



# Report about Gloucestershire: Leisure



What it is like for disabled people and  
people with mental health challenges



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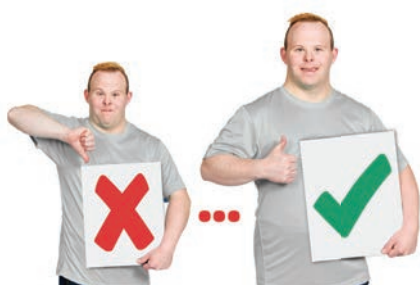
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## What we did

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 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:



- any training they have done



- working and getting a job



- volunteering. This means helping organisations for free



- housing



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



260 people answered our questions.



Other people in this country have done **research** about leisure too.

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



This report tells you the main things people told us about **leisure**

**Leisure** means the activities people take part in. Things like social groups, sports or hobbies.



This report tells you:

- what we found out and what other people's research found out
- what people said would help
- ideas organisations can think about



## What we found out



Nearly 3 in 4 disabled people said that leisure activities are important to them.



Only 1 in 3 disabled people can do the leisure activities they want to do.



1 in 2 disabled people said having more choice would make it easier for them to do leisure activities.

## What other research found out



- disabled people have been finding it hard to go to leisure activities for a long time



- nearly 1 in 3 disabled people who love going to watch sport cannot go to watch it.



This is because some places where you go to watch sport are not **accessible**.

**Accessible** means how easy it is for everyone to join in.



- less disabled people than non-disabled people can be as **active** as they want to be.



**Active** means moving around, going to places and joining in activities

# Things that stop disabled people from doing leisure activities



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.



We found out about barriers in our research.



These barriers stopped people doing the leisure activities they want to do.



## What we found out about barriers

The main barriers people told us about are that:



- 1 in 2 disabled people told us their health makes it difficult for them to do leisure activities



- the activities cost too much



- it is hard to get to the activities



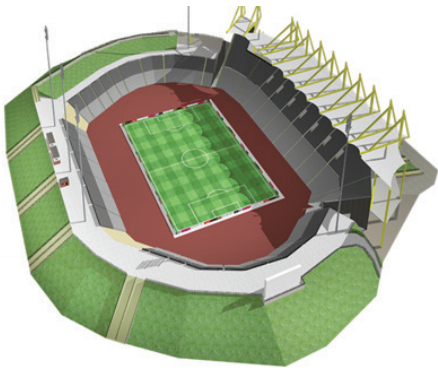
- needing someone to help them to be able go to places



- not feeling **confident** to go.

**Confidence** is feeling like you can do something

## About venues



**Venues** are places you go to do leisure activities. Places like stadiums and music venues.

**Stadiums** are where you go to watch sports.



**Music venues** are where you go to watch concerts.



## What other research found out

- information on the websites of some shops and venues was wrong



- it is hard to move around inside the stadiums.

For example, if there are no handrails or ramps



- people feel worried about going and what might happen



- the cost



- not feeling confident enough to go



- 4 in 5 Deaf and disabled people had problems booking tickets for music concerts and events

# Things that would help disabled people do leisure activities



We asked some disabled people questions about what would help them join in more.



The main things that people said would help them take part are:

- having more leisure activities to choose from



- having more **inclusive** activities.

**Inclusive** means doing things in way that means everyone can join in



- making it easier to find information about activities



- having someone to support them to do leisure activities



## What other research found out

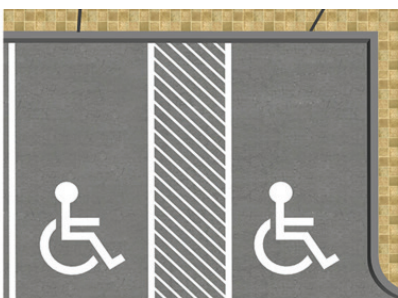
**Accessible** means how easy it is for everyone to join in.



9 out of 10 people said they look for information about accessibility before visiting a venue.

Some ideas that would help are things like:

- disabled parking and paths for wheelchairs







- extra space in front of seats and seats that are easy to get to



- information about a venue that is true and up to date



- being able to go to a venue to look round first when it is quiet



- being able to see videos and photos of the venue online before going



- being able to take a support worker or carer with you

## Our big ideas for the future



From looking at everything people told us, there are **3 big things** that organisations in Gloucestershire need to do.

### Big thing 1: Keep talking to disabled people and people with mental health challenges

Organisations should:



- ask people what barriers they face and what support they need to do leisure activities



- use what people say to plan work and make decisions. Make sure people's voices are included



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



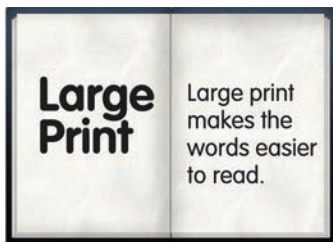
- keep looking at the information they give out and make sure everyone has it



- ask people what they think and listen to them so they feel safe asking for help

## Big thing 2: Give people clear information that is easy to understand

Leisure venues should give information in lots of different ways. Things like:



- easy read information
- large print
- braille and sign language
- give information online and on paper
- make sure people can talk to staff face to face if they need to

Organisations should try to give more information that would help disabled people before they go somewhere.



Things like:

- photos of the inside of the building



- how to get into the venue



- where the disabled toilets and changing places are



- information about taking carers, PAs and support animals like guide dogs with you



## Big thing 3: Make sure there is lots of choice of things to do for disabled people



This means having more things to do and making sure more people can do activities.



Organisations need to:

- make sure that they include everyone when planning their activities
- think about what barriers might stop disabled people coming to their venue and doing activities
- use what disabled people told them to make things better





- give their staff good training about disabilities



- think carefully about everything to do with coming to a venue and doing an activity

## Contact us



If you would like to speak to us about this booklet please contact Ismail at Barnwood Trust.



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