



Community Resilience

Town & Parish Councils

*‘capabilities created before, during, and after a disruption
that involves everyone who wishes to support those who are in need’*

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Community Resilience

Cumbria's approach to Community Resilience

Current issues

Cumbria Local Resilience Forum

Community Resilience in action- Pandemic

4 key factors that influenced success

Community Emergency Planning- Quick Guide

How can Local Councils build Community Resilience?

Support Available

Acknowledgments



CUMBRIA
RESILIENCE



Cumbria's approach to Community Resilience

There is more to community resilience than community emergency planning

Community Resilience means tackling inequalities

Community Resilience requires investment

Community Resilience activity will be led by communities, by default

Community emergency planning is a key component of the Cumbria LRF approach to community resilience

The community response to incidents often takes place through existing community networks

Much of this wider activity takes place through the 'business as usual' community development and community engagement activity of LRF partners rather than exclusively through emergency planning team

Community development staff helped the LRF to identify the new mutual aid groups during the Pandemic

Ongoing programme of work- not a project!

What are the Current issues?

Emergency Preparedness – “Summer Ready” campaigns

Emergency Planning – Flood, Vulnerable People, Power Loss

Cost of Living Crisis

Refugees, Asylum Seekers and Community Cohesion

Coronavirus.....

Always evolving

Cumbria Local Resilience Forum

Formed in 2005

(as a result of the Civil Contingencies Act 2004)

- Brings together organisations from across Cumbria to plan and prepare for a range of different emergencies- including town and parish councils
- Based on Police Force area
- Category 1 responders (e.g. Emergency Services, Unitary Authorities)
- Category 2 responders (e.g. Utility Companies)
- And many others – including **Cumbria Community Resilience Network**

And it's the same organisations during an incident.....

Community Resilience in Action- Pandemic

Prior to Covid-19 a key aim of Cumbria LRF had been to close the gap between the communities' response and statutory sector responders- to embed trust by working together as equals and develop a co-ordinated response

As well as supporting community emergency planning, this linked to wider transformation programmes in local public sector organisations, aiming to influence organisational policies, and support staff to become more comfortable working with informal community groups- including mutual aid groups

Cumbria's approach during the Covid-19 response focussed on strengthening the community networks that already existed connecting people who needed help to local organisations building relationships that would support them throughout the pandemic

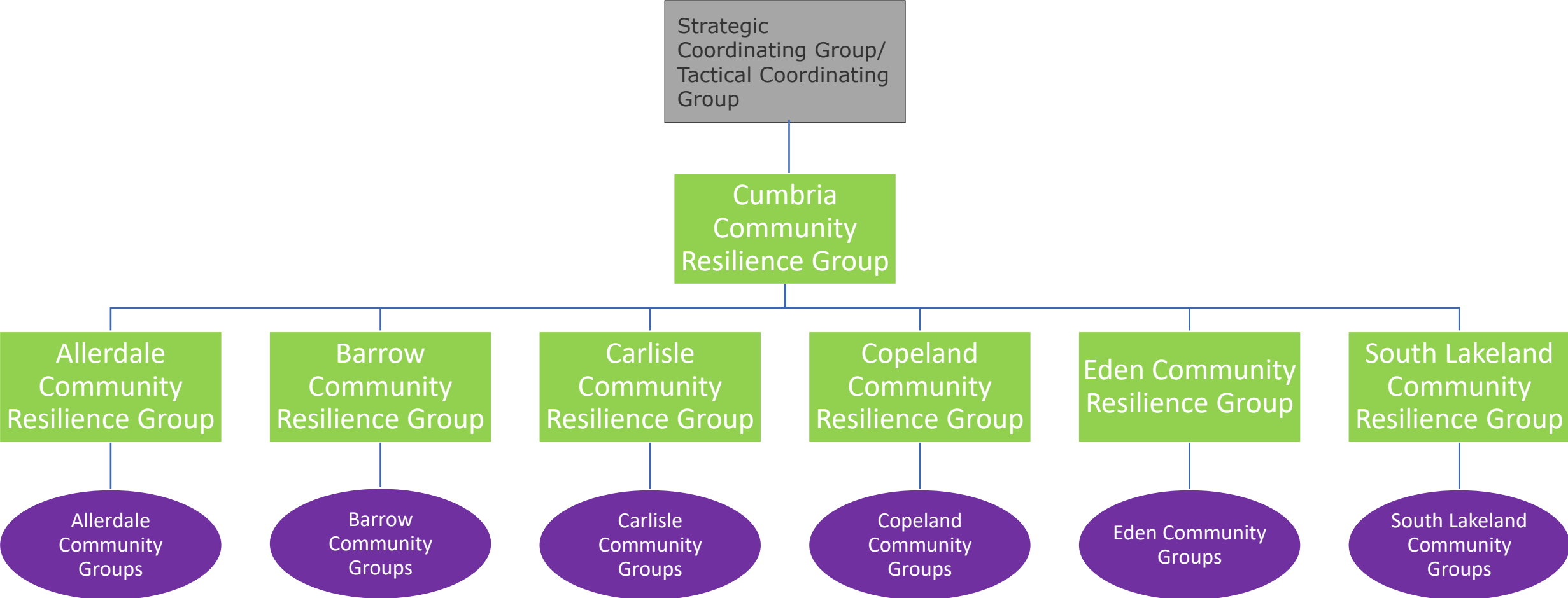
"The challenge as we went into lockdown was: can we tie those mutual aid groups to the Local Resilience Forum response and make them part of the coordinated response?"

