



Annual Review 2019

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

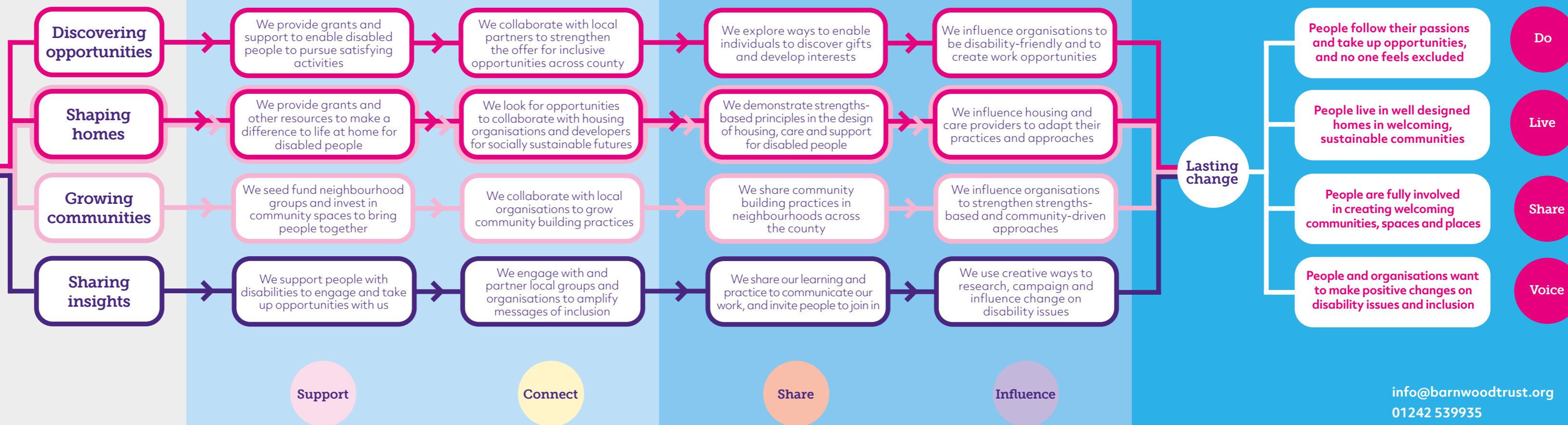
...and that 'everyone' includes disabled people and people with mental health challenges

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



Change

for people with a disability or mental health challenge in Gloucestershire

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.

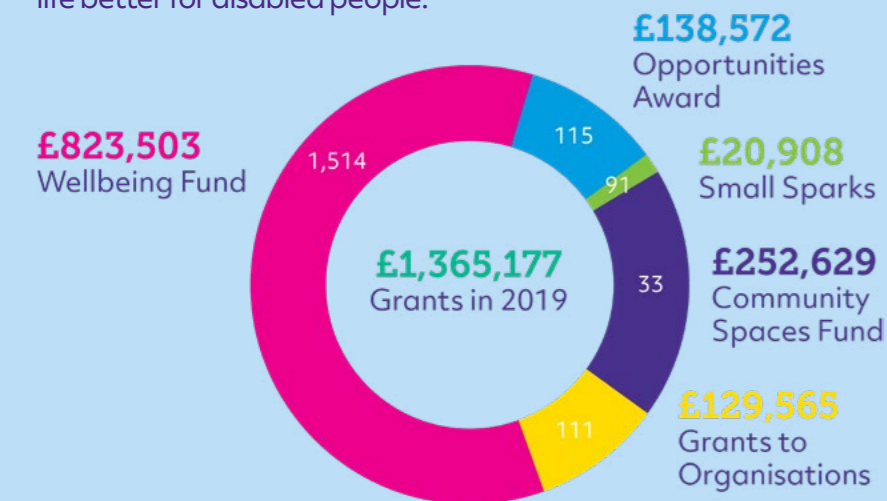
Our strategy for change is based on investing both financially and in relationships with people, organisations and places across the county.

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:



- To make a difference to individual disabled people and people with mental health challenges
- To make life better where people live, including disabled people
- For community spaces where everyone is included
- 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

Mindful step forward

A new qualification in mindfulness meant that Alice could teach again

<https://bit.ly/mindfulStroud>

35 inspiring stories, blogs and videos were shared on our website

Live



People live in well-designed homes in welcoming communities

A welcome break

What started with a new oven led to a new scooter, a laptop, and a much-needed family holiday

<https://bit.ly/newoven>

420 visits were made by the Welcomer team in 2019

Share



People are involved in creating welcoming communities, spaces and places

Community skills sharing

A community woodworking shed opened up opportunities for new skills and new connections

<https://bit.ly/communityskills>

33 spaces were supported through the Community Spaces Capital Grant

Voice



People and organisations make positive changes on disability issues and inclusion

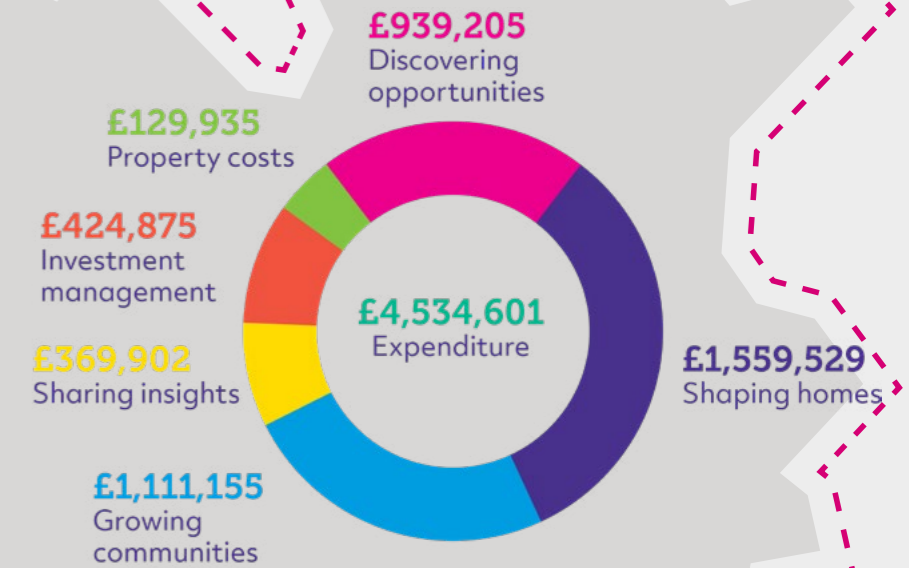
Celebration

Our International Day of People With Disabilities event was a day of celebration and speaking up

<https://bit.ly/IDPWDcelebration>

39 workshops and stewardship circle events took place across the county

How the Trust's funds were spent



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