



# Inclusion Gloucestershire Survey

February 2022

**Easy Read**  
**Social & Leisure**

**INCLUSION**  
**GLOUCESTERSHIRE**

BIGGER DREAMS ► BETTER LIVES ► BRIGHTER FUTURES



## Introduction

Inclusion Gloucestershire wanted to find out about the things that are worrying people who live with **disabling barriers**.



**Disabling barriers** could be things like disabilities, mental ill health, Autism, health problems, hearing, or sight difficulties and lots of other things that make life harder for people.

In June and July 2021, we asked people who face disabling barriers to tell us about their experiences and any ideas they have for making things better.



We asked people to tell us how worried they feel about 22 different areas of their life.

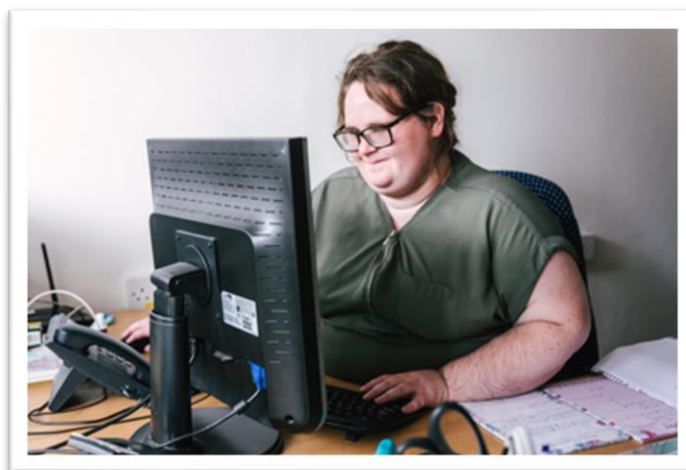
This report will tell you more about what people told us.

We have used what we found out to help us make a plan for Inclusion Gloucestershire for the next 3 years.

You can use the link to see a report all about our survey



<https://www.inclusiongloucestershire.co.uk/research-strategy-and-partnerships/>





# 135 people told us what they think

Most people who answered,

Told us they are Female.



Preferred to have relationships with people of the opposite sex.

Used English as their first language.



Said they are White British.



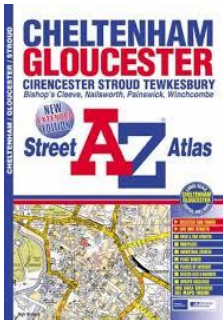
Live in Cheltenham or Gloucester.

The biggest group were aged between 55 and 64.  
The next group were 45 – 54.



Most people who gave us their ideas have experience of mental ill health.

Some people had experience of more than one thing.





## What we found out.

We asked people **4 questions** about how worried they were about leisure and social activities and contact with friends and family.



**48 people** said they were happy with their chance to take part in leisure and social activities.



**15 people** said they weren't happy.



**27 people** weren't happy with their chance to take part in leisure and social activities, but they weren't unhappy either.



**61 people** were happy with how much they have contact with their friends and family.



**26 people** were in the middle about this question.



**13 people** said they were unhappy about how much they have contact with friends and family.

We also asked people to tell us about their experiences when they were taking part in social and leisure activities.



We asked people to tell us about anything that gets in the way of them having contact with people who are important to them.

## **This is what people told us.**

People said that some things get in the way of them taking part in leisure and social activities and having contact with friends and family.

### **About access.**

The distance to travel to activities and some places not having many things to do.



**“I like hydrotherapy as normal pools are too cold, but there are none closer than Swindon.”**

**I love sailing but don’t have transport to get to South Cerney.”**

Transport and travel can be a problem.



**“Very few options for wheelchair access that don’t involve travel in a car.”**

**“I can’t drive so travel can be difficult.”**





Sometimes getting into and using buildings can be a problem.



**“Not having a blue badge means I have no guarantee of being able to park close enough. I don’t leave the house much unless I’m sure I have a very short walk”.**



**“Carefully planned. Rest before and after. Ensure venue has parking, easy access and toilets.”**



People said they can find it hard to find support or be able to afford it.

