

www.diamondstgc.org.uk

# DIAMONDS

for those who want to SPARKLE

Cambridge social and mutual support group for all trans\* & NB people

## Who we are

**Diamonds is a friendly social and mutual support group for all transgender people around Cambridgeshire and further afield. Our umbrella includes non-binary, cross-dressing, gender questioning, intersex folk, and partners.**

Our aim is to help people find others on the same life journey, and to encourage socialisation to the wider community. Members of the group are varied, from different walks of life and ages. The group has existed for over 20 years and is well established in the area.

We meet in the Cambridge city area every week, and also host monthly and annual events. All transgender people, their partners and friends, are welcome to attend all our meetings.

We offer a non-judgmental environment for friendly social contact with like-minded people and the chance to discover that you are not alone. We can't offer formal advice, but we can listen, and talk about our own experiences in a relaxed environment.

You may find common ground with someone in the group who may be in a similar situation or have been through a similar experience. We also have contacts with other groups and support services in the area.

Or you may just get to adopt a crochet panda. Who knows what could happen?

## What We Do

Our weekly meetings take place at the Carlton Arms, Carlton Way, Arbury CB4 2DF, on Thursday evenings. There are no fees or any obligation to attend on a regular basis.

As well as the weekly meeting, there are other occasional events, such as a monthly dining club, and a monthly picnic.

## Meetings & Contact Details

We always look forward to meeting new people, but recommend emailing or otherwise making contact to confirm our current meeting details as changes are occasionally necessary.

Web: [www.diamondstgc.org.uk](http://www.diamondstgc.org.uk)

Email: [contact@diamondstgc.org.uk](mailto:contact@diamondstgc.org.uk)

Facebook: [fb.me/cambridgediamonds](https://fb.me/cambridgediamonds)

Phone/text: (07989) 038223

We are most active online in our secret/private facebook group. Please follow the link above and leave a message to get invited!



## About the Venue



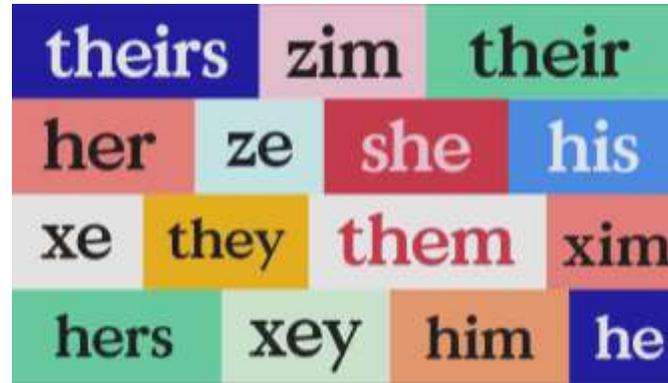
We meet every Thursday evening at the Carlton Arms, Carlton Way, Arbury, Cambridge CB4 2DF. It is a large pub with parking and separate sports bar and lounge entrances. The lounge, where we meet, is on the left side through the beer garden.

The welcoming staff offer snacks and drinks, both hot and cold, well into the evening, all at good value. There is also some limited changing space available.

This is served by the Citi 1 bus, which also stops at the main Cambridge rail station. Alternatively, the Cambridge North rail station is nearby, as is the busway, stopping at Cambridge Regional College.



## Pronouns



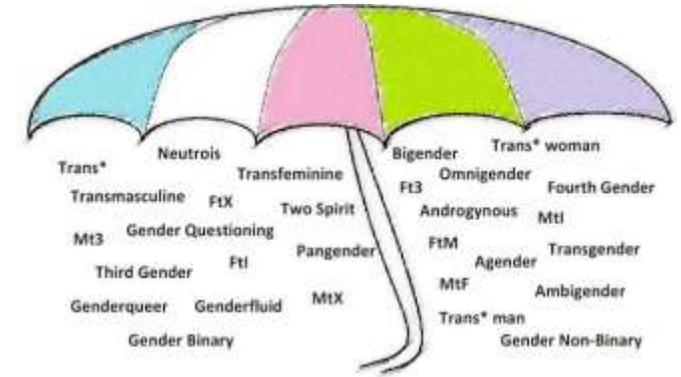
For many trans\* people the way that others interact with them has an important role to play in how well they feel accepted by those around them, and how they can interact in turn.

Respecting the name that they have chosen is one of the first steps in proving that acceptance.

The use of pronouns (he / she) and titles (sir / madam) are also an important part of the way we interact with people, both those we know, and those we don't. While most transgender people will be delighted if you simply use the correct terms for the identity they present, often non-binary people feel uncomfortable with either gendered term.

If unsure, it is best to avoid using titles, and use the gender-neutral "they" when you are unsure which pronouns apply. If intending a closer acquaintance, please do ask which pronouns someone would prefer - and then use those!

## Transgender Umbrella



The terms **trans**, or trans\* generally cover a wide range of genders that people have that don't fit the cis-normative narrative.

The image above shows a number of widely recognised facets of gender that are covered by the trans umbrella, but there are many more.

Additionally, intersex people, who are born with conflicting or incomplete physical characteristics, face many of the same hurdles in being accepted in the gender that they naturally would present.

The term **cis** is often used to describe people who have no interest in expressing a gender that is inconsistent with their assignment at birth.

Website	Email	Facebook
		