**Discussion topics**

*It’s easy to get about on public transport.*

* There is a dial a bus service in East Ren but there are a lot of restrictions attached to being able to get it such as age limitations.
* There is no bus from Barrhead to get to the hospital [Queen Elizabeth], you have to get at least two buses and if you have an early appointment it’s almost impossible.
* It’s always necessary to plan ahead because the transport system is so bad.
* We end up relying on getting taxi’s which can be extremely expensive.
* The area is in dire need of a new bus service, the current service misses out lots of areas in East Ren.
* The transport system makes it difficult to get out and about to meet people.
* If you are a carer for loved one’s the transport system makes things so difficult, especially if you have health needs of your own.

*There are plenty of opportunities to integrate with other groups in our local community.*

* Lack of transport makes it very difficult to get to other groups in the area.
* There is a lack of accessible information on what’s available.
* Internet connection is bad – not all people are able to access the internet or know how to.
* We would like to get to know more about other groups, meet new people and welcome new members to our group.
* Language can pose a barrier to integration.
* We still experience racism in our local community – there is resentment about who gets access to what, for example refugees seem to get a lot of support.
* There needs to be more knowledge or awareness of the need for better religious and cultural tolerance- this would help so much with integration.

*Social isolation is an issue but there are plenty of options for people.*

* Transport makes it harder to get out and see people.
* It’s difficult to find out what is happening in our area, especially if you don’t have internet access or a computer.
* It would be helpful if services where willing to come to groups like this to let people know what they can be part of or what they’re entitled to.
* There are opportunities to socialise via groups, places of worship.
* There are not a lot of options.
* The Foundry is difficult to get to if you don’t live in Barrhead.

*It’s easy to access the services I need in my area.*

* It is very difficult to speak to people in the local council.
* Getting information about what services are available, clear information about what you are entitled to is not easy.
* Decisions are made about your life and care that are not explained to you properly and it can feel this is decision that has been made without workers having full interest in your rights.
* There are different rules for different people and I have often felt discriminated against by the local authority.
* There is no clear information from the local authority about how you get adaptations made in your house if you are caring for someone or if you need them yourself.
* There are long waiting times for hospital and doctor appointments. When you are seen your appointment time is so short that you feel you have not been able to say what the problem is properly.
* Lack of transport means we have difficulty accessing services.