

Ideas for Resilience Activities

Advice note



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Resilience whether that be individual resilience or community resilience can encompass many things and does not necessarily have to be for emergency situations; however building resilience does mean that individuals or communities will be more prepared for an emergency.

We have listed below some ideas for resilience activities that we have come across from groups in Aberdeenshire, Scotland and the UK. These are ideas that may be suitable for some communities and not for others; you may want to pick and choose or adapt an idea; we are interested in hearing about your resilience activities and sharing these with others.

Set up a group

You may want to set up a group in your community to look at resilience. This can be a small group of people that lead resilience activities or many volunteers, the purpose of the group will differ in every community and may range from setting up a community hub or writing an emergency plan to disseminating information. We have written a separate advice note on setting up a resilience group.

Information Source

Being a source of information for the community before, during or after an emergency can help individuals and communities be more resilient.

- Promoting individual resilience by sharing information from other bodies or creating your own resilience leaflet helps to ensure everyone understand how best to prepare for an emergency. Before an emergency publicising the [The Priority Services Register](#) so people who may be vulnerable in the community get the support and information they need.
- Sharing what is known and not known during an emergency helps prevent rumour and panic. There may be information about the provision of food and drink, rest centres etc.
- After an emergency sharing information on recovery and helplines etc can help get a community back on its feet a little more quickly.

Identifying risks and potential solutions

Establishing what risks your community faces and what activities you can undertake in the face of them will improve resilience. The key question to ask would be 'what do I/this community need to be resilient in the face of this emergency'

Part of individual / community resilience may be establishing what skills and equipment you have already this may be items like a gas cooker, sources of food/water, lighting etc. Within the

community it could be things like who is First Aid trained, who has a chain saw and training to operate it, generators, storage etc.

Help others

Helping others in the community is a good way of increasing resilience. You may want to think about a buddy system where a volunteer is matched to someone elderly or vulnerable and they will look out for them in an emergency situation.

Gathering a group of volunteers to assist in various scenarios will help bolster resilience, these may be people who will provide transport, make tea and coffee, or have specific skills and experience. They can help ensure your community is resilient all year round regardless of whether there is an emergency.

Emergency Services

You may wish to volunteer with the emergency services to enhance resilience; this might include training to be a community First responder or Cardiac responder [Community First Responders](#)

You may want to enquire at your local fire station about becoming a Retained Fire Fighter or look into being a [Police Scotland Special Constable](#)