

## Personal Resilience Assessment - Level One

You need a copy of 'The Resilience Handbook – how to survive in the 21<sup>st</sup> century' to use this quiz properly. All this research is financed by book sales just now, so you really ought to buy one.

The scoring system is complicated. It's always hard to measure a feeling, and ultimately resilience is just that, a state of mind. Fortunately, this state of mind is one that encourages you to take practical actions. These are more amenable to measurement.

The questions are all about you and what you actually do. Not what you know you ought to do, but never get around to. You need to increase your resilience, and finding your base line is where it starts.

Are any of the actions already a habit with you? Have you been on the adventures, done the research, acquired the skills? Find out where the gaps in your knowledge are, and use this self-assessment to construct a Resilience Plan.

Each section has ten questions, related to the suggested actions in the Resilience Handbook. Rate yourself for each question, like this:-

**0** = not done at all /never occurred to me to take an interest

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**5 to 8** = working on making a habit here / quite knowledgeable / have done this adventure!

**9 or 10** = have a useful level of competence and feel that you've got about as far as it's possible to go here, for the time being.

Rate yourself for the first section – Energy in the Resource quadrant. Add your scores out of ten up. This total is your overall marks out of a hundred, so it's a percentage. How was your score? Thinking about resilience in general, how are you progressing in this one section? Have you done about a quarter of the ten actions of the plan in this section? More?

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Colour in that fraction of the Energy section in the Resilience Wheel. Note down ideas for your resilience plan. What could you do next? What actions could you take to build up your resilience score?

<b>Resources Quadrant - Energy</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you understand your energy bills and know how they relate to your heating and hot water?		
2	Have you covered all the home insulating strategies you can, and know how you could improve on them?		
3	Do you always turn off lights and devices? If you are using a battery back-up system, these habits really matter. Learn to value electricity.		
4	Do you use rechargeable batteries for small gadgets?		
5	Do you have a plan to replace appliances as they wear out with lower energy options, including lifestyle changes. Research this for all your household equipment, know where to buy local.		
6	Do you understand 12 volt systems, battery storage and small scale domestic renewables?		
7	Do you know how to use regulators and inverters?		
8	Can you calculate how much of your home could run on a supply of 2 kilowatts?		
9	Are you aware of how your home could be designed to allow you to use more renewable energy?		
10	Have you researched community power schemes enough to have an informed opinion on developments? Could your area benefit from such a scheme?		
<b>How much of this have you covered? Add up your total scores for each action. This will give you a percentage score for this section</b>			
Note some actions you could plan to take, or improve on. Are there courses available to extend your knowledge?			

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Add all 10 scores together. This gives you a percentage score for the whole Energy section.  
 Colour in that section on the Wheel accordingly – for example, a total score of 50% is half the section.

Continue through the checklists for the Resources Quadrant, assessing your current position relative to the whole plan for each section.

<b>Resources Quadrant - Food</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you cook from ingredients at least twice a week?		
2	Do you cut down on food waste by shopping with a list and plan ahead to use up leftovers?		
3	Do you grow herbs and salad leaves where ever you can and/or cultivate a vegetable garden?		
4	Do you shop for food in your High Street, or have fresh produce delivered from a local supplier?		
5	Do you know which foods contain important vitamins and minerals and how to work out a balanced diet?		
6	Do you maintain a store of tinned and dried foods for emergencies?		
7	Is there a food co-op in your area? A neighbourhood buying group or CSA?		
8	Are you cultivating your nearest available growing space?		
9	Are you confident with identifying edible wild plants?		
10	Have you tried living on your 'default' meat and dairy [see Handbook] for a week		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. Is there a local gardening group?			

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Once you have completed the whole exercise, you should have 20 scores – one for each section – and a Resilience Wheel coloured in to reflect these scores.

<b>Resources Quadrant - Water</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you understand your water bills?		
2	Do you use all available measures to conserve water in your house?		
3	Do you collect rainwater and reuse grey water where ever possible?		
4	Do you use hand made soaps or other local products to wash your hair rather than commercial shampoos?		
5	Do you find, make and use cleaning products which cause minimum pollution?		
6	Do you keep your plumbing system in good repair; does your bath plug fit properly to create a water store?		
7	Have you visited a reed bed system, a hydroelectric power station, a water treatment works?		
8	Do you know how to make distilled water for drinking and how to use filtration systems?		
9	Have you ever explored inland waterways on a holiday or day out?		
10	Do you know the location of your nearest well or spring?		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. Where's your nearest well or spring? Could your micro-community create its own well for emergencies?			

