



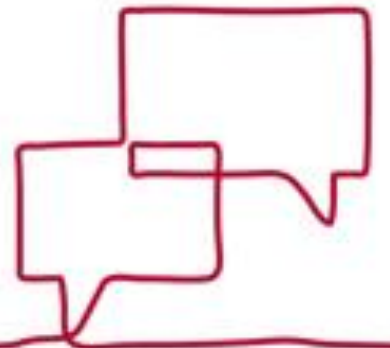
**Frontline  
Network  
Partner**

# Homelessness & Gambling Harm

**Learning event hosted by the Scottish Frontline Network**

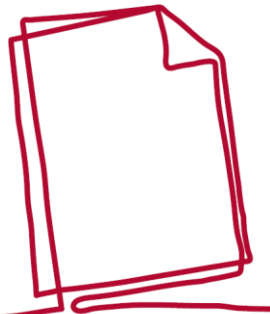
Ursula Hofeldt, Policy and Participation Manager, Cyrenians

Email: [ScottishFrontlineNetwork@cyrenians.scot](mailto:ScottishFrontlineNetwork@cyrenians.scot)



# Teams 'housekeeping'

- Mute yourself during presentations or when someone else is speaking
- Turn camera off if you have problems with your internet connection
- If possible, turn camera on for breakout room discussions and when asking questions
- Use the chat: please introduce yourself and ask questions throughout
- Slides will be shared after the event



# Agenda

**Introduction:** Why are we here?

**Gambling Harm – what is it and how to spot it?** RCA Trust

**Discussion in breakout rooms**

**Gambling and Homelessness in Scotland:** Simon Community Scotland and Cyrenians

**Tea/coffee break**

**Influencing Policy & Public Attitudes:** ALLIANCE Lived Experience Forum

**Discussion in breakout rooms**

**Wrapping up and feedback**

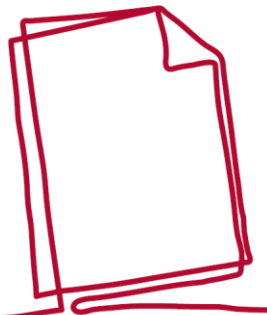


# Introduction

*The Frontline Network aims to build relationships, share best practice, develop solutions, and communicate the experience and views of frontline workers across the UK.*

- Free 'in-house' training opportunities
- Annual survey and conference
- Training Fund
- VRF (Vicar's Relief Fund)

Scottish Frontline Network: shares updates from the sector, facilitates events and training sessions providing a regular opportunity for frontline workers in Scotland to network, share expertise and experience, and link to decisionmakers.

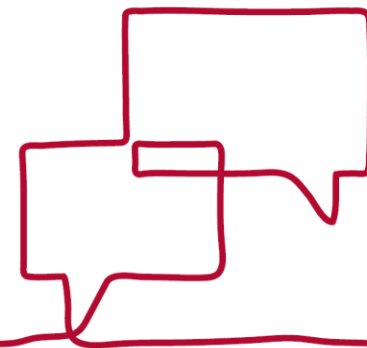




Charity

# Gambling Harm: Signs & symptoms

Maria Welsh, RCA Trust



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# Signs and Symptoms of Gambling Harms

Maria Welsh

RCA Trust



- The RCA Trust, formerly known as the Renfrew Council on Alcohol, established in 1977 providing community-based alcohol and gambling related prevention and treatment services in Scotland.

## Core Programmes Include:

- The RCA Trust is part of the National Gambling Support Network and is the regional provider of education, prevention, treatment and support services for Scotland.
- The RCA Trust offer a wide range of services to ensure each individual receives the correct prevention and treatment plan. Services include accommodation, alcohol advice with counselling and our general advice centre.



# Defining Gambling & Gambling Related Harms

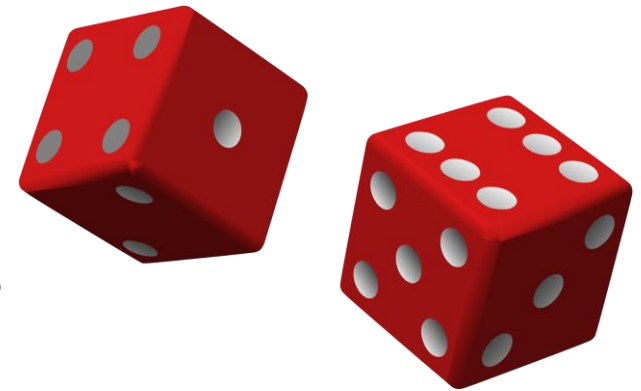
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## Gambling

‘To stake or risk money, or anything of value, on the outcome of something involving chance.’

## Gambling Related Harms

‘Gambling-related harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society. These harms impact on people’s resources, relationships and health.’





# Gambling Related Harms Signs:

- Preoccupied - thinks about or plans to gamble often.
- No control - spends too much money or time playing than is reasonable.
- Die hard - remains gambling even after companions have left.
- Justifies - Wins regularly (or big) but keeps playing.
- Tolerance - needs to gamble more to get excitement.
- Escapism - uses gambling to cope with other issues.
- Chasing losses - keeps playing to win back losses.
- Lying - secretive about gambling to friends / family.
- Criminal acts - takes money or valuables without permission.
- Sourcing stakes - frequently gets additional funds or seeks to borrow money.
- Blind spot - lacks recognition or awareness of the environment.
- Behaviour - emotionally withdrawn, becomes agitated, distressed or aggressive.
- Relationships - risked or damaged relationships due to gambling.