Carolyn Otley

Carolyn Otley (Cumbria's CRC) was asked to chair a Community Resilience subgroup of the Tactical Co-ordinating Group and to develop a structure to coordinate the community response

Community Resilience in Action- Pandemic

Coordination during the pandemic



4 key factors that influenced success

Working together in partnerships that respect diversity and provide a sustainable model

Trust- Trusting community groups, both new and established, to organise themselves and supporting them without implementing a centralised top-down system was very effective

Volunteering- provided a level of productivity that has supported the most vulnerable in the region

Community development capacity across LRF partners has been essential in supporting community groups including:

- Access to funding

- Providing them with information and resources

- Giving them a route to escalate and resolve difficulties,

- Encouraging them at tricky points.

Community Emergency Planning- Quick Guide

Community Emergency Plan

A simple document which identifies the potential impacts of emergency situations that could occur in a community

Sets out what residents and businesses can do before, during and after to:
Be prepared - Know what to do - Bounce back

Identifies key contacts in the community who will coordinate the Plan (Community Response Group - CRG), including one person who will be the point of contact with local authorities and emergency services

If you are nominating your Parish Clerk as a key contact, consider where they live. If they are not local, choose someone who is

It is not the role of the community to take on the responsibilities of emergency services e.g., to save life, to take risks themselves, or to cope for long hours without agencies' help and support

