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**FRRR**  
Foundation for Rural  
Regional Renewal

*What makes our community wonderful to be part of?*

*How can we strengthen our community's capacity to cope with change and continue to evolve in positive ways into the future?*

## Strengthening resilience for a thriving community

[www.frrr.org.au](http://www.frrr.org.au) | [j.bell@frrr.org.au](mailto:j.bell@frrr.org.au) | [@FRRR\\_Oz](https://twitter.com/FRRR_Oz)

July 2021

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## Welcome

In the spirit of reconciliation, we acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea and community.

We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



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## Overview

- Guest Speaker : Paul Ryan
- Group discussion
- The Disaster Resilient: Future Ready Program
  - Overview
  - Participation streams
  - Expressing interest to participate
- Questions
- Next Steps
- Close 12.30pm



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A presentation slide with a white background and green geometric shapes on the left and right sides. The title 'Community Resilience' is centered in a large green font. Below it, the name 'Paul Ryan' and 'Australian Resilience Centre' are listed. In the bottom left corner is the Australian Resilience Centre logo, which features a stylized map of Australia with green and yellow waves. In the bottom right corner, there is a small text string: 'Strengthening resilience for a thriving community | FRRR | July 2021'.

# Community Resilience

Paul Ryan  
Australian Resilience Centre



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A presentation slide with a white background and green geometric shapes on the left and right sides. It contains a bulleted list of three points. In the bottom right corner, there is a small text string: 'Strengthening resilience for a thriving community | FRRR | July 2021'.

- ▶ Add Prepare, Respond Recover, multiple events
- ▶ The challenge is communities are never dealing with a single event
- ▶ And communities are made up of lots of individuals who all experience events differently and have different capacities to respond, different experiences and are differently impacted

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# Resilience, Resilience, Resilience.....

Richmond Tigers hold off a resilient Fremantle Dockers in 27-point win

Resilient Australia: country re... Resilience at the darkest y...

...ence, innovation and drought

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Resilience has many different interpretations (depending on who's talking!)

Psychological	Personal
Community	Disaster
System	Engineering

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**Resilience = capacity to cope with change and continue to function in positive ways**

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**Moving beyond popular 'resilience rhetoric' ...**

- ▶ Resilience is more than 'bouncing back' its often about bouncing in new directions
- ▶ Resilience is more about being flexible than about being tough, stubborn or strong
- ▶ Resilience is not all good - there are costs and trade offs when building resilience - not everything and everyone can be resilient to all things all the time