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<b>Resources Quadrant - Housing</b>		<b>Rating*</b>	<b>Notes</b>
1	Is your home well insulated? Do you know about the types of materials available, and which can be used in retrofitting?		
2	Do you use your outside space with a washing line or vegetable/herb growing?*		
3	Do you care for your furniture and look for locally made or second hand replacements?		
4	Do you source the materials for DIY to benefit your local economy, and choose sustainable options?		
5	Do you know how to turn your mains services on and off?		
6	Have you considered how you could manage without a fridge or freezer? Are your emergency supplies independent of mains power provision?		
7	Do you know how to make a table, a rocking chair, an upholstered settee, a rug? Have you tried?		
8	Do you know how to provide essential services in your house during an interruption of mains supplies?		
9	Do you remember to value garden and food storage space when looking for a different house?		
10	Have you thought about buying into a community eco-housing plan?		
<b>How much of this have you covered? Add up your total scores for each action</b>			
* Some actions are so important that you get to score twice for them; growing food is one! Note some actions you could plan to take, or improve on. Are you in a position to invest in eco-housing?			

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<b>Resources Quadrant - Transport</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you walk around your neighbourhood regularly?		
2	Do you use public transport at least once a month, even if you have a private car?		
3	Do you choose to buy food and goods with the lowest transport costs in terms of energy used?		
4	Can you ride and maintain a bicycle?		
5	Do you drive for fuel economy and keep your car serviced for efficiency?		Count 10 if you don't have a car
6	Have you made a transport plan for yourself in case you cannot use your own car?		Count 10 if you don't have a car
7	Could you change to an electric or hybrid fuel car? If you haven't, have you identified the barriers to doing so?		Count 10 if you don't have a car
8	Do you know if there are there any car sharing schemes near you?		
9	Have you ever planned a holiday without flying, where the travel is part of the experience?		
10	How would you design a community transport hub for your area?		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. Use public transport to have a day out.			

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<b>Resources Quadrant - Waste</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you take steps to reduce the amount of potential waste coming into your house?		
2	Can you have milk delivered in bottles? Do you rinse plastic for recycling?		
3	Do you avoid disposables and buy refillables?		
4	Do you recycle everything that is collected in your area, and from all the household bins?		
5	Do you know what the recycling symbols on packaging mean?		
6	Do you know about the recycling process for different materials, and recycle things that aren't collected?		
7	Do you buy in bulk and transfer smaller amounts to your own containers?		
8	Do you look for ease of repair by a small local firm as a feature when buying new goods?		
9	Have you ever been on a guided tour of a modern recycling plant?		
10	Have you thought whether glass, paper or card be collected and processed in your area by a locally owned firm?		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. How many disposable products can you replace?			

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<b>Resources Quadrant - Communication</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you know where you could display information so that your neighbours will see it?		
2	Do you ever go to a pub, cafe or hall in your area where people can meet up?		
3	Have you found locally based forums, Freecycle groups and Facebook pages?		
4	Do you belong to a club or group with a common interest?		
5	Do you have a good idea of the ideas and skills which you could share? Have you thought about how to do this?		
6	Do you know Morse code and semaphore?		
7	Do you keep a hand held phone unit in case of power cuts?		
8	Do you have a plan for communicating with your family where mobile phone use is restricted?		
9	Can you create an emergency charging station for phones, computers and radios?		
10	Do you have a portable FM radio and know how to find key radio stations.		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. Learn Morse Code!			

<b>Resources Quadrant - Clothing</b>	<b>Rating*</b>	<b>Notes</b>
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1	Do you make sure all your old clothing and fabric gets recycled?		
2	Do you seek alternatives to cotton and synthetic fibres when buying clothes?		
3	Can you do basic sewing tasks – buttons, patches, hems?		
4	Do you know how to identify quality in clothes?		
5	Do you look after your clothes in the wash?		
6	Do you take your outdoor shoes off when you come home?		
7	Do you know a local person who can make a good job of tricky repairs such as zips.		
8	Do you know what textile related groups there are in your area? A sewing circle, a clothes swap?		
9	Are you familiar with basic types of material and know which ones could be grown or processed in your area?		
10	Are you able to make useful household items from raw yarns or fabric? Functional will do.		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. What's in your wardrobe now?			

