

THE STARTING PLACE:

It's no wonder there's confusion with all these acronyms! EQC, EQR, TC3, SCIRT, CERA, CCC and so on. You just about need a degree to get your head around the whole thing. But there's only one acronym that's concerned solely with the interests of St Albans residents and that's SARA – The St Albans Residents' Association.

Together we can work together to make the best of a bad situation and improve all of our current lifestyles but to do so we need to really focus on what's important. So we're going to put all the acronyms on the back-burner for now and start working to create twenty wonderful projects for the whole community to get involved in. Not only will we be working toward a brighter future for the area, we'll be working side-by-side, meeting more of the community, interacting with local groups and probably surprising ourselves by how amazing we all are. So for those of you who have a degree – or just like the details up front – here's how we mean to achieve this:

Characteristics of Resilience	Definition		Methods to Achieve	Outcomes
	Social Capital:	Shared norms or values that promote social co-operation, realised in actual social relationships	Build networks in the community	People save money through sharing resources, skills and time. Levels of trust are improved amongst residents. Reduction in crime. Improved health outcomes for vulnerable people.
			Develop methods to exchange favours	
			Promote the importance of helping others	
			Build connections between local groups	
	Community Competence:	Risk awareness and the ability to problem-solve cohesively and innovatively	Train people for specific skills or tasks	Residents gain useful skills. Increased community activity. Boost to local services. Increased innovation.
			Public/adult education programmes	
			Events and activities	
			Community-run projects	
	Information Flow:	The development of credible and useful means of communicating that operate in the face of unknowns	Build networks in the community	Less confusion and uncertainty when adversity strikes. Greater levels of confidence in the community.
			Develop methods to improve information flow	
			Create distributive networks	
			Develop credibility amongst residents	
	Equity:	When the ratio of a person's inputs to their outcomes is equivalent to those around them	Understand the state of the community's equity	Less drain on community resources. More people available to contribute to the community. Improvement in economic, social, educational and health outcomes.
			Identify those most at risk	
			Develop methodologies to foster equity	
			Boost local (community) economy	