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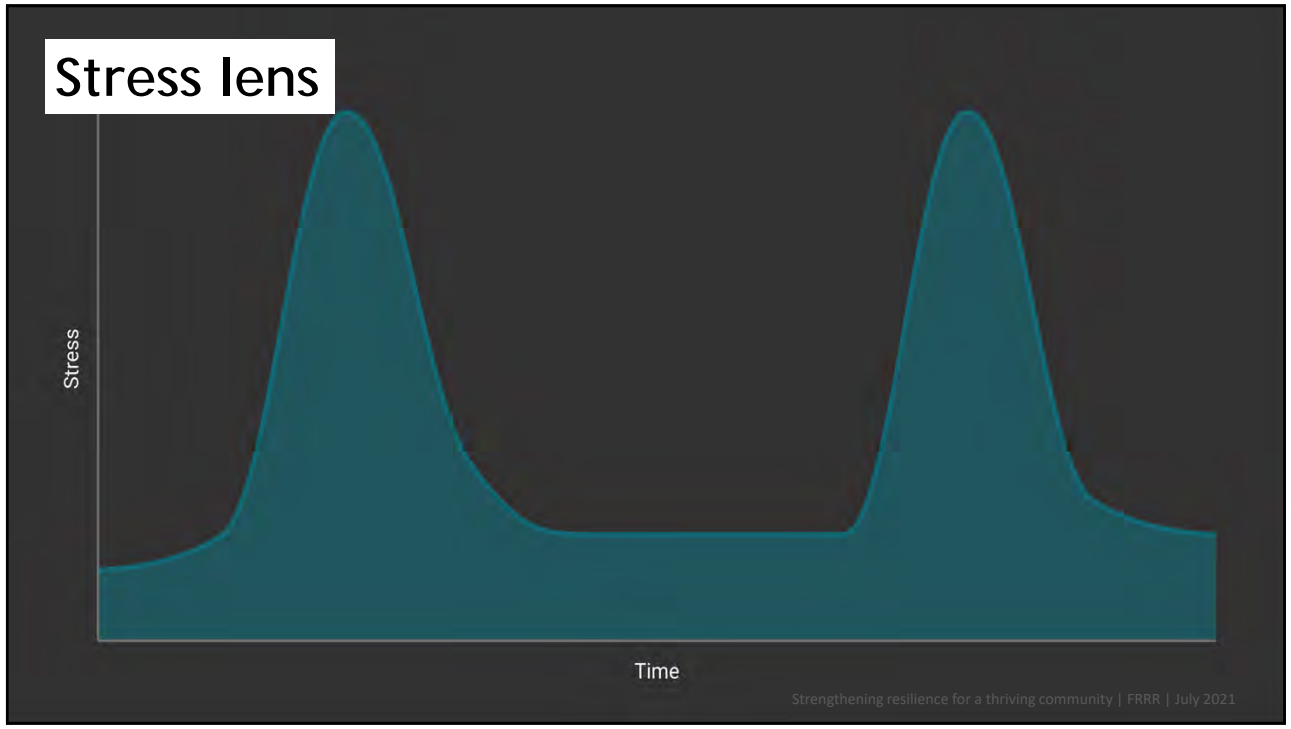
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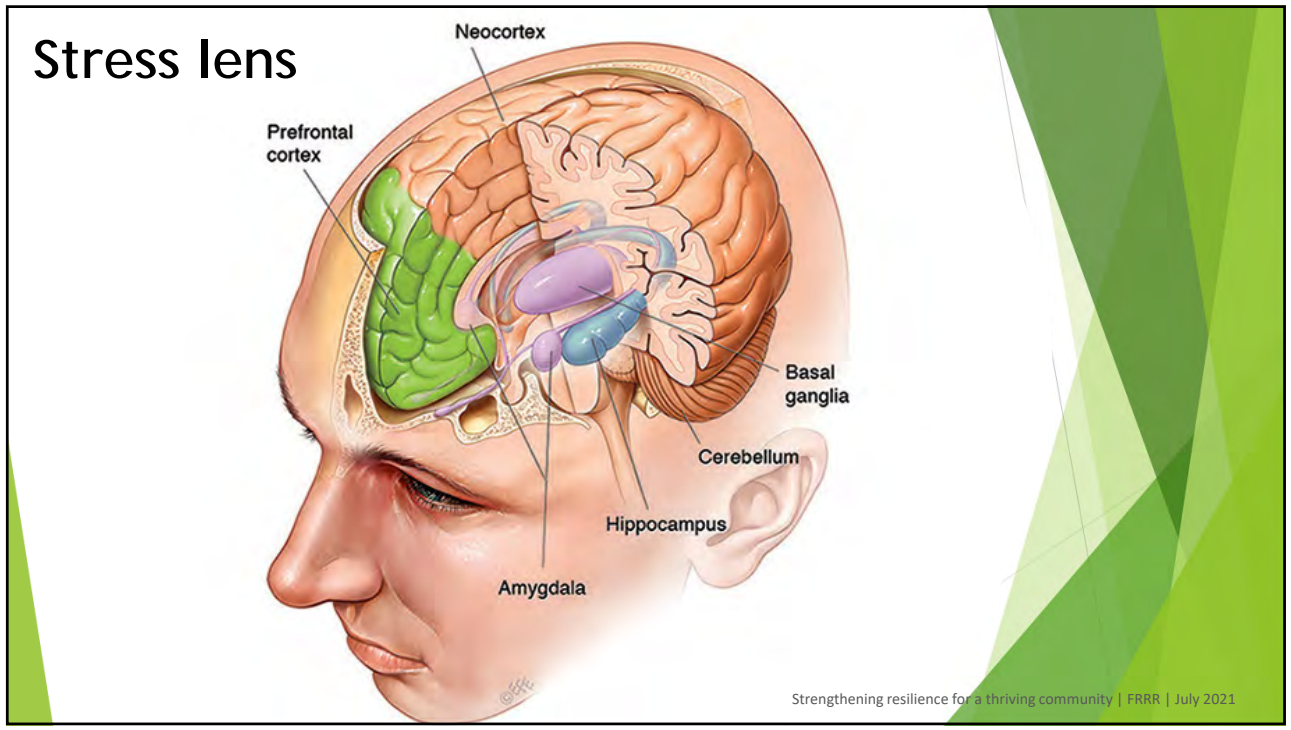
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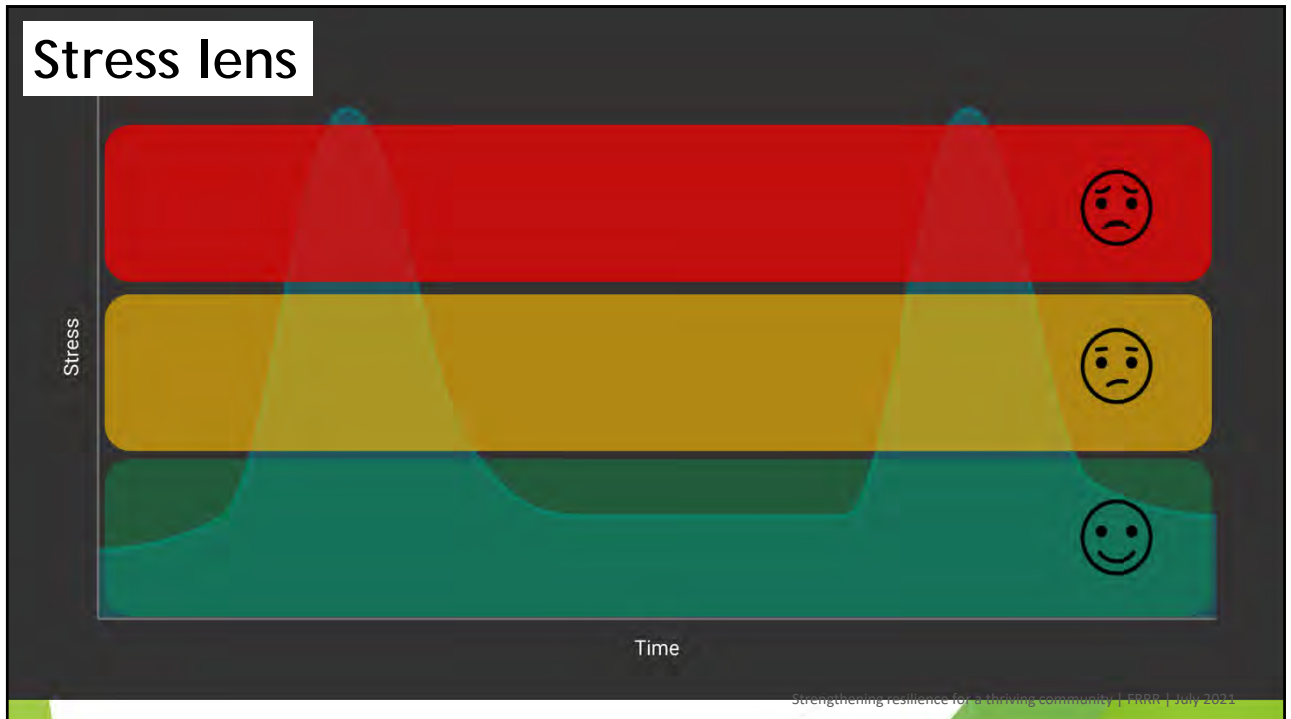
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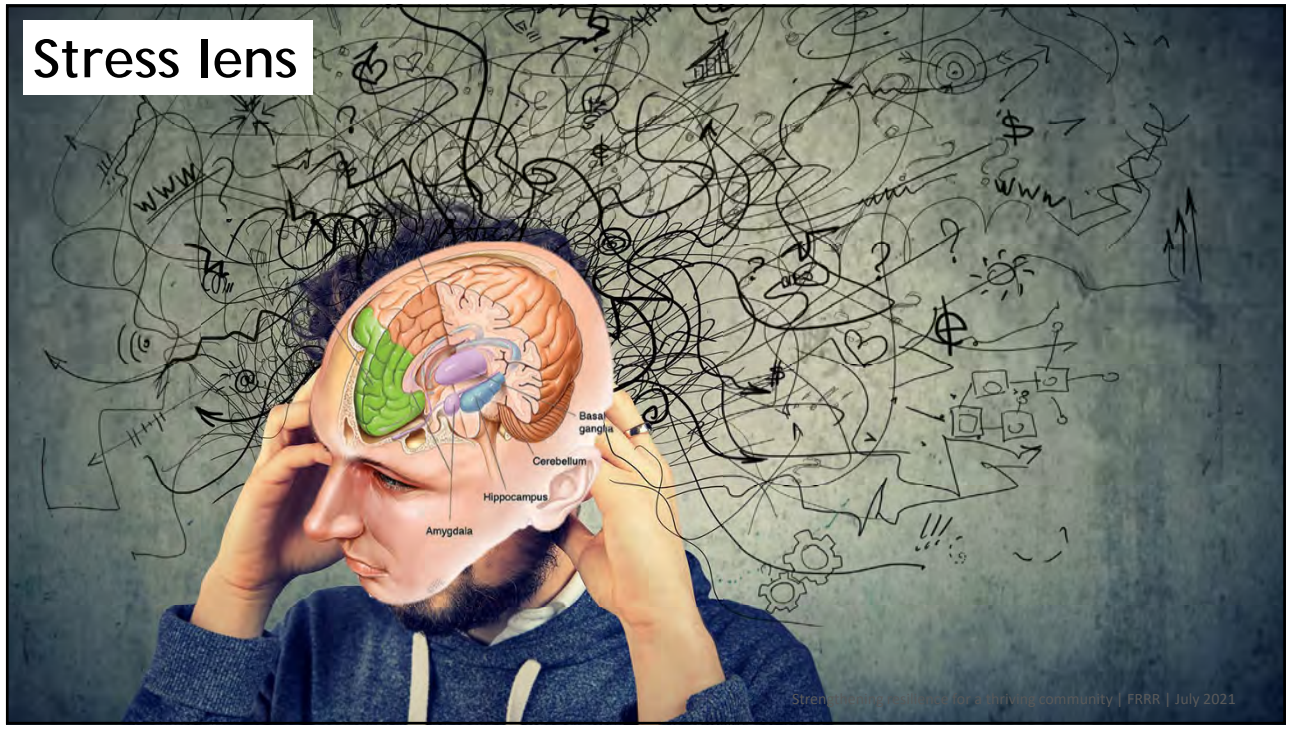


