

Ten Capabilities were defined at the pilot phase of the project in 2012 by participants in Accra. Six participants in each city who were research assistants observed their 10 or more network members and their lives in relation to these themes. This formed a loose structure for the weekly interviews/ethnographic reports with the local facilitator. The capabilities also were topics for the basis for the focus groups – the Briefing Papers relate to each of the ten topics.

CAPABILITY STATEMENTS	SUMMARY EXPLANATIONS
I frequently receive the support of friends.	When I am hungry or scared or have no money I can rely on my friends to help me and to comfort me. I have received this sort of support within the last 2 weeks.
I am able to realise my plans for the future.	When I think about the things I want or the person I want to be, I know that I will be able to achieve these goals through my own efforts. The future can be next week or next year.
I am resilient in the face of problems that affect me.	When bad things happen to me I know that I can survive and recover. The bad things in my life now will not stop me being happy in the future.
I usually have enough to eat.	While sometimes I am hungry I can usually find a way to get food to keep me going through the day.
I am able to behave in ways that protect my health and wellbeing.	Both in the place that I live and when I am with my friends I am able to act to avoid becoming ill and taking drugs. This includes access to clean water to drink and being able to say no to drugs when you want to.
I am able to earn enough money to meet my basic needs.	I earn enough money through my work to buy food and water, to pay for shelter and to get clothing, medicine and the other things I need when I need them.
I have enough time to play.	When I have done working for the day I have enough time to see my friends and to relax before I go to sleep.
I have access to shelter.	I have access to a space where I am able to keep warm and dry and away from the mosquitos at night – a place where I can be safe and can store my possessions.
I am able to move freely and be safe in my local area.	I can walk around my local area without being attacked or being prevented from entering public areas.
Through my work I can build assets for my future.	I am able to save some of the money that I earn and buy tools or pay for shelter or invest in my education that will help me earn more money in the future.