

SUPPORT PACK

A FRÂN WEN AND SHERMAN THEATRE CO-PRODUCTION

DYNOLWAITH

BY
LEO
DRAYTON

An introduction from Kay R. Dennis

Welcome to the Dynolwaith support pack. My name is Kay (they/them) and I'm the Trans Consultant for this co-production between Frân Wen and Sherman Theatre.

Dynolwaith, written and performed by Leo Drayton, is a brave and necessary show about one trans man's story. The play doesn't shy away from the current challenges for trans, nonbinary and gender nonconforming people, but it also exemplifies the courage, resilience and hope shown by the community every day.

We make up just 0.5% of the population, but get a disproportionate amount of negative attention, are used as political pawns and face rising hate crimes. Anti-trans sentiment, however, doesn't only harm us - it chips away at everyone's rights, from body autonomy to healthcare access.

Below you will find a comprehensive list of useful links for anyone from the community looking for further support, as well as trans allies and those who want to make a difference and support others.

We need solidarity and active allyship. So, find a protest, write to your MP, donate to fundraisers. Hire us. Share our stories. We're not going anywhere - but we can't carry this weight alone.

General support for trans and queer individuals

Gendered Intelligence

genderedintelligence.co.uk

Provide advice and guidance for trans people, their families and professionals

Switchboard

switchboard.lgbt

0800 0199 100

Support line for LGBTQ+ people

Mindline Trans+

mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/

0300 330 5468

Support line for Trans+ people, available Friday evenings

Gender Construction Kit

genderkit.org.uk

A one-stop-shop for all things transition, with advice and guidance around name changes, the types of medical support available

LGBT Foundation

lgbt.foundation

A UK wide charity with LGBTQ+ health and wellbeing focus

Trans Legal Clinic

translegalclinic.com

Legal support for trans people

TIN Wardrobe

tinwardrobe.org.uk

[instagram.com/tin_wardrobe](https://www.instagram.com/tin_wardrobe)

Free gender affirming clothing for trans folk

G(end)er Swap

genderswap.org

Fashion and makeup workshops and resources

Umbrella Cymru

umbrellacymru.co.uk

A wide range of support for trans people across Wales

Galop

galop.org.uk

Support for LGBTQ+ victims and survivors of abuse and violence

AKT

akt.org.uk

LGBTQ+ youth homelessness charity

Black Trans Foundation

linktr.ee/blacktransfoundation

Resources for Black trans people

Resource Hub by Sabah Choudrey

sabahchoudrey.com/supporthub

Self-care

Support groups for trans and queer individuals

Trans Aid Cymru

transaid.cymru

Local groups in Cardiff and Wales-wide support.

Unique Transgender Network (North Wales)

uniquetg.org.uk

North Wales TINN (North Wales)

instagram.com/northwalestinn

GISDA

Youth homelessness charity with LGBTQ+ clubs
(North Wales)

Glitter Cymru (Cardiff)

instagram.com/glittercymru

The Queer Emporium (Cardiff)

queeremporium.co.uk

Primavera Inclusive Wellbeing Space (Llanelli)

instagram.com/primavera_therapy

Sadie's Butterflies (Swansea)

facebook.com/groups/295279178033795

Swansea and Neath Port Talbot LGBTQIA+ Hub

facebook.com/groups/632319847939502

Consortium (UK wide)

consortium.lgbt/member-directory

LGBT Hero (online, UK wide)

lgbthero.org.uk/lgbtq-hangouts

Support for young people

Impact LGBT+ (Cardiff)

cathays.org.uk/youth/impact

Viva LGBTQ+ youth group (Wrexham)

vivalgbt.co.uk

Gwir (Newport, South Wales)

mediaacademycymru.wales/newport-lgbtq

Trans Kids Deserve Better (are setting up a Welsh Chapter)

transkidsdeservebetter.org

instagram.com/p/DOtB6WUDG-A

Mermaids

mermaidsuk.org.uk/young-people

Resources and online chat support available

The Proud Trust

theproudtrust.org/young-people

Resources for LGBTQ+ young people

Gendered Intelligence's "Good Practice for Supporting Young Trans People"

genderedintelligence.co.uk/page/good-practice-tips-for-working-with-young-trans-people

Stonewall

stonewall.org.uk/resources/best-practice-toolkits-resources

Universities

Aberystwyth University

aber.ac.uk/en/studentservices/accessibility/name-change-trans-support/#changing-your-name

abersu.co.uk/advice/healthandwellbeing/lgbtqsupport/

LGBTQ+ Society

abersu.co.uk/society/aberpride/

Cardiff University

cardiff.ac.uk/study/student-life/student-support/dedicated-support-services/support-for-trans-and-non-binary-students

LGBTQ+ Society

cardiffstudents.com/activities/society/lgbtsoc/

Cardiff Met

LGBTQ+ Society

cardiffmetsu.co.uk/organisation/6384/

University of South Wales

southwales.ac.uk/student-life/lgbtq-students/

southwales.ac.uk/current-students/advice-zone/a-z/lgbtq-support-and-information/trans-support-and-resources

