

# Future Drivers of the Health of Londoners

## Horizon Scanning Game Instruction Pack



# Foreword

**London as a city is changing ever more rapidly.**

Horizon scanning for developing patterns of change and identifying potential disruptors is more important than ever before.

There are real opportunities for population health arising from this change. However realising these opportunities from a public health perspective, and tackling health inequalities, can be challenging when there are immediate needs arising from increasing demands on services, budget reductions, changing populations and communities, and a rapid pace of technological change.

This game has been developed to support local partners to collectively explore these future drivers of health and to understand what the opportunities and implications might be for the local area over the next 5 years. In exploring these potential scenarios and patterns of change, it is hoped boroughs will be able to apply this learning to current challenges and strategic planning, where looking ahead will be crucial.

This resource can also facilitate the wider local system in a health in all policies discussion, to establish a broad place based approach to meeting future public health challenges.

# You will need

1. Someone in the team to facilitate the session [see *facilitator pack*]
2. Something to keep the time [*clock, watch, mobile phone*]
3. Something to write notes on [*notebook, flip chart, whiteboard*]
4. The horizon scanning game instruction pack;

In this pack you should have -  
- 6 sets of scenario based cards

Digital and Big Data	■
Employment	■
Financial Climate	■
London's Population	■
People Power	■
Housing and Transport	■

- An instruction booklet which includes;

How to use  
Instructions on how to format the session  
Questions to review throughout the session  
Helpful Hints  
Contact information

For further background reading, you may wish to look at the Future Drivers of the Health of Londoners resource pack. This provides the webinar summary, which includes an overview of each of the drivers of change that were discussed as part of the project.

# How to use

Using this instruction pack and the 6 packs of cards provided, the group will create a scenario for the local area, which will be set **5 years from the date of use**. The group will then discuss a series of questions in relation to this scenario, which will help them to consider;

- a) What could this mean?
- b) What needs to change or happen in order to prepare effectively for this?
- c) Who needs to be involved to achieve this?

**Time available:** there is no right or wrong format for length of the session. The more time available, the more scenarios the group will be able to explore. **To get the most from the session it is essential that the chair keeps the session to time.**

There are three suggested formats for how to run this session:

1. The 'quick fire round' (1 scenario (3 cards), 30 minutes needed)
2. The 'In depth version' (2+ scenarios, 1.5 hour needed)
3. The 'workshop' round (4+ scenarios, half a day needed)

This game could be used as part of your team meetings, during strategic planning sessions, or as part of your team away day.

**Remember: this game is not designed to provide the answer, only to aid discussion and strategic planning for local teams.**

# Instructions

## START

Divide the cards into drivers and place the 6 piles centrally to the group.

Choose one card from each of the 6 piles, so you have 6 cards selected.

As a group choose 3 cards that are the most relevant for your local area.

These 3 cards are now 'the scenario' for your local area based 5 years from now. The facilitator will read out the scenario to the group.

The facilitator will confirm next steps for reviewing this work.

## END SESSION

Finally, the group should discuss: what they as an individual will do differently as a result of this conversation.

Towards the end, the group should discuss: what is the most important thing that the group need to explore as a result of this conversation?'

The facilitator will guide the group through part A and part B of the instructions, making notes throughout.

Repeat

# Questions



**Part A: In the first 10 minutes, discuss the following three questions with the group:**

1. How would this scenario impact on the health outcomes of:
  - a) All Londoners?
  - b) Residents in your local area?
2. Overall, do you feel this would lead to a positive or a negative outcome in your borough?



**Part B: In the final 10 minutes, discuss the following three questions with the group:**

3. What needs to happen to stop this (*if negative*) or achieve this (*if positive*)?
4. Who needs to be involved locally in order to drive this change?
5. What does your group need to consider / do differently as a result of this?



# Helpful Hints

1. **There is no one set way to use this game.** This set of instructions has been created as a guide, do feel free to change any elements of it that you need to suit in order to suit your audience.
2. **Ensure you have read the instruction pack** and understand the purpose and your role in the session. This will help to engage everyone in the conversation. There is also a report that accompanies this game, which you may wish to read in advance of joining the session.
3. **When choosing your 3 cards** for your scenario, consider the 3 most relevant or likely things you will need to consider in your local areas over the next 5 years.
4. **The coloured rectangles at the bottom of each card** link to other drivers of health. These may be helpful to review the inter-dependencies across the drivers.
5. **The facilitator will write key points** on a whiteboard or a flip chart, so the whole group can see them. Consider when you may need to use this information.
6. **Time is limited** so don't use it all up in the part A discussion, ensure you have enough time to complete part B and to reflect and decide on the next steps.
7. **At the end** of the discussion, reflect as a group on the following;  
As a result of today's discussion;
  - a) What may the group seek to do differently?
  - b) What may you as an individual seek to do differently?
8. **For data sources** for the cards, please visit the FDPH Knowledge Hub page where you will find the delegate packs for each of the webinars.
9. **Tell us how it went** via the FDPH Knowledge Hub page, or by tweeting #FDPHlondon.
10. **Complete the evaluation survey** this can be found on the ADPH London website.

# Contact



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