**“Accessing leisure like gyms are difficult because of requiring a support worker due to environmental risk.”**

**“Independent access is pretty much finished for me as I need so much support. I find the inflexibility of available support frustrating. Particularly evenings and weekends.”**





The cost and the times of activities and transport can be a problem.



**“Cost and time.”**



**“not the most affordable or accessible.”**

**Due to health I was accessing specific classes for people with health problems, they only run in work time so when I returned to work I could not go anymore. This was a shame as my health improved when I attended them.”**



Having to use a computer and book in advance can be difficult.

**“It is frustrating having to book access to leisure facilities in advance, and even then slots may not be available weeks in advance. You need good IT skills to be able to navigate some booking apps.”**



**About awareness.**

Some people said leisure and social activities are not always aware of the needs of people.

**“I think a lot of people are unaware of our needs and sometimes they will listen and sometimes not.”**



## What people said about their good and bad experiences.

Lots of things have helped people have good experiences.



**“It is good if you go to (provider) and ask the managers for reasonable adjustments.”**

**I have 5 hours 1-1 time a week but I use them up and still have the chance to go out.”**

**“Member of several church groups. Always welcome to join in meetings.”**



Some people told us about bad experiences.



**“As a Muslim woman, it is very difficult to find a safe place to exercise, I would love to learn swimming, but I feel I can’t as lifeguards are male and there is nowhere I can do this without paying extortionate amounts.”**

**“Being afraid of being bullied, especially as I come out of my house because that is where it usually happens.”**







Self

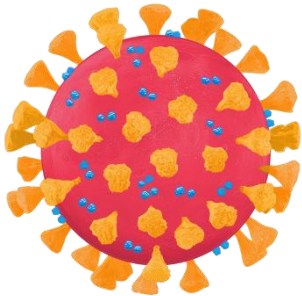
**Some people told us about things personal to them that have an effect on social and leisure activities.**

**“I have lost trust in people after a traumatic event and I avoid people now.”**

**“Anxiety. Sometimes when socialising with friends.”**

**By caring for someone, there’s no respite support to help. You just have to get on with it.”**

**“My illness impacts my ability to have regular contact with friends and family.”**



**People told us about how Covid-19 has affected their social and leisure activities.**

**“I found it very difficult to access leisure and social activities after coming out of the last lockdown, but I have been pushing myself to meet with people and to engage in social and leisure activities that cause me anxiety.”**

**“Getting back to normal, seeing people in larger groups again would be lovely.”**

**“I worry about people being socially isolated while the Covid is on-going, not feeling able to venture out and come into contact with others.”**





## What we think should happen.

Things that get in the way of people getting the transport they need, should be looked at.



There should be more times when people can use their bus pass.



Getting into and around buildings is still a problem. You can see more about this in our report about Choice and Control.



Organisations should check that their websites are easy for people to use.



Accessible Information Standard

There should be a way everyone in Gloucestershire makes information easy for people to use. You can see more about this in the Choice and Control report.



People having a social care assessment should have information about what help they can have with social and leisure activities.



Staff in social and leisure places should have more training about disability and different cultures.

More people getting active through the Move Connect Inspire project.

<https://wecanmove.net/campaign/move-connect-inspire>



## What will Inclusion Gloucestershire do next?

We will share our report with health and social care people and other groups.

We will put our report on our website and on social media.



We will tell people what we found out at lots of different groups and meetings.

We will carry on working with people to find out what they think about social and leisure in our groups.

You can find out about our different groups on our website or by e-mailing us.

[www.inclusiongloucestershire.co.uk/our-services](http://www.inclusiongloucestershire.co.uk/our-services)  
[info@inclusion-glos.org](mailto:info@inclusion-glos.org)



We will make sure our plan has goals about health care.

Thank You to everyone who helped us with our research.



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Find out more about us at: [www.inclusiongloucestershire.co.uk](http://www.inclusiongloucestershire.co.uk)