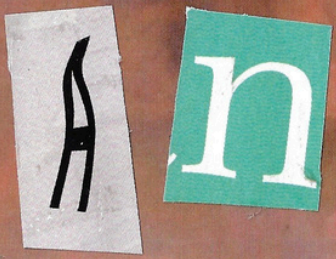
The Transzine of Knowledge









Micro Rainbow

Micro Rainbow's Trans Zine of Knowledge project began in May 2025. For a year, trans and non-binary community members came together in creative workshops to make this zine, a collection of our knowledge, advice, poetry, art, movement and expression.

The project grew as a living, evolving community effort, shaped by the perspective, ideas, and desires of everyone who joined the monthly workshops.Together, we explored the themes of 'we have always been here', health and wellbeing, pride and community, and freedom.

It offers guidance and challenges the systems that restrain us, and shows that we are more than our struggles. We wish to send a message to all trans migrants arriving in the UK, past, present and future: you are not alone.

The Trans Zine of Knowledge creators:

Nazir, Rose, Bryan, Mikalai, Charles, Dianna, Roza, Edan, Daniel, Sam, Paulo, Kyra, Ansar, Persefone, Olivia

Thank you to our collaborators:

Robin Rose, Trans Health Advocacy Service Manager @ Spectra

Dunya Kalantery, artist

Jacob V Joyce, artist

The QueerSwap Community @ queerswap

Lizzie Richards, Social Inclusion Coordinator @ Micro Rainbow

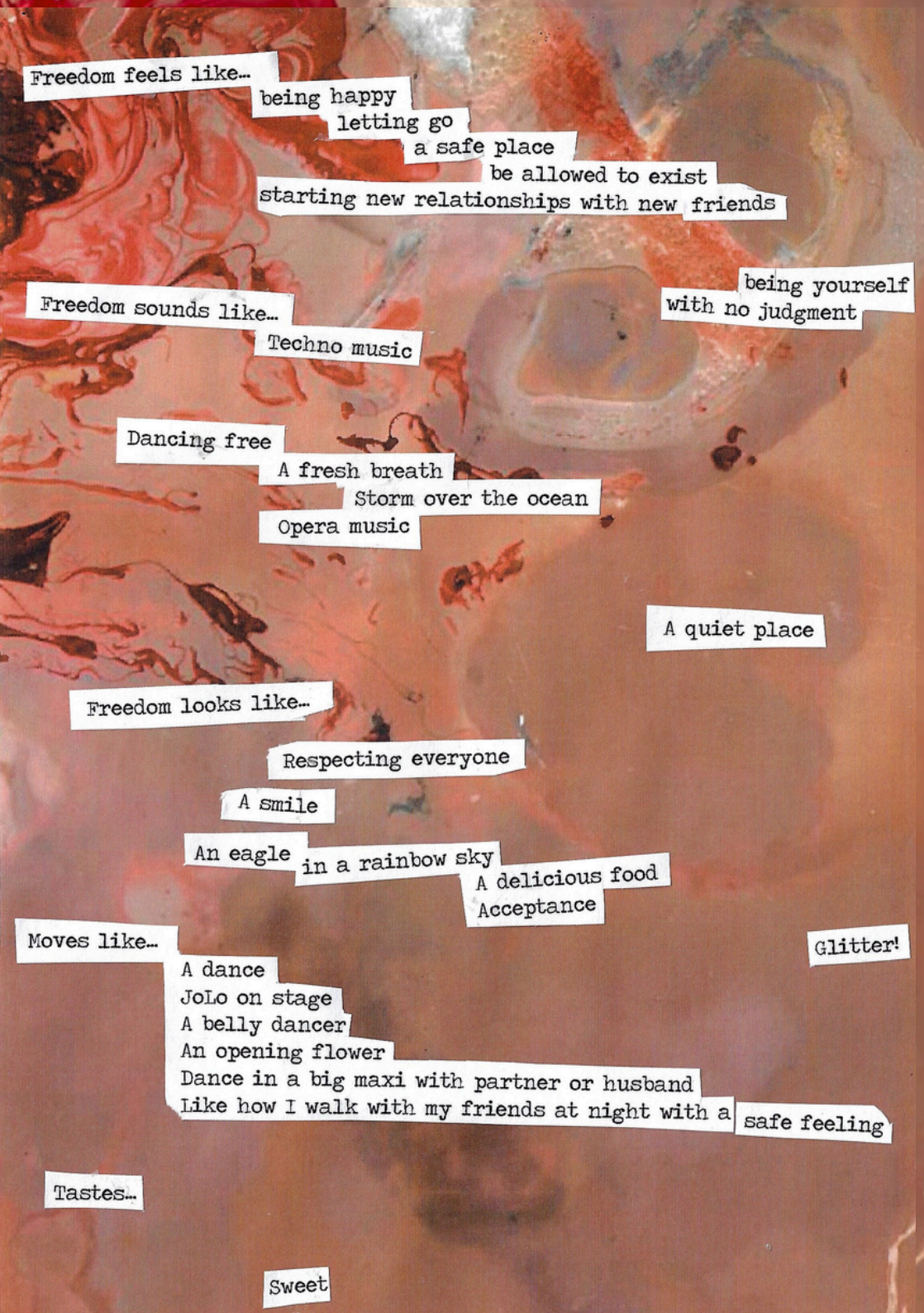
Jill Power, Director of Social and Economic Inclusion @ Micro Rainbow

