

Winners of Social Capital Contest

Community Living Brant is pleased to announce that Ashley Imgrund and Amanda Laberge were the winners of “Naming our Social Capital Project” contest. Ashley submitted her written description of the meaning of social capital and Amanda created a picture that represents what social capital is all about. Congratulations to both Ashley and Amanda for their creative entries!!!! Their entries demonstrated the power and benefits for having social capital.

Community Living Brant received a number of entries to our Social Capital Project Naming contest. We would like to extend a special thank you to everyone who entered their ideas into contest – it was a hard decision.

So, some of you may ask, what is “Social Capital”?

- *It is the value and benefits made available and accessed through our relationships and social networks*
- *These relationships are founded in trust and reciprocity*

What are the benefits of building my “Social Capital”?

- *Well, research shows that the more relationships people have (i.e. the more social capital you have), you will live longer, be happier and healthier.*
- *Helps people to find jobs*
- *Helps people to find places to live and people to live with*
- *Helps people to be more tolerant, kind and respectful to each other*

- S**ocial networks/relations.
- O**pposite of loneliness and isolation.
- C**onnecting to internal and external networks.
- I**nclusion.
- A** sense of belonging.
- L**eads to happiness and longevity in people.

- C**ommunity relations.
- A**cquiring a gatekeeper is essential.
- P**romotes positive image.
- I**mportant for the community, organizations and individuals.
- T**wo types of social capital- bridging and bonding social capital.
- A**sking what people’s passions are is the first step
- L**eads to people resolving problems more easily.

