



Strengths-based resources

Suggested further reading

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Resources on Identifying and Discussing Strengths

The VIA Strength Assessment: <https://www.viacharacter.org/>

5 Strengths-based Activities <https://positivepsychology.com/strength-based-skills-activities/>

Personal Values Tests <https://personalvalu.es/personal-values-test>

50 Strengths-Based Questions <http://www.changedlivesnewjourneys.com/50-first-strength-based-questions/>

Wheel of Life <https://wheeloflife.io>

Blogs and websites

“Marvin Rules” blog: www.orgcode.com/marvin

“Zumba, let’s get loud” blog by Paddy Bates: www.maydaytrust.org.uk/zumba/

“Why Strengths Based Programmes Can’t Ignore Weaknesses” blog by Strengths Partnership:

www.strengthspartnership.com/blog/strengths-based-programs-cant-ignore-weaknesses/

“The Art of Listening” by Andrew Durman: www.maydaytrust.org.uk/blog/the-art-of-listening

“Please Don’t Call us ‘Difficult to Engage’” Joy Hibbins:

<https://www.huffingtonpost.co.uk/joy-hibbins/please-dont-call-us-diffi b 10988746.html>

Strengths Based Approaches Information, Social Care Institute for Excellence:

www.scie.org.uk/care-act-2014/assessment-and-eligibility/strengths-based-approach/

Strengths Based Approaches for Working With Individuals by Iriss:

www.iriss.org.uk/resources/insights/strengths-based-approaches-working-individuals

Good Help <https://goodhelp.org.uk/>

Books and articles

Cottam, H. (2019) *Radical help – how we can remake the relationships between us and revolutionise the welfare state*. Virago. London

Department of Health and Social Care (2019) Strengths-based approach: practice framework and practice handbook:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/778134/stengths-based-approach-practice-framework-and-handbook.pdf

McCashen, W. (2005) *The Strengths Approach; a strengths-based resource for sharing power and creating change*. Victoria, St Luke's Innovative Resources.

Rapp, R. (2007) The Strengths Perspective: Proving "My Strengths" and "It Works"" in *Social Work* 52 (2) 185-186 available at:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2254514/>

Saleebey, D. Ed., (2013) *The Strengths Perspective in Social Work Practice* (Sixth Edition). New Jersey: Pearson

Organisational reports

Deconstructing the System – The Mayday Trust:
www.maydaytrust.org.uk/homelessness-system-under-deconstruction

"Adventures in advantaged Thinking", Foyer Federation <https://foyer.net/>

Housing Resource Specialist Toolkit, Community Rebuilders
<https://communityrebuilders.org/wp-content/uploads/2016/04/Community-Rebuilders-Housing-Resource-Specialist-Toolkit-2015-.pdf>

"Strengths Based Practice", Ruth Wallbank, Transatlantic Practice Exchange 2017 (pp 17-22):
www.homeless.org.uk/sites/default/files/site-attachments/Transatlantic%20Practice%20Exchange%202017.pdf

Developing a Wellbeing and Strengths-based Approach to Social Work Practice:
Changing cultures:

www.thinklocalactpersonal.org.uk/assets/Resources/TLAP/BCC/TLAPChangingSWCulture.pdf

Strengths-based Social Work with Adults, Roundtable Report:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/652773/Strengths-based_social_work_practice_with_adults.pdf

What We Do

Homeless Link is the national membership charity for frontline homelessness services. We work to improve services through research, guidance and learning, and campaign for policy change that will ensure everyone has a place to call home and the support they need to keep it.

Homeless Link

Minorities House
2-5 Minorities
London
EC3N 1BJ

www.homeless.org.uk
@HomelessLink

**Let's End Homelessness
Together**