Bangor University

bangor.ac.uk/inclusive-community/valuing-identity/index.php.en

LGBTQ+ Society

undebbangor.com/groups/bangor-university-lgbtq-society

Support for parents / guardians

FFLAG

fflag.org.uk/booklets-posters-forms/#toggle-id-3

Trans Aid Cymru

transaid.cymru/resources-for-parents-and-carers/
Resources for parents/guardians

Just Like Us

justlikeus.org/lgbt-guide-for-parents/

Mermaids

mermaidsuk.org.uk/families/resources-for-parents/

Mermaids Parent's group

mermaidsuk.org.uk/families/parents-group/

Support for allies and those wanting to learn more

Trevor Project

thetrevorproject.org/resources/guide/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth

Being an ally to trans and nonbinary youth

GLAAD

glaad.org/transgender/allies

Tips for allies of transgender people

Trans Equality

transequality.org/resources/supporting-transgender-people-your-life-guide-being-good-ally

Supporting the trans people in your life

Bath University

bath.ac.uk/publications/being-a-trans-ally/attachments/being-a-trans-ally.pdf

Being a trans ally

Them

them.us/story/inqueery-transgender

What does it mean to be transgender?

Scarleteen

scarleteen.com/read/culture/rethinking-how-we-talk-about-sex-and-gender

Rethinking how we talk about sex and gender

Support for organisations around trans awareness training

Andro & Eve

androandeve.com/gender-awareness-training/

Offer gender awareness training and consultancy

Mermaids

mermaidsuk.org.uk/training

Targeted training sessions from supporting young people, so neurodiversity and mental health awareness

Trans Actual

genderedintelligence.co.uk/services

A wide range of training and consultancy (from therapists, schools, sports and wider)

Kay R. Dennis

linktr.ee/kayrdennis

Delivers awareness training, and offers consultancy

Further support and resources

Transphobia

Galop

galop.org.uk/resources/transphobia

Mind

mind.org.uk/information-support/tips-for-everyday-living/lgbtqiaplus-mental-health/self-care-for-lgbtqiaplus-people/

Self Care resources

Galop

galop.org.uk/resources/wellbeing-and-self-care

Wellbeing and self care

Emotional abuse, neglect and family breakdown

Galop

galop.org.uk

AKT

akt.org.uk

Body image issues, dysphoria, and self-loathing

LGBT Foundation

lgbt.foundation/help/support-when-experiencing-suicidal-thoughts/

SHOUT

Text SHOUT to **85258**

giveusashout.org

Young Minds

youngminds.org.uk/young-person/coping-with-life/gender-and-mental-health/#Waystosupportyourmentalhealth

Support your mental health

Trans Actual

transactual.org.uk/wellbeing

Sexual assault, coercion, and unsafe sexual encounters

Galop

galop.org.uk/sexual-violence

Sexual violence support

RASASC

www.rasawales.org.uk

Sexual violence support (North Wales)

Victim Support

victimsupport.org.uk

Galop

galop.org.uk/resources/hook-up-apps-and-safety

Support around hook up apps

Violence and physical aggression

Victim Support

victimsupport.org.uk

Medical transition and systemic barriers to care

Umbrella Cymru

umbrellacymru.co.uk

Trans Actual

transactual.org.uk/medical-transition/

Substance use and impulsive risk-taking

Dan 24/7

dan247.org.uk/

LGBT Hero

lgbthero.org.uk/Pages/Category/alcohol-and-drugs

Y DAITH THE TOUR

CAERDYDD

Theatr y Sherman
26 Medi/Sep -
4 Hydref/Oct 2025

ABERYSTWYTH

Canolfan Arad Goch
7 Hydref/Oct 2025

CAERNARFON

Galeri
9 Hydref/Oct 2025

BANGOR

Pontio
10 Hydref/Oct 2025

Y BALA

Theatr Derek Williams
11 Hydref/Oct 2025

Manylion tocynnau ar
FRANWEN.COM neu drwy'r
theatrau yn uniongyrchol.

HYGYRCHEDD ACCESSIBILITY

Capsiynau Saesneg a
Chymraeg ym mhob
perfformiad.

Gweler y wefan am
berfformiadau iaith Arwyddion
Prydain (BSL).

*All performances captioned in
English and Welsh.*

*See website for BSL
performances.*

DYNOLWAITH

Gan Leo Drayton

**Mae'n 2015. Mae Jac yn ddyn traws
ifanc, wedi'i eni yn y corff anghywir,
yn dechrau chwilio am y bywyd mae
o wir eisiau ei fyw.**

Wrth iddo gychwyn ar y daith o drawsnewid, mae
tensiynau'n codi, mae perthnasoedd yn dechrau
teimlo'r straen ac mae'r gefnogaeth sydd wastad
wedi bod yn gadarn yn dechrau teimlo'n fregus.
Pan gaiff ei wrthod mae'n ei cholli hi ac yn
gwthio'i gorff a'i feddwl i'r eithaf.

Wedi ei 'sgwennu a'i berfformio gan Leo Drayton,
dyma stori hynod bersonol ac emosynol am
hunan-ddarganfod, dewrder a thrawsnewidiad
fydd yn aros yn y cof ymhell ar ôl i'r llenni gau.

*Written and performed by Leo Drayton,
Dynolwaith is a deeply personal and heartfelt
Welsh-language story of self-discovery,
resilience, and transformation that will resonate
long after the curtain falls.*

Canllaw oed/Age guidance 16+

*Rhybuddion cynnwys / Content warning
FRANWEN.COM/SIOE/DYNOLWAITH*