

# Investing in the people of Gloucestershire



Annual review 2008

BARNWOOD TRUST

# BARNWOOD TRUST



In 2010, we will celebrate 150 years of charitable enterprise by Barnwood House Trust and our predecessors at Barnwood House Hospital.

At this pivotal point in our history, it seems appropriate both to reflect on our past and to look to the future with refreshed ambition.

For a start, we have simplified our name to the more approachable 'Barnwood Trust' and we are now reviewing our strategic direction to ensure that the people of Gloucestershire benefit as much as possible from our support.

Of course, such change in itself is nothing new. The Trust has a long tradition of innovation; of moving forward to meet the circumstances and priorities of local people – some of whom you'll meet in the pages of this report.

To read their stories in greater depth, and to find out more about Barnwood Trust, please visit our website [barnwoodtrust.org](http://barnwoodtrust.org)

As you'll see, we have a smart new look to complement our new name, yet our values remain unchanged. As we move forward, we will continue to promote the principles pioneered by our founders a century and a half ago; dignity of the individual, mutual respect and quality of life for all.

A handwritten signature in blue ink that reads "Sally Byng". The signature is fluid and cursive.

Dr Sally Byng OBE  
Director, Barnwood Trust



# Grants that transform and liberate

In awarding grants, Barnwood Trust has a single over-arching priority; to improve the quality of life of people living in Gloucestershire.

Our **grants for individuals** help people with complex disabilities, life-limiting conditions or acute mental illness to afford much-needed equipment, appliances and personal items that would otherwise be beyond their reach.

We also offer **grants for organisations**, to help charitable and voluntary groups to start, or continue providing services to local people affected by long-term disability. This includes organisations providing pre-employment training, holidays, day care and respite care.

The following case studies show just how life-changing these grants can be.

## Enabling spontaneity and freedom

Following an accident, **Vanda Freeman** was left with nerve-end damage and ongoing chronic pain. An electric wheelchair became essential, but whenever Vanda wanted to go anywhere, husband Phil had to remove the two heavy batteries and lift the wheelchair in and out of the car for her, making spontaneous trips impossible.

Then, by chance, Vanda saw someone using an electric wheelchair hoist. She knew immediately that having one would transform her life – but also that Social Services would never fund it. That's when she turned to Barnwood Trust.

After considering Vanda's grant application, we agreed to cover the cost of a hoist, giving Vanda a respectful measure of independence – and the family newfound freedom.

'It's brilliant, absolutely brilliant. I can do it. I can pop out with the kids. I can do it now whereas I couldn't at all before.'

**Vanda Freeman, grant recipient**



### The Freeman family's electric hoist

The Freeman family's hoist is fitted into their car and runs off the battery.

Vanda can now get her chair in and out of the car independently. Eight-year-old daughter Katie and her 12-year-old brother Curtis can also operate the hoist single-handedly.

Having the hoist means that Vanda can do ordinary things like going to the park or the pictures. And with less heavy lifting, husband Phil's back is better too.

# Supporting those vital first steps

**People and Places in Gloucestershire** helps people with severe mental health problems and those on long-term incapacity benefit to reconnect with the working world.

The main focus of activity is a large allotment site, where participants can gain valuable work experience within a safe, supportive and relaxing environment.

A grant from Barnwood Trust enabled a group of people with severe and enduring mental health problems to come and work on the allotment over a six-month period. They learnt about the natural world; how to sow, tend, pot on and plant out vegetables, and how to overcome everyday challenges – like slugs and rabbits.

The next step is to support participants in making the transition into the wider workplace where they can apply the practical and social skills nurtured by People and Places and really flourish.

‘Some people have never been given trust and responsibilities before. What they get at People and Places is a real experience of what it’s like to come out and work without the pressure... [and] then use that experience to move on. It’s a step on the way.’

