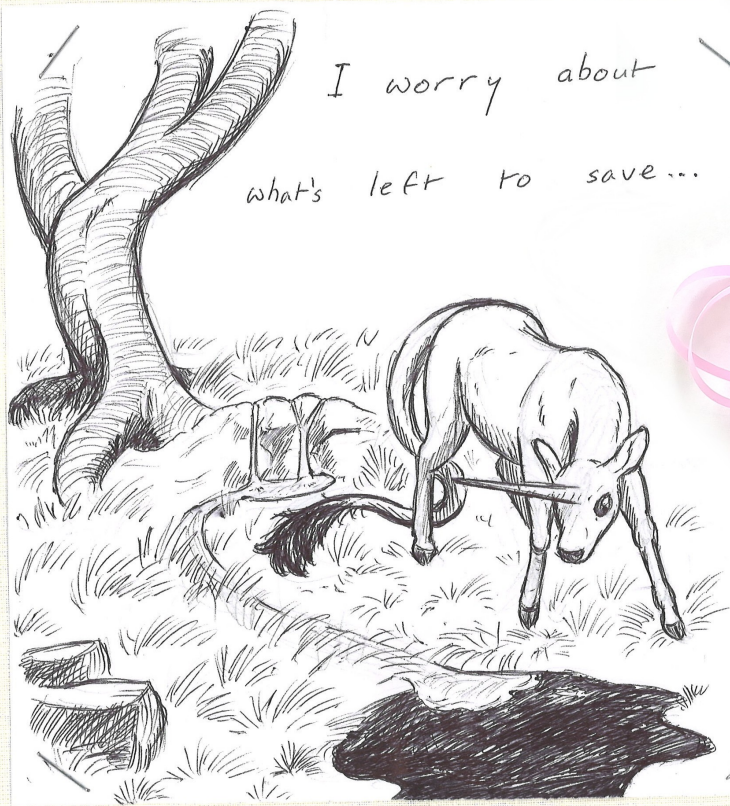
name I AM HE/HIM

**Title** I worry

**Description** A deer-like unicorn looking at a tiny stream flowing into a tarry puddle. Text above reads, "I worry about what's left to save..."

**Story** I'm concerned about the state of the NHS and know what it's like to wait for confirmation of your cancer's stage.

I worry about  
what's left to save...



**Title** Is anyone listening?

**Description** -

**Story** Sometimes as an ally, it feels as though it doesn't matter how much work you do to try to improve the world for trans+ people nothing changes. Like no one is listening. I want to live in a world where all people are able to live authentically as themselves and try to do all I can to help make that a reality. But is anyone listening?



TRANS LIVES  
MATTER!!!

PRONOUNS  
MATTER!!!

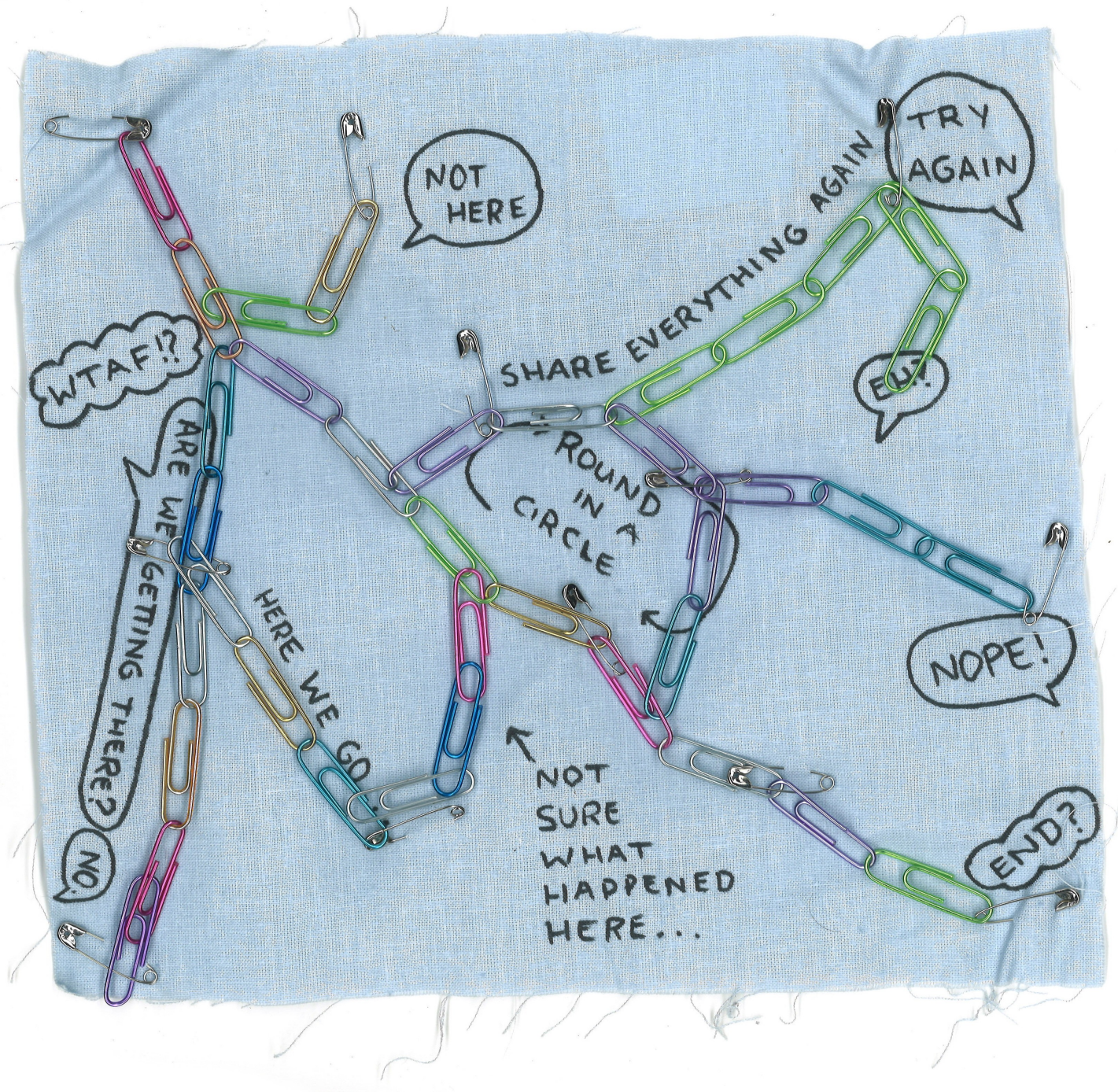


EQUAL ACCESS  
FOR TRANS  
PEOPLE!!!

**Title** The ellipsis of care

**Description** Rainbow paperclips used as chains to show the complexity of getting anywhere in healthcare. Passed from one professional to the next.