Community Emergency Planning- Quick Guide

Guidance and templates

Emergency Planning Guidance

Example Risk Assessment

Risk Assessment Template

Community Emergency Plan Template

A simple Plan includes

Community Response Group contacts

Triggers to activate the Plan

Possible emergencies, impacts and actions

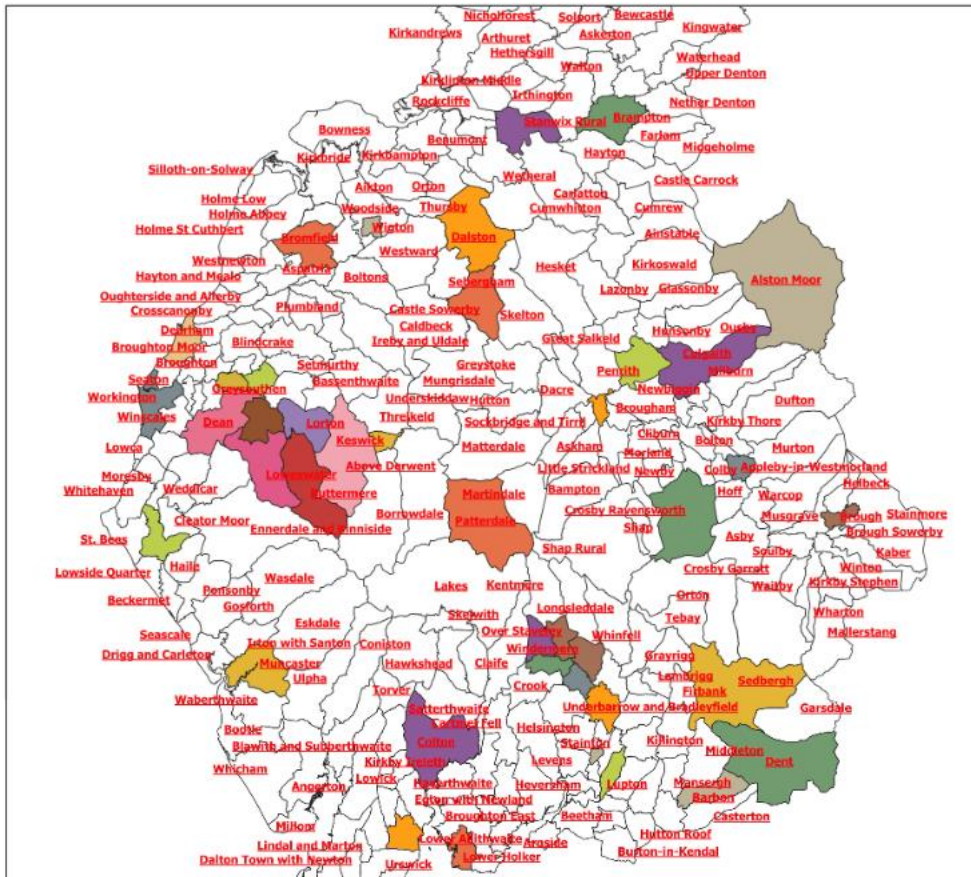
Community resources: names, contact details, and how they could help

Key contacts: authorities, emergency services

Plan to review and update

Resilience Direct- where your CEP is accessed

Community Emergency Plans



Child Pages

- Countywide Guidance and Information
- Cumberland Council
- Westmorland and Furness Council

Page Documents

- Appendix Overview of

Support Cumbria



From April 2023 Cumbria Local Resilience Forums partners will be using Support Cumbria to ensure our Community Emergency Planning Groups and Voluntary Agencies receive key pre event information, such as flood forecasting and severe weather warnings.

Support Cumbria has a secure message feature where you can narrow down recipients from whole county to individual organisations.

Cumbria LRF Executive Board have confirmed that Cumbria will be using Support Cumbria as the preferred communication route to all organisations without access to Resilience Direct.

How can Local Councils build Community Resilience?

'Community Resilience = capabilities created before, during, and after a disruption that involves everyone who wishes to support those who are in need'

BUILDING

Lead or be part of an Emergency Response Group for your area-create an Emergency Plan

Identify assets, capabilities and vulnerabilities

Be aware of vulnerable residents and the support they may need

Support & encourage activities that help develop local relationships (e.g. good neighbour schemes, random acts of kindness, positive discussions, social cohesion)

Support the social infrastructure that enables local relationships to happen (e.g. community meeting spaces)

Encourage Individual Resilience-

Share factual information by educating, encouraging and assisting residents to practice government advice, NHS advice and emergency advice- household leaflet

Listen to communities and what your communities want to be- Provide ongoing opportunities for Community Engagement

Take part in relevant training- e.g. response & recovery training & exercising, CALC Community Engagement & Planning

RESPONSE

Trigger actions in Community Emergency Plan

Warn & inform residents

Share Local Intelligence-with emergency services/stutory agencies/community resilience group

Support local initiatives set up in response to crisis- e.g. reception centres, Warm Spots, Affordable Food Projects

Share Information to support residents in relation to crisis- local, regional, national

Signpost to statutory & voluntary agencies for support when needed

Access Funding- to support initiatives

Work collaboratively- co-produce- but not just in an emergency!

