



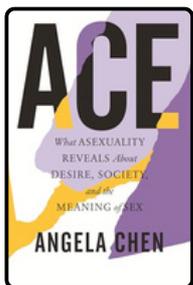
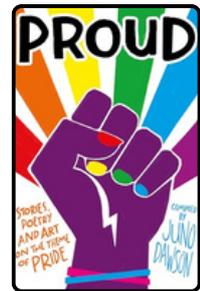
# Resource Guide

# Proud@MWL

## Books and E-Books

### **Proud (2019) compiled by Juno Dawson. ISBN: 9781788950602**

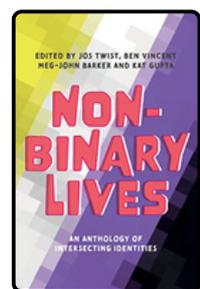
A stirring, bold and moving anthology of stories and poetry by top LGBTQ+ YA authors and new talent, giving their unique responses to the broad theme of pride. Each story has an illustration by an artist identifying as part of the LGBTQ+ community.

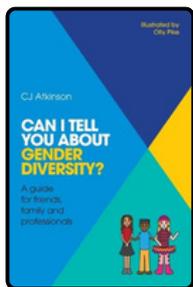


**Ace: What asexuality reveals about desire, society, and the meaning of sex (2022) by Angela Chen. ISBN: 9780807014738** An engaging exploration of what it means to be asexual in a world that's obsessed with sexual attraction, and what the ace perspective can teach all of us about desire and identity. What exactly is sexual attraction and what is it like to go through life not experiencing it? What does asexuality reveal about gender roles, about romance and consent, and the pressures of society? This accessible examination of asexuality shows that the issues that aces face--confusion around sexual activity, the intersection of sexuality and identity, navigating different needs in relationships--are the same conflicts that nearly all of us will experience.

### **Non-binary lives: An anthology of intersecting identities (2020) by Jos Twist et al. ISBN: 9781787753396**

Our gender identity is impacted by our personal histories; the cultures, communities and countries we are born into; and the places we go and the people we meet. But the representation of contemporary non-binary identities has been limited, until now. Pushing the narrative around non-binary identities further than ever before, this powerful collection of essays represents the breadth of non-binary lives, across the boundaries of race, class, age, sexuality, faith and more. Leading non-binary people share stories of their intersecting lives; how it feels to be non binary and neurodiverse, the challenges of being a non-binary pregnant person, what it means to be non-binary within the Quaker community, the joy of reaching gender euphoria. This thought-provoking anthology shows that there is no right or wrong way to be non-binary.





**Can I tell you about gender diversity? A guide for friends, family and professionals (2016) by CJ Atkinson. ISBN: 9781784503673 [E-Book]**

Meet Kit - a 12 year old undergoing medical transition - as he talks about gender and the different ways it can be explored. He explains what it is like to transition and how his friends, family and teachers can help through talking, listening and being proactive.

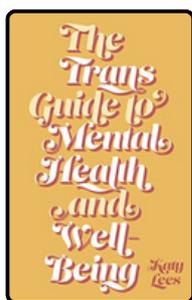
With illustrations throughout, this is an ideal way to start conversations about gender diversity in the classroom or at home and suitable for those working in professional services and settings. The book also includes a useful list of recommended reading, organisations and websites for further information and support.

**The transgender issue: An argument for justice (2022) by Shon Faye. ISBN: 9780141991801**

Trans people in Britain today have become a culture war 'issue'. Despite making up less than one per cent of the country's population, they are the subjects of a toxic and increasingly polarized 'debate' which generates reliable controversy for newspapers and talk shows. This media frenzy conceals a simple fact: that we are having the wrong conversation, a conversation in which trans people themselves are reduced to a talking point and denied a meaningful voice.



In this powerful new book, Shon Faye reclaims the idea of the 'transgender issue' to uncover the reality of what it means to be trans in a transphobic society. In doing so, she provides a compelling, wide-ranging analysis of trans lives from youth to old age, exploring work, family, housing, healthcare, the prison system and trans participation in the LGBTQ+ and feminist communities, in contemporary Britain and beyond.



**The trans guide to mental health and well-being (2022) by Katy Lees. ISBN: 9781787755260**

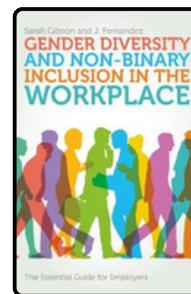
This empowering self-help guide provides advice and strategies for trans and/or non binary people on a range of common mental health issues including anxiety, depression, body image, trauma, suicidal thoughts and dissociation. It provides advice on neutralising negative thoughts, coping with transphobia, coming out, dealing with imposter syndrome, and implementing achievable self-care strategies and mindfulness techniques.

Whether you are in a crisis or just looking for ways to improve your life, this reassuring guide is there for you to use in the way that helps you the most, regardless of where you are in your transition, or if you decide not to transition in conventional ways. Combining therapeutic expertise alongside first-hand experience, the book also highlights the importance of understanding and being proud of who you are, to help you live life to the fullest.