**Story** Mine was a reflection on chronic illness healthcare – being pushed from person to person and no one wants to take responsibility for my care or diagnosis.



NOT  
HERE

TRY  
AGAIN

WTF!?

ARE WE  
GETTING THERE?

NO.

HERE WE GO

SHARE EVERYTHING AGAIN

EW!

ROUND  
IN A  
CIRCLE

NOPE!

NOT  
SURE  
WHAT  
HAPPENED  
HERE...

END?

**Title**      Wear a skirt

**Description**      A felt skirt attached to the square, with writing surrounding it: “I want to be respected and taken seriously for who I am. Understand doing something to a part of my body I don’t relate to makes a smear even more uncomfortable than it already is.”, “Helpful: Suggest something comfortable, would be more helpful”, “Not helpful: on GP’s smear top tips: Don’t tell me to wear a skirt.”, and “Don’t deadname me mid-smear. I am vulnerable. You have all the power.”

**Story**

I want to be respected and taken seriously for who I am. Understand doing something to a part of my body I don't relate to makes a smear even more uncomfortable than it already is.



in GP's smear top tips.

Don't tell me to a skirt.

Suggest something comfortable

would be more helpful

I can't smear  
yes all

**Title** Barriers

**Description** Wall with wire  
More bricks / pick axe

- choice: build it up or knock it down

**Story** As an ally I am ashamed to be part of a system  
(I am thinking socialised government, which  
influences healthcare) that seems to want to  
retain/build barriers for trans people

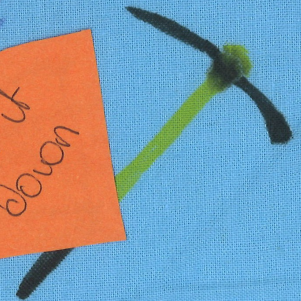
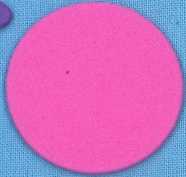
Every Contact  
Counts

Together we can  
make a difference

We each have  
a  
choice

Build it up

Break it  
down



**Title** If you miss us you risk us

**Description** White fabric square with blue, pink, white, grey, and black short downward stitches. With black writing at top "If you miss us, you risk us" and at bottom in purple writing "Trans+ people get cancer too"

**Story** Prefer not to share.

If you miss  
us  
you risk  
us

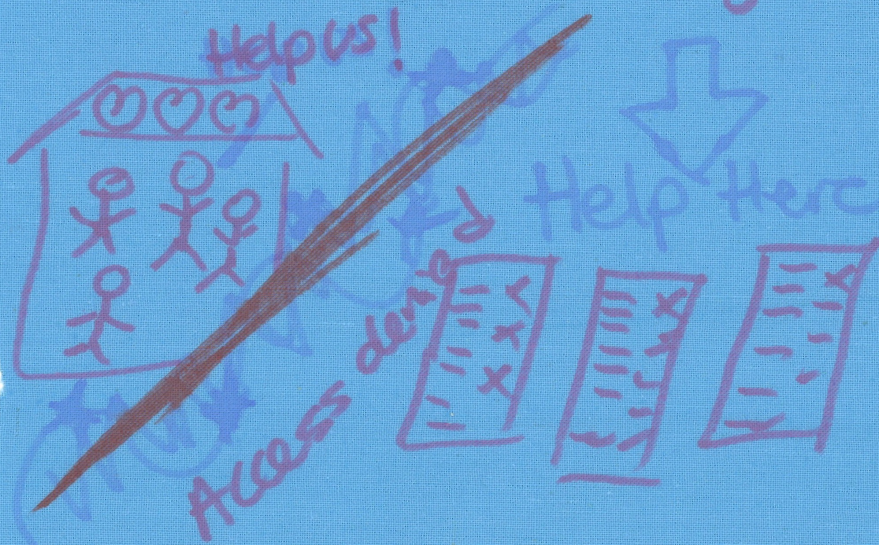
Trans+ people  
get cancer too

**Title** Supporting my daughter

**Description** Supporting and loving my trans daughter is a lovely journey. As a family we try to create a safe home but feel the disjointed services and extreme long wait (years!) for help

**Story** Rather hopeless and makes you feel that your daughter's life is not important to the world and that is extremely distressing as a parent to see.

As a parent you feel helpless  
and disempowered by the disjointed  
and under resourced system



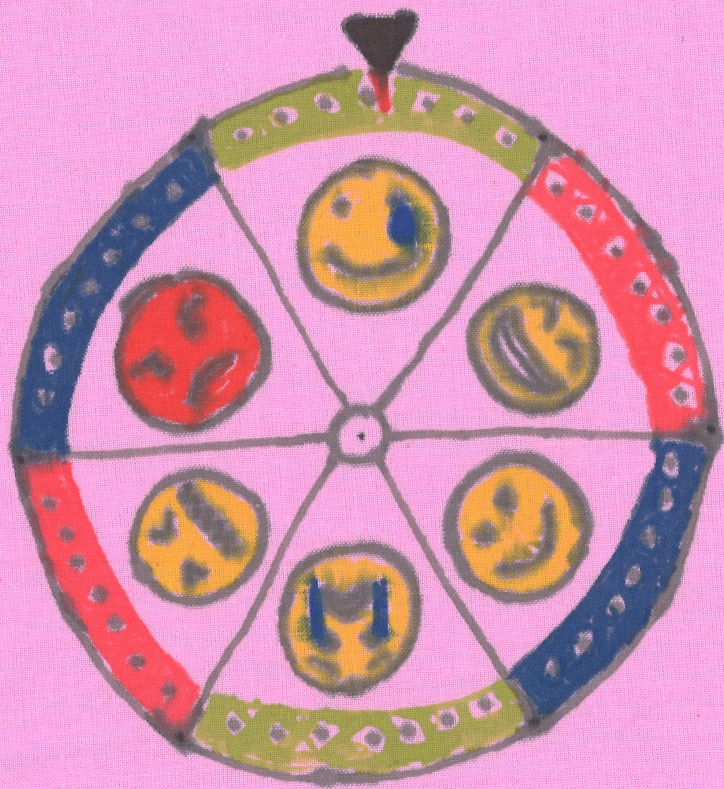
Media stories are so harmful and  
everyday new spin on hate