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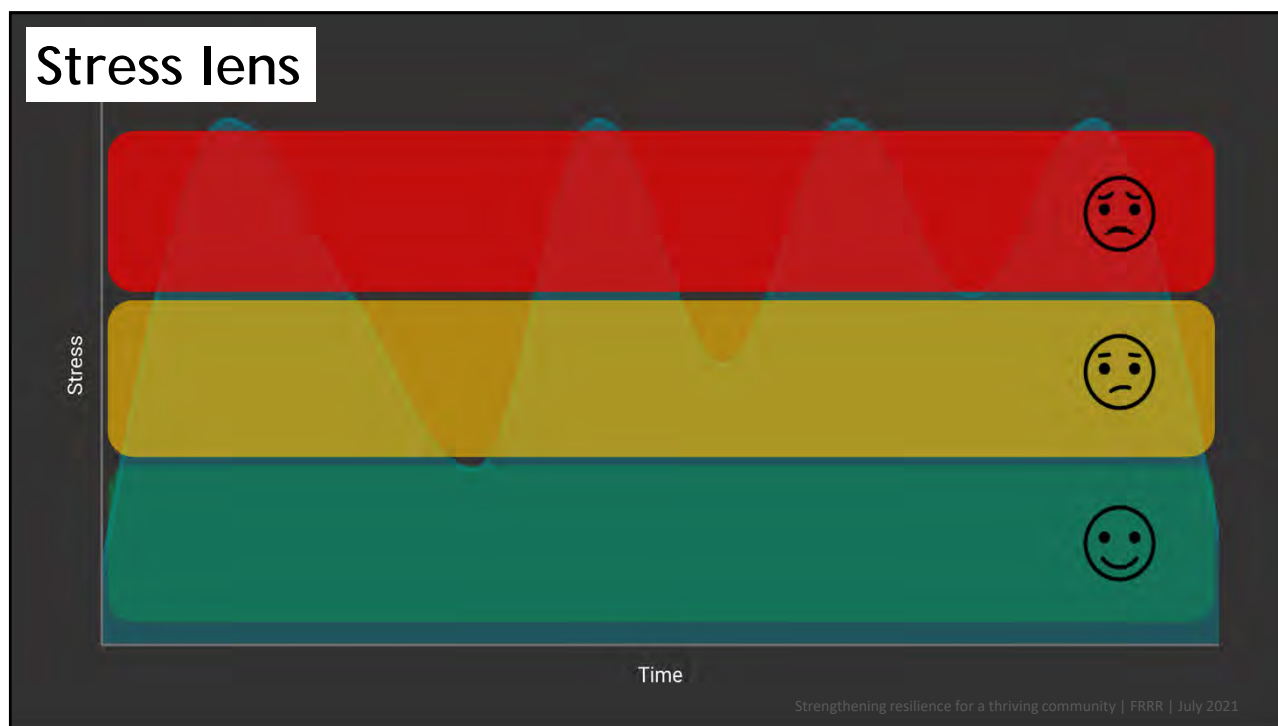




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- ✓ “more disadvantageous and more risk taking than nonstress conditions”
- ✓ “the presence of a stressor may generally result in failure to attend to the full range of possible consequences of a decision”
- ✓ “stressed individuals fixated on themselves and ignored the negative consequences of their choices to others”

- ✓ **Brain and mind** - Changes in brain structure and function, headaches, lack of energy, nervousness, anger, irritability, trouble concentrating, memory issues, insomnia, anxiety, panic attacks, despair, sadness, depression, increased risk of dementia
- ✓ **Heart** - increased heart rate, palpitations, increased blood pressure, increased risk of cholesterol, heart attack and stroke
- ✓ **Digestive** - nausea, stomach ulcers, indigestion, weight gain, increased or decreased appetite, intestinal and bowel problems, increased risk of diabetes
- ✓ **The rest** - Teeth grinding, muscle tension, joint pain, hair loss, back pain, increased arthritis, eczema, acne, reproductive system issues

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**Stress lens**

Ultimately all disruptive events and adversity express as stress on individuals.