<b>Resources Quadrant - Environment</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you consider the welfare of wildlife in your area?		

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2	If you have a garden, do you avoid the use of chemicals?		
3	Have you ever visited an organic farm, a forest garden, a permaculture grower?		
4	Have you ever planted a nut tree, or other food tree?		
5	Do you take an interest in development around you and lobby for more sustainable features?		
6	Do you know about your local environment, its history and the way resources have been used?		
7	Always ask questions.		
8	Do you know where money come from? Where does it go?		
9	Do you know how a debt based economy work, and what the alternatives are?		
10	Have you ever thought about how you would work with the population carrying capacity of the British Isles as global resources dwindle, given 200 years to get it right?		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. It's important to know how money works and why this has to change.			

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## RESKILLING

Making and repairing the stuff you need has fallen into serious decline. Once local materials would be grown; now they are just as likely to be discards from some human process. Traditional skills are being lost, and local businesses declining.

There's a lot to do in this quadrant. Your options depend on a number of factors. Which crafts are you attracted to? Which ones are practical, given your personal resources?

It's important to acquire and establish a new set of priorities. Plan what to do the next time something breaks. Think about how things are made. How would it help your resilience if more resources were available in your area?

Two actions are of key importance here, and you should aim to do them every week.

**Learn a craft and practise it for an hour.**

**Buy something from an independent local trader.**

Give yourself a score and colour in that fraction of each section in this part of the Wheel

Reskilling Quadrant – Repair and Reuse		Rating*	Notes
1	Do you put yourself in charge of when you choose to buy a new item, and buy quality to be repairable? To score in this section, rather than wait for an appliance to break, choose an important one and start to research. Collect notes, contact details, keep them where you can find them easily. The Notes pages at the back of the Resilience Handbook are useful; write in pencil to enable changes.		

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2	Join Freecycle, look for other places online where you can access local exchanges. Score when you've acquired the habit of looking in these places, or local boot sales, or asking neighbours, next time you need to buy something. I could have bought a watering can for £1 instead of £10 if I'd remembered my own advice earlier this year! So I'd score 8 here.		
3	Find a holiday destination with a Repair Cafe nearby, visit for a cup of tea! Score 10 if you've done this adventure and 0 if you haven't!		
4	Do you know how to do your basic repairs around the house?		
5	Have you taken a good look at the things around you and know more about where they came from?		
6	The plan you made in question one here – how does it work when something has actually broken? Did you succeed in fixing it? Score yourself on how well your preparations worked for you in an actual event.		
7	Can you find a local repair service for electrical and gas appliances? Note which brand names they can deal with.		
8	'If it can't be fixed, consider replacing it with a model or device which can be.' Again, you are scoring on a real event. Did you manage to get the appliance fixed? What were the barriers? Cost – weigh this up against the benefits of supporting the local economy – or planned obsolescence? Look at other makes, match them with repair services locally, read online reviews. Score yourself on how much helpful advice you have collected, even you can't achieve a better device after a really good look.		
9	Do you make a habit of researching your purchases? Be honest.		
10	Do you always look for the local option before spending money?		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. Here's where your individual circumstances really start affecting your score. Household goods don't break on demand, and you may not need to buy anything right now. Your assessment here should be based on			

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<p>how much control you feel you have over the stuff in your life, but you do have to have done some real actions to test this. It's important to be able to quote your experience, what actually happened when you did this. Access to locally based repair services is difficult, and reducing the barriers will need help from the <b>Community</b> quadrant.</p>		
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<b>Reskilling Quadrant – Practical Skills</b>		<b>Rating*</b>	<b>Notes</b>
1	<p>Do you teach children to help with cooking from a young age? If you have children in your community, this is easily addressed. If not, you could check whether the nearest school covers cooking and gardening. Can you help with this? Post some simple recipes on social media or in a letter to the local paper. You'll have to improvise. Your score relates to whether you think you're doing enough to carry these essential skills forward into the next generation.</p>		
2	<p>Do you encourage children to take an interest in growing vegetables? See above for scoring.</p>		
3	<p>Consider which other crafts you could use in your daily lifestyle. Pick one and explore it. When you have chosen one to develop in question nine, score yourself 9 points.</p>		
4	<p>Have you got a basic competence in repair skills?</p>		
5	<p>'Sign up for a day course in a traditional craft, preferably outdoors.' You have to do this to score. I like adventures in my Resilience Plan; I count researching them for one month's task, planning and preparing for another, and actually going as the third. Everyone should have adventures, however small.</p>		