Lead artist and facilitator of this project:

River Álmos Újhadbor

@themelancholyoftofu


LONDON
QUEER LONDON
GtP
LAKE
SOUTH
THE OUTSIDE PROJECT
METRO CHARITY
LGBT CENTRE
RAINBOW MIGRATION
QUEER CIRCLE
ADMIRAL DUNCAN
COMPTON OF SOHO
DUKE OF WALINGTON
RUPERT ST
VILLAGE SOHO
SOHO
THE ARMS
G-A-Y BAR
SHE BAR
KU LITTLE
SOHO BAR
OUT & PROUD
NAZ PROJECT
PUB: WEST 5
WEST
THE YARD
LONDON FRIENS
HEAVEN
HALF WAY HEAVAN
THE RETRO
SAY IT LOUD CLUB
WESTLONDON WELCOME REFUGE
W.L.Q.R
EAST
ELOP
STEP 4 WARD
QUEEN ADELAIDE
SHE WORLD
GI
MICRO RAINBOW
POSITIVE EASTH
INDIGO
BRIGHTON PRIDE
HARINGAY MIGRANE CENTRE
BRITISH REDCROSS
GTSM
KILLINGTON OUTCOME
DALSTONE SUPPERSTORE
DEVINE
NORTH
GARDEN PARK


Freedom feels like...
being happy
letting go
a safe place
be allowed to exist
starting new relationships with new friends
Freedom sounds like...
being yourself
with no judgment
Techno music
Dancing free
A fresh breath
Storm over the ocean
Opera music
A quiet place
Freedom looks like...
Respecting everyone
A smile
An eagle
in a rainbow sky
A delicious food
Acceptance
Moves like...
Glitter!
A dance
JoLo on stage
A belly dancer
An opening flower
Dance in a big maxi with partner or husband
Like how I walk with my friends at night with a
safe feeling
Tastes...
Sweet


It tastes like…vanilla ice cream
AND lemon and pistachio ice cream
Chocolate, white chocolate with caramel
Strawberries
Smells like…
Beauty
Spring flower
The first winter rain on the ground
Sea Air
A red rose
A cigare
Freedom refuses to die
Freedom refuses to go home
Freedom lies
In democracy
In your heart
In friendship as kinship
In Pride
In acceptance
Helping others
In solidarity
Freedom begins when…
you know yourself
When you can talk about yourself without being scared
It begins now.

We went to trans pride...

...and brought our message to the world!















This event reminded me why TRANS PRIDE matters and our right to exist unapologetically.



- it's about resilience, joy,



dance



A delicious

Feeling seen and affirmed meant everything

What do we need to support us on our journey?