That stress then causes problems for individuals, those around them and the wider community. It becomes a collective problem.

Disruptive events are a 'people process'

\* The indirect and intangible costs (disruptions to work, mental health and wellbeing, family break down, loss of community connection etc) are significantly greater than the physical damage costs.

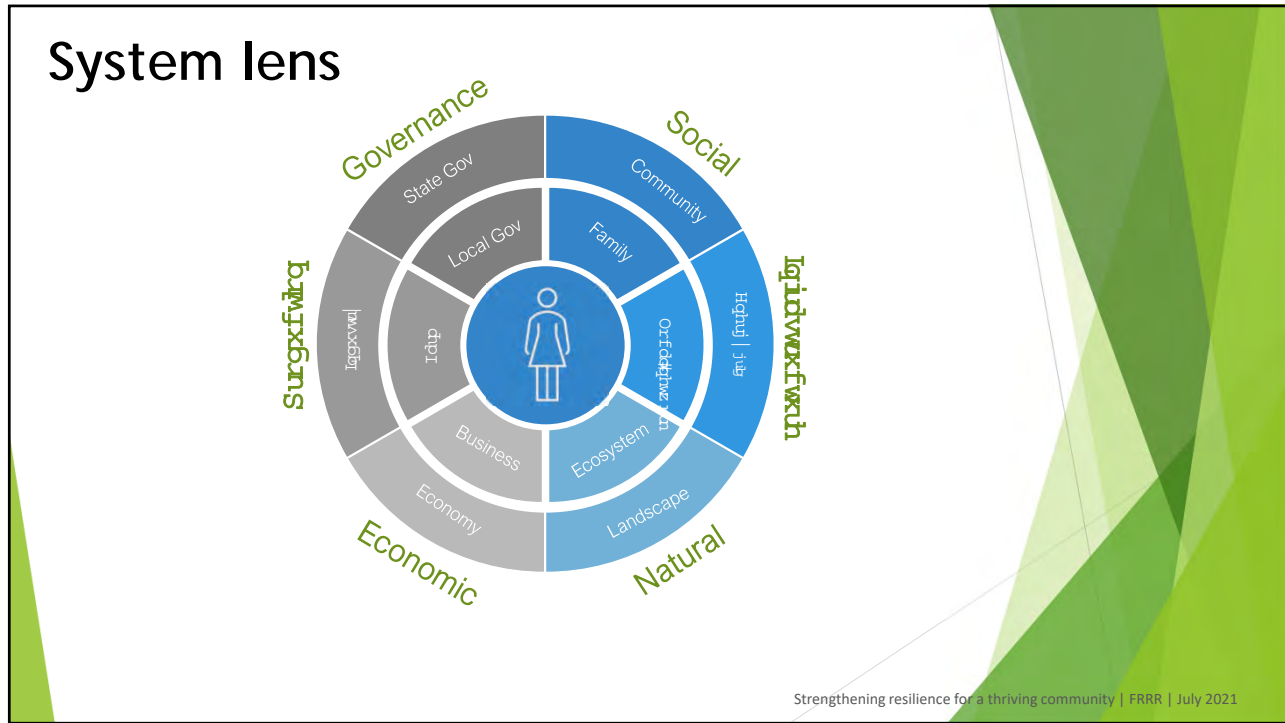
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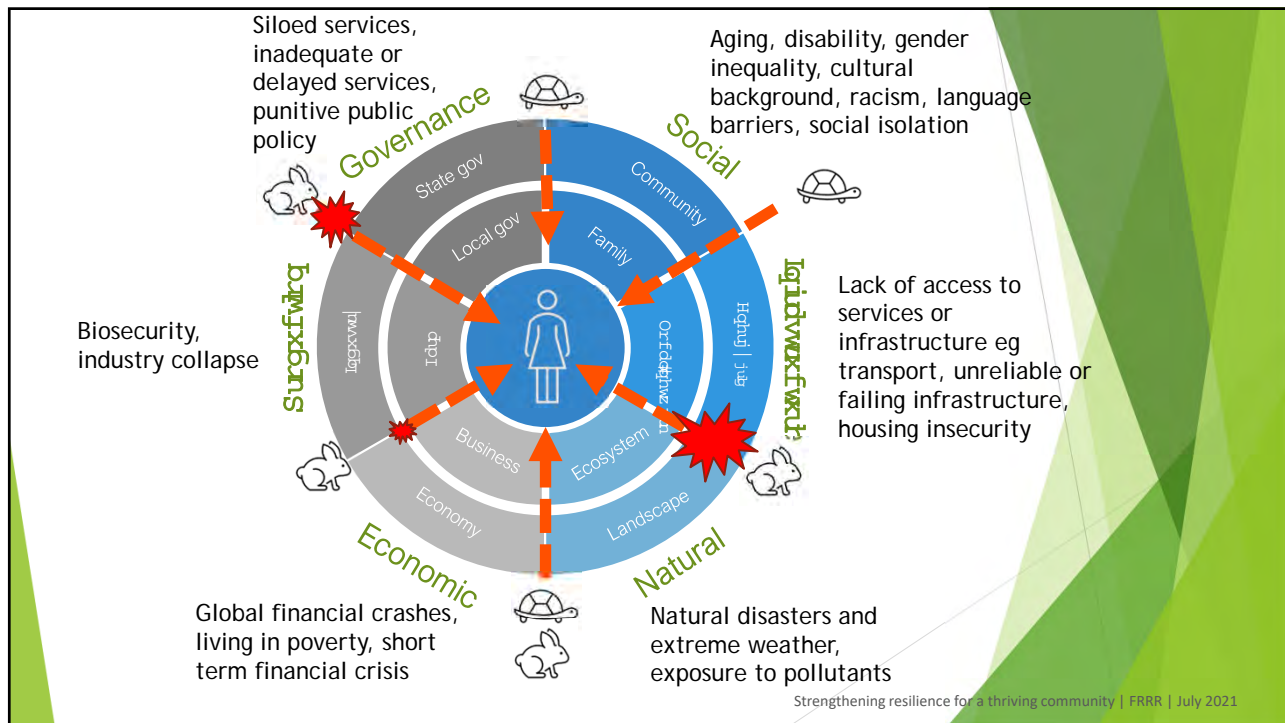
**Stress lens**      **System lens**

