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# Resilience in an ageing Greater Manchester



GMCVO



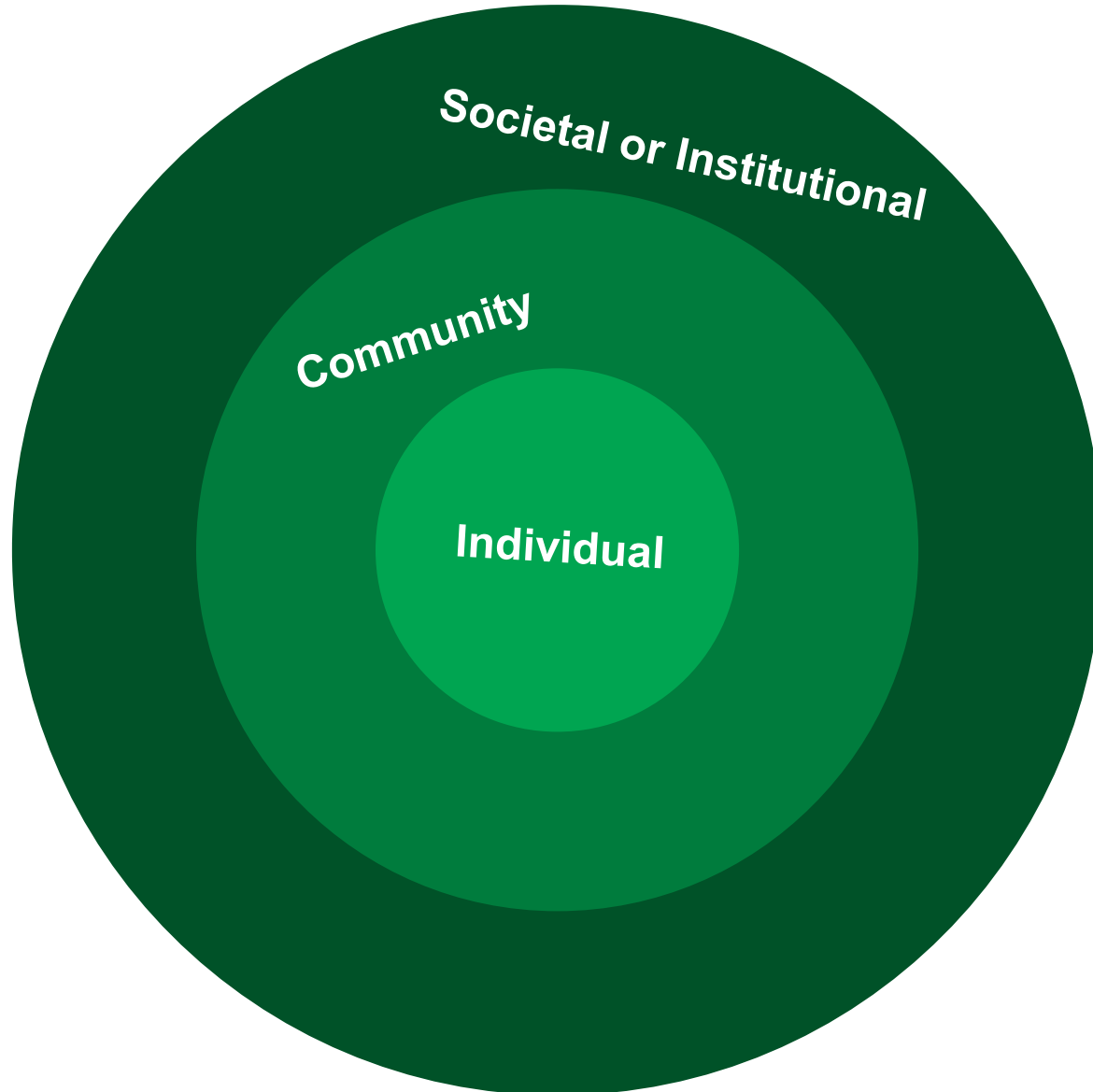
# Introduction to the research

## What is Resilience?

**The capacity to recover quickly from difficulties. The ability to ‘bounce back’.**

**“Resilience is about surviving and thriving, regardless of the challenge. Urban resilience is the capacity of individuals, communities, institutions, businesses, and systems within a city to survive, adapt, and grow no matter what kinds of chronic stresses and acute shocks they experience.**