What do we need to feel well?

to protect you from



the sun and violence

to encourage



self-care



to help you find purpose and a vision for your future



to help you find direction





to help you enjoy your time

to protect you from rain and harm





to bring you connection



to bring you warmth, inside and out

to bring you creativity

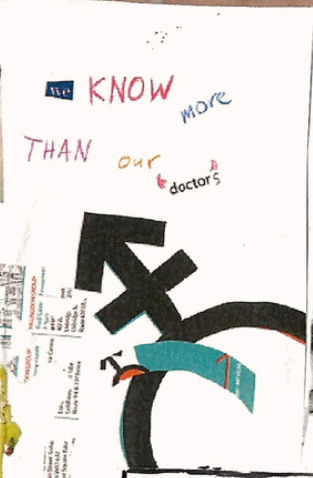


and free self-expression



to keep you safe







We need... health autonomy.

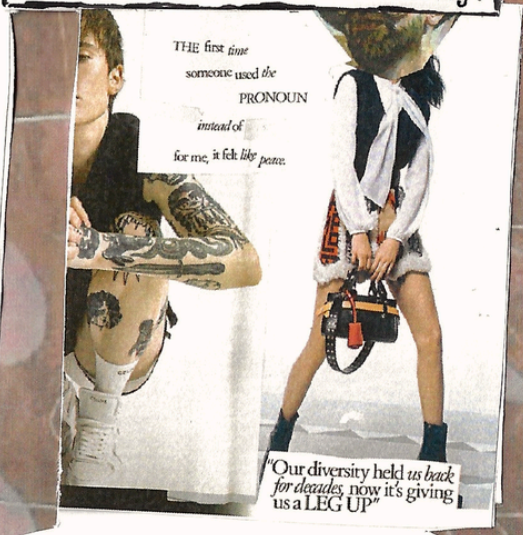


Putting on your binder

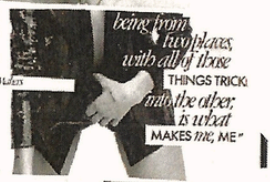
How to Measure Yourself



	CHEST	HIP
XXS	29"-30.5"	26"-27"
XS	31"-32.5"	27.5"-29"
S	33"-34.5"	29.5"-31"
M	35"-36.5"	31.5"-33"
L	37"-38.5"	33.5"-35"
XL	39"-40.5"	35.5"-37"
2XL	41"-42.5"	37.5"-39"
3XL	43"-44.5"	39.5"-41"
4XL	45"-46.5"	41.5"-43"
5XL	47"-48.5"	43.5"-45"
6XL	49"-50.5"	45.5"-47"
7XL	51"-52.5"	47.5"-49"