= ~~Not welcome here~~

**Title** GP lottery

**Description** Roulette wheel of outcomes from approaching GP for trans healthcare.

**Story** Accessing healthcare feels like a lottery. There's no consistency from one GP to the next.



**Title** isolation

**Description** Doctor sat in chair opposite boy

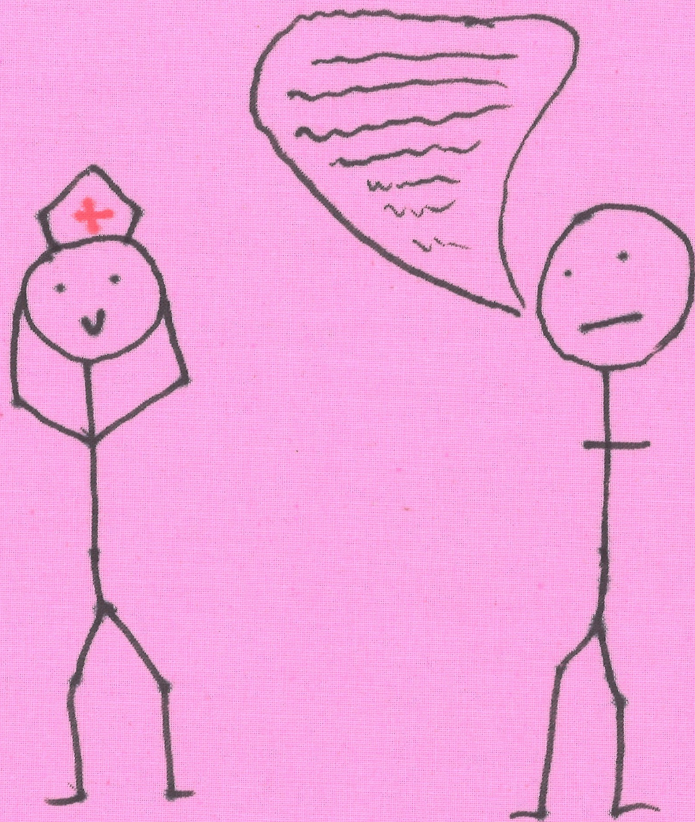
**Story** Talking to doctors feels isolating as a trans person because all they hear is the high voice, all they see is the binder. It's hard to discuss health outside of being transgender, because health issues are always blamed on being queer.



**Title** Nobody wants to listen

**Description** I deal with chronic pain and whenever I go to seek medical help I get brushed off and told it's just part of being a woman and my pain is dismissed because of this. As well as using the wrong pronouns – things need to be better for trans and disabled people

**Story**

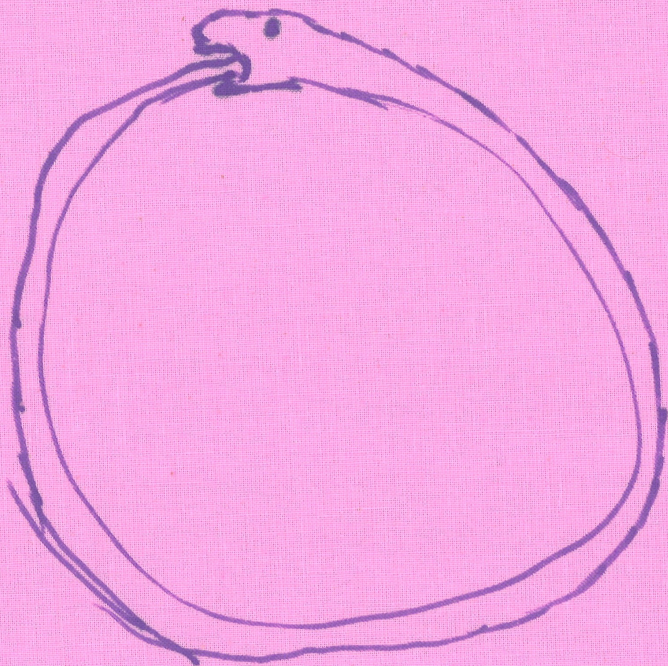


NOBODY WANTS TO LISTEN!

**Title** No title

**Description** A snake eating itself as a metaphor for dealing with my mental health

**Story** I deal with PTSD as well as some undiagnosed disorder and trying to deal with mental health professionals always loops back around and no progress is made. They are also terrible for misgendering and deadnaming.



**Title**      Bleeding obvious

**Description**      Showing people that NHS services for transgender people are poor, not caring and hurtful.

**Story**

I Don't trust  
NHS

System allows ignorant  
managers to pass off  
trans people as lifestyle  
choices

**Title** Confusion

**Description** A question mark representing my confusion about why some life threatening conditions are taken seriously while others ....aren't.

**Story** When I came to my GP with a mysterious lump, I was still in the middle of fighting then for a referral to the gender service. Unlike that, which took over a year, unlike with that, they practically leapt into action – I had an in-person appointment within a few days, and my first specialist appointment within a month. It's now been almost 2 years since that day – the tumours are benign (but weird). And while they may cause me issues down the line, it'll be decades before that happens. I'm still on the waiting list for the GIC – apparently the NHS only moves fast when it wants to.

?

**Title** Trans women need to know

**Description** Trans women need to know

**Story** From my peers I know that many trans women do not access the healthcare they need to keep them well in later life.

they need to have regular  
mamagrams

Bone Health  
implications?

# Trans Women

need to know...

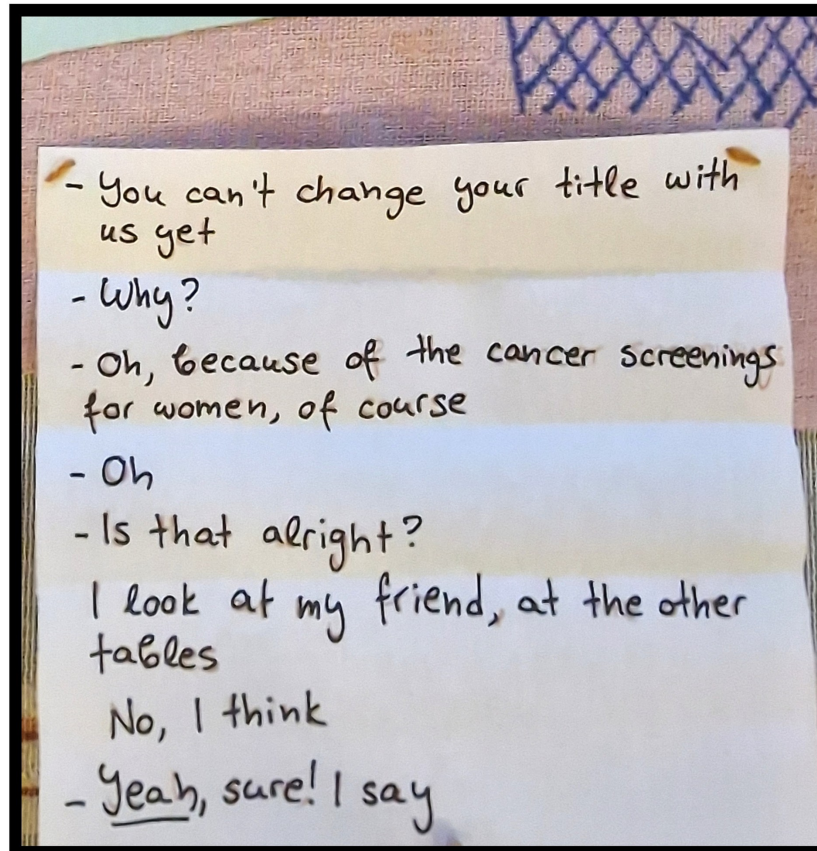
To get  
their  
Triple A  
test

They can  
still  
get  
prostate  
cancer

**Title**

**Description**

**Story**





I was having lunch at Nando's with my friend, when the GP called to let me know I have to choose between my identity and healthcare.




for women by choice  
- On account of the cancer diagnosis  
- 2005

After taking part in an online talk session for her mental health, she saw the letter sent to her GP and realised it outed her as trans!