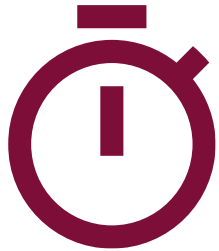
# Gambling Related Harm Impacts

- Poverty
- Debt
- Co-morbidities - alcohol / drug misuse
- Isolation
- Unemployment
- Mental health issues - anxiety / depression
- Poor physical health - self-neglect
- Increased risk of suicide ideation / intent
- Criminality
- Anti-social behaviour
- Domestic abuse
- Relationship harm
- Compromised parenting
- Accommodation jeopardised



# The Rule Out Question?

Do you or anyone close to you have an issue with gambling?



Losing track of time



Losing more than you can afford




feeling ashamed, guilty or secretive

# The Mini Screening Tool (PGSI)

Thinking about the last 12 months...

- 1) Have you gambled more than you can afford to lose?
- 2) Have people criticised your gambling or told you that you have a problem (regardless of whether you agreed)?
- 3) Have you felt guilty about the way you gamble or what happens when you gamble?
- 4) Have you been affected by another person as a result of their gambling?

**PGSI Mini Screening Tool for Non-Specialist Services**

 The aim of the Problem Gambling Severity Index Mini Screening Tool is to implement support and assistance relating to gambling behaviours that identify possible indicators of 'risk' or 'harm' and may require onward referral to a specialist service provider.

**PGSI Mini** Consent and confidentiality should be maintained through ensuring the facilitator of this form adheres to their organisations own Privacy Policy and GDPR regulations.

**PGSI Mini Screening Entry Screen**

Date	Organisation	Completed by
------	--------------	--------------

In the last 12 months, have you gambled in a casino, bookmakers, online, at a sports venue, by buying scratch cards, visiting arcades or bingo halls, or other similar activities?

Yes  No  If yes, please complete the questions below:

1. In the last 12 months, have you bet more than you could really afford to lose?

Never (0)	Sometimes (1)	Most of the time (2)	Almost always (3)
-----------	---------------	----------------------	-------------------

2. In the last 12 months, have people criticised your betting or told you that you had a gambling problem (regardless of whether you thought it was true)?

Never (0)	Sometimes (1)	Most of the time (2)	Almost always (3)
-----------	---------------	----------------------	-------------------

3. In the last 12 months, have you felt guilty about the way you gamble or what happens when you gamble?

Never (0)	Sometimes (1)	Most of the time (2)	Almost always (3)
-----------	---------------	----------------------	-------------------

In the last 12 months, have you been affected by another person as a result of their gambling in a casino, bookmakers, online, at a sports venue, by buying scratch cards, visiting arcades or bingo halls, or other similar activities?

Yes  No  If yes, then referral for support should be offered.

**PGSI Mini Screening Scoring\***

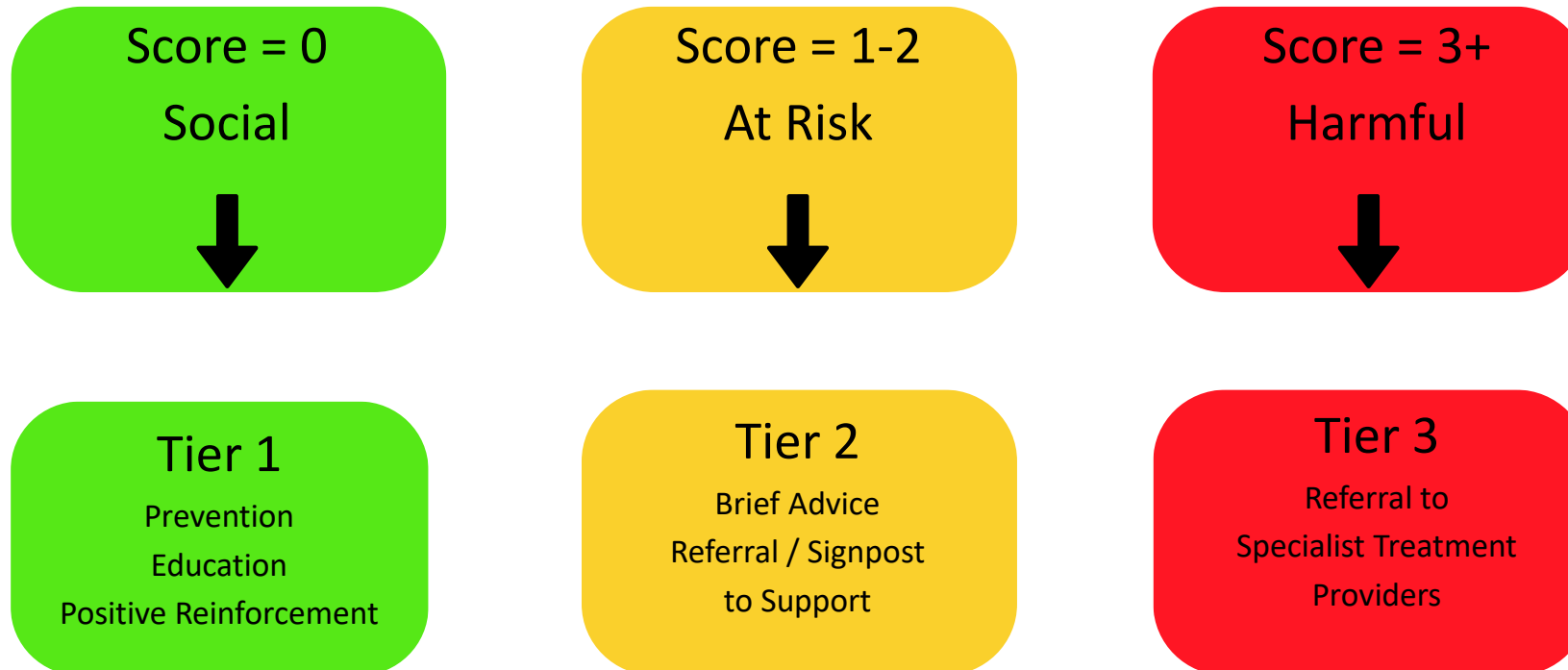
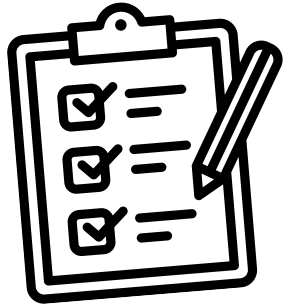
Score Total:

