



Mind Sports and Healthy Ageing

Bridge: A MindSport for All

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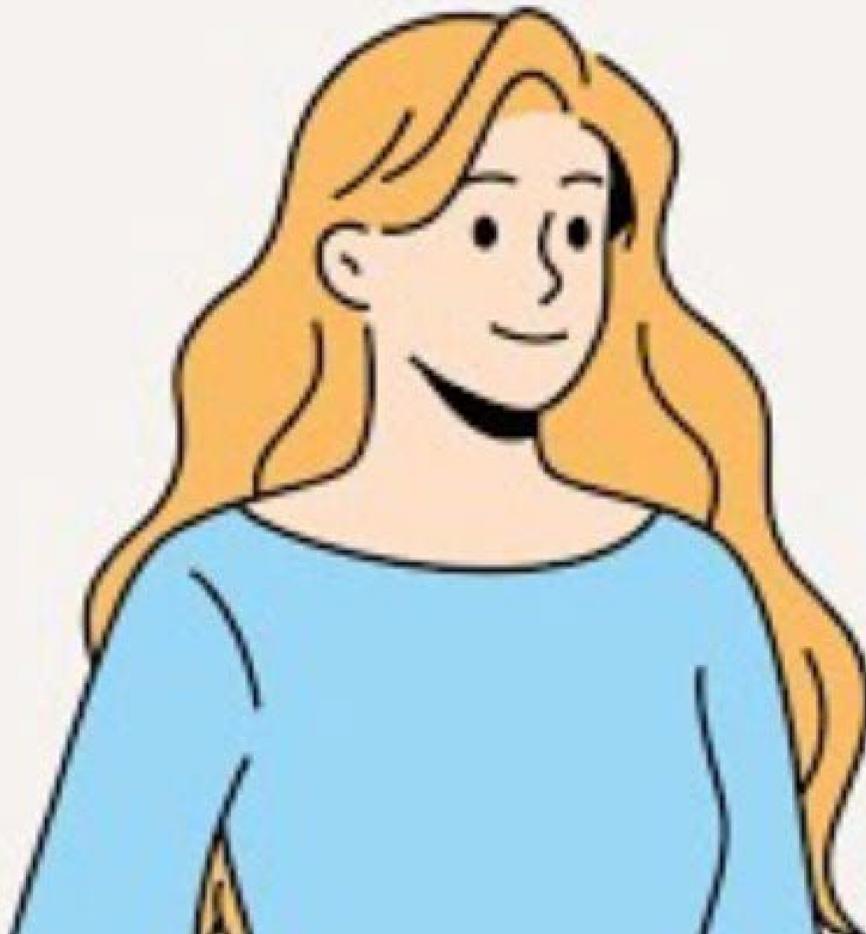
Mind sports

Competitive, skills-based games, such as chess or bridge, that require intellect more than physical skills



What is bridge?

benefits of bridge amongst the circuit of international players



Bridge: A MindSport For All
Connects People, Challenges Minds



Duplicate
Bridge



Healthy ageing:

“a lifelong process optimising opportunities and preserving health and physical, social and mental wellness, independence, quality of life and enhancing successful life-course transitions”
(Peel et al., 2004)

Leisure:

concentration, stimulation, and active involvement in personally meaningful experiences (Ashworth et al., 2016)



Almost 1/5 of the UK population in the UK often or always feel lonely

(British Red Cross & Kantar Public, 2016)

- negative impacts on health and wellbeing similar to those experienced by chronic long-term conditions

Social connection through quality relationships = satisfying and longer life

(Marotta & Reid, 2015)

Social Connection & Community

I really like the bridge world, and the life and the social part and the game. I think just everything together.

(Marion Michielson, The Netherlands)



Bridge has been incredible to me. I have friends all over the world... Bridge players are a great group of people. So diverse. By and large very intelligent people. (Jeff Meckstroth, USA)



BE THE DIFFERENCE

Benefits of bridge

“bridge includes a social aspect and sense of being a team player alongside being mentally challenging.

...bridge fosters connection and a sense of community.” (Galbraith et al., 2018: 10)

Players make social connections and bridge helps to combat social isolation and loneliness. (Snellgrove and Punch, 2024)



- **Cognition:** flexibility in problem-solving, decision-making under pressure, logical and critical thinking, strategic planning
- **Soft skills:** communication, empathy, cooperation
- **Mental toughness:** resilience, recover well from setbacks, coping with loss (Punch and Snellgrove, 2021)
- **Emotional intelligence:** emotion management and self-awareness (Punch and Russell, 2022)

Transferable life skills

I'm quite sure that the lessons I've learned at bridge have helped at business and lessons I've learned at business have helped at bridge. Being good team-mates, being a good partner or co-worker. If you're nice to them, they'll do better. In business, learning what is important and what isn't is very helpful.

(Nick Nickell)

<https://bridgemindsport.org/home/research/bridging-minds/>



Research on bridge & dementia

Evidence that bridge may
delay the progress of
dementia





Let's hear from the players!