(She had given general consent at the start, but that hadn't been on her mind during the session and so she hadn't realised at the time.)

Her GP never brought it up and it's unclear why.



**Hope this talk  
helped your  
mental health.**

**(BTW, we  
outed you  
to your GP)**

A non-binary child asking why the doctor kept misgendering them.

Their parent (also non-binary) didn't see it as malicious: they thought it was due to how rarely you see the same GP often enough to build up a connection.

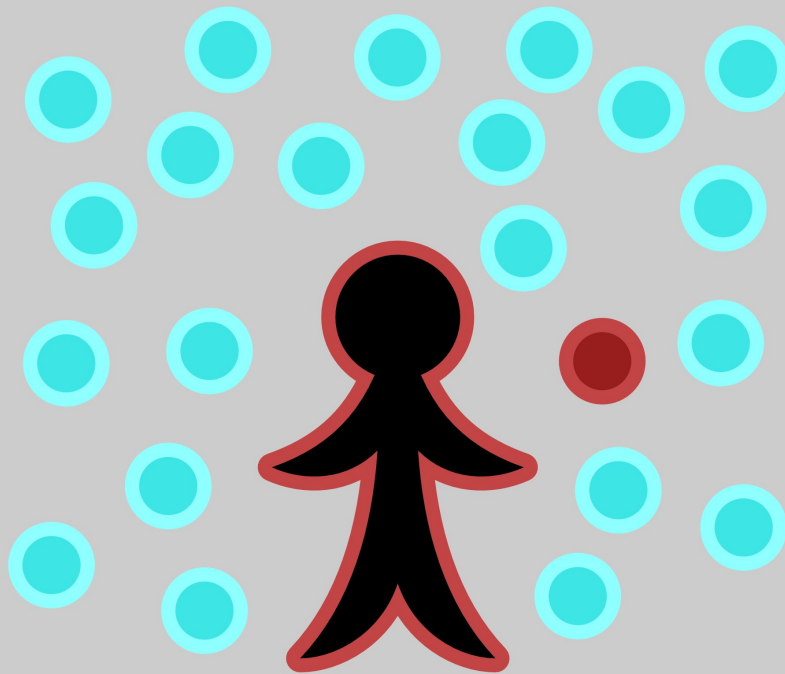
Why does  
the GP get  
my pronouns  
wrong?

**Title** One misgender can negate a hundred affirmations

**Description** One misgender can negate a hundred affirmations

**Story** The fact you don't understand is no reflection on me. I know people considering detransition because of abuse received. It comes from the top and should be role modelled for people to have compassion for all patients and clients. It needs to begin with CEOs and Practice Managers and GPs.

“We don't need to know” was the GP's response to my offer of talking/offering training about trans issues in healthcare, and ‘I'm too old to change now’ – was a response from a surgeon when challenged to consider the trans perspective.



One misgenderer can negate  
a hundred affirmations

**Title** Don't tell me to wear a skirt

**Description** Marilyn Monroe saying not to wear a skirt

**Story** When looking at what is best to do before a smear test they suggest to wear a skirt or a long jumper and as someone that and as a person who isn't comfortable in a skirt I was lost as to what would be best to wear and I was happy taking off.

DON'T TELL

ME

TO

WEAR

FL

ING



SKIRT



**Title**

**Description**

**Story**




Served and  
defended my  
country for over **30** yrs

But when I needed access to  
basic healthcare I was told to wait  
When I even needed the loo, I was  
told, im not "woman enough".

Trans  
People  
are not  
the enemy

**BE MORE Trans people  
KIND!**



must **NOT**  
be used as  
scape goats for  
a failing Govt

Segregation? It's been done before

**EXTRA  
NEGATIVE**

These squares have very negative themes,  
e.g. hopelessness and death.

**Title** I avoid the doctors

**Description** My art is about why I don't like going to the doctors and how I struggle to get blood tests because I go private.

**Story** I don't have any personal experience with cancer.

I Avoid The Doctors:

WHY



What gender  
were you born  
as?!

They Always Ask for the gender I was born as

I HAVE to Tell Them Im on Testosterone

Because I go private my GP refuse to give me  
a blood test for my Testosterone Levels and for a full  
health work up

I dread for when I have to go for my breast  
cancer check as I wont belong there and fear  
I will be judged.

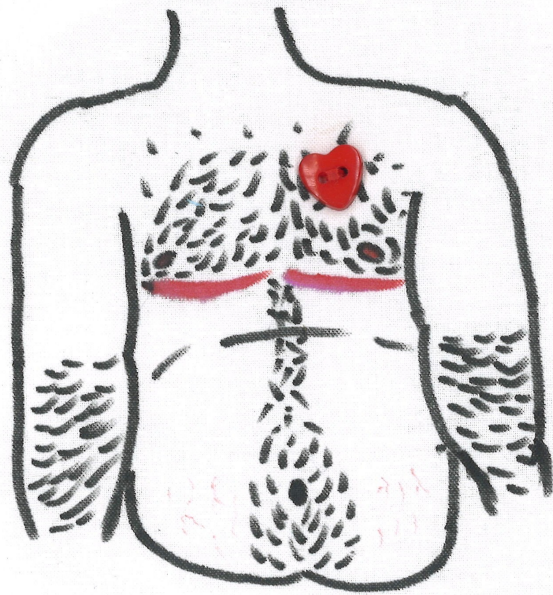
TRANS AND PROUD!!



**Title** "I wish GICs didn't exist"

**Description** A self portrait of a fat trans man's chest following a double mastectomy with the following text below it:  
"Well, there's a waiting list."

**Story** During an appointment with a GIC psychologist, prescribing me HRT, I asked to be on the waitlist for top surgery. He told me I would need to be on T for 6 months but that our next appointment would be in 18 months' time. When I began to cry and asked why, he began to explain what a waitlist was, with no emotion or compassion in his tone.

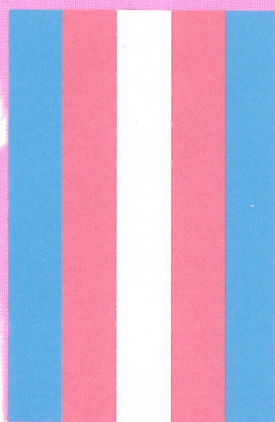


"Well, there's a waiting list."

