

YOU BELONG HERE:

**TRANS &
NON BINARY
RESOURCES**

IN MANCHESTER



Businesses, organisations, and groups, for
trans and non binary folks in Manchester.

YOU BELONG HERE:

**TRANS &
NON BINARY
RESOURCES**

IN MANCHESTER

Businesses, organisations, and groups, for
trans and non binary folks in Manchester.

TRANSPRIDEMCR.ORG/TRANSGUIDE
@TRANSPRIDEMCR

FUNDED BY:
NOT A PHASE

DATE PUBLISHED:
MARCH 2024

WHO IS THIS FOR?

Trans and non binary individuals based in and around Manchester looking for support, activities, and community.

SYMBOLS KEY:



Gender Neutral Toilets



Wheelchair Accessible



Trans Specific



Queer Specific



6 | YOU BELONG HERE: TRANS AND NON BINARY RESOURCES

1

PHYSICAL SOCIAL SPACES

From coffee shops to clubs.
These are the places to eat,
drink, chat and party.

FEEL GOOD CLUB



Queer-owned cafe and casual bar
26-28 Hilton St, Manchester M1 2EH

QUEER LIT



Queer-owned bookshop and cafe
27 Great Ancoats St, Ancoats, Manchester M4 5AJ

HOLIER THAN THOU



Piercing and Tattoo Studio
97 Oldham St, Manchester M4 1LW

RIOT HEARTS



Queer-owned hairdressers and barbers
1st & 2nd Floor, 74 Portland St, Manchester M1 4GU

RCNQ



Queer-owned hairdressers and barbers
16 Whittle St, Manchester M4 1LT

RICHMOND TEA ROOMS



Restaurant and Bar

46 Sackville St, Manchester M1 3WF

THE MOLLY HOUSE



Queer restaurant and Bar

26 Richmond St, Manchester M1 3NB

THE GOOSE



Queer pub and bar

29 Bloom St, Manchester M1 3JE

ON BAR



Queer pub, bar, and club

46 Canal St, Manchester M1 3WD

YAS BEAN



Queer-owned coffee shop

219 Buxton Rd, Macclesfield SK10 1NB

CRUZ 101



Queer nightclub

101 Princess St, The, Manchester M1 6DD

YAS BEAN



Queer-owned coffee shop

219 Buxton Rd, Macclesfield SK10 1NB

MIRAGE QUEER BAR



Queer bar

Islington Mill, 1 James St, Salford M3 5HW

LURID ULTRA HYBRID



Queer bar

New Islington Mill Regent Trading Estate, Unit 2 (rear entrance, Oldfield Rd, Salford M5 4DE

TINY'S BARBERS



Queer-owned barbers

130 Northenden Rd, Sale M33 3HD

NIP AND TIPPLE



Queer bar

197 Upper Chorlton Rd, Manchester M16 0BH





2

PHYSICAL SUPPORT SPACES

Attend support groups, educational sessions, and engage with local services.

LGBT FOUNDATION



Queer charity with sexual health clinic, community cafe, and support groups
Fairbairn House (2nd Floor), 72 Sackville Street, Manchester, M1 3NJ

THE PROUD PLACE



Queer youth group and community space
49-51 Sidney St, Manchester M1 7HB

RAINBOW MIND



Queer mental health support
The Angel Centre, 1 St Philip's Pl, Salford M3 6FA

RAINBOW AFRICAN FAMILY



QTIPOC Charity, supporting LGBTQIA people seeking asylum and refugees of African Heritage and wider BAME in the UK.
89 Gorton Ln, Greater, Manchester M12 5WF

3

SUPPORT & SOCIAL GROUPS

Find community, play games, chat, make friends, and develop support networks.

HERE AND NOW EVERY TUESDAY | 6PM



A mutual aid support group for LGBT+ people to share their experiences with each other in a safe space and a friendly atmosphere.