BE THE DIFFERENCE

Bridge players have higher levels of subjective wellbeing than non-players and are more likely to be optimistic about their future, and satisfied with the way their lives have turned out.

Motivations: “many centring on the pleasure derived from participating in the game, the mental challenge, the social element and often all three.”

McDonnell et al., 2017

**Shift image of bridge:
game to mindsport**

Increase participation

Ensure future sustainability





**Bridging
Minds**

Dynamics &
Interactions

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**Bridging
Gender**

Attitudes &
Inequalities

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**Bridging
Wellbeing**

Social Benefits

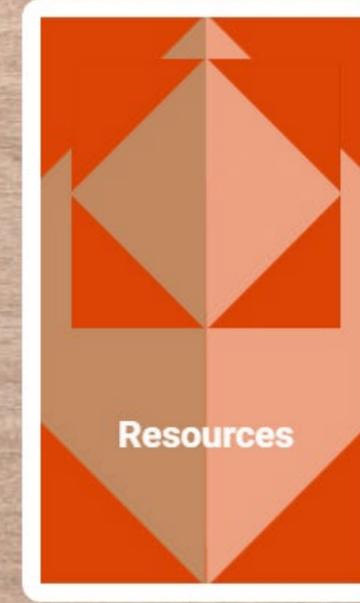
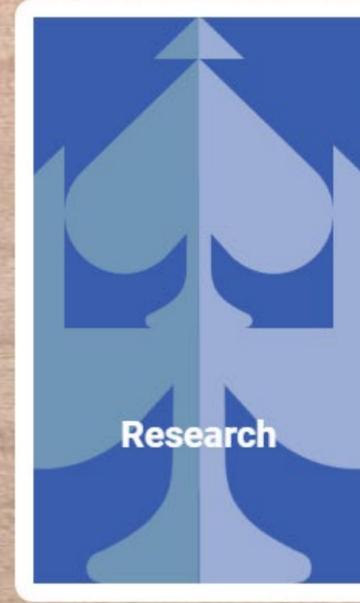
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**Bridging
Covid**

Improvise,
Inspire, Invent

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www.bridgemindsport.org

- Journal articles and two books
- Accessible summaries and reports
- Videos
- Blogs and news items
- Conferences and seminars for practitioners and academics



**Bridging
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Opportunities

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**Bridging the
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Bridging Schools project: Bridge, Youth and MindSport Education

Explore the **benefits** and **barriers** of bridge and mindsport education for young people

Develop **social science evidence** to help establish bridge as a partnership mindsport for children and youth

Create a **toolkit** and **work with schools** to embed bridge in the curriculum





Keep Bridge Alive

Bridge: A MindSport for All

Keep Bridge Alive

 Connects People, Challenges Minds
University of Stirling, UK



♥ 1430 likes
#BAMSA #BridgingMinds #MindSports #bridgingresearch #bridging #sociologyofbridge #playbridge @soc_of_bridge

- A fun and free activity
- Promotes sportsmanship, courtesy, communication
- Play casually or travel to competitions (national team)
- Can be played: digitally, at school, with friends, at bridge clubs
- Can be played with anyone: multi-generationality
- Benefits for teachers: resources to help teachers and pupils learn bridge together



The benefits of bridge for young people

Bridge, Youth & Mindsport Education



Learning & Teaching hub

- A centralized free resource for volunteers & teachers
- Aim: Support for all aspects of teaching children and youth
- Promotional materials

Lesson 1

Tricks

Learning basic concepts



<https://bridgemindsport.org/school-and-youth-bridge/>



New PhD student

Stakeholder Approach to the Pedagogical Possibilities and Practices of the Mindsport Bridge

- Understand how games are used in education and where bridge fits
- Bridge intervention study
- Surveys to test to test critical thinking skills and motivations before and after learning
- Numerical data to evidence impact of bridge



Scottish Graduate School
of Social Science
Sgoil Cheumnaichean Saidheans
Sòisealta na h-Alba



Working with school teachers

- Demonstration for schoolteachers
- Identifying ways that bridge could be incorporated into practice
- **Opportunities:** Training and supporting teachers to use bridge in their classroom
- **Challenges:** Finding time for bridge tuition, and enough bridge volunteers to support teachers



Research Impact

Develop practical **evidence-based resources** for promoting and teaching bridge to youth

Inclusivity: support widening access to bridge & intergenerational encounters

Mindsport as a response to key curriculum challenges: **numeracy; health and well-being**

Embed bridge and mindsport education into the national educational strategy – working with trainee teachers, Education Scotland, local authorities, and the Scottish Government

Supporting BAMSA's work



- **Volunteering:** to help in schools or with research tasks (graphic design, events, proof reading)
- Let us know of a school that might be keen to teach bridge
- **Donate**

How to learn bridge?

Contact your local bridge club

Online lessons:

<https://learnbridgeonline.com/>

Tricky Bridge App

BAMSA School and Youth
webpage:

www.bridgemindsport.org





Thank you



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