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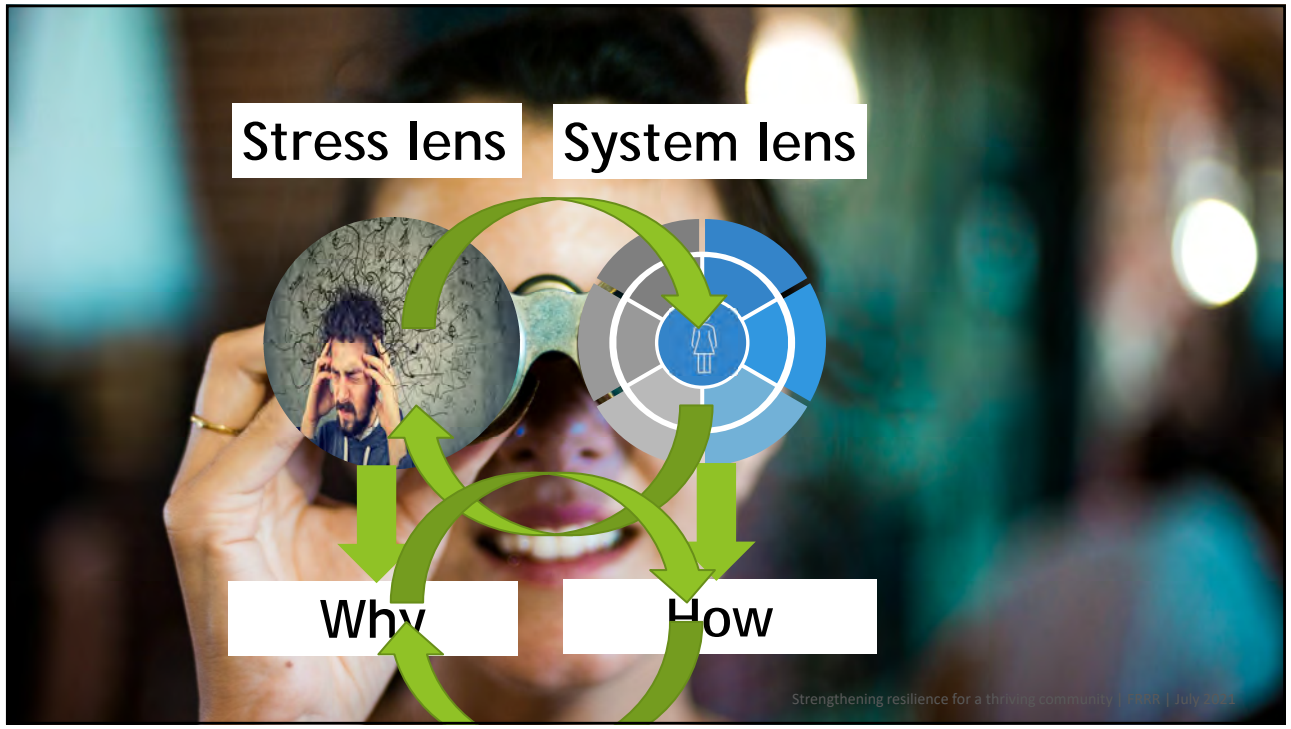
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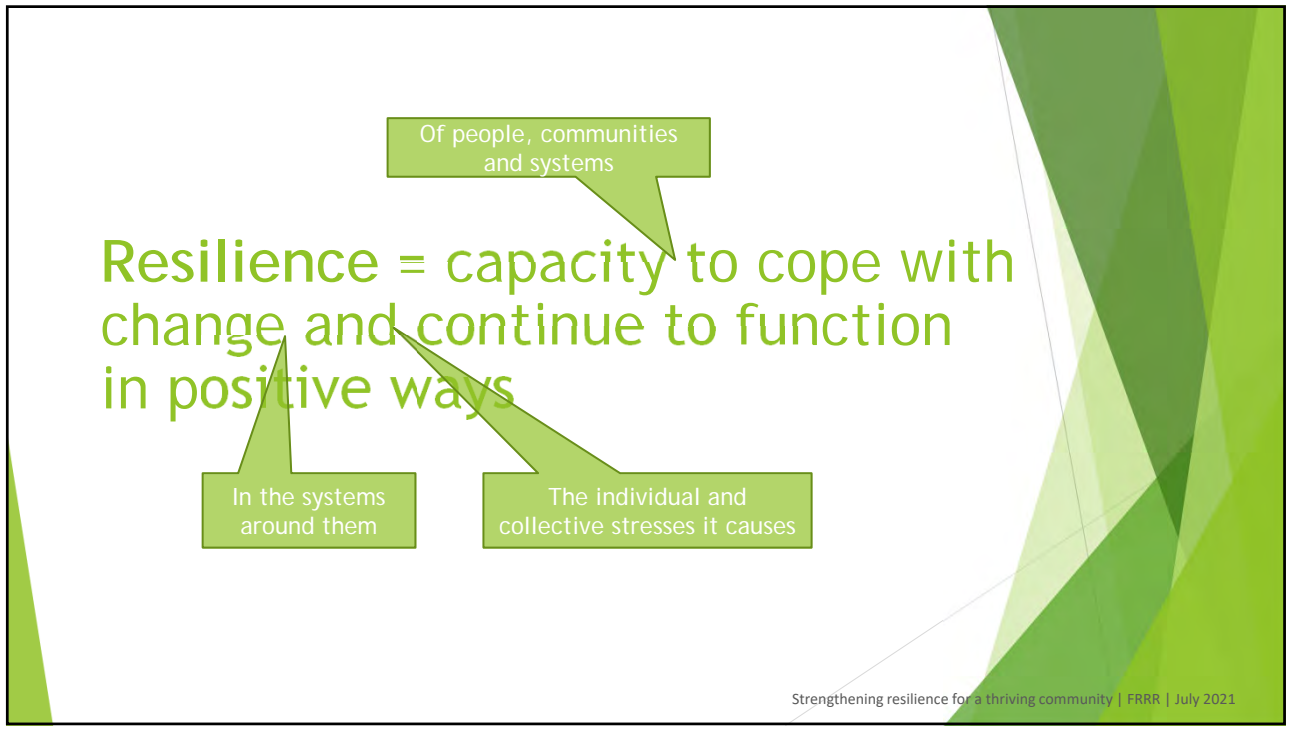
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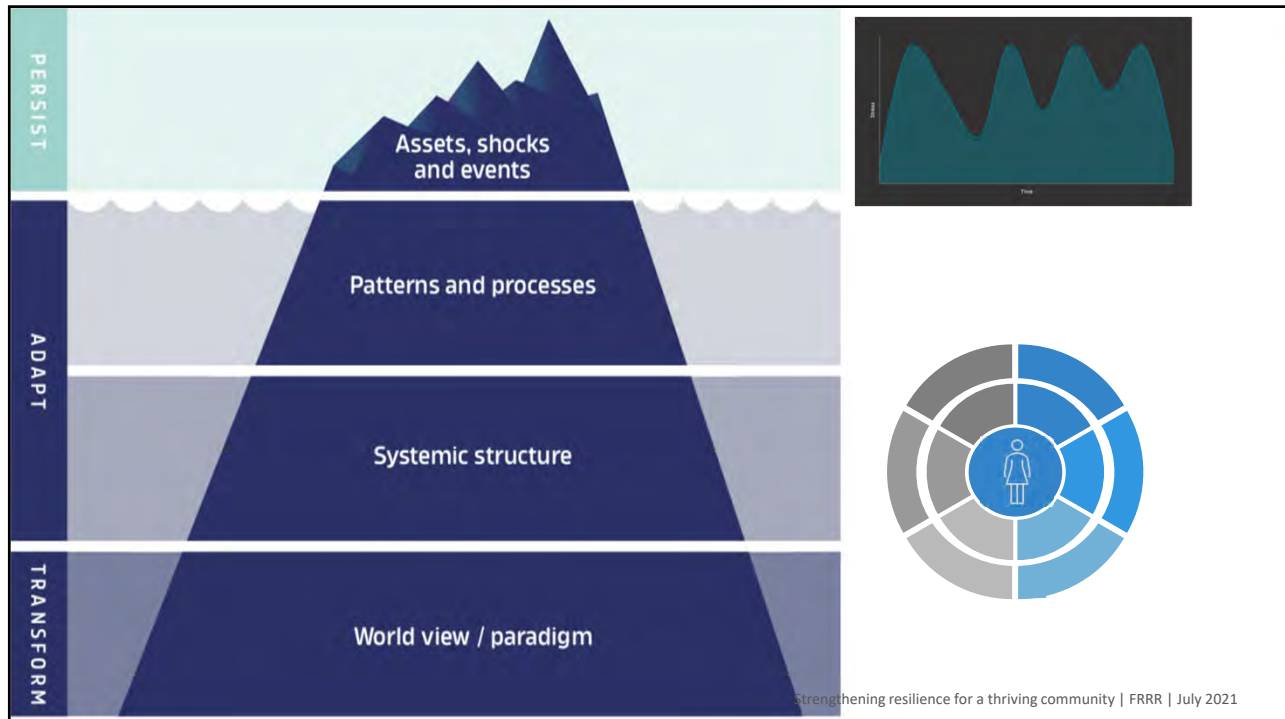
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We can't work with every individual to manage stress, but we can work with groups of people and the systems they are embedded in.