**Title** Healthcare

**Description** Trans rights are human rights  
Trans healthcare is healthcare

**Story** Going to the Drs is always a hassle. I constantly get misgendered and was regularly deadnamed. In a referral to the GIC, the notes stated word for word, “She thinks she is a man”. I don’t think. I know.



TRANS  
HEALTHCARE  
IS A RIGHT



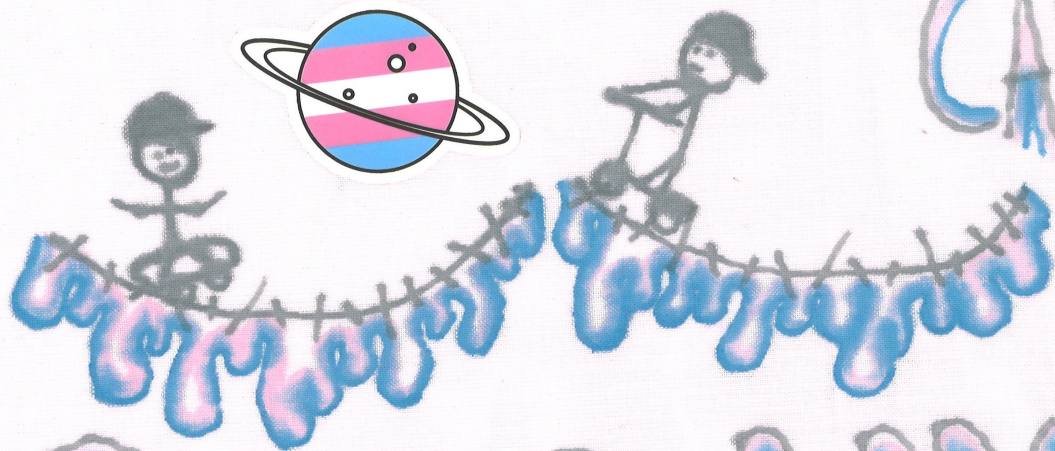
**Title** Trans proud skaters

**Description** Top surgery scars bleeding the trans colours with skaters using scars as ramps. It says “trans healthcare saves lives”

**Story** My nan died of cancer not too long ago and she was the only person in my family that listened and accepted me for who I am.

TRANS HEALTH

CARE



SAVES LIVES

**Title** Mental health

**Description** The picture is a brain with Alone & help spelled out on it trapped in a bubble.

**Story** I've not needed access to cancer support. But for me healthcare started with mental health care and bad experiences with it leads me to mistrust and fear accessing healthcare, meaning I feel isolated and struggle to help to live better.

COEN  
RYER

**Title** Rights should be normalised for us

**Description** Pastel coloured fabric with the words  
LGBTQ rights should be human rights

**Story** I had a cancer/stroke scare when I was  
younger and was made fun of how I felt  
about this, i.e. 'deluded'

LGBTQ+ (trans especially)

RIGHTS should be

Human rights

WITHOUT Question

**Title** Listening ear

**Description** N/A

**Story** On out. My friend died of cancer because they were passed off.

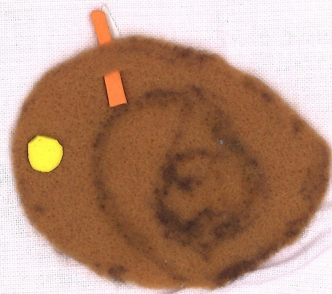
# Really Listening



to what is  
being said.

When people  
don't listen to  
me they miss  
things. Don't  
pass me off.

3d Ear



**Title**      Avoid public bathrooms / doctors

**Description**      Why I am uncomfortable in public  
bathrooms and doctors.

**Story**

## AVOID PUBLIC BATHROOMS:

Get called a girl  
Saying I don't belong in here  
"Just because your on  
Testosterone doesn't make  
you a man"

"you should be dead" —

your not  
a boy it's just  
a phase!

People always  
say it's just a phase.

# WHY

because I'm trans  
I have to wait for a  
stall to be free.

Why I Avoid doctors:  
Call me by dead name  
they use she/her  
pronouns even after I  
have said.

"you'll out grow up"

TRANS

**Title** I'm just so tired

**Description** Collage using mixed materials depicting the effects of my cancer treatment

**Story** I feel that I have been treated as female and have been too overwhelmed and tired to argue with professionals quite often.



IM JUST SO  
TIRED

**Title** Mental Health First Aid

**Description** Blue fabric square with drawn lettering  
'Medical spaces make me afraid to be myself'  
and stickers

**Story** I've had a lot of hospital admissions for self-harm and suicide attempts and never once has it even felt like an option to share my identity and gender preferences.

MEDICAL SPACES

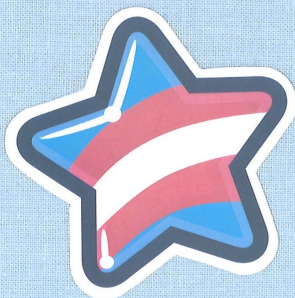
ESPECIALLY FOR MENTAL HEALTH FIRST AID

MAKE ME FEEL

JUDGED, UNSAFE AND ASHAMED, AND TOO

AFRAID TO BE

MYSELF.

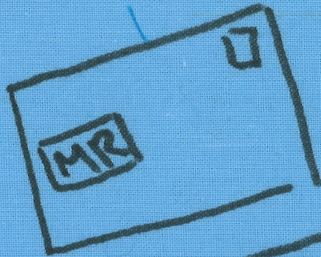


**Title** Choices

**Description** Envelope with Mr.  
Letters with Her/Miss.

**Story** Letters are addressed with my right name &  
pronouns, but letters will always misgender  
me & sound insensitive.

Don't put the right things on the envelope, but  
the wrong things in the letter.



DON'T  
GET  
MY HOPES  
UP!