**Mac McHardy, Project Leader, People and Places in Gloucestershire**



## **People and Places in Gloucestershire**

People and Places’ allotment site incorporates vegetable plots, a greenhouse, fruit trees, a wildlife area planted with broad-leaved native trees and wild flowers, a shelter made from living willow and several small vegetable patches, plus a pond area that attracts frogs and dragonflies.

This diverse environment gives participants the opportunity to try out a wide range of activities and to build their confidence at a comfortable pace.

# Boosting physical and mental wellbeing



**Side by Side** is a community dance company currently running a hospital-based dance project, which helps people with mental health problems to enjoy a wide range of health and wellbeing benefits, including improved core stability, strength and coordination.

Barnwood Trust funded this project, led by dance artist Lou Perry, enabling patients to benefit from 40 sessions of creative movement.

Participants found these sessions an enjoyable, relaxing and stimulating ‘mood booster’. And staff members were so persuaded by the benefits that they decided to continue the good work by training to run the sessions themselves.

‘You get lots of interactions, creativity, people start opening out. All sorts of good things happen... I’ve not known anybody who hasn’t benefited.’

**Lou Perry, dance artist, Side by Side**

## **For grants enquiries**

call Gail Rodway on 01452 611292 or email [gail.rodway@barnwoodtrust.org](mailto:gail.rodway@barnwoodtrust.org)

# Housing that nurtures independence

The Trust provides 41 sheltered housing bungalows for older tenants who are infirm or disabled, plus a number of 'supported living' properties in Gloucestershire.

## Providing the best environment for a full life

80-year-old **Jean Drewett** lives in a supported bungalow in Manor Gardens – and she'll happily tell you, she wouldn't live anywhere else.

Jean moved in, along with her husband ten years ago as his health was deteriorating. They were attracted by the lovely gardens and the sense of security that comes with having a warden on call.

Today, Jean is a widow. And whilst she is very self-reliant, she likes the reassurance of knowing there are members of staff nearby: 'You can't ask for better carers really' she says; 'I know when I am poorly they pop in and see if I'm alright.'

'You can have who you like in your bungalow... [but] you haven't got the responsibility of doing maintenance on the outside, it's all done by the Trust... I love being here'

**Jean Drewett, Manor Gardens resident**



**Jean Drewett, outside her home**

Manor Gardens bungalows are well-designed, with private patios and access to lovely communal gardens.

Residents can be as private or as sociable as they want to be. For example, there is a comfortable communal lounge where residents can get together, if they wish.

Staff members are nearby and each bungalow has an emergency alarm system; giving residents the ideal balance of independence and security.

## Proving there's life beyond mental illness



Barnwood Trust owns a block of eight self-contained flats in **Gloucester**, which has been developed as a supported housing project for people with mental health problems.

The project is run by our charity partner Rethink, and has a proven track record of helping residents to develop the necessary skills

and confidence to negotiate the journey from living with support to living independently in the community.

'The condition of where you live is important. For people with mental health problems, it's a huge factor. This helps people on the journey to recovery.'

**Lucy Knight, Manager, Gloucester supported housing project**

# Responsive and respectful day care

Barnwood Trust runs Manor Day Home; a dedicated day care service for older people in need of support, including an increasing number of people with dementia.

## Helping families do more than simply cope

When the diagnosis of her Mother Edith's Alzheimer's coincided with her own painful medical problems, **Lesley Harris** felt overwhelmed. Fortunately, after a difficult year, a place was found for Edith at Manor Day Home – and it has made a remarkable difference.

'She loves everything; doing exercises... singing the old songs' says Lesley; 'She has the hairdresser once a week, the chiropodist. She likes all the quizzes and bingo... and she loves the food'. Lesley also has plenty of praise for our staff members, who treat everyone 'with such respect and dignity'.

Now Edith is safe and content, Lesley's own health has improved – and she credits Manor Day Home with helping her find a new lease of life.

'It has taken a lot off my mind because I know Mum's happy; she's secure. So I can go off and do my thing knowing she's absolutely fine.'

