

# Bridge - more than just a card game

Ask someone who plays bridge why it's good, and they will give a long list of reasons. But is that the opinion of a single fanatic, or of everyone who plays? Researchers at Stirling University, in partnership with English Bridge Education & Development, asked over 6,000 people of all ages why they played bridge, and the answers demonstrate that bridge is so much more than just a card game.

## It's enjoyable

Bridge is very stimulating.  
Every hand is new, so you never get bored.

It's absorbing, frustrating, challenging,  
addictive, satisfying - I love it.

## It's mentally challenging

I enjoy the mental gymnastics, the infinite variety,  
and the succession of unique challenges.

The mental challenge of judgement, assessment,  
interpretation - one can always improve at bridge.

## It's a family activity

My wife and I wanted something to do together -  
as we both were logically-minded and played  
other card games, we took up bridge.

My husband, sometimes uses a wheelchair  
so it is an activity we can do together.

## It's competitive

I love the achievement in winning without being  
aggressive towards others - it's friendly competition.

I enjoyed all sports and when I was disabled I had to  
take on something to fill in and I got hooked into bridge.

## You can socialise

I play to socialise and catch-up with  
friends doing an activity we enjoy.

I enjoy being part of a team  
or partnership - it's more sociable  
than games such as chess.

## You can meet new people

I learned as a way to get to know  
people when I moved city -  
there's a real bridge community.

I play to meet new friends and enlarge  
my social group. I recently returned from  
abroad after many years and it got me  
back into the community.

## You can keep your brain healthy

It gets me out of the house  
and with people. It gives me focus.  
When things go well I feel good.

I play because my mother had dementia  
and I consider that the onset of this was  
delayed because she played bridge. It  
keeps the little grey cells in trim.

**“Walking into the club, greeting friends, chatting, then being totally absorbed by the bidding and playing of each hand is a wonderful way to spend a happy and sociable evening with the huge bonus of enhancing brain power”**



For the full report on the research from Stirling University visit  
[www.ebedcio.org.uk/health-wellbeing-research](http://www.ebedcio.org.uk/health-wellbeing-research)