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6	'Languages, music and art are valuable skills; develop their practical sides.' How well do you cover this? You certainly speak a language. Read a book.		
7	Can you make jam? You have to have done it to score. Pickles, chutneys, syrups also count, but they have to be edible after several months.		
8	Do you know what basic practical knowledge would be useful in an emergency?		
9	Choose a realistic skill to develop for a year, work on crafting something for an hour each week. Score as you do it. You have to learn how it feels to make something by hand to appreciate the real price of stuff.		
10	Look at what you've made; decide whether to continue or to choose a new craft next year. Score 10 if you really did finish something.		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. It's important to experience making things by hand. It helps you to respect the process.			

<b>Reskilling Quadrant – Local Materials</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you use some of your growing space to cultivate scented herbs for home-made bath products? If this isn't relevant to you, score on finding out about Epsom salts and other proven remedies which can be used in the bath or in skin care. How could you source these if your community was isolated for some weeks?		

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2	Gather some materials on a local walk – driftwood, stones, flowers – and explore their qualities. Just do it, it's a pleasant thing to do. Make some beautiful art. Or not. Don't pick endangered flowers.		
3	Do you know the history of your county, its resources, and products? Another double score here, if you've been paying attention!		
4	Do you value items for their provenance, for the story which goes with them? Think carefully, score honestly, do better.		
5	Do you know how your environment would support your personal survival skills?		
6	Have you identified the challenges here?		
7	Have you identified ways in which a small industrial unit could provide helpful tools and facilities in an emergency?		
8	Using your chosen craft, make a piece including local materials. Make sure your craft example covers this, score when it's done.		
9	Do you know what strategies could revive local production? What would the barriers be?		
10	Consider campaigning for new housing developments to incorporate small business workshops. Score for having done enough research to join in an informed debate on the issue.		
<b>How much of this have you covered? Add up your total scores for each action</b>			
<p>Note some actions you could plan to take, or improve on. See how tasks in this quadrant are starting to join up with those in the Resources quadrant.</p> <p>The production of local resources is essential to resilience. Raw materials can be created – wool, willow, wood – but without crafters to process these into goods, the economy cannot flow. It's hard to make a living in Britain by selling hand made items. Most crafters have had to give up. Essential skills are lost. For many people, their main power to influence change is as consumers. If you are prepared to pay the extra for the ultimate in fair trade, we can reverse this process and encourage the creation of raw materials again.</p>			

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<b>Reskilling Quadrant – Local Businesses</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you write a shopping list every week and plan your domestic budget?		
2	Do you order anything from a farm shop or box scheme? Buy from a residents' co-op?		
3	Have you explored the options for cleaning products and tried out a good selection of eco-friendly ones?		
4	Do you make your own cakes or other sweet treats?		
5	Have you cut the supermarket trip down to heavy or specialist items?		
6	Do you find local goods for presents, stocking up at craft events and markets?		
7	Do you plan ahead with larger purchases to explore reused or locally made options?		
8	Have you studied the manufacturing base of your own country? Can you source white goods?		
9	Have you considered how waste from your area could be turned into raw materials to be used in nearby factories?		
10	Start to step away from the edge one piece of shopping at a time. Score yourself on how important you feel this concept is.		
<b>How much of this have you covered? Add up your total scores for each action</b>			
Note some actions you could plan to take, or improve on. Become a retail explorer!			

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## COMMUNITY

If this was an exam, this would be the essay question. You'll really need to refer to the Handbook now. Buying it finances our resilience programme. We'd like a shop front advice centre where customers can pick up survival goods and locally made products. With a resilience centre somewhere remote, we could do some really good training! Anyway, back to the plot.

