



Easy
Read



Health and wellbeing in Bristol

Why communities are important



Easy Read



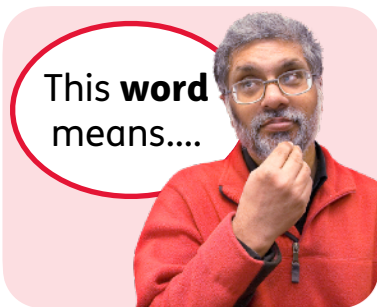
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



This information is from Christina Gray and her team.

Christina Gray is the **Director of Public Health** for Bristol.



This means she is in charge of protecting the health and wellbeing of **communities** in Bristol.



A **community** is a group of people who either live in the same area or share the same characteristics - like the religion they follow.



This information will tell you about:

- Communities and how they can help people's health and wellbeing.



- Projects in Bristol's communities that have happened over the last year.

Communities and health



When people who live in a community work with each other and **trust** each other, their health improves.

This is because they can:



- Share health information with each other.



- Support each other when they are ill.



- Spend time with each other, so people feel less lonely.

To work with each other and trust each other, people in a community need to:



- Be open and honest with each other.



- Include and be fair to everyone who is part of their community.



- Make sure everyone in their community has a say and is listened to.

Project 1 - Social Action for Everyone (SAFE)



In 2021, 3 students started a group called Social Action for Everyone (SAFE) in Hartcliffe.

With the help of other local people and organisations, SAFE has:



- Spoken up about violence against women and girls.



- Helped young people to speak up about what they want and need in their community.

This year, SAFE improved people's health and wellbeing by:



- Organising a picnic, where lots of families from different communities could get together.



- Supporting families who have been struggling to pay for things, like food.



- Cooking meals for people who have been struggling to pay for food.

Project 2 - Over 55 Luncheon Club



The Over 55 Luncheon Club is a club where people older than 55 can meet for lunch.



The club meet every month in the St Christopher church hall in Brislington.

The Over 55 Luncheon Club has improved people's health and wellbeing by:



- Bringing people together.



- Giving some people who do not work anymore the chance to cook and be part of a team.



The Over 55 Luncheon Club has also given some people something to look forward to.

People who are part of the Over 55 Luncheon Club said:

“If you’ve got an idea and there’s a couple of other people, find out where you can do it, and go for it, you’ve got to have the support behind you.”

“I think it’s important because it gives us something to look forward to; that can mean a lot to someone who doesn’t see many people.”

Communities and making change



When people who live in a community work with each other, they can make good changes to their community.



Making good changes in a community can lead to improving people's health and wellbeing.

To be able to make good changes to their community, people need to:



- Share **power** - this means everyone in the community has the chance to speak up and take part in making decisions.



- Treat each other fairly and trust each other.

Project 3 - One Green Kitchen



One Green Kitchen is a group that is managed by **volunteers**.

Volunteers are people who work for free.

One Green Kitchen has:



- Grown and provided food for communities.



- Given people the power to manage and take part in a group.



- Brought people from different backgrounds together through food.

One Green Kitchen has also:



- Helped people trust each other and organisations.



- Supported groups of people that are often left out or ignored.

Someone who is part of the One Green Kitchen said:

“We support marginalised groups such as the elderly and women from diverse backgrounds.”

“I’ve really enjoyed meeting new people from different cultures, learning from them.”

Project 4: The Brandon House community



The Brandon House community is a group of people who live in the same area.



At first, they did not know each other. Then they decided to start having parties.



More and more people from the area joined in. Now they are a community.



They are working together to set up a community room and start more events.



Brandon House community are hoping that by working with each other, they will have the power to make good changes to their area.

Communities and places



Places include:

- The homes we live in.



- Where we work.



- Where we play or take part in activities, like parks or leisure centres.



- Where we go to learn, like schools or colleges.



Places also include **green spaces**.

These are spaces where there is more grass and plants instead of buildings and pavement.



These different places affect the health and wellbeing of people in a community.

Communities with good health and wellbeing often have:



- Lots of green spaces where people can take part in activities.



- Safe and clean streets that make it easy to walk and cycle around.

Communities with good health and wellbeing also often have:



- Easy access to places where people can take part in activities, like halls, churches and libraries.



- Warm, safe and clean homes for everyone.



- A mix of different kinds of homes, so that everyone can live in a home that meets their needs.

Project 5 - Fox Haven Nature Garden



Fox Haven Nature Garden used to be a green space that was covered in rubbish and weeds.



2 people from the community decided to turn it into a clean garden.



Other people from the community got involved and helped clean up the green space.



With help from the council, the community has turned the green space into Fox Haven Nature Garden.



It is now home to lots of wildlife and plants. There are also vegetables being grown there.



Fox Haven Nature Garden has become a place where people from the community can get together.

Project 6 - Pen Park Pickers



The Pen Park Pickers are a group who meet up every month to pick up rubbish in their area.



More and more people have joined the Pen Park Pickers.



The group has:

- Improved the health and wellbeing of the people taking part.



- Brought people together.



