

**Glossary of key terms used in Social Capital**

**Social capital:** Social capital represents the collective benefit of all the social networks in a community. It is the difference between trying to do things on our own and the added value of accessing the resources available through the social networks we are part of.   Social capital is also recognised as having positive benefits for wellbeing through increased trust, family ties, sense of belonging etc.  When present, these things contribute to positive health.  Healthy relationships contribute significantly to one’s health and wellbeing.  Conversely, the health risks from loneliness and isolation have been compared to those associated with cigarette smoking, blood pressure, and obesity.

**Networks:** Networks are defined as the personal relationships developed when people interact with each other in families, workplaces, neighbourhoods, local associations and other informal and formal meeting places. Different types of networks lead to different types of social capital known as bonding, bridging and linking.

**Bonding social capital:** Describes closer connections/ties between people for example, among family members or among members of the same ethnic group etc.

**Bridging social capital:** Describes more distant connections between people and involves more cross-cutting ties, for example, with business associates, acquaintances, friends from backgrounds

**Linking social capital:** Describes connections with people in positions of influence and is characterised by hierarchical relations where there are differing levels of power. It is different from bonding and bridging in that it is concerned with relations between people who are not on an equal footing.

**Resilience**

Throughout history people have been faced with shocks, natural and man-made.  Alongside this, people have developed varied responses to cope with, overcome and prevent future impacts.  Local forms of social capital have a significant role to play in building and strengthening the resilience of individuals and communities enabling more effective coping, adaptive, and transformative capacities.  By examining the social capital structures within a community and seeking to strengthen these it is possible to increase the capacity for resilience within communities and within society.

**Visioning**

Visioning is a way for communities in your area to express their hopes for the future and to say what is important to them and to describe exactly what would make the local area a better place to live. It helps to answer the questions: ‘What would our local area look like if it were an even better place to live?’ and ‘What would it feel like to live here if we achieved this vision?’