Deploy & Build assets within your community- Be innovative and agile within your Powers and Duties to create action to support your resident

RECOVERY

'Build on Crisis...'

Evaluate, assess, lessons learned- share

Continue to offer local intelligence to support long term recovery planning & implementation

Raise awareness of residents of available support & schemes

Maintain and develop working partnerships & local relationships

Remain relevant & be flexible to ensure activities meet current needs/issues

Build long term capabilities to tackle inequalities deep rooted social issues that may have surfaced/become more obvious

Identify knowledge gaps- Training needs?

Community led social action and volunteering to contribute to resilience



Community networks have a role in all parts of the emergency cycle to complement the activity of Category 1 and 2 responders.

The types of activities that communities might be involved with are outlined in this diagram

Cost of Living Crisis- applying what you can do



COST OF LIVING

How Town & Parish Councils can Support Community Resilience



Understand and Share Information

- Circulate cost of living information that will support your residents via your councillors, website, email, social media, posters in community venues, flyers and word of mouth.
- There is lots of cost of living advice on the CCC website including heating, health costs, broadband, household grants and more. Visit [CCC Website](#).
- Key Support Organisations - Cost of Living support Factsheet - GOV.UK (www.gov.uk), Age UK West Cumbria, Age UK Carlisle & Eden, Age UK South Lakeland, Cumbria CVS
- Priority Services Register: The Priority Services Register is a free support service that makes sure extra help is available to people in vulnerable situations. Energy suppliers and Network operators will both keep a Priority Services Register. If you think you should be added to either you need to contact your energy supplier or network operator.
- Electricity North West has a 'Cost of Living web page here'. The page includes a free customer guide book, information about support for households, preparing for power cuts and the Extra Care Register (their Priority Services Register). Please share this link with anyone who you think would find it useful and encourage them to sign up for extra support if they need it.
- Gas suppliers in Cumbria also have useful information for the public, on their websites: [Northern Gas Network](#) and [Cadent Gas](#).
- FREE Energy Saving Advice and equipment from Cold to Cozy Homes Cumbria: For more information click [here](#).



Support Warm Spots

- A Warm Spot offers a warm, welcoming space for people to visit this winter if they need it. They are run by a range of different organisations including churches, village halls, local councils and libraries. For more information click [here](#).
- Funding is also available to organisations that are establishing a Warm Spot or extending their existing provision. For more information click [here](#).
- Create a local Warm Spots information flyer to share with your communities- work together with your local Community Emergency Response Group/Resilience Group to distribute.
- A toolkit to help create Warm Spots across Cumbria is available [here](#).



Support & be involved with your local Community Emergency Response Group, Community Resilience Group (Mutual Aid Group), Climate Action Group

- Share information with your residents on local support and initiatives available- create a local newsletter.
- For information and resources on setting up a Town/Parish Council led Community Emergency Response Group and creating an Emergency Plan, contact: calc@cumbria.gov.uk.
- ACTION with Communities in Cumbria (ACT) is the rural and community development charity for Cumbria, championing community and rural issues. For a whole range of useful information and resources, to help you support your community (including community buildings, funding advice, neighbourliness, community led planning) visit the ACT website www.cumbriaaction.org.uk.
- For information on Climate Action for Town and Parish Councils go to the members' section of CALC [here](#).