Your letters HURT

**Title** I deserve care & safety

**Description** A connected spiral of thread representing my feelings towards screening as a trans person.

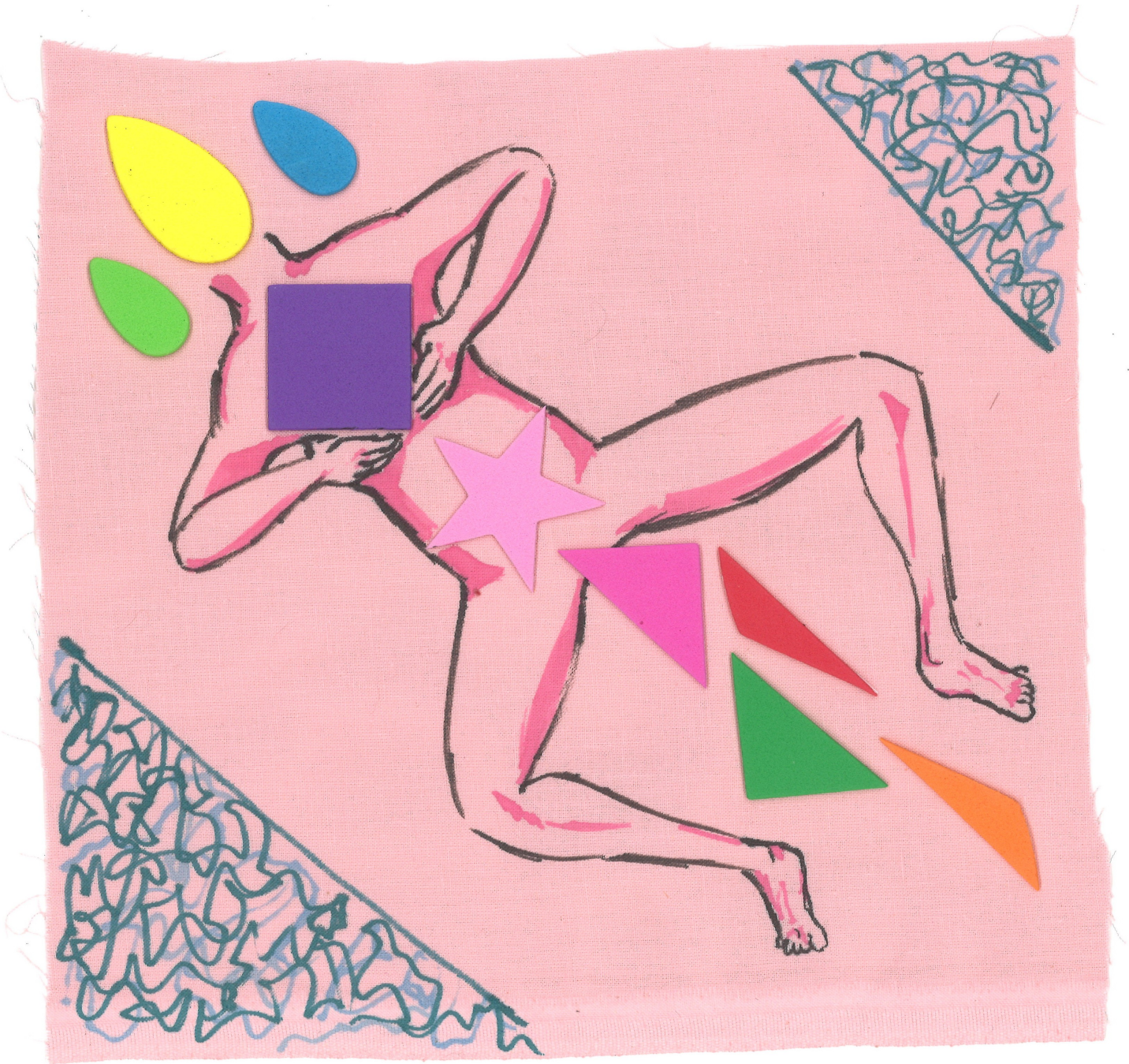
**Story** I don't have any experience, but I find the idea of screening stressful and inaccessible.



**Title** -

**Description** A pink square with a reddening, splayed figure in ink. The figure is shaded with magenta. The corners have blue squiggles in light & dark. The figure is covered by sponge shapes, teardrops for a face/shapes all down their body.

**Story** I have had multiple bad experiences of cervical screening where I have been misgendered & bullied by nurses for finding the experience traumatic. It took me 3 years to have a 'successful' screening after multiple attempts! As well, I have a bowel illness & the screening process of that is haunting me given a history of bowel cancer in my family.



**Title**      Exhaustion

**Description**

**Story**      This is a visual of some of my exhaustion before I have even entered the healthcare setting – I am chronically ill, queer and a parent and have experienced a lot of shame and prejudice from all the ways I have been treated and how I have been perceived. I carry this baggage with me everywhere and a bad day at the doctors could be the frosting on the trauma cake.

"But our doctors don't do that"

You can't guarantee a 'Safe Space'



WHERE DOES THE £60?

WHAT ARE MY BOUNDARIES?  
HORMONES CHANGE EVERYTHING



QUEER HEALING

ADMIN IS A FULL-TIME JOB.



Radical Imagination



TRANS RIGHTS ARE HUMAN RIGHTS ARE HEALTHCARE RIGHTS



**Title** Wake up call

**Description** Message to encourage a positive outcome. "WE SHOULD NOT HAVE TO FIGHT FOR PROPER CARE"

**Story** My mother died on my 16th bday to breast cancer. It was a mess up on the NHS in the end.

WE SHOULD NOT  
HAVE TO FIGHT  
TO GET PROPER  
CARE



**Title** My body / My choice

**Description** People should be able to share their bodies in any way they want without doctors gatekeeping certain procedures from certain people

**Story** I will never get a cervical screening because my doctors are transphobic and don't respect my personage. I could get cervical cancer at any point and may never know until it's too late. This fact is more bearable to me than receiving care being treated as a woman.

MY BODY



MY CHOICE

**Title**      Tears from the long wait

**Description**      My bad experiences waiting for healthcare. My families' actions and reactions

**Story**      On 111 I have no problems, unlike in person.

Abuse

Deadnaming

Misgendering

Doxing

The long wait

getting disowned

Media

People thinking

they know better

than us

not understanding



**Title** My stories

**Description** Written summaries of my experiences

**Story** So many times, my healthcare experiences have been poor. There is confusion between my preferred name and my NHS number. When I go to A&E they tell me I don't exist, that I don't have a medical file. They tried to turn me away from urgent care once when I was having a seizure. My partner had to advocate for me and eventually they found me in an "un-named file". Another time in A&E with rib pain and recurrent chest infection (because of binding) I was accused of drug seeking – I was shaking from anxiety and being so unwell. Doctors try and remove my binding without consent. They don't understand what a binder is and how to do an ECG with one in place.

I am 27 and have been told I can choose to have a smear but why would I, my experiences are so awful I avoid healthcare. My chest infection was nearly sepsis as I didn't seek treatment and ended up in A&E. My GP practise has never had a trans person before and never had to change anyone's details before – I feel like a guinea pig. My files have been changed but my historical medical records are now missing from my file. Because of this I get accused of covering up issues or making things up.

☆ A&E never has my updated medical files or name. They will turn me away + accuse me of false identity. No matter how ill I am.

☆ Doctors will try to remove my binder, they don't know what it is. They have no idea what to do with me. I have to do my own ECGs.

☆ My nhs GIC appointments are full of anger that I access hrt privately. They threaten that my clinic will be shutdown + I will have nowhere to turn.

