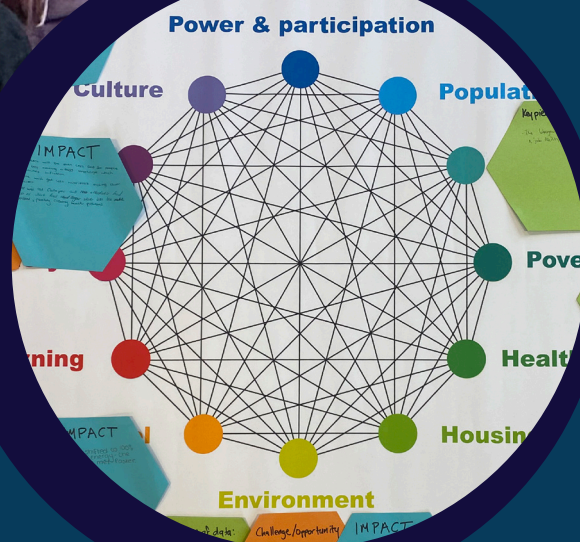
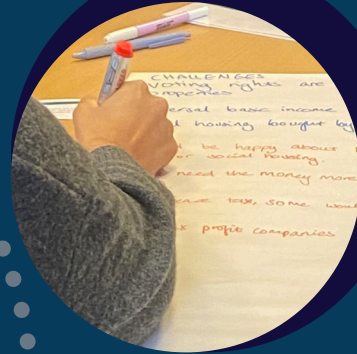




How to play the Glasgow Game?

Simplified instructions



The Glasgow Game is an interactive workshop designed to explore and address complex issues affecting Glasgow, such as health inequalities, by encouraging participants to think holistically and collaboratively.

The game works best when played with a group of 25-40 participants (i.e., around 2-3 per domain), but it can be adapted for smaller groups by lessening the number of domains used, or by giving groups more than one domain each.



Objective

Collaborate to develop strategies that tackle a strategic question related to Glasgow's health and well-being.

Materials needed

- Glasgow Game board or mandala
- Domain cards representing various sectors (e.g., Lifestyle, Education, Environment)
- Data briefs for each domain
- Sticky notes or cards
- Markers
- Timer
- Facilitator to guide the session

Set-up

- Arrange the participants into small groups of 2-3 individuals.
- Assign each group a specific domain (or domains) from the Understanding Glasgow Mandala.
- Provide each group with data briefs related to their assigned domain(s).



1. Identify trends, shocks, and concerns:

- a. Each group reviews their domain's data to identify:
 - i. A significant trend (e.g., increasing number of single adult households).
 - ii. A potential shock (e.g., a sudden economic downturn).
 - iii. A pressing concern (e.g., rising food insecurity rates).
- b. Groups write each item on separate sticky notes and place them on the corresponding section of the mandala.

2. Combine and analyse issues:

- a. Groups are brought together into sets of 3 – each covering 3 domains.
- b. Each considers the combination of trends, shocks, and concerns from all 3 domains.
- c. Groups discuss how these issues interconnect and the potential compounded effects on Glasgow's health and well-being.

3. Develop strategies:

- a. For each combination of issues, groups brainstorm actions to:
 - i. Prevent negative outcomes.
 - ii. Prepare the community to handle potential shocks.
 - iii. Recover swiftly if challenges arise.
- b. Document proposed strategies on sticky notes and place them on the mandala.

4. Present and reflect:

- a. Each group presents their analysis and strategies to all participants.
- b. Engage in a facilitated discussion to reflect on:
 - i. Common themes and insights.
 - ii. Feasibility and potential impact of proposed strategies.
 - iii. Personal and organisational roles in implementing solutions.

5. Declarations:

- a. Groups separate back to their original domains and prepare a one sentence statement about the policy priorities for that domain in relation to improving health and health inequalities in the city.
- b. A representative from each domain is chosen to read the declaration aloud to the room. Representatives form a circle and read their declarations in turn.

Facilitator role

- ➔ Encourage open dialogue and ensure all voices are heard.
- ➔ Keep the session focused and on schedule.
- ➔ Provide additional information or clarification as needed.

Possible variations

If you have less time:

- Simplify the first round and just ask domains for their key concern.
- Combine sections 2 and 3 – asking groups to consider their concerns all at once and discuss ‘what would happen in the city’ and ‘what should be done to prevent/prepare/recover’.
- The final round can be cut or completed during the previous round’s feedback – once a group member has fed back about the responses to the concern, go back to the group and ask them what they feel would be most impactful for their own domains.

If you have more time or want to introduce more ideas:

There are shock/opportunity cards that can be introduced between rounds 1 and 2. Give these out randomly (or assign them beforehand), to add another shock for group sets to deal with or to give them an opportunity to draw on to help mitigate their concern.

