

# THE RESILIENCE FRAMEWORK

**A tool that anyone and everyone can use to help build resilience and get through tough times.**

**In Blackpool, young people, adults and our whole community have been learning about resilience as we lead a world's first Resilience Revolution. It means anyone who lives, works or volunteers in Blackpool can play a part in making our town a more resilient place to grow up and live.**

Resilience is the ability to bounce forward from tough times. The Coronavirus (COVID-19) pandemic is one of those tough times – affecting us all in different ways. In the Resilience Revolution, we use a Resilience Framework as a way to set out things that research tells us can help people and communities build resilience. It is made up of 42 actions we call Resilient Moves.

Inside this leaflet are two versions of our Resilience Framework. One created by young people for young people and the Family Version - designed to be used by whole family groups or adults. We hope that by sharing the framework with everyone in Blackpool, we can all make, and encourage one another to make, Resilient Moves to get through tough times.

You can start anywhere on the framework, there's no right or wrong place to begin and you don't have to make all 42 Resilient Moves! You might already be making some or spot one you could add in. Some Resilient Moves will have to be adapted to meet the lockdown guidelines, for example 'spending time with good people' might have to happen digitally and 'transport and getting to places' should be for safe essential travel.

***We've been sent loads of ideas and examples of people across Blackpool making Resilient Moves. Turn to the back page where you will find links and contact details for where you can find out more!***



# RESILIENCE FRAMEWORK, A FAMILY VERSION



## Basics

- We have good enough housing
- We have money to live
- We can keep ourselves safe
- We can use transport to get to places
- We have a healthy diet
- We exercise and get fresh air
- We get enough quality sleep
- We spend social time together
- We respect everyone's differences and receive the same respect

## Belonging

- We have somewhere we belong
- We can find our place in the world
- We make time for our friends and family
- We try to keep healthy relationships going
- We are there to help each other
- We make the best of relationships around us
- We have a support network when times are tough
- We know our responsibilities and try to meet them
- We focus on good times and places together
- We understand what has happened in our past
- We can think positively about new situations and new people
- We make new friends and mix with others

## Learning

- We encourage each other to achieve our full potential
- We can take guidance from others
- We plan out our futures together
- We are organised
- We celebrate our achievements
- We learn and share new skills with each other

## Coping

- We have rules and try our best to stick to them
- We are brave when we need to be
- We solve problems as a team
- We focus on the good things
- We are committed to activities that we enjoy doing
- We can take time out to relax
- We remember tomorrow is a new day
- We can lean on others
- We have a laugh

## Core self

- We have hope
- We try to understand how other people feel
- We know and understand ourselves and each other
- We take responsibility
- We find time for our talents and interests
- We can identify local services and use them when needed

## Noble truths



Accepting



Conserving



Commitment



Enlisting

Blackpool Council



# RESILIENCE FRAMEWORK

## Basics

-  Good Housing
-  Money to live
-  Being safe
-  Transport and getting to places
-  Healthy diet
-  Exercise and fresh air
-  Enough sleep
-  Play and hobbies
-  Not being judged

## Belonging

-  Find somewhere you feel like you belong
-  Find your place in the world
-  Spend time with good people and in good places
-  Keep relationships going
-  More healthy relationships the better
-  Take what you can from relationships where there is some hope
-  Get together with people you can rely on
-  Responsibilities & obligations. For example: looking after your brother/sister or going to school
-  Focus on good times and places
-  Understand what has happened in your life
-  Predict a good experience of someone or something new
-  Make friends and mix with other people

## Learning

-  Make school or college work as well as possible
-  Engage mentors
-  Plan out your future
-  Organise yourself
-  Highlight achievements
-  Develop life skills

## Coping

-  Understand right from wrong
-  Be brave
-  Solving problems
-  Focus on the good things in life. Put on your Positivity Glasses!
-  Find time for your interests
-  Calming down and making yourself feel better
-  Remember tomorrow is another day
-  Lean on others when necessary
-  Have a laugh

## Core self

-  Instil a sense of hope
-  Understand other people's feelings
-  Know and understand yourself
-  Take responsibility for yourself
-  Find time for your talents
-  There is existing help and solutions for problems, use them

## Noble truths

-  Accepting
-  Conserving
-  Commitment
-  Enlisting

# WANT TO KNOW MORE?

The Resilience Revolution has been collecting and publishing lots of tips, guides and information about resilience for a number of years now, and we have also created some specific things to help during the Coronavirus (COVID-19) pandemic.



You can hear from young people, parents and carers and find more information about the Resilience Revolution in Blackpool by visiting [www.rrblackpool.org.uk](http://www.rrblackpool.org.uk)

For more information on the Resilience Framework, and to download it in a variety of languages visit [www.boingboing.org.uk](http://www.boingboing.org.uk)

Our friends at Boingboing and the University of Brighton co-produced the original version of the Resilience Framework back in 2007!


**Join the Resilience Revolution and share your Resilient Moves with us!**

**You can find us on social media**

 HSBlackpool

 @HSBlackpool

 Resilience Revolution, Blackpool

 @HSBlackpool and @bb\_resilience

Or you can reach us on **01253 476746**  
or **headstart@blackpool.gov.uk**

Many of our school and community collaborators regularly make and share ideas for Resilient Moves too, including Blackpool FC Community Trust and Aiming Higher – follow them on Social Media to learn more!

***The #ResilienceRevolution in Blackpool is beating the odds  
whilst also changing the odds***