



# Report about Gloucestershire

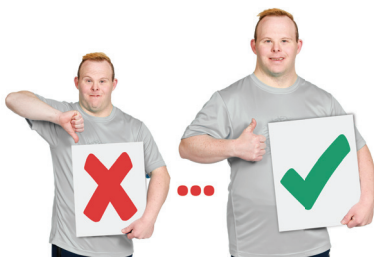
Chances for people to have good  
housing and to live well



## About us



We are Barnwood Trust. We work alongside disabled people and people with a mental health challenge in Gloucestershire.



We want to change things to make life better for people living here.



We think it's really important that we involve and listen to as many people as we can.

**Questions**

1. What do you think about it?

☐ Good

☐ Bad

☒ Not sure

In 2021, we sent out a questionnaire to people living in Gloucestershire.

The questionnaire asked people what chances they get in life.

We asked disabled people and people with mental health challenges questions about:



- going to school or college. Any training they have done



- working and getting a job



- volunteering. This means helping others for free



- housing



- activities people take part in. Things like social groups, sports, hobbies or courses



260 people answered our questions.



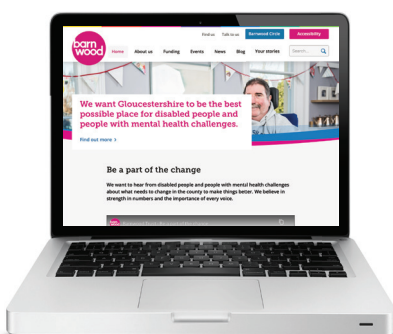
This report tells you the main things we found out from the questionnaire.



It gives some ideas about how organisations can change things to make life better for people in Gloucestershire.



We have written 5 more reports that tell you more about what people told us.



You can read these reports on our website:

**[www.barnwoodtrust.org](http://www.barnwoodtrust.org)**



## 3 main things we found out:

### 1. Barriers for disabled people and people with mental health challenges



A **barrier** is when something stops you or makes it harder for you to do something.



Disabled people and people with mental health challenges in our area face lots of the same barriers.

These stop people from having the same chance in life as other people.



Some of the barriers for disabled people and people with mental health challenges are:

- health problems



- not feeling very confident



- not being able to use buses or trains to get to where they need to go



- how much things cost



- needing help and support to do some things

## 2. How people feel about their lives and where they live



**Wellbeing** means feeling happy and healthy in your body and mind.



Lots of people said their housing affects their health and wellbeing in a bad way.



This might be because of things like:

- not having much choice about where they live
- living in homes that do not meet their needs properly. For example, living in houses with no ramps or handrails





- it costs too much money to make changes to their home to meet their needs



- living in cold or damp houses



- not having enough room



- having problems with neighbours



Lots of people told us they were not happy with their lives. They felt unhappy, very anxious or worried.





We asked people if they were able to do things they enjoy and care about.



People who said yes were happier than people who said no.

### 3. Making sure everybody has the same chance to do well and live in a safe happy home



1 in 3 people told us they had no choice in choosing their home.



People who did get to choose their own home, were much happier.



Things people said are needed:

- more choices about things like housing, work and activities



- to be listened to and included in their local community



- services that everyone can use and that include everyone

People told us lots of ideas on how services can do this.



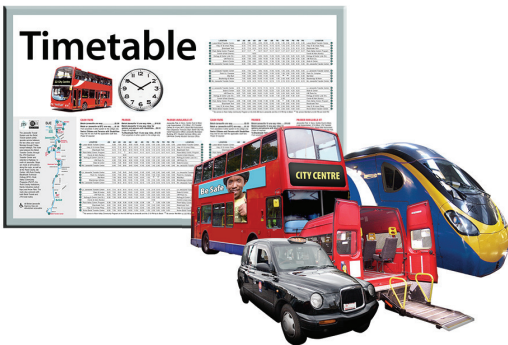
- staff in services to understand what it is like to be disabled or have mental health challenges

More things people said are needed:



- information in a way people can understand

This could be easy read information or using messages or texts.



- clear information about how easy it is to get to places and use services



Many disabled people have to spend a lot of time looking up information before they go.



- different ways of working.  
Disabled people want to be able to choose when they work to suit their lives and needs



- having the right support

This could be someone to support you in class or and take you out.



- having the right equipment and technology

This could be something like a computer, or electric wheelchair.



# Our big ideas for the future

## 1. Working together

Organisations and services in Gloucestershire should:

- talk to disabled people and people with mental health challenges

It is really important to listen to people's views and ideas on how to make things better.



This will help organisations to plan their work and understand problems people are having.



- work together with disabled people and people with mental health challenges to try to solve any problems

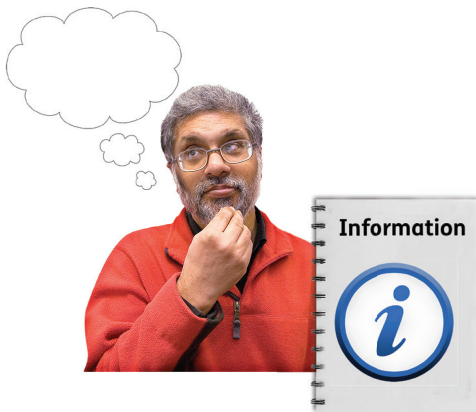


- include people from the beginning to the end of any project or decision

This means services and people working together to look at ideas and make plans or decisions.

## 2. Having the right information

Organisations and services should:



- make sure people get the information they need to make decisions and choices



- give information in ways that everyone can understand



- have more staff to help people face to face and answer their questions

### 3. Choice

Organisations and services should make sure people have more choice.

They should:

- think about everyone's needs when they plan new services or activities
- think about what stops people from taking part in activities. This could be things like:
  - how easy it is to get to places
  - the cost to travel and take part in an activity
  - how people are treated



## Contact us

For more information or if you have any questions, you can contact us:



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