*LGBT Foundation: Fairbairn House (2nd Floor),
72 Sackville Street, Manchester, M1 3NJ*



T & TOAST YOUTH GROUP 3RD SUNDAY OF THE MONTH | 13:30



A welcoming and safe place for trans and non-binary young people in discussions on trans-specific topics

Beacon Centre, London Street, Salford, M6 6QT



AFTERNOON TEA 2ND & 4TH SUNDAY OF THE MONTH | 15:30



Trans and non-binary young people and those questioning their gender aged 16-19 (and up to 25 with additional needs) who live or spend time in Greater Manchester. A supportive space to meet other local LGBT+ young people, explore a wide range of activities, and be proud of who you are

*The Proud Trust Online OR 49-51 Sidney St,
Manchester, M1 7HB*



QUEER FAMILY TEA EVERY THURSDAY | 6PM



We get together. We eat. We hang out. We chat and share our successes or issues of the week no matter how small.

Partisan, Islington Mill, Oldfield Rd, M5 4DE

TURTLES 2ND & 4TH SUNDAY OF THE MONTH | 12:00



Trans and non-binary young people and those questioning their gender aged 13-15. A supportive space to meet other local LGBT+ young people, explore a wide range of activities, and be proud of who you are.

*The Proud Trust Online OR 49-51 Sidney St,
Manchester, M1 7HB*

RAINBOW DRAGONS VARIES. PLEASE JOIN GROUP ONLINE



The Rainbow Dragons are an LGBTQIA+ group that play Dungeons & Dragons and other Role Play Games.

*Online and In Person. See here for more details:
www.meetup.com/manchester-lgbtq-dungeons-dragons-meetup*

FEMOLITION SQUAD **2ND & 4TH SUNDAY OF THE MONTH | 14:00**



Trans young women and transfeminine young people aged 13 – 19 (and up to 25 with additional needs)

*The Proud Trust Online OR 49-51 Sidney St,
Manchester, M1 7HB*

TPOCALYPSE 18-30 **1ST TUESDAY OF THE MONTH | 17:30**



TPOCalypse is Gendered Intelligence's youth group for trans, gender variant and questioning young people of colour.

Online

TRANSFEMS 13-25 **1ST WEDNESDAY OF THE MONTH | 18:00**



A safe space for anyone who would benefit from being around other trans women, girls and transfeminine non-binary people. We believe that there's no such thing as not being 'trans enough' or 'feminine enough'. You are welcome to join the group as you are.

Online

TRANSITIONS 16-25 **LAST THURSDAY OF MONTH | 18:00**



A group for all of those between 16-25 years old who identify as trans, non binary or those questioning.

Online

16-20s **FIRST THURSDAY OF MONTH | 18:00**



Gendered Intelligence runs a youth group for trans, non-binary, gender variant and gender questioning young people aged between 16 -20.

Online

18-30s **LAST TUESDAY OF MONTH | 19:00**



A space for you to meet others your age who have experience of identifying as trans, even if you see your transition as 'finished', but also if you are in your 20's and still haven't made any decisions about your gender identity. A supportive, fun, casual and safe space for you to talk about issues affecting you, programme your own events, fundraise, support each other.

Online

FORGE

4TH WEDNESDAY OF THE MONTH | 18:30



Forge is Manchester's social and support group for trans men, transmasculine people, and non-binary people who were assigned female at birth (AFAB).

The Proud Place ,49-51 Sidney St, Manchester, M1 7HB

CONNECT

1ST MONDAY & 3RD FRIDAY | 18:00



Connect is a relaxed, friendly social group for trans and non-binary people aged 18-35, incl. people who are questioning and those with a trans history.

*LGBT Foundation: Fairbairn House (2nd Floor),
72 Sackville Street, Manchester, M1 3NJ*

MXER

1ST FRIDAY & LAST SATURDAY | 18:00



Mxer is a relaxed and friendly social space for non-binary adults, including those who are questioning.

*Online or The Proud Place ,49-51 Sidney St,
Manchester, M1 7HB*

JUST DO THE THING MCR VARIES (SEE INSTAGRAM)



A DIY/Do It Together community/social group for trans women & transfems in Manchester to come together to get sh*t done.

Online & In Person

TRANSBAREALL 1ST WEEKEND FRI-SUN | 15:30



TransBareAll as an organisation is rooted in the principles of body positivity, sex and intimacy, and emotional well-being.

Hathersage, Derbyshire

RAINBOW NOIR 2ND THURSDAY EVERY OTHER MONTH | DEC, FEB, APR ETC | 19:00



A volunteer-led social group, we celebrate, elevate and advocate for Lesbian, Gay, Bisexual, Trans, Queer and Intersex People of Colour (LGBTQI PoC). We are committed to creating a space of our own, places to feel safe, where LGBTQI people of colour can meet, hang out, form friendships and find community.