\*Scoring the PGSI Mini Screening Tool. Summing up the scores from the three questions will generate a total score of between 0 and 9. A score of 3 or more suggests harmful gambling and requires a referral for more specialist screening and support. All those that score 1 or 2 should be offered referral to gambling support through self-help materials as this is an 'at risk' group. This group should also be offered the option of full screening and encouraged to do so. Those that indicate being affected by another person, as result of their gambling, should be offered referral for support also. No further action is needed for respondents who score 0.

I agree to a referral being made for a full screening and support to Beacon Counselling Trust / ARA.

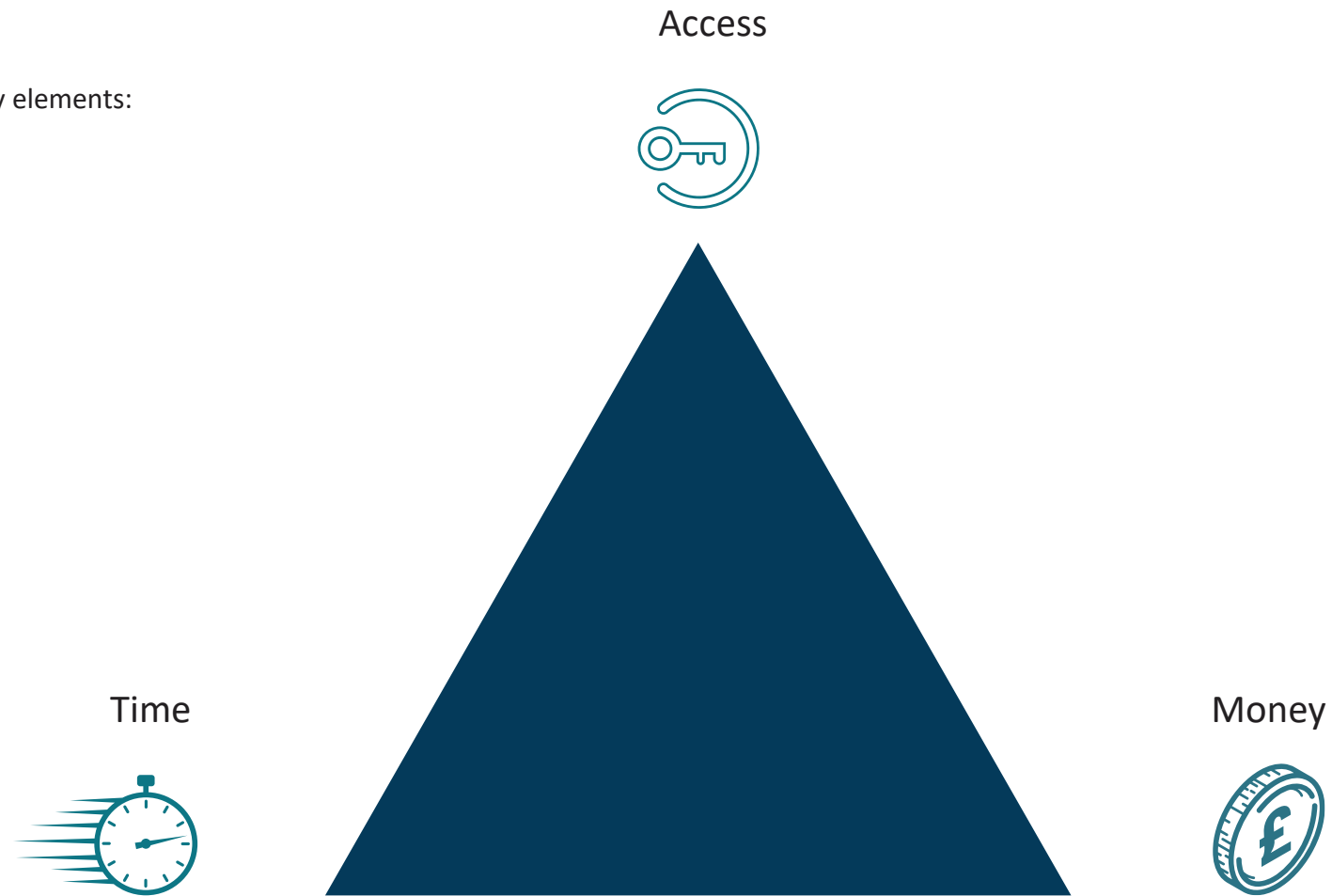
Name	Signed	Tel:
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# Scoring - The Mini Screening Tool (PGSI)