**- 100RC definition**



## Marginalisation, Inequalities and Social Isolation

- Being older
- Being male
- Being single
- Identifying as LGBT+
- Being in poor health
- Being a carer
- Living in poverty
- Identifying as a minority ethnicity (BAME)
- Being of a minority religion

## Marginalisation, Inequalities and Social Isolation

“This capacity to navigate shocks and to maintain confidence in the city region is also dependent upon **recognising and addressing chronic stresses** such as poverty and social inequality that **weaken its fabric** and can undermine attempts to **respond to crises and to create a stronger future in their aftermath**”



# Social Capital

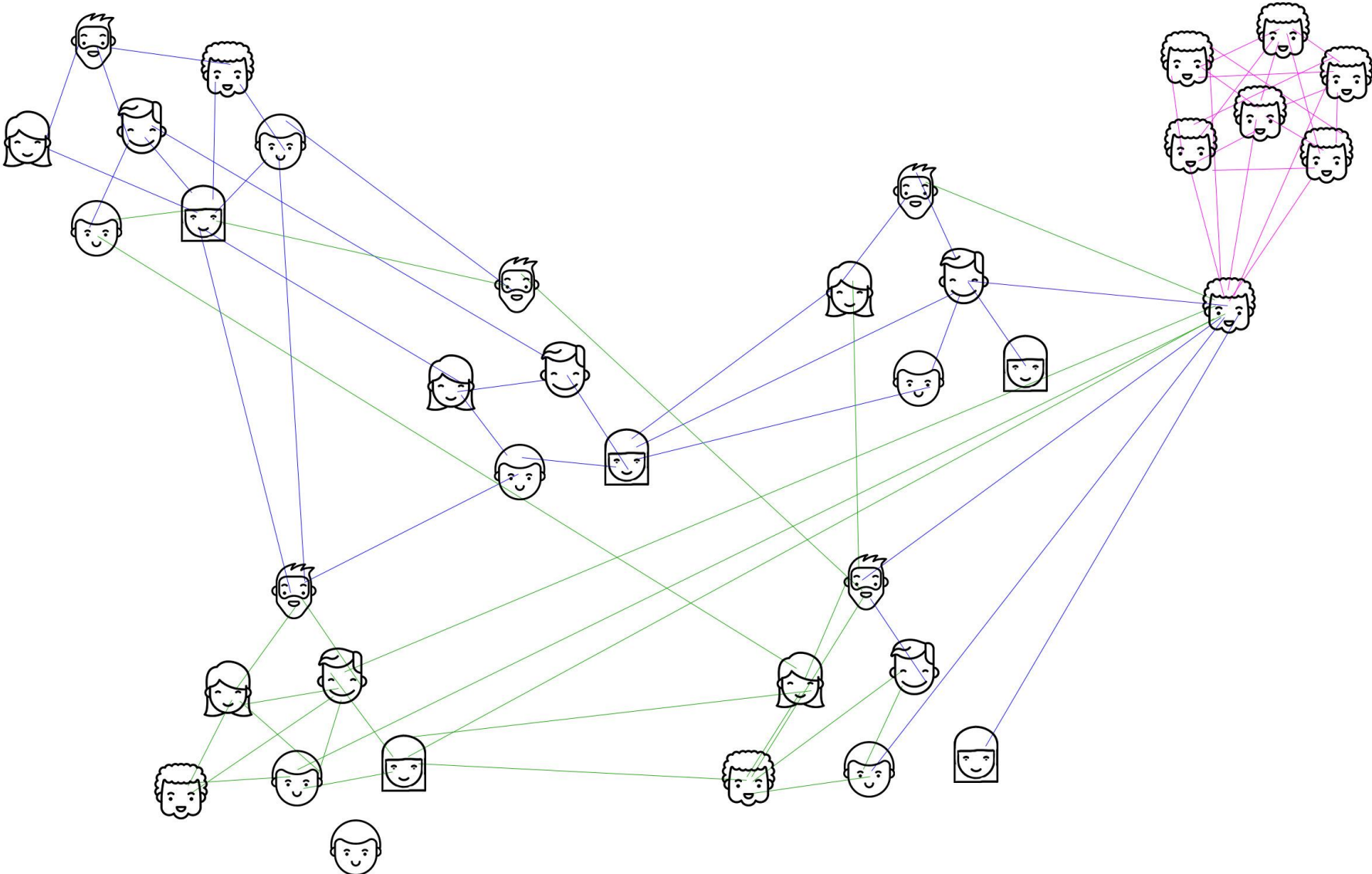
## What is Social Capital?