Mosaic Space, 2 Dale St, Northern Quarter, M1 1JW

TRANSFORUM EVERY SATURDAY | 15:30



A peer support group and discussion forum for all trans people and those in any way questioning their gender. You will be heartily welcomed as an individual or together with your partners, family or friends.

Online, Zoom

THEY/THEM/US 4TH FRIDAY OF THE MONTH



A group for non-binary and genderfluid people age 18+. Runs once a month online.

Online

OWN YOUR SPACE: AN ONLINE SPACE FOR NEURODIVERGENT TRANS+ ADULTS



1ST THURSDAY OF THE MONTH | 17:30



Own Your Space is an online social and affirming safe space for trans+ people with neuro diversity, mental health conditions and learning disabilities, bought to you by Not A Phase and The Queer Therapist.

Online, Zoom

BIPHORIA

1ST WEDNESDAY OF THE MONTH | 19:30



First Wednesday talky space meeting is a peer support group and a rare space for bi+ people to talk about their experiences of being bi and of biphobia.

Online

QUEER FRIENDS CLUB

2ND & 4TH FRIDAY OF THE MONTH



2ND FRIDAY: IN PERSON - 18:30-20:00

4TH FRIDAY: ONLINE - 19:00-20:00

Queer Friends Club is an alcohol-free casual speed-friending event designed to develop connections and community.

Using an informal structure, mini games, and conversational prompts the session supports queer, trans, sober, and neurodivergent folks to make connections and develop friendships.

QFC is a collaboration event between Trans Pride Manchester, Sober Gay Socials, and Queer Lit.

Queer Lit, 27 Great Ancoats St, Ancoats, M4 5AJ

Online: Google Meet



4

SPORTS/FITNESS

Roller skating, running, rugby, rock climbing, yoga, cycling, tennis, swimming, and more.

MISFITS MIND & BODY SESSIONS EVERY WEDNESDAY & SATURDAY



Misfits is a fitness, wellbeing and self defence programme created by Not A Phase, powered by Nike. Focussing on confidence building whilst breaking down the barriers between the Trans+ community and traditional gym spaces.

In Person, Location Varies

MANCHESTER VILLAGE SPARTANS RUFC EVERY WEDNESDAY | 19:00



Whether you're an experienced player looking to return to rugby or a total beginner, looking to give rugby a try. As the world's second-ever LGBT+ Rugby Club and a founding member of International Gay Rugby (IGR) we've helped hundreds of LGBTQ+ and straight players discover, or return, to rugby

Sale Sports Club, Clarendon Crescent (Off Dane Road), Sale, M33 2DE

In Person

NORTHERN WAVE

TIME & DATE VARIES SEE BELOW



Northern Wave is a lesbian, gay, bisexual and transgender swimming club based in Manchester. Most of our members are LGBT+ but we do welcome friends of our community.

Your first session with Northern Wave is free and thereafter either £5.00 or for those earning less than the Living Wage, £3.00.

MONDAYS - 19:00 @ ABRAHAM MOSS LIBRARY & LEISURE CENTRE

Our Monday session is open to all members. We swim in Pool 1 which is 25m long, with three lanes of coached swimming.

TUESDAYS - 20:00 @ MOSS SIDE LEISURE CENTRE

Our Tuesday session is typically our busiest and open to all members.

WEDNESDAYS - 20:00 @ HOUGH END LEISURE CENTRE

Our Wednesday womxn session is dedicated to cis women, trans women and non-binary people in order to help aid participation in sport in a supportive, female environment.

SATURDAYS - 15:00 @ MANCHESTER AQUATICS CENTRE

Our Saturday session is open to all members.

In Person

OUTDOOR LADS **TIME & DATE VARIES**



OutdoorLads is a friendly group of gay, bisexual and trans guys who get together to enjoy adventures and activities. There's something for everyone, no matter your experience, so take a look and #GetOutMore!

In Person, Location Varies

NORTHERN ACES TENNIS **2 SUNDAYS & 2 SATURDAYS A MONTH** **14:00-17:00**



Manchester's first and only LGBTQI+ tennis club and are affiliated with the Lawn Tennis Association (LTA).