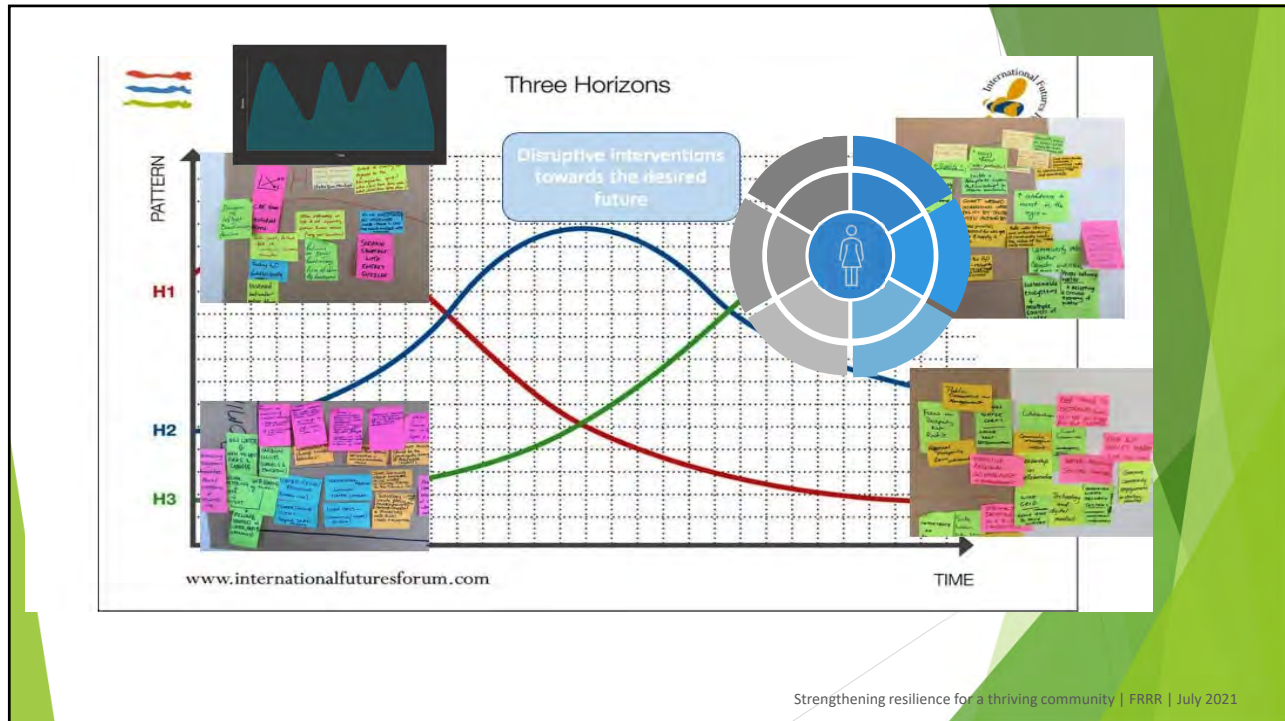
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Communities themselves are best placed to understand and build resilience because they know the people, they know the place and they know the systems that make that place.