## ATM Model

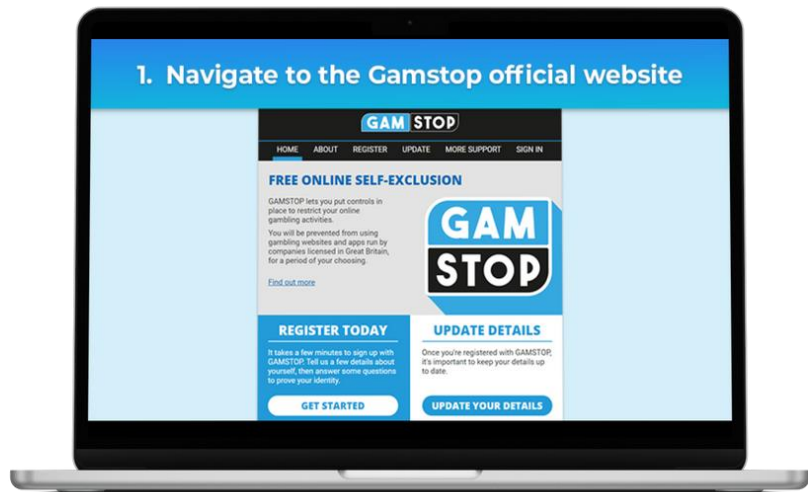
Gambling activities require 3 key elements:  
Access / Time / Money



# Self-Exclusion and what is it?

Self-exclusion is a process where an individual can ask a gambling operator to exclude them from gambling for a set length of time – usually between six months and five years.

In practice, it means you will be refused service in the venues where you have self-excluded.



**I STARTED MY RECOVERY WHEN THE ONLY THING LEFT TO LOSE WAS MY FAMILY.**

Is your gambling getting out of control?

**IS YOUR GAMBLING NEGATIVELY AFFECTING YOU AND THOSE CLOSEST TO YOU?**

You're not alone. Combining practical tools with support, we can help you stop gambling:

- ▶ **Talk:** By speaking to one of GamCare's trained Advisers on the National Gambling Helpline (over the phone or via live chat) to access expert information, advice and support.
- ▶ **Ban:** Gamban's software blocks access to thousands of global gambling sites and apps. It can be installed on up to 10 devices – including those in the household.
- ▶ **Stop:** GAMSTOP's self-exclusion prevents you from accessing current gambling accounts or creating new ones with all the online gambling operators across the UK.







We are here to help: from moral support through to expert advice. GamCare, GAMSTOP and Gamban working together can be the start of your recovery journey.