Currently at: Manchester Tennis and Football Centre, 9 Sportcity Way, Etihad Campus, M11 3DU

In Person

PRIDE OUT **TIME & DATE VARIES**



A friendly and inclusive cycling group for LGBTQIA people.

In Person

MANCHESTER FRONT RUNNERS **TIME & DATE VARIES SEE BELOW**



Manchester Frontrunners is a dedicated LGBTQ+ running club in Manchester.

At our running club in Manchester, we actively encourage and welcome new members, no matter what their level is. Be it run-a-bit-walk-a-bit, jogging, running, racing or even training for your umpteenth marathon, we genuinely have people at all abilities, so you'll easily find someone to help you move to that next goal!

TUESDAYS - 18:45 @ MANCHESTER REGIONAL ARENA

In Person, Track

WEDNESDAYS - 18:30 @ ZOOM

Online, Core.

THURSDAYS - 18:50 @ SUGDEN SPORTS CENTRE

In Person, Social Urban Run

SATURDAYS - 09:50 @ LONGFORD PARK, STRETFORD

In Person, Social Mixed Terrain Run

ROCK OVER (CLIMBING) EVERY OTHER FRIDAY, 18:00



A chilled social climb open to all abilities and identities, newbies are especially cherished. The night consists of hour and a half of social climbing followed by half an hour for drinks and cakes and a good catch up! Entry price (£10) gets you unlimited climbing and shoe hire plus your drink and cake.

Park Garage, Cheviot St, Cheetham Hill, M3 1LW

TRANSMANIAN DEVILS RFC VARIES



UK based trans barbarian rugby team aiming to play at IGR tournaments.

Park Garage, Cheviot St, Cheetham Hill, M3 1LW

RAINY CITY ROLLER DERBY SUNDAYS 9:00-10:30AM



Roller derby league based in Greater Manchester, UK. #Rollerderby for everyone—from beginner through to elite.

University of Salford Sports Centre, M5 4WT

5

SUPPORT & WELLBEING

Mental health, emotional
and psychological wellbeing,
and support for all ages.

MERMAIDS



Mermaids supports transgender, nonbinary and gender-diverse children and young people (under 20), as well as their families and professionals involved in their care.

GENDERED INTELLIGENCE



Our vision is of a world where diverse gender expressions are visible and valued, and where trans, non-binary, gender diverse and gender questioning people live healthy, safe and fulfilled lives.

AKT



AKT supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment.

JUST LIKE US



Just Like Us is the LGBT+ young people's charity. Growing up LGBT+ is still unacceptably tough. Founded in 2016, we work with schools and young people across the UK to change this.

STONEWALL



Stonewall works in partnership with a growing network of more than 700 organisations to help create real change for the better. It campaigns to eliminate homophobia, biphobia and transphobia in communities, and empowers LGBT people and their allies to be role models wherever they live, work, shop, socialise or pray.

MASH



We stand with women who sex work and help you to experience good health, safety and emotional wellbeing. If you identify as a woman and you are sex working or thinking about it, team MASH is here for you. MASH is actively trans inclusive, all women are welcome. We support women in all forms of sex work including on-street, indoor and online.

**IF THERE IS ANY SUPPORT WE HAVE MISSED,
PLEASE LET US KNOW AND WE WILL
UPDATE FOR V2.**

EMAIL US:

TRANSPRIDEMCR@GMAIL.COM

OR

**SCAN HERE TO SUBMIT AN
ORGANISATION**



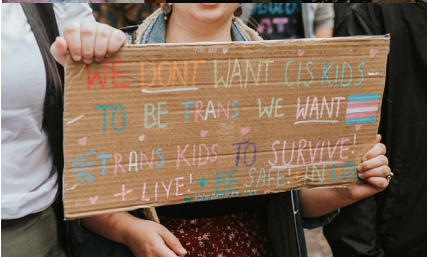
FREE FITNESS CLASSES FOR TRANS+ ADULTS



MISFITS

Running weekly sessions in Manchester including our Lift Club and monthly swim sessions, sign up using the QR Code!







**TRANSPRIDEMCR.ORG/TRANSGUIDE
@TRANSPRIDEMCR**

**FUNDED BY:
NOT A PHASE**

**DATE PUBLISHED:
MARCH 2024**

