

What is Community Resilience?

Community resilience is the ability of individuals, groups, and organisations within a community to **anticipate, prepare for, respond to, and recover from emergencies and disruptions**. It draws on local knowledge, shared resources, and the strength of relationships between people.

This reflects an important shift in thinking: resilience is not something delivered *to* a community, but something built *within* it. The more connected, informed, and prepared we are as residents, the better we can support one another when it matters most.

About Communities

A community is any group of people who share something in common. This might be where we live, shared interests, or common values.

Communities are typically:

- **Diverse** – made up of people with different skills, experiences, and perspectives
- **Self-organising** – people come together voluntarily to support shared goals
- **Connected** – through relationships, local networks, and shared experiences

From the smallest to the largest, these layers form the building blocks of society:

- **Individual**
- **Household**
- **Community**
- **Society**

Each level plays a role in building resilience.

Why Resilience Matters

At the heart of society are our local community: the networks of people, relationships, and

organisations that shape how we live and support one another. In everyday life, these connections may seem informal or even invisible.

However, in an increasingly uncertain and rapidly changing world—shaped by factors such as climate change, more frequent extreme weather, and pressures on infrastructure—they are becoming ever more important. During times of disruption, such as flooding, severe weather, or infrastructure failure, these connections quickly become essential.

Strong and connected communities are better able to:

- Share information quickly
- Support vulnerable residents
- Coordinate practical help
- Recover more quickly after an event

Research consistently shows that being part of a connected community brings wider benefits, including:

- Improved health and wellbeing
- A stronger sense of belonging
- Greater trust between people and institutions
- Access to practical and emotional support

In some cases, strong community connections are even linked to longer life expectancy.

In Summary

Community resilience is about people looking out for one another, sharing responsibility, and working together. By strengthening our local connections and preparedness, we create a safer, more supportive place for everyone.

This is what we are doing in Brockenhurst too.