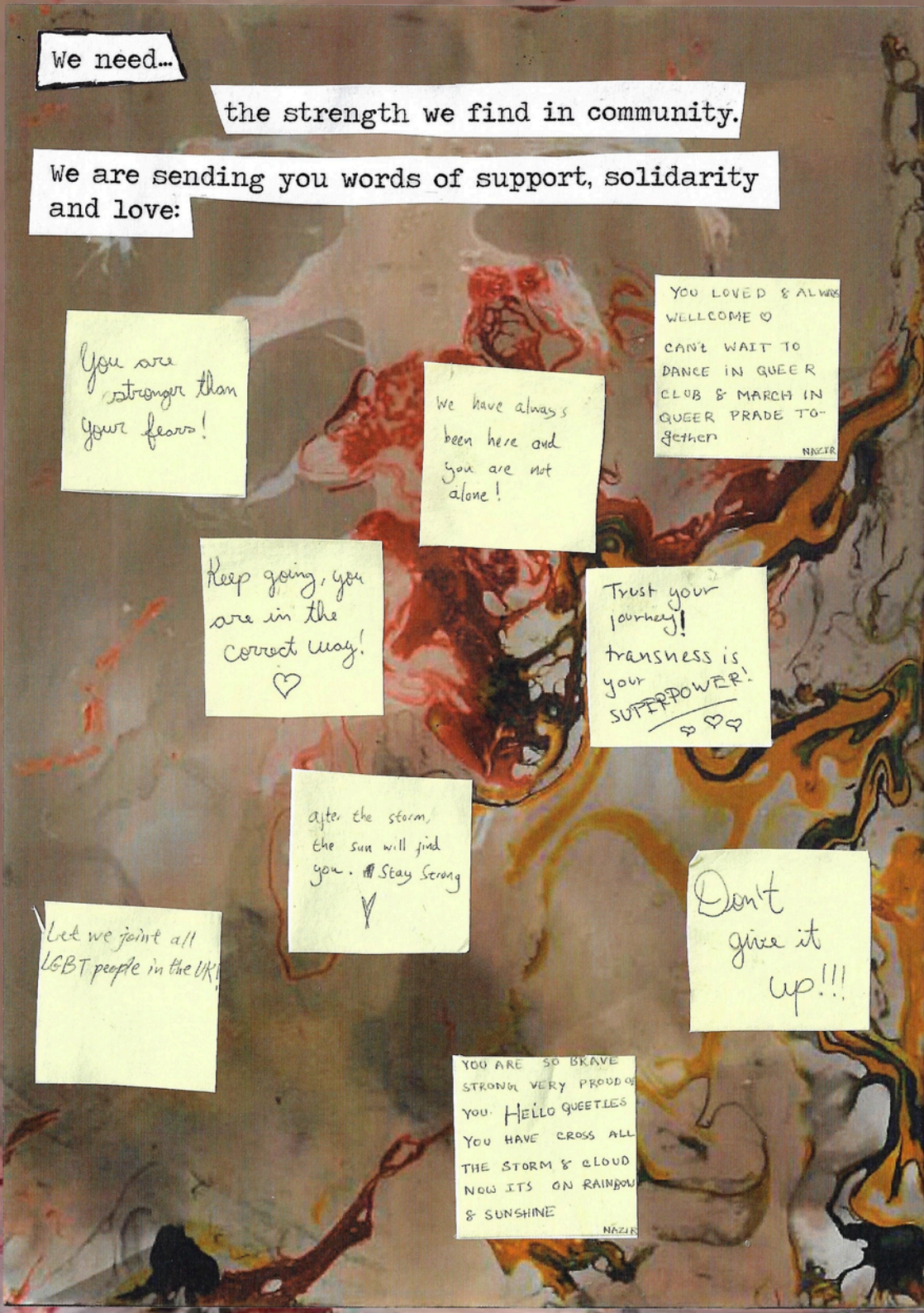




A different future

I FOUND my footing.




We need...
the strength we find in community.
We are sending you words of support, solidarity and love:
You are stronger than your fears!
We have always been here and you are not alone!
YOU LOVED & ALWAYS WELLCOME ♡
CAN't WAIT TO DANCE IN QUEER CLUB & MARCH IN QUEER PRADE TOGETHER
NAZIR
Keep going, you are in the correct way! ♡
Trust your journey! transness is your SUPERPOWER! ♡♡♡
after the storm, the sun will find you. #Stay Strong
Let we joint all LGBT people in the UK!
Don't give it up!!!
YOU ARE SO BRAVE STRONG VERY PROUD OF YOU. HELLO QUEETIES YOU HAVE CROSS ALL THE STORM & CLOUD NOW ITS ON RAINBOW & SUNSHINE
NAZIR

wellbeing feels like . . .

laughter

Sunshine

connection

friendship

air

forgiveness

growth

Calm

freedom

balance

clarity



to be well I need

SELF-BELIVE

community

myself,

water, food, love,

Safety

protection

passion

stability

surgery (gender affirming care

wealth

TIME TO HEAL FROM THE TORTURE

ABUSE

a good solicitor





well being looks like . . .

. be care, stay alive, good things . .