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## Summary

- ▶ Resilience is a people process - understanding people and how they are impacted by disruptions and adversity is central to resilience
- ▶ People are embedded in systems - we can understand and build resilience through a systems lens
- ▶ Community resilience is best worked on by communities themselves, supported and enabled by government and other organisations

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# Disaster Resilient: Future Ready


## Overview



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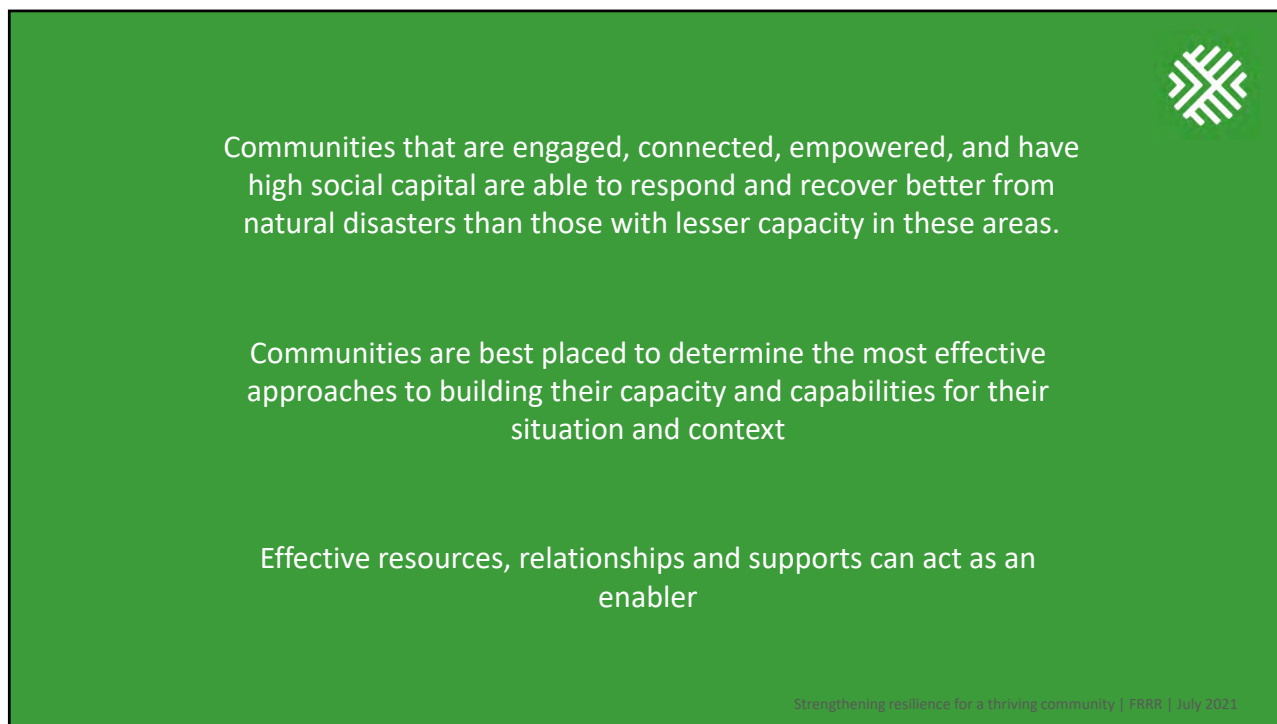
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The Disaster Resilient: Future Ready program (DR:FR) is a national initiative that aims to support and strengthen the capacity and capability of remote, rural & regional communities to thrive and be resilient to the impacts of climate, natural disasters and other disruptions.

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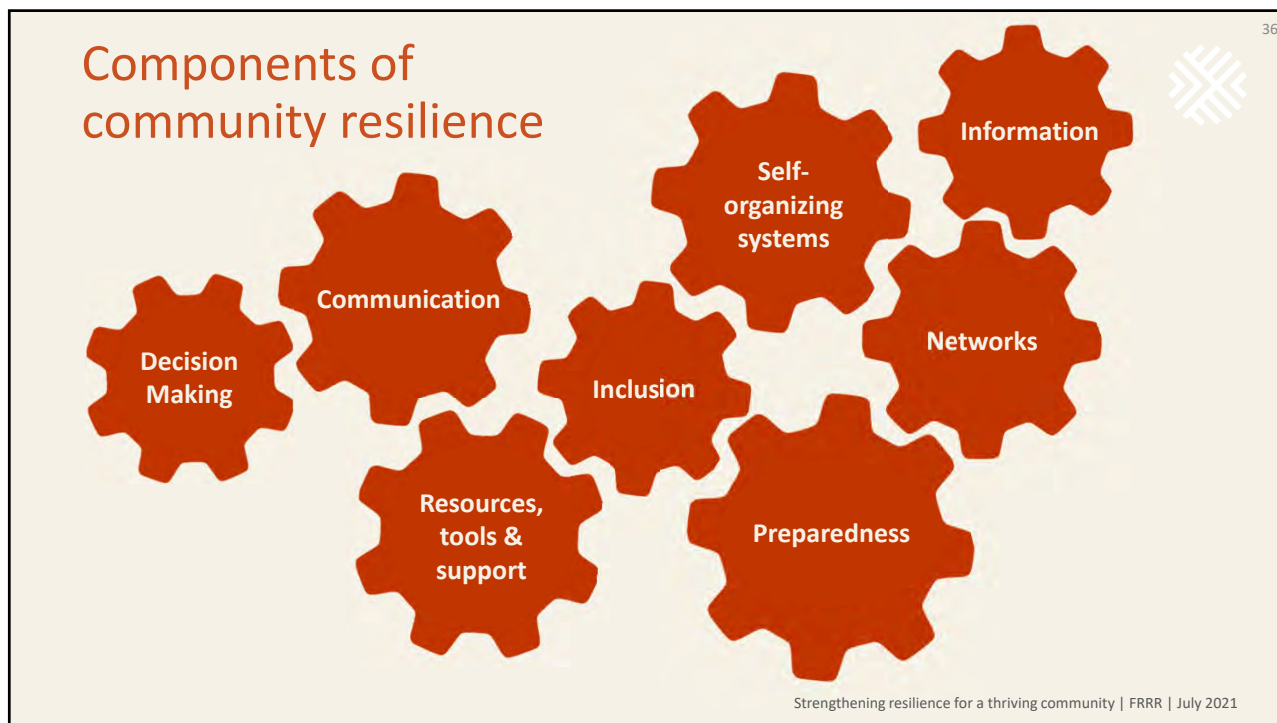
Communities that are engaged, connected, empowered, and have high social capital are able to respond and recover better from natural disasters than those with lesser capacity in these areas.

