



Help us to make changes so that people can live the life they want to



We are Barnwood Trust. Our work supports people in Gloucestershire who have a disability and people who have a mental health challenge.



We know that in Gloucestershire there are **barriers** that stop people living their life the way they want to.



**Barriers** are things like:

- Not being able to get onto a bus or into buildings when you use a wheelchair



- Not being able to read and understand leaflets and letters. Or not being able to see information on websites



- No quiet spaces for people to use when things get too much



- People think you can't do a job because you have a disability or a mental health challenge



## What we want to find out

What are the barriers for people in Gloucestershire and what can we do about it.



To do this we need lots of different people to:



- Tell us about any barriers they have experienced



- Tell us what they think should be done to change things



- Tell us what good things happen now and what else we could do to make things better.



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



We want you to be part of making these changes.

## How to find out more and get involved



**Look at our website**  
**[www.barnwoodtrust.org](http://www.barnwoodtrust.org)**



**Text us**  
**07701 281945**