a yellow light

Confidence



Creativity

freedom to explore

wellbeing is more than just

MEDICATION

GOING TO GP

PHYCHOLOGIST

surviving

bare minimum

your individual self

Skincare + Smoothies

Well-being is a privilage afforded to few, and demanded by us here, today



wellbeing is possible when

we are united

YOU HAVE A SAFTY

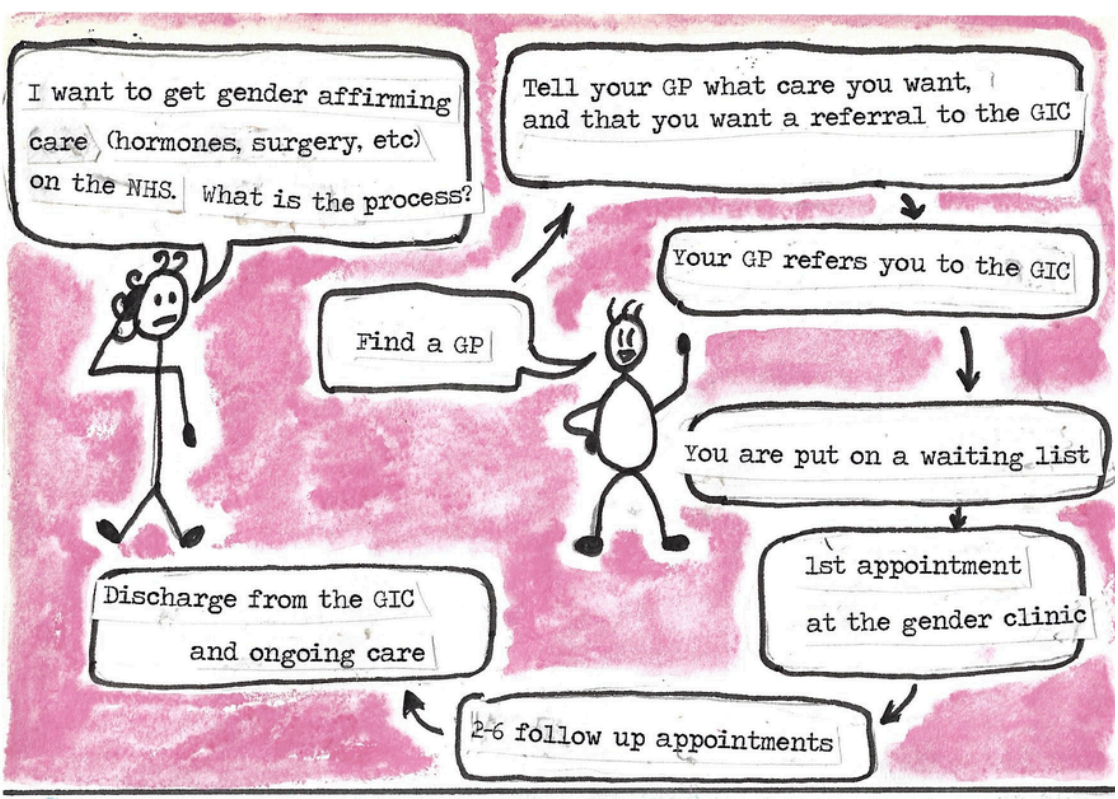
YOU ARE FINANCIALY INDIPEDENT

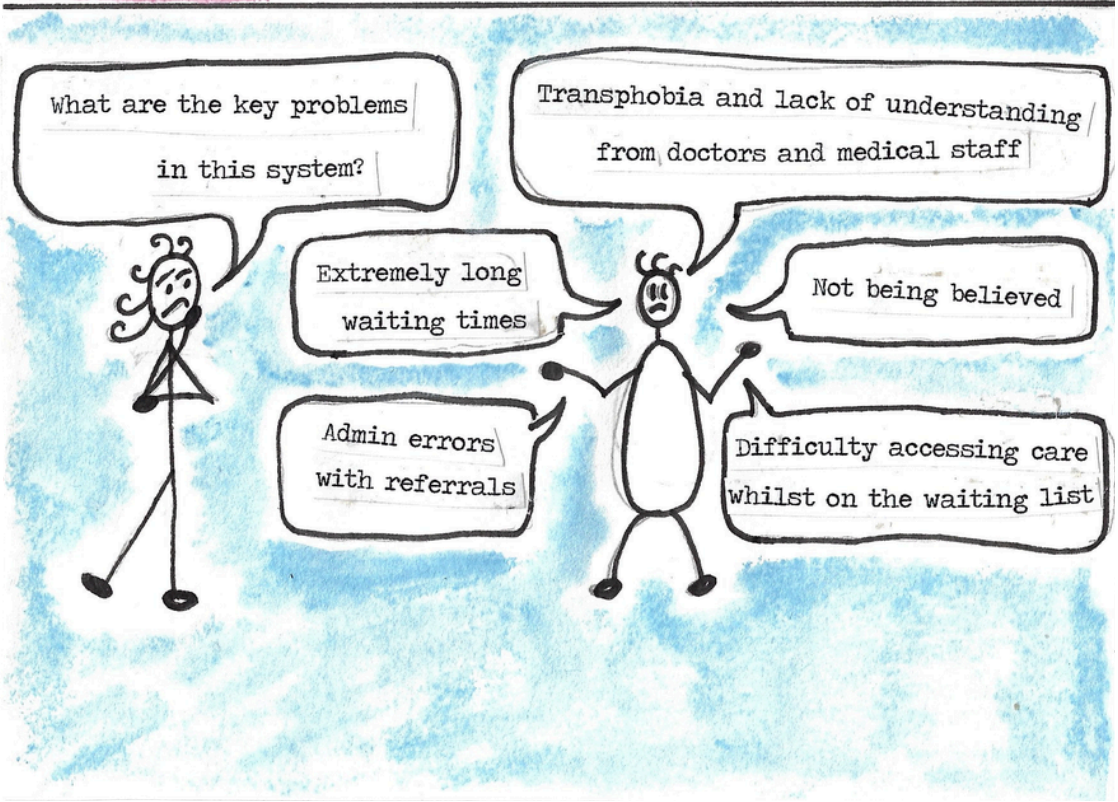
when we start prioritise our selfs

we can imagine better possibilities
we create our own futures

WELCOME

BE BRAVE THE COLOURFUL DAYS ARE WATING AHEAD OF YOU JUST WALK LITTLE BIT TO CROSS THE CLOUD Then there WILL BE RAINBOW.


I want to get gender affirming care (hormones, surgery, etc) on the NHS. What is the process?
Find a GP
Tell your GP what care you want, and that you want a referral to the GIC
Your GP refers you to the GIC
You are put on a waiting list
1st appointment at the gender clinic
2-6 follow up appointments
Discharge from the GIC and ongoing care


What are the key problems in this system?
Transphobia and lack of understanding from doctors and medical staff
Extremely long waiting times
Not being believed
Admin errors with referrals
Difficulty accessing care whilst on the waiting list


What are your rights?
Change your name and gender marker at the GP without documentation
Have an interpreter at any NHS appointment
Register with a GP
Change GPs
Accessing your medical records
Take back consent, for medical treatment or examinations
What can you do? to help get proper care from your GP
Take any documentation about your trans identity
Ask for a second opinion from another doctor
Change GPs
Make a complaint
Ask for an interpreter before your appointment
Bring an advocate case worker or friend