**Gender diversity and non-binary inclusion in the workplace: The essential guide for employers (2018) by Sarah Gibson and J Fernandez. ISBN: 9781784505233 [E-Book]**

Working with and including non-binary people in the workplace is beneficial for both employer and employee, as it attracts and retains younger and non-binary workers by helping promote an inclusive brand, as well as satisfying equality obligations.

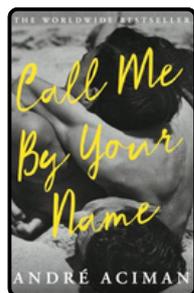
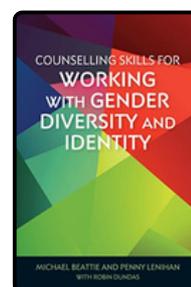
Based on novel research of non-binary inclusion within businesses, it provides a basic overview of non-binary people, a business case for inclusion, a brief description of how non-binary people fit into current equality laws and likely future developments in the area. An ideal introduction for companies wishing to embrace all genders in the workplace.



**Counselling skills for working with gender diversity and identity (2018) by Michael Beattie et al. ISBN: 9781785927416**

For any student or practitioner needing to gain a sound understanding of the complex fields of gender variance, gender identity and gender dysphoria, this book provides the ideal starting point for the knowledge and skills that you need.

Emphasising the need for affirmative practice in gender care, it provides an overview of the subject areas and process issues which most commonly arise in counselling, combining theoretical with practical perspectives. It explores the diverse range of identities including masculinity, femininity, non-binary, gender dysphoria, trans and cisgender. It also addresses challenges which many clients experience in their daily lives - in the workplace, when coming out, when transitioning and in intimate relationships.

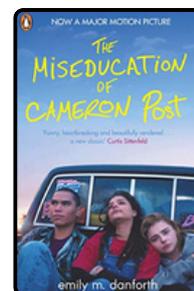


**Call me by your name (2017) by Andre Aciman. ISBN: 9781786495259**

Andre Aciman's Call Me by Your Name is the story of a sudden and powerful romance that blossoms between an adolescent boy and a summer guest at his parents' cliffside mansion on the Italian Riviera. Each is unprepared for the consequences of their attraction, when, during the restless summer weeks, unrelenting currents of obsession, fascination, and desire intensify their passion and test the charged ground between them. Recklessly, the two verge toward the one thing both fear they may never truly find again: total intimacy. It is an instant classic and one of the great love stories of our time.

**The miseducation of Cameron Post (2018) by Emily Danforth. ISBN: 9780241370971**

The night Cameron Post's parents died, her first emotion was relief. Relief they would never know that hours earlier, she'd been kissing a girl. Now living with her conservative Aunt in small-town Montana, hiding her sexuality and blending in becomes second nature to Cameron until she begins an intense friendship with the beautiful Coley Taylor. Desperate to 'correct' her niece, Cameron's Aunt takes drastic action. Now Cameron must battle with the cost of being her true-self even if she's not completely sure who that is. The Miseducation of Cameron Post is a stunning and unforgettable literary debut about discovering who you are and finding the courage to live life according to your own rules.



All of the books listed above are available from the library. Scan the QR code to search the library catalogue and reserve them, or ring/email the library. You will need an NHS OpenAthens account to read the e-books



## Online Resources

Stonewall

<https://www.stonewall.org.uk/>

LGBT Foundation

<https://lgbt.foundation/>

Citizen's Advice: Sexual orientation discrimination

<https://www.citizensadvice.org.uk/law-and-courts/discrimination/check-if-youre-protected-from-discrimination/sexual-orientation-discrimination/>

## TransActual

<https://www.transactual.org.uk/>

TransActual UK was founded by a group of British trans people in 2017 as a response to increasing press hostility, transphobia and misinformation. They are run by the trans community, with the trans community, for the trans community.

## NHS Employers: Supporting your LGBTQ+ workforce

<https://www.nhsemployers.org/articles/supporting-your-lgbtq-workforce>

Access to a suite of LGBTQ+ related resources and guidance which highlight some of the challenges facing LGBTQ+ staff in the NHS.

## NHS: Mental health support if you're lesbian, gay, bisexual or trans (LGBTQ+)

<https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/mental-health-support-if-you-are-gay-lesbian-bisexual-lgbtq/>

## LGBT+ History Month

<https://lgbtplushistorymonth.co.uk/>



Find out more about the PROUD@MWL Staff Network on the Trust Extranet, or email: [PROUD.staffnetwork@sthk.nhs.uk](mailto:PROUD.staffnetwork@sthk.nhs.uk)



Contact us

## Library & Knowledge Service

Mersey & West Lancashire Teaching Hospitals NHS Trust

 Nightingale House - Whiston Hospital

 0151 430 1242

 [library@merseywestlancs.nhs.uk](mailto:library@merseywestlancs.nhs.uk)

 Hanley Library - Southport Hospital

 01704 704202

 [library.merseywestlancs.nhs.uk](http://library.merseywestlancs.nhs.uk)