The Pen Park Pickers have also improved the lives of others in the community.



This is because the area they live in is now a lot cleaner.

Communities and art



There are lots of different kinds of **art**, like painting, music and theatre.



Taking part in art activities and groups is good for people's health and wellbeing.



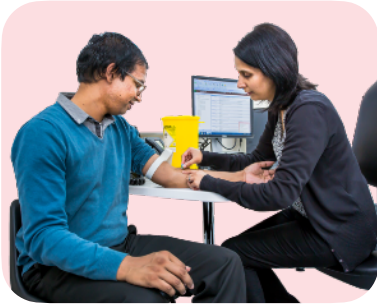
Art activities and groups in Bristol have:

- Improved people's mental health.



- Helped people deal with health issues.

Art activities and groups in Bristol have also:



- Helped make sure everyone has access to healthcare.



- Helped people to lose weight.



- Made people feel less lonely and more confident.



- Helped people feel better and more normal after struggling during COVID-19.



- Brought people together.

Project 7 - Community Play



Community Play is an activity for parents and young children who felt lonely during COVID-19.



Community Play takes place at Trinity Community Arts and offers 2 hours of playtime for parents and young children.

Parents who have taken part in Community Play said:



- Community Play made them feel less lonely, and more like they were part of a group.



- Community Play helped them make new friends.

Parents who have taken part in Community Play also said:

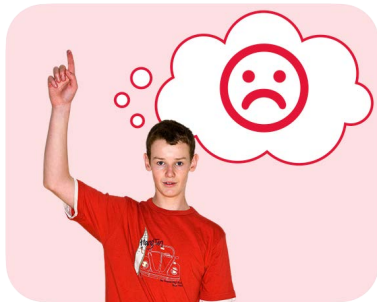


- Community Play helped them feel closer to their children.



- Community Play is a safe space for everyone.

Project 8 - Sound of the Forest



Sound of the Forest is a group for young people who are struggling with mental health issues.



Young people who are in Sound of the Forest can take part in some art activities, like writing poems.



Often these activities will take place outside.



Sound of the Forest has helped improve young people's mental health.

Project 9 - Bristol Umbrella Singers



The Bristol Umbrella Singers is a choir for disabled people.



They meet up every week to sing and have lots of fun.

The Bristol Umbrella Singers help disabled people:



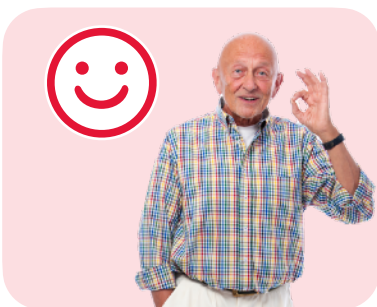
- Get together in a safe and friendly space.



- Have their voices heard.




- Feel like they are part of a group and part of the community.



- Have good mental health.

Someone who is part of the Bristol Umbrella Singers said:



“When we sing,
we feel positive
health benefits
(better mood,
reduced anxiety).”

Communities owning the things they need



Communities in Bristol have been working to grow stronger and own the things they need to live



For example, the community in Bedminster Down raised money so they could buy their local Community Centre.



Communities in Bristol have got money from different organisations to help them own the things they need.



Everyone in the community should be able to take part in making decisions about what to own.

Project 10 - The Ardagh



The Ardagh is a green space on Horfield Common that used to be run by the council.



After 10 years of hard work, the Ardagh is now run by the local community.



The Ardagh is now a place that helps improve the health and wellbeing of the community.



The Ardagh has also provided 20 people with a job.

At the Ardagh people can:



- Go to the cafe to meet up with others.



- Take part in clubs.



- Join the choir.



- Get food from the food bank.

Project 11 - Make it Work

Make it Work is a project that has brought together:



- Social care providers that are led by people from **ethnic minorities**.

An **ethnic minority** is a small group of people of the same race, in a place where most other people are a different race.



- Government and council teams that are in charge of planning and managing social care.

The project has:



- Given social care providers the chance to share information with council teams.



- Given social care providers the chance to speak up about what services ethnic minorities need.

The project has also:



- Shown the council teams how important it is to work with organisations that are led by ethnic minorities.



- Improved social care in communities with lots of people who are from an ethnic minority.

Into the future



When communities in Bristol are strong and work together good things happen.



When Bristol works together as a city everyone's lives improve.



Our idea for the future is to make sure that communities carry on working together.



We are calling this idea 'One City, Many Communities'.

Over the next years we will help communities to:



- Work together within their community to improve their local area.



- Work with other communities.



- Work with organisations and businesses.



- Start projects and groups.



- Have more control over the things they need to live.



We will also help communities to learn what works for them and what doesn't.

Find out more



You can look at our website here:
[www.candobristol.co.uk/
PeoplePowerProject](http://www.candobristol.co.uk/PeoplePowerProject)



You can also look at the Welcoming Space website: [www.bristol.gov.uk/
residents/people-and-communities/
welcoming-spaces](http://www.bristol.gov.uk/residents/people-and-communities/welcoming-spaces)

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