

## **Barnwood Trust Annual Review 2019 (plain-text version)**

### **Hello**

#### **Welcome to our annual review for 2019**

This review looks back at some highlights from the wide range of activities we were involved in across our programmes in 2019 to help build a sense of belonging in Gloucestershire.

First, some background information.

### **Change**

**Although Barnwood has been around for many years, in 2011 we had a shift in our thinking.**

Our vision was established – to create the best possible environment in Gloucestershire for disabled people and people with mental health challenges to make the most of their lives. So, we set ourselves the task to enable lasting change across the county.

To deliver the Trust's vision, we set about our 10 year strategy to create opportunities to develop people, spaces and voices in a community context in order to **build a movement for social change for disability and mental health in Gloucestershire.**

### **Why?**

**Disabled people and people with mental health challenges across the county told us they wanted:**

- Something satisfying to do – giving day-to-day purpose
- Somewhere good to live – your surroundings affect how you feel
- People to spend time with – avoiding loneliness and isolation
- Ways of encouraging positive attitudes – tackling stigma, discrimination and prejudice.

That is **something to do, somewhere to live, some people to share experiences with and some way to have a voice.**

### **Beginnings**

**The starting points for all our work are:**

- Everyone has something they care about and something to offer
- Doing things together breaks down barriers and builds confidence, so opportunities can emerge
- Focus on what's strong not what's wrong
- Enable lasting local change
- Become ourselves the community we want to live in

### **Success**

**What does the 'best possible environment' look like?**

It's about a neighbourhood, a block of flats, a group of streets, an estate, a village, a care home where:

- Everyone knows someone to say hello to, have a cup of tea with and call on if they need a hand.
- Everyone has something to do that they enjoy and someone to do that with.

- Everyone has the confidence to join in, because they know they'll be welcome.

**And that 'everyone' includes disabled people and people with mental health challenges.**

### **Belonging**

**So, Barnwood builds belonging.**

We work together with the people of Gloucestershire to bring the county closer together, exploding myths about disability and mental health. By sparking new community connections, sharing ideas and providing grants, we enable people to shape where they live and discover new opportunities.

### **Our plan**

**Building a movement for lasting social change for disability and mental health.**

#### **Discovering opportunities**

- **Support:** We provide grants and support to enable disabled people to pursue satisfying activities.
- **Connect:** We collaborate with local partners to strengthen the offer for inclusive opportunities across the county.
- **Share:** We explore ways to enable individuals to discover gifts and develop interests.
- **Influence:** We influence organisations to be disability-friendly and to create work opportunities.

#### **Shaping homes**

- **Support:** We provide grants and other resources to make a difference to life at home for disabled people.
- **Connect:** We look for opportunities to collaborate with housing organisations and developers for social sustainable futures.
- **Share:** We demonstrate strengths-based principles in the design of housing, care and support for disabled people.
- **Influence:** We influence housing and care providers to adapt their practices and approaches.

#### **Growing communities**

- **Support:** We seed and fund neighbourhood groups and invest in community spaces to bring people together.
- **Connect:** We collaborate with local organisations to grow community building practices.
- **Share:** We share community building practices in neighbourhoods across the county.
- **Influence:** We influence organisations to strengthen strengths-based and community-driven approaches.

#### **Sharing insights**

- **Support:** We support people with disabilities to engage and take up opportunities with us.
- **Connect:** We engage with and partner local groups and organisations to amplify messages of inclusion.
- **Share:** We share our learning and practice to communicate our work, and invite people to join in.

- **Influence:** We use creative ways to research, campaign and influence change on disability issues.

**Lasting change** – for people with a disability or mental health challenge in Gloucestershire.

- **Do:** People follow their passions and take up opportunities, and no one feels excluded.
- **Live:** People live in well-designed homes in welcoming, sustainable communities.
- **Share:** People are fully involved in creating welcoming communities, spaces and places.
- **Voice:** People and organisations want to make positive changes on disability issues and inclusion.

### **Reflecting on life in 2019**

Last year seems a long time ago We are writing this just as the COVID-19 pandemic has struck, not just in the UK but globally. Barnwood’s ability to respond, both speedily and flexibly, reflects the investment we made in 2019 in pursuing our mission to be a catalyst for lasting social change in disability and mental health across Gloucestershire.

Our strategy for change is based on investing both financially and in relationships with people, organisations and places across the county. The stories of change which we profile in this review reflect examples of the kind of difference that Barnwood can make, sometimes alone but mainly in collaboration with others.

Who knows what the rest of 2020 will bring, but we are grateful to the founders of the Barnwood Trust that, back in 1794, they started what is now a major fund that can provide relief to disabled people and people with mental health challenges across Gloucestershire, particularly at a time of crisis.

### **Grants given in 2019**

All the Trust’s grants are aimed at making life better for disabled people:

- **£823,503** given in Wellbeing Fund grants, to make a difference to individual disabled people and people with mental health challenges.
- **£138,572** given in Opportunity Award grants, to make a difference to individual disabled people and people with mental health challenges.
- **£20,908** given in Small Sparks grants, to make life better where people live, including disabled people.
- **£252,629** given in Community Spaces Fund grants, for community spaces where everyone is included.
- **£129,565** given in Grants to Organisations, to support organisations working with disabled people.

For further details of the Trust’s finances view the Charity Commission Report at <https://bit.ly/btcharityreport>

### **Do:**

- People follow their passions, taking up opportunities and joining in.
- 35 inspiring stories, blogs and videos were share don our website.
- Including ‘Mindful step forward’: a new qualification in mindfulness meant that Alice could teach again. Link: <https://bit.ly/mindfulStroud>

### **Live:**

- People live in well-designed homes in welcoming communities.
- 420 visits were made by the Welcomer team in 2019.
- Story: 'A welcome break'. What started with a new oven led to a new scooter, a laptop, and a much-needed family holiday. Link: <https://bit.ly/newoven>

### **Share:**

- People are involved in creating welcoming communities, spaces and places.
- 33 spaces were supported through the Community Spaces Capital Grant.
- Story: 'Community skills sharing'. Community woodworking shed opened up opportunities for new skills and new connections. Link: <https://bit.ly/communitySkills>

### **Voice:**

- People and organisations make positive changes on disability issues and inclusion.
- 39 workshops and stewardship circle events took place across the county.
- Story: 'Celebration'. Our International Day of People With Disabilities event was a day of celebration and speaking up. Link: <https://bit.ly/IDPWDcelebration>

### **How the Trust's funds were spent:**

- **£939,205** in Discovering Opportunities.
- **£1,559,529** in Shaping Homes.
- **£1,111,155** in Growing Communities.
- **£369,902** in Sharing Insights.
- **£424,875** in Investment Management.
- **£129,935** in Property Costs.
- **£4,534,601** in overall expenditure.

The Trust attends events in Gloucestershire all year round, often taking our campervan Barney. In 2019 we attended 46 events in communities across the county, speaking with thousands of people about what we do, what we have to offer, and to stimulate conversations about what's possible.

For more examples of stories from 2019 visit the Barnwood Trust website: [barnwoodtrust.org](http://barnwoodtrust.org)