**Kick-start your recovery journey today, head to [www.TalkBanStop.com](http://www.TalkBanStop.com)**

**TALK BAN STOP.** GamCare Gamban GAM STOP

TalkBanStop.com  
**NATIONAL GAMBLING HELPLINE 0808 8020 133**

# Self-Exclusion Schemes

<b>HOW TO SELF-EXCLUDE FROM...</b>	<b>More than one BOOKMAKER or BETTING SHOP in your area</b>	<b>ALL land-based CASINOS in the UK</b>	<b>ONLINE GAMBLING (via PC Laptop smartphone or Tablet)</b>	<b>ALL land-based BINGO venues</b>	<b>UK based AMUSEMENT ARCADES (Adult Gaming Centres)</b>
<b>WHO RUNS THE SCHEME?</b>	 <p>Part of the <b>Senet Group</b> - an independent regulatory body geared towards promoting responsible gambling.</p>	 <p><b>SENSE</b> is administered and operated by the National Casino Forum (NCF) on behalf of UK land-based casinos.</p>	 <p><b>GAMSTOP</b> is operated by a not for profit organisation called The National Online Self-Exclusion Scheme Limited.</p> <p><b>GAMBAN</b> produce apps and software to block gambling sites and applications on your devices.</p>	 <p><b>The Bingo Association</b> – the trade association for GB licensed bingo club operators.</p>	 <p><b>Bacta</b> is the trade body which represents the interests of Britain’s amusements and high street gaming manufacturers and operators.</p>
<b>WHAT DO I NEED TO DO?</b>	<p>You need to call 0800 294 2060 to start the process.</p>	<p>Fill in the enrolment form (available from the Secretary) and send it to the email or postal address below.</p>	<p>Visit <a href="http://gamstop.co.uk">gamstop.co.uk</a> and follow the instructions. Note: You may still need to self-exclude from some individual websites.</p> <p>Visit <a href="http://gamban.com">gamban.com</a> for details on how to get the app and/or software to block gambling sites on your phone and/or computer (fee applies).</p>	<p>Fill in the enrolment form (available from the Secretary). Currently this must be submitted to a specific bingo club, but can be done over the telephone.</p>	<p>Call BACTA self-exclusion services on 020 7730 6444.</p>
<b>MORE INFORMATION?</b>	<p>Visit <a href="http://self-exclusion.co.uk">self-exclusion.co.uk</a></p> <p>Call 0800 294 2060</p>	<p>Visit <a href="http://playingsafe.org.uk/sense-information">playingsafe.org.uk/sense-information</a></p> <p>Email <a href="mailto:sense@nationalcasinoforum.co.uk">sense@nationalcasinoforum.co.uk</a></p> <p>Write SENSE, Carlyle House, 235-237 Vauxhall Bridge Road</p>	<p>Visit <a href="http://gamstop.co.uk/gamban.com">gamstop.co.uk/gamban.com</a></p> <p>Call 0800 138 6518 (Gamstop)</p> <p>Email <a href="mailto:helpdesk@gamstop.co.uk">helpdesk@gamstop.co.uk</a></p> <p>Twitter: @gamban</p>	<p>Visit <a href="http://bingo-association.co.uk/site/bing/templates/selfexclusion.aspx?pageid=181&amp;cc=gb">bingo-association.co.uk/site/bing/templates/selfexclusion.aspx?pageid=181&amp;cc=gb</a></p>	<p>Visit <a href="http://bacta.org.uk/self-exclusion">bacta.org.uk/self-exclusion</a></p> <p>Call 020 7730 6444</p> 



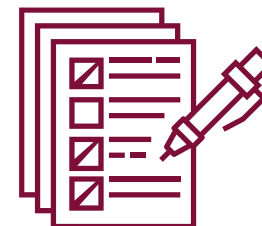
# Referral to Service



Referral via phone,  
email or contact form



Client contacted  
within 48  
hours of referral



Assessment  
conducted the  
following week



Treatment plan  
agreed/commenced one  
week later



Treatment  
f2f or online at  
convenient time



8 to 12-week programme,  
aftercare follow ups at 3, 6 &  
12 months

No waiting lists

# What's on offer?



## Bet You Can Help Now Training

- 1hr 30 min sessions available for any organisation/ cohorts of staff
- Will provide a more detailed overview of the content discussed today

## Workplace Charter to Reduce Gambling Related Harms

- To aid employers in gaining awareness in gambling harms, signposting and access to training and support for employees within your organisation.



Thank you!

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**Thank you so much for listening!**

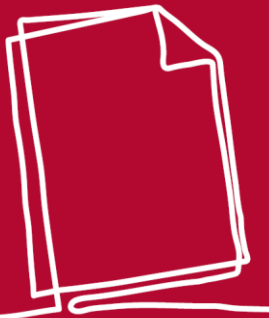
**If you would like any further information on Bet You Can Help Training or our Workplace Charter please do not hesitate to get in touch!**

**You can email me directly at [mwelsh@rcatrust.org.uk](mailto:mwelsh@rcatrust.org.uk)**



# Discussions in breakout rooms

- Are you seeing gambling harm in the communities you support? (why/why not?)
- What does gambling harm look like to you/the people you work with?
- What would help you feel confident discussing potential gambling harm with someone you support?



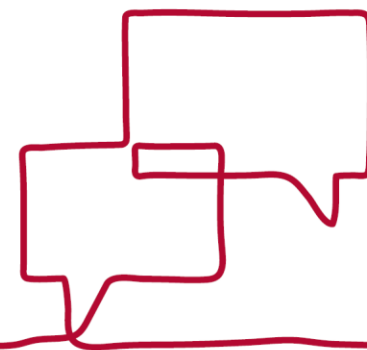


Charity

# Homelessness & Gambling Harm in Scotland

Courtney Amesbury Cooke, Cyrenians

Lauren Heaney, Simon Community



The background of the slide features a photograph of a modern building with a glass facade. The words "simon community" are written in white, sans-serif font across the upper part of the building, and "scotland" is written in a blue, cursive font below it. A yellow diamond shape is positioned between the two lines of text. In the foreground, there are green plants and a curved, multi-colored ribbon (red, orange, yellow, blue) that arches across the bottom of the image. The entire scene is overlaid with a semi-transparent purple gradient.