In a crisis or emergency, the hundred nearest households to you are the ones you will have to work with. In the old days, this would have been a reasonably sized village, with several pubs, and most of your social life would have been based here too. While not losing sight of the importance of this very local area, today's societies are more thinly spread.

Consider your involvement in your own parish, town or city council area and/or the adjoining ones as local for the purpose of scoring this section. The closer you can get to home, the better. It's not as achievable as it used to be.

Pay attention to the instructions here.

<b>Community Quadrant - Establishing a Base Line</b>		
	<b>*Rating</b>	<b>Notes</b>
Can you define the area of your nearest hundred households?		
Do you know where your various local authority boundaries are?		
Do you explore the area within walking distance of your home on a regular basis?		
Do you attend local events, visit independent cafes, restaurants and pubs in your area?		

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How engaged do you feel you are with the community within walking distance?		
<b>How much of this have you covered? Add up your total scores for each action. This will give you a total out of 50. <u>Add this total</u> to the score for each of the community quadrant sections given below</b>		

<b>Community Quadrant – Community Projects</b>	<b>*Rating</b>	<b>Notes</b>
Have you benefited from a community project – an event, a day out, a facility – in the last year?		
Do you know what community projects are going on or being planned in your area?		
Are you currently engaged with a community project?		
Have you considered what projects might benefit your area?		
Have you ever organised a local event of some kind? Doesn't matter how small; a micro-sale, a walk in the park.		
<b>How much of this have you covered? Add up your total scores for each action. This will give you a total out of 50. Add it to your base line score and colour in the Community Projects section accordingly</b>		

<b>Community Quadrant - Community Structures</b>	<b>*Rating</b>	<b>Notes</b>
Do you know what organisations are active in your area?		

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Do you understand the basic rules and procedures of a community organisation?		
Have you considered what local projects could be started and run if there was an organisation behind them?		
Do you belong to any community organisations?		
Are you an active member of their management? Score 10 for this question if you are.		
<b>How much of this have you covered? Add up your total scores for each action. This will give you a total out of 50. Add it to your base line score and colour in the Community Structures section accordingly</b>		

<b>Community Quadrant – Networking</b>	<b>*Rating</b>	<b>Notes</b>
Do you know what internet forums and social media are based around your area?		
How much do you know about the benefits of networking to an individual?		
If you belong to a community organisation which has active links to similar groups nationally, score 10 here. Otherwise, zero. Try harder.		
Do you feel you have a good local network and can find out what's going on easily?		
Have you attended any local council meetings in the past three months?		
<b>How much of this have you covered? Add up your total scores for each action. This will give you a total out of 50. Add it to your base line score and colour in the Networking section accordingly</b>		

<b>Community Quadrant – Fun!</b>	<b>*Rating</b>	<b>Notes</b>
Let's be honest here. Going out to a venue owned by a national chain, drinking imported beer and listening to processed music does not count, even if it is within walking distance.		

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Attending the village fete, craft sale, or a live music performance does, even if you can have more fun elsewhere. Locally run entertainment is the criterion here. How close are you to going to something like this every month?		
Do you know how to play any card or board games (without having to look up the rules)? Score one for each, up to ten.		
Score again for each time you have played one of these in the past month (maximum score is ten!)		
Could you plan a small outing somewhere different every month, with friends, family, neighbours or a local group?		
Score ten if you did this in the last month		
<b>How much of this have you covered? Add up your total scores for each action. This will give you a total out of 50. Add it to your base line score and colour in the Fun section accordingly. Have a cup of tea and think about your answers so far.</b>		

## EMERGENCY PLANNING

Resilience isn't just about scoring green points. Here comes the wave – learn to ride it!

Emergency Planning Quadrant – Personal Strategies		Rating*	Notes
1	Are your phone numbers backed up on paper?		
2	Have you printed out your email contact list recently?		
3	Do you back up key computer files on to a data stick and leave a copy with a friend?		