Knowing and standing up for your rights
Ask for written confirmation of the referral
If they refuse, ask them to write this on your medical record

Gender dysphoria	Medical term for the distress trans people may feel as a result of their gender being different from their assigned sex
Gender affirming care	Medical care accessed by trans people to feel more affirmed in their gender
GP	General Practioner - a doctor at your local surgery who can refer you to gender affirming care secialists.
HRT	Hormone Replacement Therapy.
Referral	When a health care professional refers you to another doctor, or another service
GIC	Gender Identity Clinic - specialist service in the NHS offering gender affirming care
Gender marker	The code on your medical record relating to your sex. M is Male, and F is Female. Unfortunately, there is currently no option for non-binary people.
Social transition	When a trans person comes out to friends, loved ones, colleagues, and/or family. They may tell people to call them by their chosen name or pronouns, or make changes to their appearance
Medical Transition	When a trans person accesses HRT and/ or gender affirming surgery. Not all trans people medically transition.
Shared care Agreement	An agreement between a specialist doctor and your GP

Micro Rainbow

supports LGBTQI refugees and people seeking asylum in the UK with:

Social Inclusion | Housing | Moving On



for other support, contact these orgs:

- Spectra CIC
- The Love Tank CIC
- LGBTQI switchboard
- Rainbow Migration
- Thread Ahead
- Queer Swap
- The Outside Project
- East London Out Project (ELOP)

TRANS HEALTH ADVOCACY!!

CRISIS HOTLINE

CLOTHING + BINDERS!

If you need help and aren't sure where to turn, get in touch:
social@microrainhow.org


RISE
dance
A delicious