



The Resilience Forum

20 November 2015



The Resilience Forum started in Brighton in 2010



Since its start.....

- **46** Forums in Brighton

Also Film Premier and Designing Resilience Showcase

- **7** Forums in Hastings
- **3** Forums in London



Range of Areas/Topics...

Arts & R

Wellbeing

R & Schools

Collective R

Exercise & R

Re-offending & R

Happiness

Practitioner R

Inequalities & R

C/YP & Social Media

Hope

Empathy

Youth R

R Research Design

C/YP with complex needs

Peer Relations

Politics of R

Understanding R

Mindfulness

Child Protection

And several specific prevention/intervention programmes on R

Some Numbers...

Minimum participation: **6**

Maximum participation: **57**

(excluding Ungar sessions)

Mean = 20, SD=11



Range of Roles/Professions...

Programme and project administrators, leaders, workers and coordinators, advocates, advisors and coaches, educators (heads, assistant heads, SENCOs, classroom teachers, student teachers, tutors, learning mentors, virtual school staff), young people, parents and foster carers, practitioners and student practitioners (counsellors, psychotherapists, psychologists, social workers, nurses, psychiatrists, health visitors, occupational therapists, arts practitioners), management (service managers, team leaders/managers, directors, CEOs), academics (lecturers, readers, professors, students, PhD students), policy makers, governors and commissioners, youth and family workers (mental health, housing support, case and key workers, transitions, targeted services), researchers (research assistants, officers, fellows), trainers and independent consultants, volunteers and volunteer coordinators, public health specialists.

More than 50 categories

How did they generally find about the Forum?

Social Media

Mailing list



Colleagues/Forwarded emails

Boingboing website

What is next?

Imagining the future of Resilience Forums



Four sets of questions

- Engaging/Involving more people
- Content and format
- Sustainability
- Sharing responsibility



Engaging/involving more people

- How can we engage/involve more people with diverse backgrounds?
- Does the Resilience Forum have such a potential?
- And how can we do this?

Content and format

- Are we finding the content and format of the Resilience Forum helpful?
- What changes would we like to see?
- And how can we make these changes?

Sustainability

- How can we sustain the Resilience Forums?
- Should we include a membership scheme?
- What would be the alternative ways of finding a budget for it?

Sharing responsibility

- Are we learning and sharing?
- What improvements/changes can we make?
- What specific roles can we take to support this?