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4	Do you know how to use Dropbox or other cloud storage facilities?		
5	Have you a strategy to cope with being locked out?		
6	Do you know how to turn your household utilities off, and how to safely restore services.		
7	Do you keep a grab bag ready?		
8	Have you stored tins and dried food for an emergency?		
9	Do you know what LIONEL stands for and how to use it? Score 10 if you do.		
10	Do you have a personal emergency plan? A notebook for useful contacts and helpful tips?		
<b>How much of this have you covered? Add up your total scores for each action.</b>			
Note some actions you could plan to take, or improve on.			

<b>Emergency Planning Quadrant – Local Strategies</b>		<b>Rating*</b>	<b>Notes</b>
1	Do you have strategies for maintaining sanitation, water, an energy supply and cooked food in your home in the event of a short disruption of mains services.		
2	Could you ensure you had dry, warm clothes and bedding with no mains electricity?		
3	Do you know if there could be changes in your environment – might it become unsafe in places? Power lines damaged in a storm may fall into flood water, for example.		
4	Do you know how transport and communication in your area could be affected by various emergencies?		
5	Do you have a plan to cope if the water supply was cut off for several days?		

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6	Do you know what resources you may need in an emergency affecting your whole community, and where you would access these?		
7	Do you know who may need help? Some people could be temporarily vulnerable; where could they be – a hotel, a care home?		
8	Do you know what sort of risks your community might face? Are there plans for these at local government level?		
9	Have you explored your area with a view to identifying resources, skills and useful locations?		
10	Is there a Community Emergency Group in your area? How much do you know about it?		
<b>How much of this have you covered? Add up your total scores for each action.</b>			
Note some actions you could plan to take, or improve on.			

<b>Emergency Planning Quadrant – National Strategies</b>		<b>Rating*</b>	<b>Notes</b>
1	Have you read the Strategic National Framework on Community Resilience?		
2	Have you looked at your local emergency plan, and noted important contact details?		
3	Do you know about the roles of the British Red Cross, the Environment Agency, and other Category Two responders		
4	Do you know enough about useful networks such as RAYNET or 4x4 Response?		
5	How well do you know the path which the mains services take to your area?		
6	Can you identify several alternative travel routes to key locations?		
7	Do you know your area well enough to draw a map of it?		

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8	Have you a strategy for protecting the resilient features of your area?		
9	Have you attended any local council meetings in the past three months? Score for this again!		
10	How involved with local decision making do you feel?		
<b>How much of this have you covered? Add up your total scores for each action.</b>			
Note some actions you could plan to take, or improve on.			

## CONCLUSION

If you have successfully navigated these complex instructions, you should now have a Resilience Wheel with various amounts of colour in each section, representing your score in the quiz. Does it look right to you?

Feel free to go over your answers again, colour in a new wheel. Date and store your final version. Use the notes you made to inspire your resilience plans for the year. If you didn't make notes, go back over the quiz and jot down a few things while it's fresh in your mind. It's useful to have a printed version.

When you feel you've done an honest assessment of your resilience level, you can use it to design your Resilience Plan. Which sections do you need to direct most effort at? What's the next task on the list? Each month, you should aim to consolidate one new achievement in each section.

There will be helpful advice and resources added to [elizabethjwalker.com](http://elizabethjwalker.com) so watch that space! You can also order Resilience Handbooks through the website or via my Facebook author page 'Elizabeth J Walker'. They're available on Amazon, or from Magic Oxygen publishers too.

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For those that want to know what their score means....the goal is to score at least 70% in each section, with an overall total of over 80%

You'll be pretty resilient then. You'll be able to eat well, keep a radio going – even a smart phone – and have enough water to drink in an emergency. You'll be connected to your neighbourhood and involved with decisions about it. You'll have something you made yourself. You'll be aware of any crisis plans which might affect you.

And you can prove it.

Not just to yourself but to others.

National resilience begins with individual people, but it's stronger to form groups and work together. It's important that all the people in a group know the basics of resilience. Can the responders trust some random person to look after a hundred households? No, of course not. You'd need to contact them well in advance, establish a relationship, demonstrate you are competent. You need to trust each other too; working through this assessment together highlights the strengths and weaknesses in your group.

Increase your resilience bit by bit, taking small actions in each section. Some are easy to tick off, others will take longer. Establish new habits, become more aware of your surroundings, gain confidence in your abilities. Do the assessment again in a year - this is why you keep your first one – how has your score improved? What should you work on next?

Good luck with the adventure!

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