simon  
community  
scotland

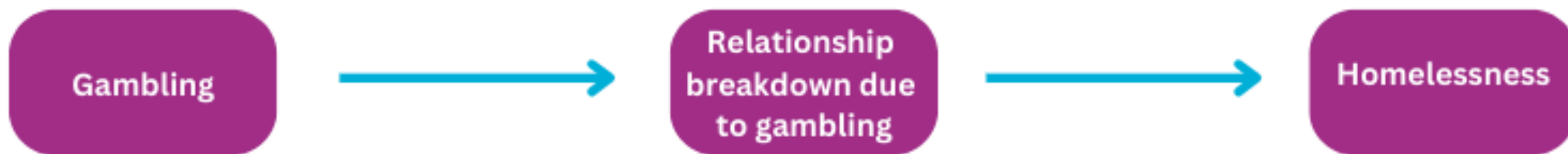
# Homelessness & Gambling Harm

Lauren Heaney, Simon Community Scotland

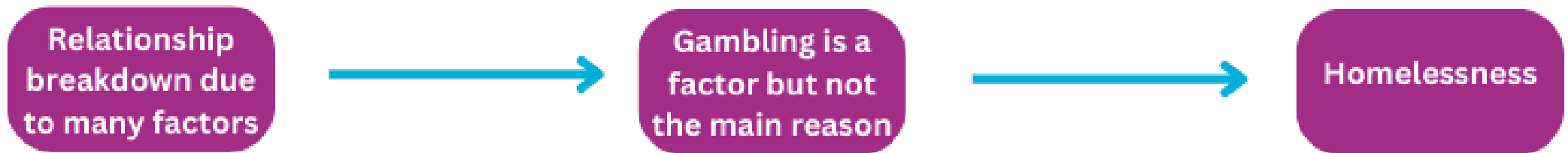
*Direct cause*



*Primary contributing factor*



## *Secondary contributing factor*



## *Direct result*





# What we know ...



Physical Health

Low Life Expectancy

Mental Health

Trauma

Stigma

Co-dependencies



**Simon Community**

Simon Community Scotland's **We See You** programme started in July 2022, and offers people experiencing homelessness and using substances creative sessions, writing groups, drama workshops, connection and psycho-social support in an inclusive and open environment.

The drama group has created a theatre piece and poem in response to the gambling harm they have experienced either directly or as an affected other. These two pieces focus on the effects gambling has on the individual, those around them, the community and explore the links between gambling and homelessness.

See more about **We See You** and Simon Community Scotland gambling harms work at [www.simonscotland.org/about/programmes/gamblingharm](http://www.simonscotland.org/about/programmes/gamblingharm)  
[www.simonscotland.org/we-see-you](http://www.simonscotland.org/we-see-you)

Simon Community Scotland partners with **Fast Forward** which works across Scotland to provide informal youth education about risks including those from gambling.

Visit **Fast Forward's Scottish Gambling Education Hub** at <https://gamblingeducationhub.fastforward.org.uk/>

**Panel members for this evening's event**

Shettleston Councillor Laura Doherty is very actively addressing gambling harms in Glasgow with Glasgow City Council

Georgina Charlton manages Scotland Reducing Gambling Harm at the Alliance for Health and Social Care

Ronnie Cowan is Member of Parliament for Inverclyde and Vice-Chair of the All Party Parliamentary Group on Gambling Related Harms

Kelly Field has campaigned since 2014 to raise awareness of gambling harms as they affect women

Martin Paterson is a prominent campaigner to raise awareness of gambling harms, and is Executive Producer of the film *One Last Spin*

# Homelessness and Gambling Harm

At the end of this training you will:



**Understand how homelessness and gambling are connected**



**Have more in-depth knowledge of gambling products and their harms**



**Understand the harms associated with homelessness**



**Be able to identify signs of gambling harm among people experiencing homelessness**



**Be confident opening discussions around gambling harm and signposting people to relevant services**

Section 1: Homelessness and Gambling >

Section 2: Harms >

Section 3: Adverse Childhood Experience and Trauma >

Section 4: Mental Health >

Section 5: Stigma >

Section 6: Gendered Experiences >

Section 7: Inequalities >

Section 8: Digital >

Section 9: Signs someone is gambling >

Section 10: Harm Reduction and Signposting >



## Contents

<b>Acknowledgements</b>	<b>3</b>
<b>Introduction</b>	<b>4</b>
<b>What is gambling?</b>	<b>6</b>
<b>What is gambling harm?</b>	<b>16</b>
<b>Gambling harm and links with homelessness</b>	<b>22</b>
<b>How to support someone experiencing gambling harm</b>	<b>34</b>
<b>Gambling harm and affected others</b>	<b>60</b>
<b>Gambling harm and woman</b>	<b>68</b>
<b>Digital and gambling harm</b>	<b>74</b>
<b>Tips for organisations that support people experiencing homelessness</b>	<b>78</b>
<b>Signposting</b>	<b>82</b>
<b>Appendix</b>	<b>92</b>

## Acknowledgements

This Homelessness and Gambling Harm Toolkit has been created by Simon Community Scotland and Fast Forward, funded by GambleAware. Special thanks to all people with lived and living experience who shared their stories, thoughts and experiences.

All of the stories and quotes in this Toolkit are from people with lived and living experiences of homelessness and gambling harm who have been or are being supported by Simon Community Scotland. The stories have been anonymised and everyone has consented to their words being used.

