



Report about Gloucestershire: What can stop people getting short breaks



What parents, carers and disabled children and young people in Gloucestershire told us

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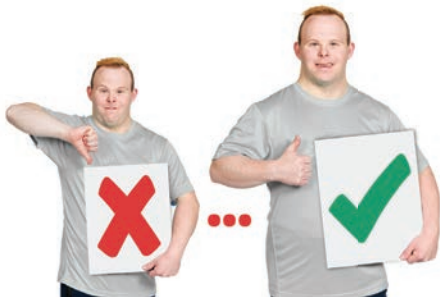
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What we did

We are Barnwood Trust. We work alongside disabled people and people with mental health conditions 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.



In 2022, we spoke to parents, carers and disabled children and young people.

We asked them about **short breaks**.



Short breaks are activities that mean:

- carers can have a break from caring

and

- disabled people can spend time doing things they enjoy



We asked people:

- what activities you do now



- what makes it hard to do the activities



- which activities you would like to do more



We spoke to 120 people. We also spoke to people who run short breaks.



Research means looking at something to find out more about it.

This report tells you the main things people told us in our research about short breaks.



The report says:

- what we found out
- what people said would help
- what Barnwood Trust is doing now

What we found out



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



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



Our research found lots of barriers that stop young people getting short breaks.



Half of parents who answered our questions do not get any short breaks.



There were 3 main barriers people told us about.

1

2

3



1. Assessments

There are problems with the **assessments** for short breaks.

Assessment means checking what help and support someone needs. This might be done by a social worker.



2. Information

Having the right information about short breaks



3. Accessibility

The **accessibility** of the activities.

Accessibility means how easy it is for everyone to join in.



People who got short breaks said the breaks could be taken away when they get older.

About the 3 main barriers



Assessments

Nearly half of the parents said the assessment was a barrier to getting short breaks.



Parents said that assessments were confusing.



Parents were worried about what social workers would think of them.



People did not understand why they could not get short breaks.



Information

Most people said that having the right information about short breaks was important.



Some people did not know what a short break was or how to get them.



Some people said it was hard to know who to talk to about short breaks.



We found out that it could take a long time to get the right information.



Disabled young people wanted to be asked about what they wanted to do. They said that nobody asked them.



Accessibility

Accessibility means how easy it is for everyone to join in.



Lots of people said there were not enough services in Gloucestershire.

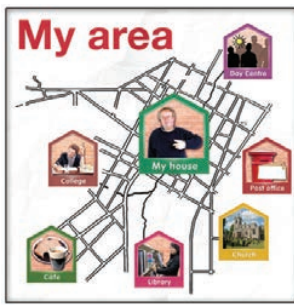


The **COVID-19 pandemic** has made this harder.

This was when we had to stay home to keep everyone safe from the COVID-19 virus.



People told us about other barriers that make short breaks less accessible.



Things like:

- how far away activities were



- not being able to get there



- staff don't know how to give the right support to meet a person's needs

What people said would help



We asked everyone what would help them with short breaks.



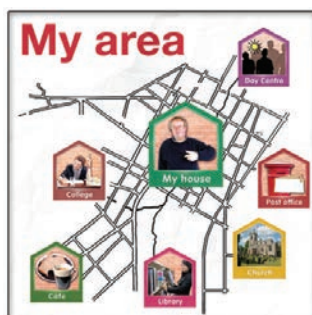
We heard lots of different ideas. Here is what people told us:



- staff need to know how to meet my needs



- have activities that I can do



- more activities near where I live



- being able to choose what I want to do



- activities that happen every week



- activities made for me and my needs



- feeling safe



These ideas are important in making short breaks better for everyone.

What Barnwood Trust is doing



Barnwood Trust is doing 2 things because of this research.

1. Give more money for short breaks



Barnwood Trust has worked with disabled people to give some extra money for short breaks.



Services can ask to have some of the money so they can make short breaks better.



Barnwood Trust will do some more research to see what worked.



We will tell Gloucestershire County Council what we found out.

2. Have meetings about short breaks



Barnwood Trust is having meetings with the big bosses at Gloucestershire County Council.



We are telling them what things stop disabled children and young people from getting short breaks.



The Council want to talk more about our research.



Thank you

Barnwood Trust would like to thank everyone who helped with our research.

Contact us

If you would like to speak to us about this booklet please contact Dan Jacques.

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