☆ I am a guinea pig at my local surgery, I am told I am the only trans patient they've ever had. I have to walk them through basic trans healthcare.

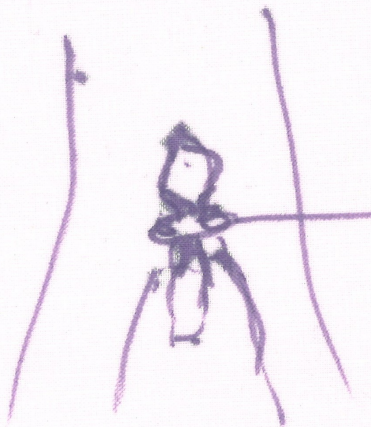
☆ I won't get cancer screenings, how can I trust I will receive healthcare with dignity after my experiences?

☆ I hope more is taught about our healthcare!

**Title** Early treatment saves lives

**Description** Early treatment saves lives

**Story** I have very early stage prostate cancer identified 3 years ago, I have had no treatment. Treatment exists Cryosurgery – but I have not been offered it – Why? Is it my age 68?



formation.  
less the OPA.  
no fracture.  
just ~~master~~  
if want

only treatment.  
prevents  
infects  
going  
secondary

**Title** Things will get better

**Description** A trans star in the top left corner, trans rights are human rights in the bottom left and plenty of affirmations in blue pen on a pink square.

**Story** Referred to Steps 2 Wellbeing for anxiety and depression unrelated to my struggles, I mentioned in passing that I was trans so that I could ask them to call me by my chosen name but made sure to stress that it was separate to the issues I was calling about. When they called me back, they refused to see me because they are not specialised in gender related health care.



You are valid ♥

Just keep swimming

You are  
Loved, always

Things will  
~~get~~ better

One day we won't  
have to fight



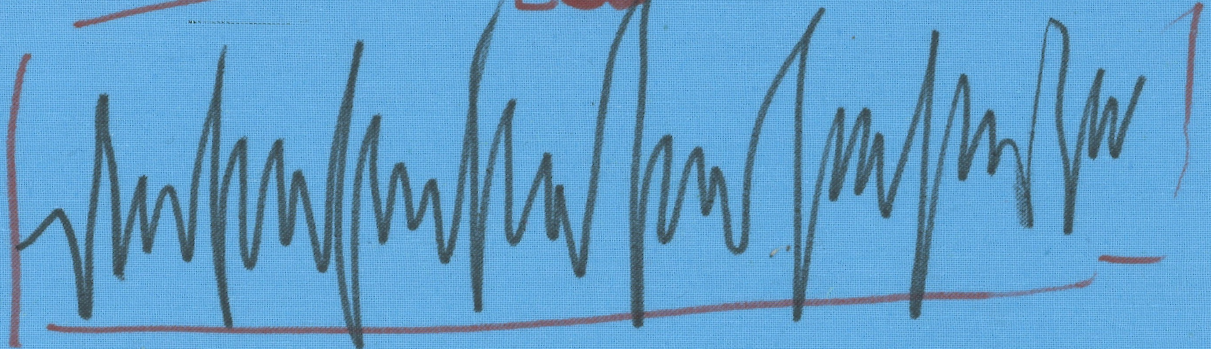
**Title**      Waiting times

**Description**      Drawing with ECG

**Story**      I was told waiting times would be longer because I was trans and they needed someone who was “comfortable” with assessing me. I was in A&E resus with a heart condition.



You cant tell im trans from my  
EGG



▼250

MY HEART  
IS THE SAME!

A hand-drawn anatomical heart in red ink, positioned between the words "HEART" and "SAME!". The heart is depicted with a central ventricle and two smaller ventricles, with several lines representing blood vessels extending from the top and bottom.

**MIXED**

These squares have a mix of  
positive and negative themes.

**Title**

**Description**

**Story**



"You can't have the morning-after pill unless you **prove to me** you're capable of getting pregnant."

- pharmacist



"Here is some information about pelvic screening. I've checked it has gender-neutral language and I'm here to talk you through it if that helps. **Just tell me what you need.**"

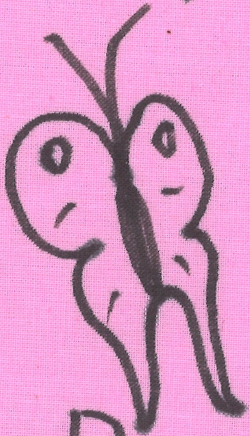
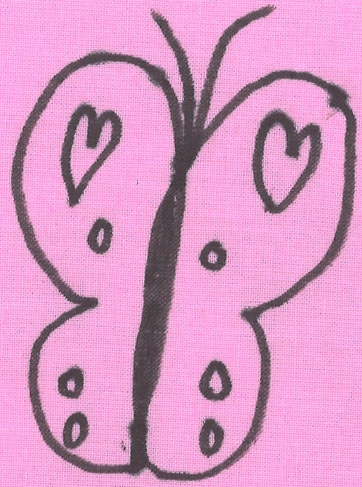
aka legend → - Practice nurse

**Title** Butterflies

**Description** "Trans is beautiful" with butterflies and shapes

**Story** 2 years before I was born my auntie wasn't able to get access to trans healthcare because of the time. I want to live a life she couldn't.

TRANS



is

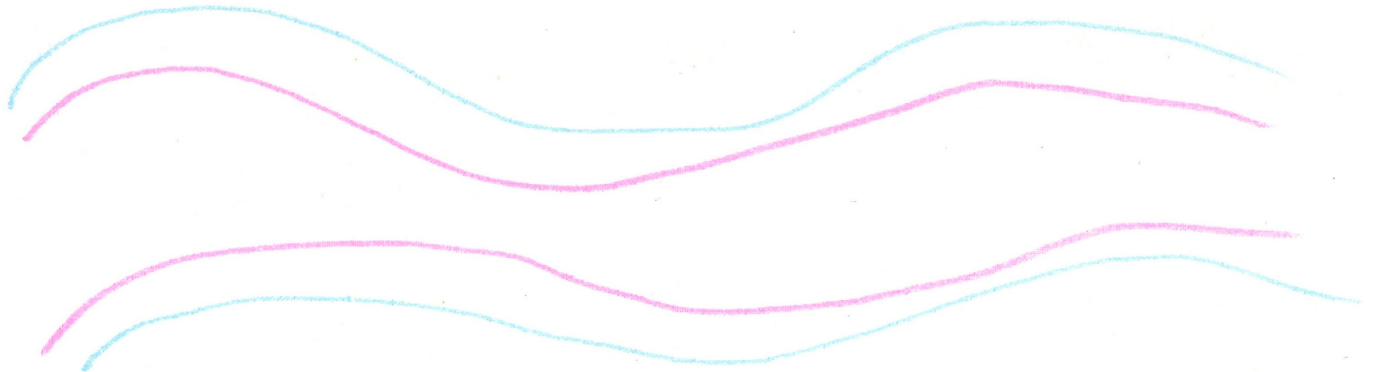
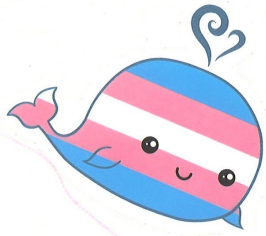
Beautiful



