Connecting Communities Framework





Assist Social Capital

Assist Social Capital (ASC) is a Community Interest Company (CIC), which uses social capital as a critical resource to support groups, communities and organisations to maximise their ability to be resourceful and responsive to opportunity.

We do this by identifying and measuring the 'social operating system of groups' and making visible intangible assets. This new awareness offers them a unique opportunity to strategically use this knowledge to deliver positive, innovative social solutions and long-term sustainable social and economical impact.

Additionally ASC's work identifies best practice to increase added value and reduce failure demand.

www.social-capital.net





© Assist Social Capital 2015. Company Registration No. 270426. Connecting Communities Development Framework by Assist Social Capital CIC is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Created with support from the Lottery's Investing In Ideas Fund.



Connecting Communities Framework

Contents

Introduction	2
What is Social Capital?	3
A short historical background	3
Defining social capital Elements of social capital	4 5
Types of network ties	7
Quantity and quality of social capital	8
Why is Social Capital a Critical Asset?	9
Social capital and thriving communities	9
The Benefits of social capital – towards a new strategy	10
How Can You Grow Social Capital?	11
Increased community empowerment and resilience	11
The benefits of social capital – towards a new strategy	12
Case study: The Linthouse Monday Club	13
Case study: Glasgow Disability Alliance	
- 'Pathways for Change' Project	15
Measuring and Evaluating Social Capital	16
Reading list & endnotes	17

Introduction

Making the most of social capital – the network of relationships and values that connect individuals and groups in society and enable collective action – is vital to the wellbeing of communities and to ensuring that our economic and social policies and programmes are as effective as possible. To try and help achieve this, Assist Social Capital CIC (ASC) has developed this **introduction to social capital**. We hope that it will help explain about what social capital actually is, why it is important, and its practical application.