 **Simon Community Scotland**

### **Simon Community Scotland**

472 Ballater Street,  
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[hello@simonscotland.org](mailto:hello@simonscotland.org)

0141 418 6980

Registered Scottish Charity No. SC003076



### **Fast Forward**

Fast Forward,  
4 Bernard Street,  
Edinburgh EH6 6PP

[admin@fastforward.org.uk](mailto:admin@fastforward.org.uk)

0131 554 4300

Registered Scottish charity number SC020124

Section 4

# HOW TO SUPPORT SOMEONE EXPERIENCING GAMBLING HARM

## How to support someone experiencing gambling harm

When you think that someone you are supporting may be experiencing gambling harm these are the steps you can take to support them:



*It is easier to speak to someone about their experience of gambling harm if you have a trusting relationship with them.*

**Coatbridge has 1 betting shop for every 2,000 people. Nearby and more affluent Milngavie has 1 betting shop for every 15,000 people.<sup>28</sup>**

**Although casinos are sometimes thought of as bringing jobs and opportunities, research indicates they increase poverty in the surrounding community.<sup>29</sup>**

28. Davies (2022), *Jackpot: How Gambling Conquered Britain*

29. D Gilva (2023), *The effects of casino proximity and time on poverty levels in New York City*



### Lived Experience Story

"I remember my first bet. It was Leona Lewis on the XFactor. I seen her singing on the TV at my wee mum's house and I left, went straight to the bookies and put her on to win. Not even bootcamp stages. The bookie was asking me, are you sure? I knew she'd win though. And she did. Do you remember her? She was so good. I knew she was a winner. After that my gambling started to get bad.

In three months I lost my relationship with my mum, my partner, my accomodation and all my savings. I was staying in sheltererd accomodation at the time and they kicked me out cause I couldn't pay the gas and lechie.

Noone asked me if I was gambling and I never told anyone. You're always asked about drugs and alcohol but not about gambling. They should ask you as soon as you enter accomodation - do you gamble? It's so stigmatised. More than drugs and alcohol I think. Why do you think that is? I think it's because people don't know it's happening out there right now, all the time. You can spot someone drinking or taking something. Cannae see someone gambling though - how long have they been in the bookies for? You don't know if you're just walking past. How much money have they spent on their phone? Could be the person next to you on the bus. Boom. All their life savings just gone.

I used to gamble a lot. I'm better now. I liked the Pharoah machine cause you win something on it all the time. You just push the button and all the lights and noises start. I like that. I don't know why. I used to be big into the scratchies too. At one point 90% of my money was going on gambling. Nothing good comes of it. I lost everything. And no one knew cause no one asked."

A photograph of a storefront for Simon Community Scotland. The building has large glass windows. A large, colorful rainbow graphic is overlaid on the image, curving across the bottom half. The text 'Thank You' is written in a large, purple font across the top. Below it, the email address 'lauren.heaney@simonscotland.org' is written in a teal font and underlined. The storefront window has a purple sign that says 'Everyone deserves a safe place to live'. The background shows a street scene with a sidewalk, a person walking, and a building across the street.

# Thank You

[lauren.heaney@simonscotland.org](mailto:lauren.heaney@simonscotland.org)



# cyrenians

## Tackling the causes and consequences of homelessness

Courtney Amesbury-Cooke

Development Worker: Homelessness & Gambling Harm

[gamblingsupport@cyrenians.scot](mailto:gamblingsupport@cyrenians.scot)

# homelessness & gambling harm

## risk

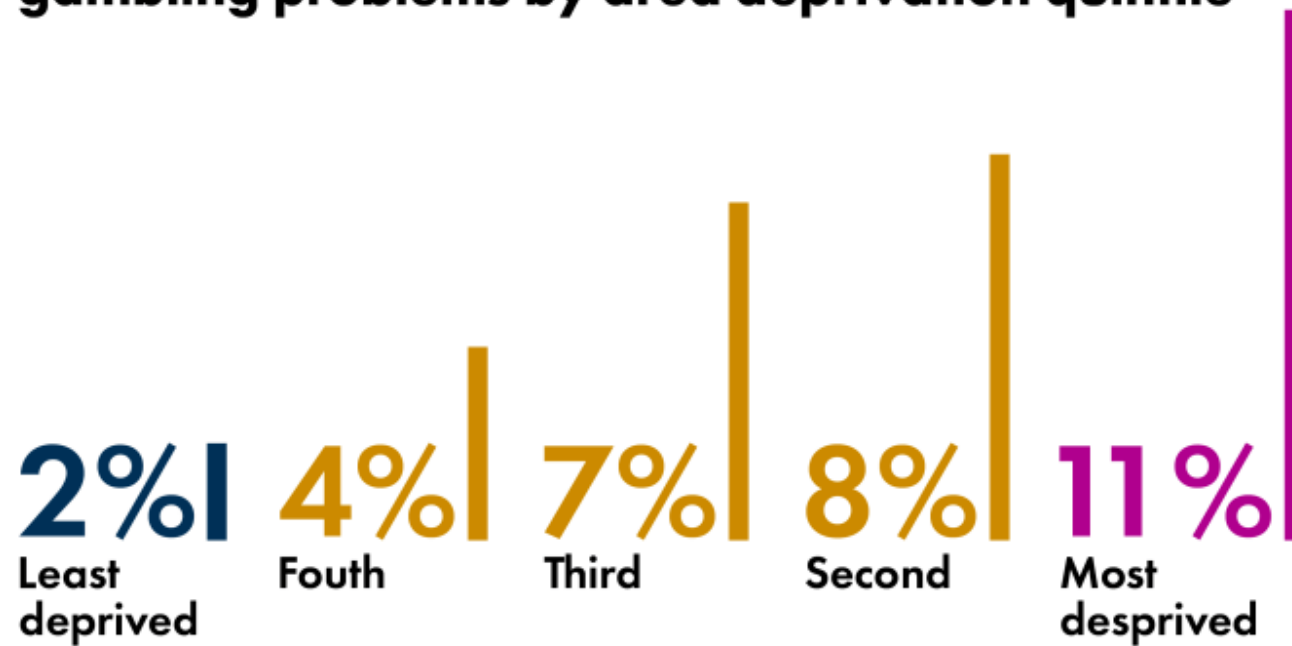
- It's estimated that almost 1 in 5 of people experiencing homelessness experience clinically significant gambling harm. (Deutsche et al, 2022.)
- In the general population it's estimated that this is 1 in 200.