**Lesley Harris, daughter of Edith, one of our day care guests**



**Lesley Harris, outside Manor Day Home**

Up to 50 guests a day are welcomed at Manor Day Home; located at the Trust's base on Barnwood Road, Gloucester.

Manor Day Home has a warm and welcoming atmosphere – which extends to family members such as Lesley.

We also champion dignity and choice, working with each guest to plan a tailored programme suited to their needs and wants. This may include activities such as quizzes and painting, and personal care services such as chiropody and hairdressing.

## Supporting a generous decision



Manor Day Home also plays a significant role in the lives of **David and Marlane Rose**.

David's Mum Olwyn has dementia and visits us five days a week: 'Try stopping her' say the Roses...

The Day Home makes a huge difference to Olwyn's quality of life – and to that of David and Marlane, who

benefit tremendously from this regular opportunity to recharge their batteries.

'We couldn't live without it. Not in any meaningful way. They have done so much for us.'

**David and Marlane Rose, son and daughter-in-law of Olwyn, one of our day care guests**

**For day care enquiries**

call Lillian Harris on 01452 616173 or email [lillian.harris@barnwoodtrust.org](mailto:lillian.harris@barnwoodtrust.org)

# A sound platform for innovation



As you've seen from this review, Barnwood Trust continues to make a significant contribution to the lives and opportunities of people in Gloucestershire.

Our grants to individuals have a huge impact on quality of life, and also recognise the courage and stoicism so often witnessed in people with disabilities and in their carers.

The Trust also values the productive partnerships that have been fostered through our programme of grants to organisations. It has been a great privilege to play a part in facilitating innovation and change, and to enable the delivery of first class services by forward-thinking organisations working in Gloucestershire.

As we move forward, we will continue to make the sound investments that help local people to flourish.

John Colquhoun  
Chairman, Board of Trustees



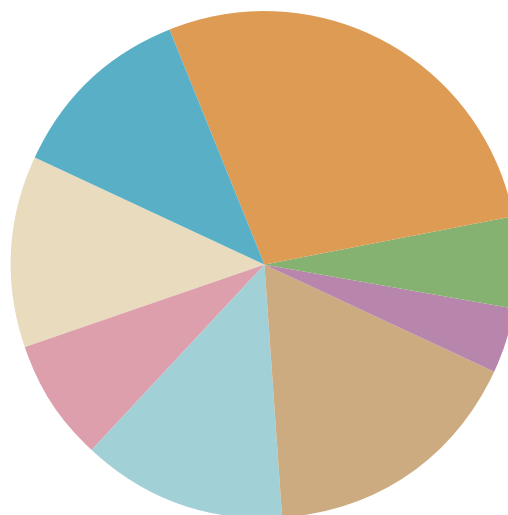
## Financial summary for 2008

Total incoming resources £3,189,059

Total expenditure £2,431,416

Breakdown of the expenditure:

Grants to individuals	12%
Grants to organisations	28%
Sheltered housing	6%
Property costs	4%
Day Home	17%
Charitable activity support costs	13%
Governance	8%
Investment management costs	12%



**Statement by the Trustees** This information is provided to give an overview of how the Trust allocated its income in 2008. It has been agreed by our auditors, Clement Keys, as being consistent with the full financial statements for the year ended 31 December 2008. These were prepared in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities', published in March 2005, and the Companies Act 1985, and received an unqualified audit opinion. The pie chart alone does not provide sufficient information to enable a full understanding of the financial affairs of Barnwood House Trust during the year featured. For further information, the full financial statements, the auditor's report and the report of the Board of Trustees should be consulted. Copies of these can be obtained from Barnwood Trust, The Manor House, 162 Barnwood Road, Gloucester, GL4 3JX. The full financial statements were approved by the Board of Trustees on 21 May 2009 and have been submitted to the Charity Commission and the Registrar of Companies.



To find out more about the stories featured in this review and the work of Barnwood Trust, please visit our new website [barnwoodtrust.org](http://barnwoodtrust.org)

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