There are broadly two forms of social capital:

- Bonding capital refers to the relationships and networks between people who share some form of commonality.
- Bridging capital on the other hand refers to connections made between diverse groups of people.









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# Workshops











## Integration and Community Cohesion

**“Rochdale is the most deprived borough in Greater Manchester, and I think that resilience has been born out of having that label, not having the resources and just doing it themselves... people just didn’t grumble about it, they just pitched in and got on with it.”**

**“It’s one thing doing this for your own community, but then doing it for a community that’s completely isolated from yours. It built up these relationships that weren’t there.”**



**Any questions?**





**Over to you...**

We developed personas to represent a number of individuals from marginalised groups.

They focus on how certain shocks and stresses disproportionately affect marginalised groups and how approaches to resilience can reduce these factors.

### Each persona includes:

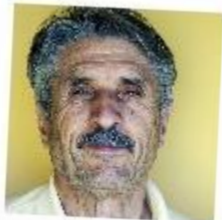
- A biography
- How the individual copes during shocks
- Strengths and Barriers
- Social Capital



Raziya



Linda



Khorshid



Aadil



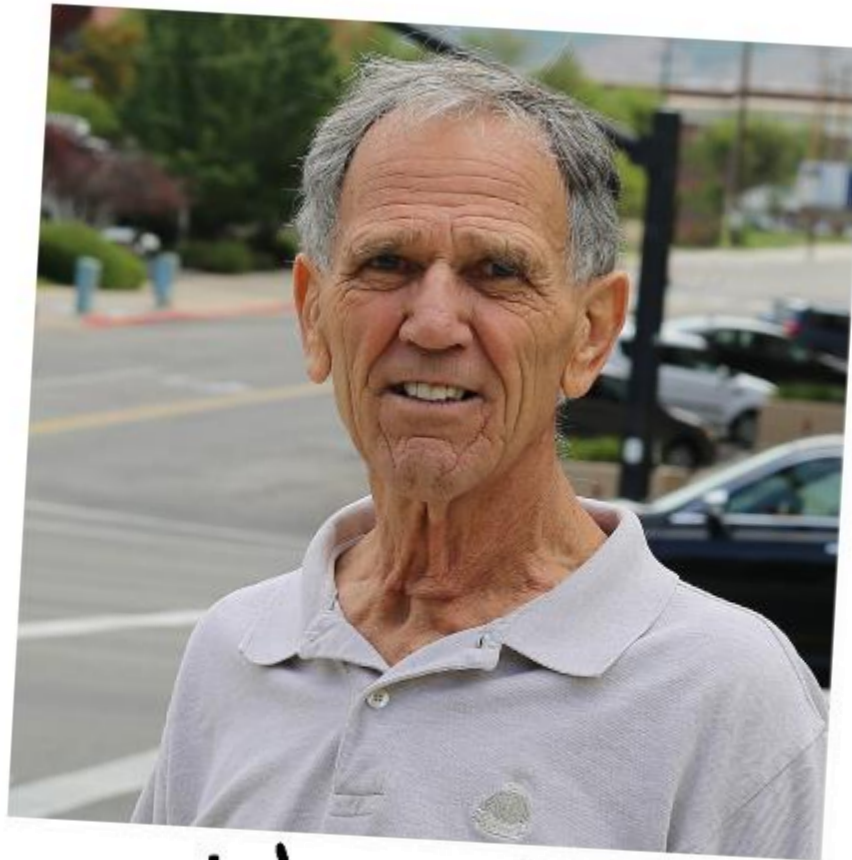
Henry



Mohamed



Raziya

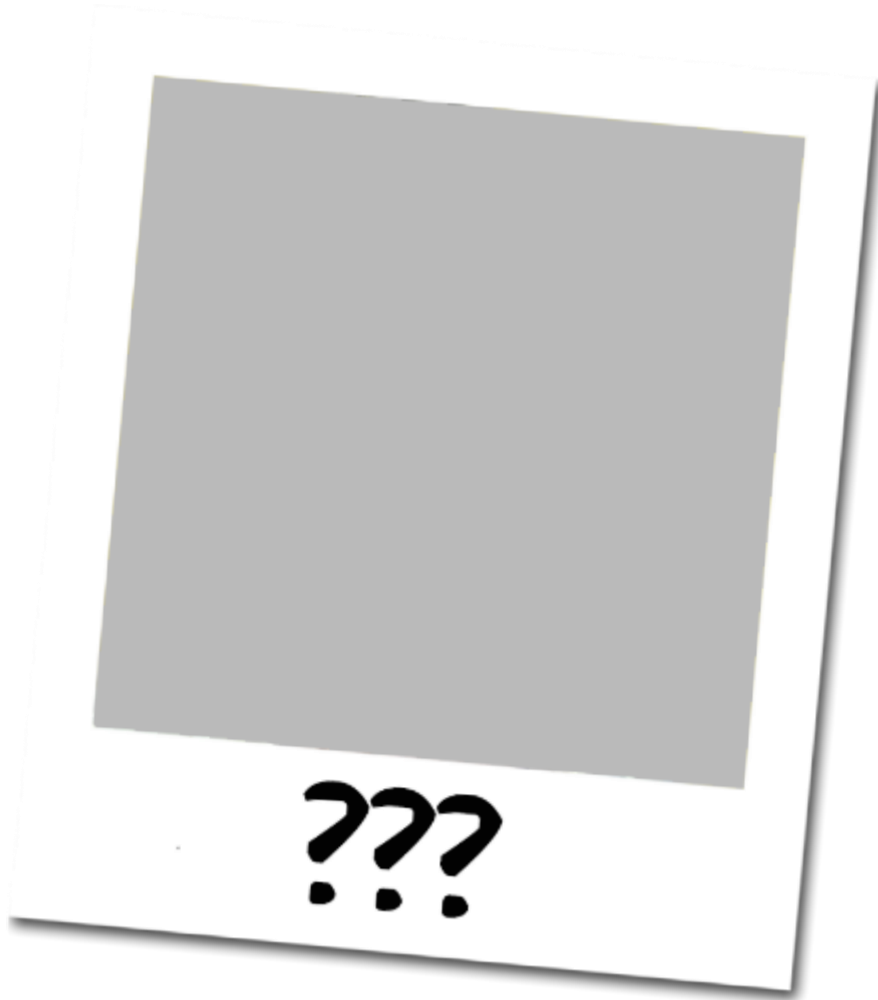


Henry



Khorshid





## Biography

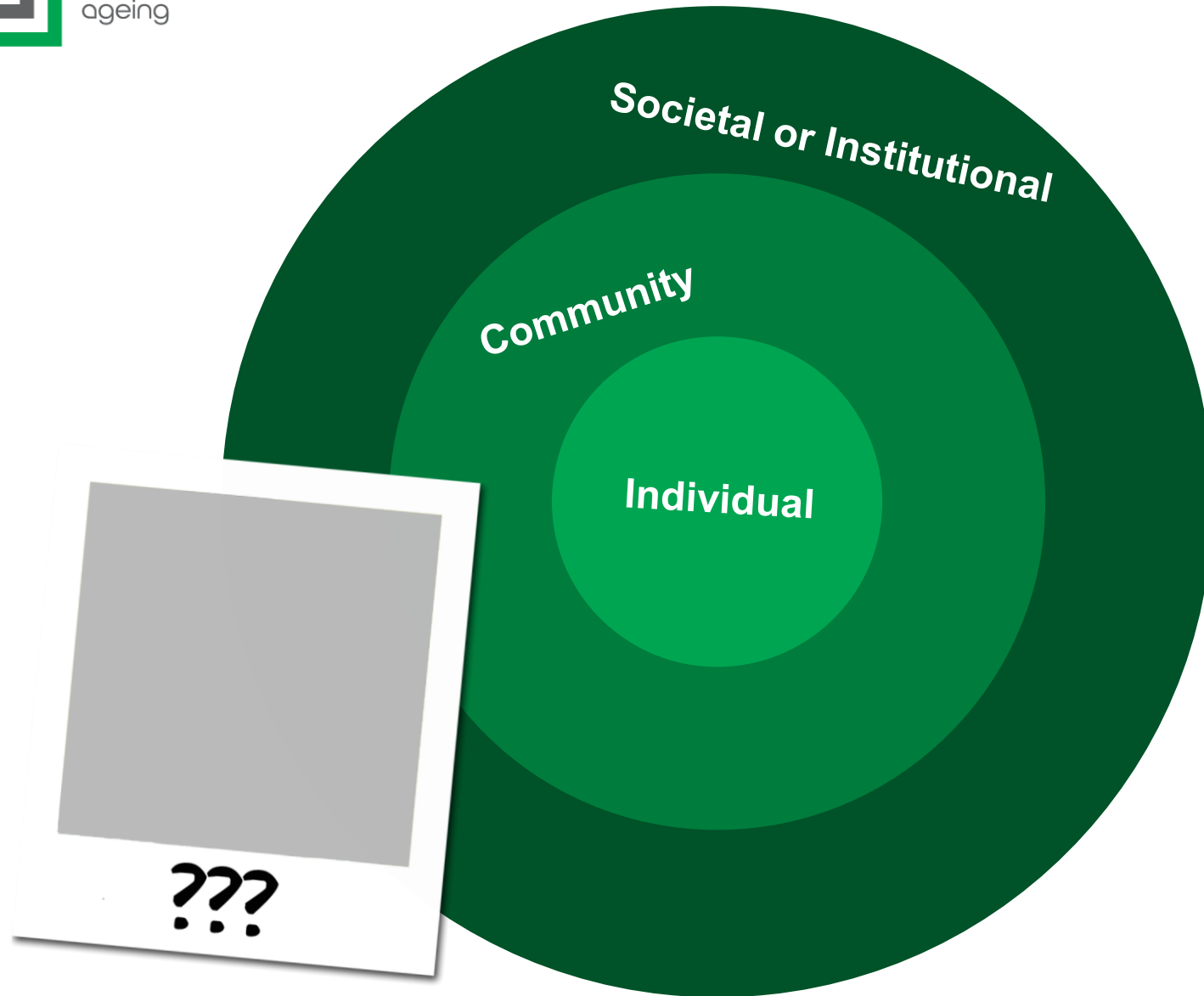
- Give a bit of background about the person.

## Social Capital

- Are they well connected in their local community? In their wider community?

## How the individual copes during shocks

- What strengths do they have?
- What barriers do they have to helping themselves and their communities?



(adapted from Paton and Johnson's model of resilience 2006).



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# Summary of the findings



Marginalised older people are:

- more likely to be impacted by shocks
- more likely to experience social isolation,
- less likely to have the resources to rebuild communities following shocks and
- more likely to be distant from institutions and as a result less likely engage with planners.





- Although older adults can be particularly vulnerable during times of shock, they also possess assets that can contribute to preparedness for shocks.
- Social inclusion plays a key part in keeping people resilient, something that is a risk for older people. This risk is further compounded the more marginalising characteristics an individual has.
- Older people with additional marginalising characteristics often have high levels of bonding social capital but struggle to make connections outside of their own community which are beneficial during times of shock.

- Although referred to as different things within different cultures, a belief in the importance of ‘grit’ or ‘hard graft’ is shared across working classes.
- Resilience may be strengthened in cultures that value and encourage lifelong learning as this promotes adaptability.
- It cannot be assumed that exposure to shocks and stresses, such a discrimination in the form of racism or experiencing economic deprivation builds up resilience.
- To avoid further marginalising people, it is vital to including a range of marginalised groups in planning.







# What's next

## Making practical use of the research

- Greater Manchester Resilience Strategy
- Voluntary Commitments for the Sendai Framework
- Sharing the findings





## Potential areas of further research

- experiences of other marginalised groups.
- experiences of older refugees.
- impact of a lifetime of discrimination on later life transitions.
- loss of cultural narratives between generations



**Any questions?**



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