

We are proud to be from Blackpool and have chosen landmarks from our town to represent our ideas. If you are using the framework in another town or city, you could adapt this for your area.



A bucket and spade represents the **Basics** as they are the tools needed to build a foundation.



Blackpool Tower is a landmark that residents gain a sense of **Belonging** from when they see it.



A Blackpool tram highlights that **Learning** is a journey.



The Big One represents **Coping** as a roller coaster as there may be ups and downs but it's about staying on track.



The Big Wheel is used to illustrate the compartments that makes up a person's **Core Self**.



The Noble Truths are displayed in the pillars of a pier and is representative of how they are used to underpin and hold the framework together.

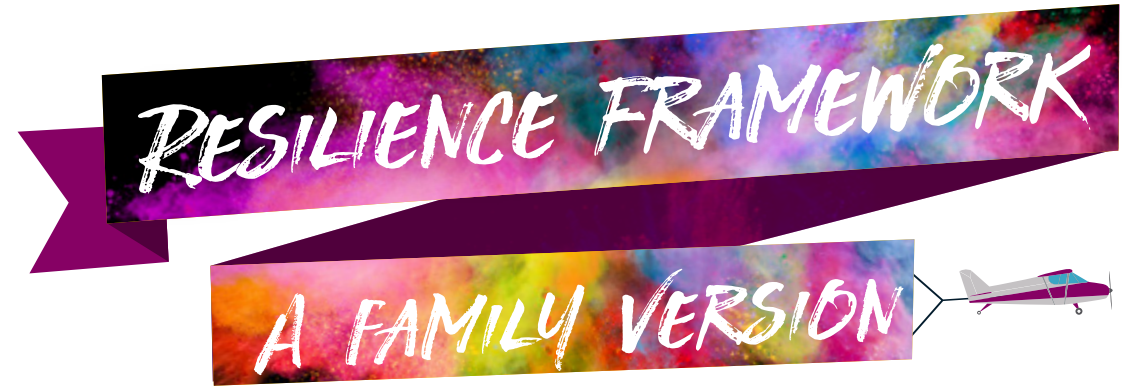
- **Accepting** - where and who you are right now
- **Conserving** - holding on to the things that are going well
- **Commitment** - keep going together even when it's tough
- **Enlisting** - getting the right support, at the right time from the right people

Some ideas to help you make free resilient moves when you are in Blackpool!

- Have a laugh together at the Comedy Carpet
- Learn something new at your local library
- Enrol on a free Adult Learning course
- Visit the Grundy Art Gallery
- Take a picnic to the beach
- Walk or jog down the promenade
- Volunteer with the Volunteer Academy
- Watch a band stand event at Stanley Park
- Take part in a litter pick or beach clean
- Join a local club
- Go to exciting events e.g. Blackpool Air Show or World Firework Championships
- Relax by practicing yoga or meditation

Walk down the Resilience Pathway and see what other resilient moves you can make!

 **HSBlackpool**
(01253) 476746



A tool for building family resilience

“Using the framework in my family home has had a positive impact, it helps identify our strengths and provides us with ways of coping and bouncing forward when we face tough times” (Blackpool parent)

The Resilience Framework consists of 42 resilient moves. A resilient move is an everyday action or step that evidence tells us can help build resilience.

The family version of the Resilience Framework has been adapted from the original produced by Hart & Blincow with Thomas (2007). A group of parents and carers from Blackpool, known as the ‘Parents of the Revolution’ have co-produced this version, building on previous work by Newport Mind. As a group of parents and carers, we want to make sure the framework is clearly meaningful and practical for a family group to use.

When we use the term family, we believe this should be about what is meaningful to each unique family unit. For some this can include parents, children, grandparents, foster parents, cousins, friends, members of a support group and so on.

When we talk about resilience, we use the Boingboing definition which is about “beating the odds whilst also changing the odds”. This means we recognise that inequality can play a big part in making things tougher, so as well as suggesting practical steps that families can make to build resilience, we challenge services and systems to take responsibility for making the resilient moves possible too.

 Blackpool Council

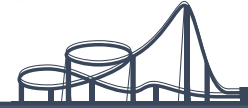
 University of Brighton
Centre of Resilience for Social Justice

 boingboing
resilience research and practice

 COMMUNITY FUND



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

