

## **Community Resilience**

**Community resilience is about empowering local people to help themselves and the vulnerable to prepare, respond and recover from events that disrupt the community from life as normal. Local communities are able to adapt to adversity using local resources in a way to meet the challenges of a changing society.**

**Dealing with extreme weather is one example where individuals, community groups and Small & Medium Enterprises can do a wide variety of things to help reduce impact, provide local assistance during and support recovery.**

**Further information can be found on**

**General Information on what you can do to be prepared: [www.westsussex.gov.uk/areyouprepared](http://www.westsussex.gov.uk/areyouprepared)**

**Free Training: [www.westsussex.gov.uk/whatif](http://www.westsussex.gov.uk/whatif)**

**Or email [what.if@westsussex.gov.uk](mailto:what.if@westsussex.gov.uk)**

## **What If?**

### **Free Training Programme for Community Groups**

**Events can happen within the local area to cause short term disruption and the emergency services or local authority may consider as a low priority but they can have impact on local community life.**

**This programme works with communities to be prepared, have the knowledge, skills and confidence to support its residents & local businesses during these occasions.**

**The free training locally tailored to local community groups, aims to provide information on developing community resilience. Encouraging a confident approach to supporting each other in reducing the impact before an emergency occurs and this is bolstered by strengthening existing community networks.**

**A number of training elements are delivered, comprising of:**

- **First Aid**
- **Personal Safety**
- **Identifying and supporting the vulnerable**
- **Team leadership and community welfare**
- **Factual information on health and safety and the law.**

**Each element is supported with the provision of basic safety equipment to allow communities to prepare, respond and recover, using local skills, knowledge and assets.**

**Community volunteers in Felpham were the first groups to complete the training and received their equipment in November. <http://www.bognorregispost.co.uk/2017/11/helping-keep-felpham-safe/>**

### **Local Business**

- **Are you a local small or medium sized enterprise?**
- **Are you prepared for disruptions?**

**This strand supports small and medium sized enterprises raising awareness of the importance of having business resilience/continuity plan to prepare for disruptions and to put plans in place to cope and recover in times of crisis.**

### **What is business continuity?**

**Business continuity is about ensuring your business can continue to trade in the event of some kind of disruption. Disruption can come from the external environment, such as flood or snow, or from within your business, such as an IT failure or loss of power. This process anticipates these risks, by putting in place contingency plans will ensure that your business can continue to trade in the event of a disruption.**

### **The Importance of business continuity**

- **Assists in minimising impacts if disruption happens.**
- **Helps protect reputation and meet customer requirements.**

- **Enables return to normal operations more quickly than otherwise possible.**
- **Helps to cope with the immediate effects of an incident on employees.**
- **Improves the understanding of risks to the organisation.**
- **Ensures compliance with legal requirements.**
- **Provides a competitive advantage.**

**Further information and an online checklist form can be found at [www.westsussex.gov.uk/protectyourbusiness](http://www.westsussex.gov.uk/protectyourbusiness)**