**Title** Gender clinic changes

**Description** Story of my experience with gender clinics.

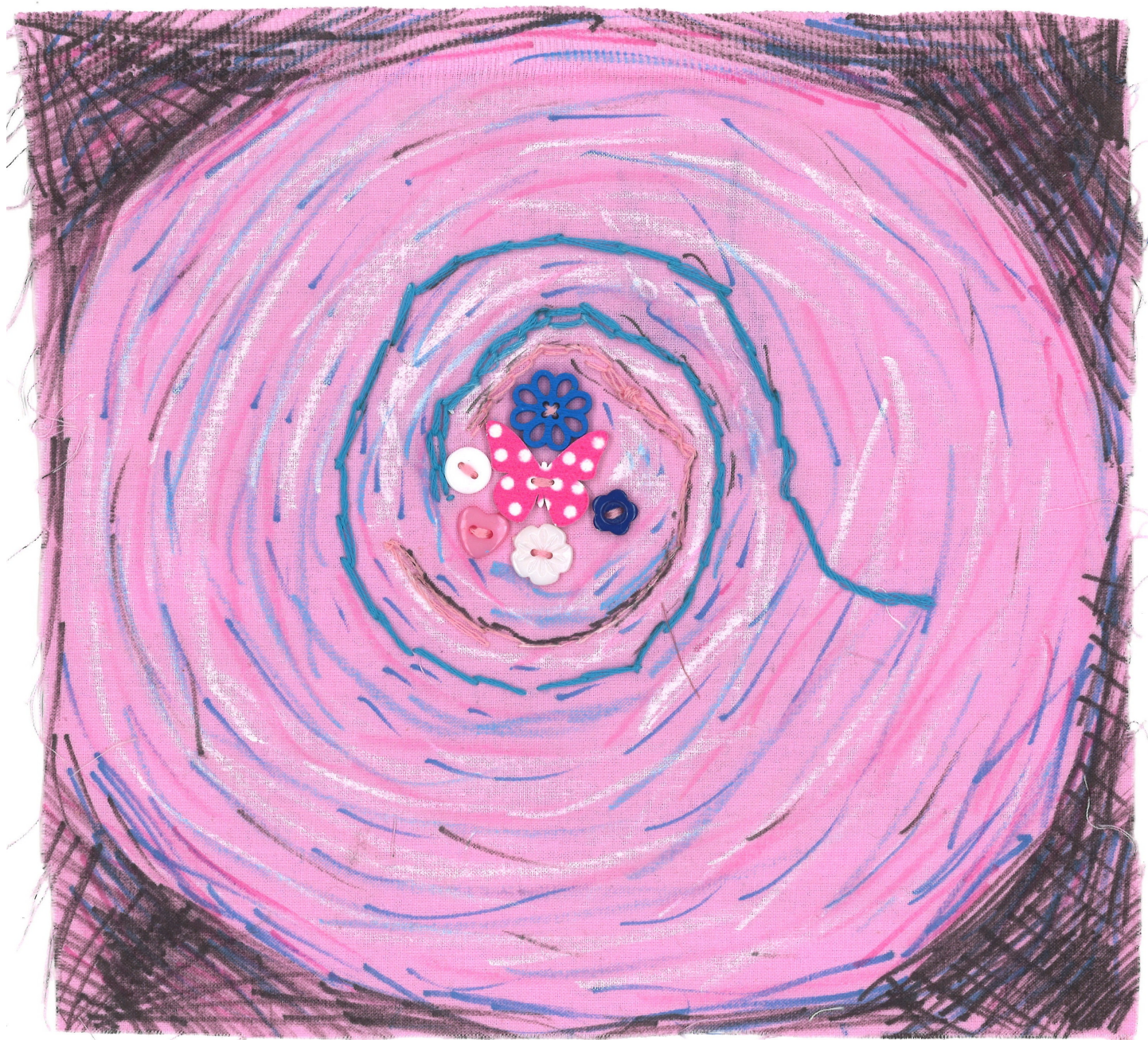
**Story** When I was 16, I waited a year and a half for an appointment. My clinic was amazing & saved my life. 8 years later, I get no responses at all after 2 years of constant contacting. It is so sad how much gender clinics have gotten worse. I wish current trans youth had my experience. Dr Rashid is the best NHS GRC Surgeon! Couldn't recommend her more.



**Title**      Spiral

**Description**      Transitioning brought joy + happiness but it's messy and contrasted with darkness and fears you never expected.

**Story**      I was recently misgendered during a prostate exam making an already uncomfortable check even worse. In general, I'm always fearful seeing new doctors, those who are informed + supportive make a huge difference, but unfortunately most have been ignorant.



**Title** -

**Description** Quote by Imara Jones on 'Joy'

**Story** I have been made to feel uncomfortable at routine cancer screening by a well meaning nurse who attempted to put me at ease by appealing to our shared femininity in her greeting to me. Once the assumption has been made it is so much harder to correct people especially in a vulnerable situation like that one...

I have since had another experience after moving to a much more trans aware GP practice where the nurse was affirming of my gender and checked my preferred name when I entered. The second experience was a long time after the first, but knowing that I will feel safe attending my new GP will mean I do not ignore screening reminders next time.

Joy

IS NOT

unfettered

DELIGHT DRIVEN BY EXTERNAL

circumstances; rather it is

SOMETHING THAT WE CREATE

in spite of what's going on

IN THE WORLD AROUND US

-Imara Jones

**This square was lovingly donated to  
the Museum of Transology**

**Katie** My portion of the square reflects on rainbow performativity – it is not enough that staff just wear rainbows, they in themselves mean nothing. You can't just tell me you are a safe person, you have to do the work to become one, consistently. Becoming a safe person or ally is active lifelong work, it is not a chuffy badge you get to parade around with whilst queer people's lives are at stake.


**Zak** My portion reflects the part of my trans journey where I realised gender was real: that other people didn't avoid conforming to gendered stereotypes because they actually liked being seen as their gender, and that I could also enjoy that if I figured out what mine was.

If you miss us,  
you risk us.

Trans<sup>+</sup> people  
get cancer  
too.



"I'm trying soooo  
hard to respect you!  
It's so hard for me!"

Healthcare  
professionals'  
chuffy badge →   
Well done, you  
wear a rainbow!

Wait, I have a  
\_\_\_\_\_

GENDER †