Communities are best placed to determine the most effective approaches to building their capacity and capabilities for their situation and context

Effective resources, relationships and supports can act as an enabler

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### Components of community resilience

- Decision Making
- Communication
- Resources, tools & support
- Inclusion
- Self-organizing systems
- Preparedness
- Information
- Networks

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## DR:FR Victoria



Planning, community building and facilitation support



Mentoring, skill development and training



Action Research



Access to grant funding, resources and professional expertise





Knowledge and experience sharing, networking


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## Participation Streams



**Community Initiatives**  
Supporting a focused activity/initiative **that catalyzes** individual and community actions that build social capital & strengthen resilience



**Community Collectives**  
Supporting a community's **collective effort** to lead and work together towards a common vision and plan as a coordinated network

**DR:FR Community Network**  
Connecting community members who are interested building skills, knowledge, capabilities and networks around community-led resilience


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## Community Initiatives

Supporting a focused activity/initiative **that catalyzes** individual and community actions that build social capital and strengthen resilience



- Between **\$10-20k of grant funding**
- Facilitation support** for community engagement and initiative development
- Impact measurement** support
- Access to technical/professional assistance, networking, relationship development, funding leverage and **capacity building activities**
- Access to the **DR:FR resource hub**
- Opportunities for **sector/network engagement**
- 12 – 18 month partnership

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## Community Initiatives – ideas/examples



- Volunteering expo
- Youth development initiative
- Resilience and preparedness fair
- Volunteer points / local currency initiative
- Resourcing for existing backbone/network org
- Art program/activity/event
- Neighbourhood party
- Community dinners
- Networking event
- Cultural awareness training
- Community noticeboard



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## Community Collectives

Supporting a community's **collective effort** to lead and work together towards a common vision and plan as a coordinated network



- \$30,000 of grant funding
- 6+ months of facilitated support, for network development, resilience training & resilience planning + ongoing mentoring
- Community/place-based network coordinator
- Action Research support and capacity building
- Access to technical/professional assistance, networking, relationship development, funding leverage and capacity building activities
- Access to the DR:FR resource hub
- Opportunities for sector/network engagement
- 18 month – 2-year partnership

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## Community Collectives - examples





Tarnagulla Resilience Action Plan



Goobang Community Resilience Network



FRRR - IRCF Communities

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## DR:FR Communities Network

- Support cross community connections, peer learning, sharing of experiences, ideation, feedback and co-production activities, and
- Provide a channel for learning about and connecting with capacity building opportunities, hearing about relevant events, and sharing online resources.
- Online with opportunities for in-person network events and activities
- Community representatives that form part of a Community Collective or Community Initiative
- Community representatives from shortlisted communities that do not participate in either stream but are interested in building skills, knowledge and capabilities for future activities are welcome to join the Network also

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## DR:FR Victoria – overview


```
graph LR; A[Shortlist communities] --> B[Program review (literature, experiences)]; B --> C[Community engagement (listen, learn, connect)]; C --> D[Explore readiness and EOI]; D --> E[Select community partners]; E --> F[Program activation];
```

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## Where to now?



- 1. Organise a community conversation with me (online or in-person)**
  - Answer questions about the program and process
  - Discuss 'readiness' and interest to participate
  - Explore appropriate participation stream and broader community interest/support
- 2. Invitation to participate and EOI information will be provided (within the next fortnight)**
- 3. Organise your community EOI submission (for end of August)**
  - Respond to reflection questions as a group of representatives
  - one submission per community (coordinated between representatives)
  - No requirement to know the exact initiative or plan of activities
  - Demonstrate community readiness, interest and intention to work collaboratively
  - Flexible EOI format (video, meeting/interview, written etc)
  - We will support your EOI process
  - Need to have a nominated NFP organisation that will administer any funding

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# Disaster Resilient: Future Ready

DR:FR Program Coordinator:  
Jacqui Bell, [j.bell@frrr.org.au](mailto:j.bell@frrr.org.au)

<https://frrr.org.au/funding/disaster-resilience-and-climate-solutions/disaster-resilient-future-ready/>



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*What makes our community wonderful to be part of?*

*How can we strengthen our community's capacity to cope with change and continue to evolve in positive ways into the future?*

## Strengthening resilience for a thriving community

### Online workshop | Snapshot of participant reflections

- ▶ That resilience is not about 'bouncing back' resonated, resilience can be 'changing where you're at' or 'bouncing forward'.
- ▶ Communities have a long history of demonstrating resilience and leadership to 'get the job done' and there is an opportunity to re-invigorate, empower, and strengthen the next generation of community members to do so.
- ▶ Some communities have experienced that in taking an all-hazards approach around resilience and preparedness it provides the opportunity to engage a broader group of community members and awareness can be raised across multiple areas.
- ▶ With resources and support there is an opportunity to shift from being reactive to proactive when considering community resilience.
- ▶ Communities / people can be resilient even when they are vulnerable.
- ▶ Resilience is an energy. One community is working on a model of existing strengths and assets. - what do they have already in the community to draw on, that they can embed, resource, support and activate when needed.
- ▶ Strengthening resilience is not the responsibility of one organisation, different strategies and activities are fine and necessary, but it is important to make sure they are connected and working towards a common vision.
- ▶ Local outcomes can be achieved when working in strategic partnerships that draw on different strengths and networks.
- ▶ Some schools have played a big role in community resilience during covid, with strategic and supportive approaches to remote learning and parent support.
- ▶ Many communities have recently demonstrated ability and desire to show up and help each other in a disaster, now to work together to prepare for next time.
- ▶ Some communities are experiencing population growth and identified a need to bridge the gap between the new and existing residents to incorporate the different visions, ideas, priorities, and stressors.
- ▶ New challenges in community identity are being experienced eg. urban/rural
- ▶ Covid has impacted the economic vulnerability of some communities. Lockdowns and uncertainty are impacting resilience.
- ▶ Resourcing and support to sustain activities, networks and coordination ongoing is required.