Provide Food Support

- Food Shares:
 - Food Club- where people join as members and pay a small weekly fee for food which is generally collected from a central point.
 - Community Food Shares- where food is available for people to collect free of charge at specific places, days & times.
 - Pantries/Cupboards/Fridges- places where food is available for people to collect free of charge or where people can leave surplus food for others to collect.
- Food Banks- Food Banks provide no cost emergency food provision for households through referral agencies or direct referrals through local organisations e.g. Citizens Advice, Social Workers, GP's or Schools and local authorities staff to refer people to receive food parcels.
 - Trussell Trust is the national umbrella organisation for Food Banks.
- Food Share Support Options:
 - Recycling Lives- Tackling Food Poverty: Their food redistribution programme was added in 2015, as a partnership with national food charity FareShare
 - FareShare Go provides charities and community groups with direct access to surplus food from local supermarkets, including Tesco, ASDA and Waitrose & Partners, and wholesaler Booker, they do not provide food directly to individuals or families but work with groups that do.
- To set up a Food Support initiative contact your local area CCC Community Development Officer for support [here](#).
- Use your green spaces for community growing activities: see Green Space 2 Grow Support pack on the CALC website members' section [here](#).



Access Funding Opportunities

- CALC offer Town and Parish Councils support with grant funding searches, project development and funding applications.
- Community groups can apply for grant funding for projects you are working on together, if more appropriate.
- For funding support and advice, contact [Cumbria CVS](#).
- Storm Arwen Resilience Fund: You can read more about the eligibility criteria, application process and examples of projects supported [here](#). The next deadline for applications is the 6 April 2023.
- Cumbria Community Foundation: Manage a range of grant funding opportunities, which includes the Community Hardship Fund which supports the relief of hardship for people who are experiencing financial struggles which have been caused directly or indirectly by the cost-of-living crisis in Cumbria.
- CCC Household Support Grant: Cumbria County Council has a limited amount of money available through the Household Support Fund to help people who are in financial crisis because of rising prices.



RURAL COMMUNITIES

The Cost Of Living is affecting all our communities

Did you know there is a FREE Welfare Helpline you can access to find out what support is available.

Free Welfare Helpline

Cumbria County Council's Ways to Welfare helpline offers help and emergency support with basics and essentials, for people struggling to cope with their current situation.

They can also advise on which other financial support you may be entitled to.

Call 0800 783 1966
or visit [Ways to Welfare](#).
<https://cumbria.gov.uk/welfare/>



There is also lots of cost of living advice on the CCC website too

Including heating, health costs, broadband, household grants and more.

Visit [CCC Website](#)
<https://www.cumbria.gov.uk/costofliving/financialsupport.asp>



Support available

CALC [Cumbria Association of Local Councils : Welcome to CALC](#)

Community Resilience Support contact: Kate.mcgibbon@cumbria.gov.uk

A range of training is available for Town and Parish Councils contact: Rachael.Kelly@cumbria.gov.uk

Cumbria Local Resilience Forum

Current Training- an introduction to working with communities and community groups during emergency planning, response, and recovery.

[Working With Communities Workshop Tickets, Tue 20 Jun 2023 at 13:30 | Eventbrite](#)

ACTion with Communities in Cumbria (ACT) is the rural and community development charity for Cumbria, championing community and rural issues. For a whole range of useful information and resources, to help you support your community (including community buildings, funding advice, neighbourliness, community led planning) visit the ACT website www.cumbriaaction.org.uk

Cumbria Community Foundation [Cumbria Community Foundation - Connecting People Who Care With Causes That Matter \(cumbriafoundation.org\)](#) - Funding opportunities to support our communities

Cumbria CVS (Cumbria Council for Voluntary Service) offers help, advice, training and support to third sector groups throughout Cumbria. [Cumbria CVS](#)

Acknowledgments

Carolyn Otley, Cumbria Community Resilience Co-Ordinator

National Consortium for Societal Resilience- [National Consortium for Societal Resilience | Alliance MBS](#)
([manchester.ac.uk](#))

Cumbria Resilience Forum [Cumbria Resilience Forum | Cumbria County Council](#)

ACTion With Communities in Cumbria [dt061-act-gs-improving-community-resilience-pcs.pdf \(cumbriaaction.org.uk\)](#)

HM Government Community Resilience Development Framework- A reference tool for the delivery of strategic approaches to community resilience development, at the Local Resilience Forum level in collaboration with non-statutory [20190902-Community_Resilience_Development_Framework_Final.pdf \(publishing.service.gov.uk\)](#)