1 in 5



# Gambling and deprivation

## Proportion of people at risk of or experiencing gambling problems by area deprivation quintile



Source: Scottish Health Survey 2021

# Affected others

- A Citizen's Advice report which involved a survey of 1500 people found that between 6 and 10 people are impacted by someone else's gambling harm
- 2 out of 5 affected others have debt/financial issues due to another person's gambling



# Gambling harm support in Scotland

- 3<sup>rd</sup> sector - RCA Trust & GamCare
- No NHS provision (in England there's 15 NHS clinics)
- Peer support – GA & SMART
- Reframe Coaching
- Gordon Moody residential rehab – England based, can take referrals from Scotland



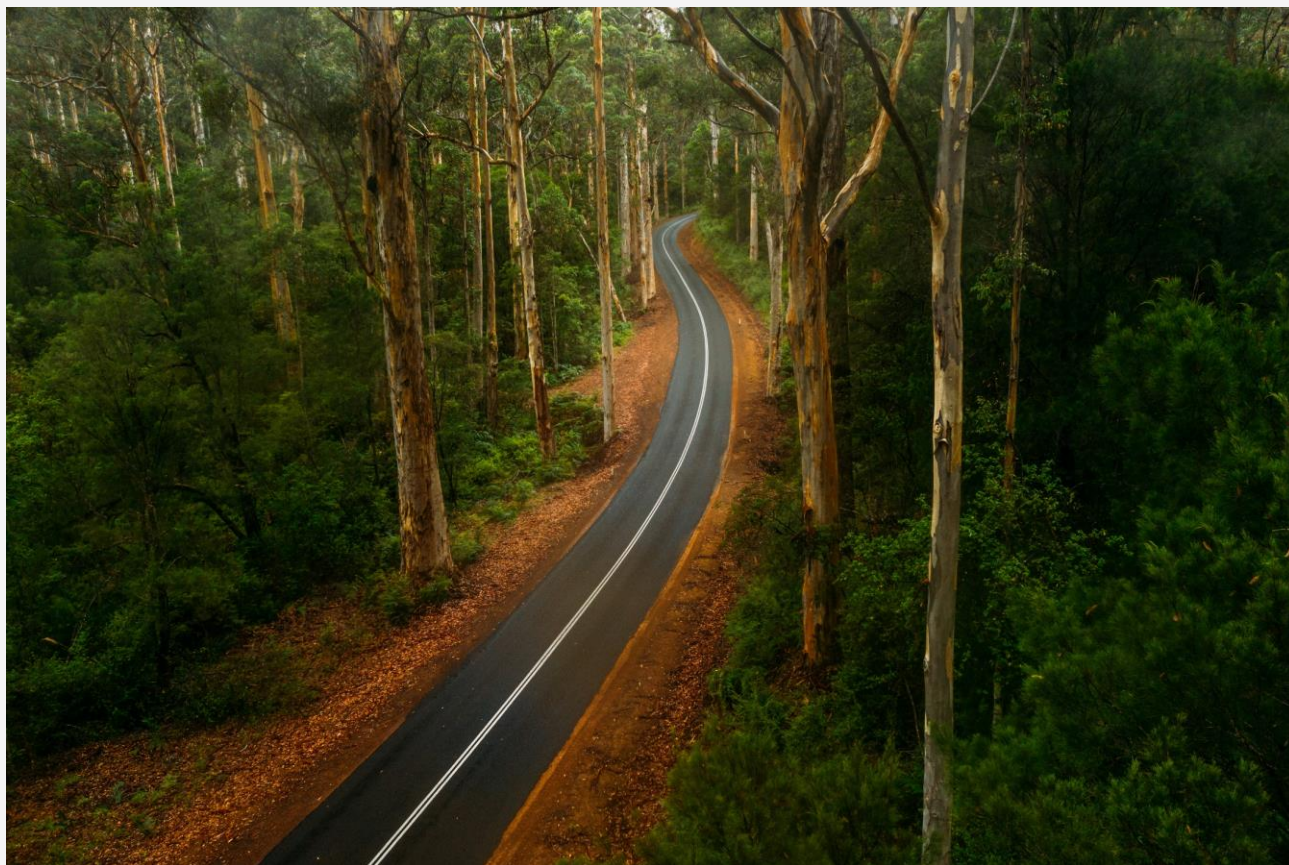
This Photo by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/4.0/)

# Gambling harm training and resources

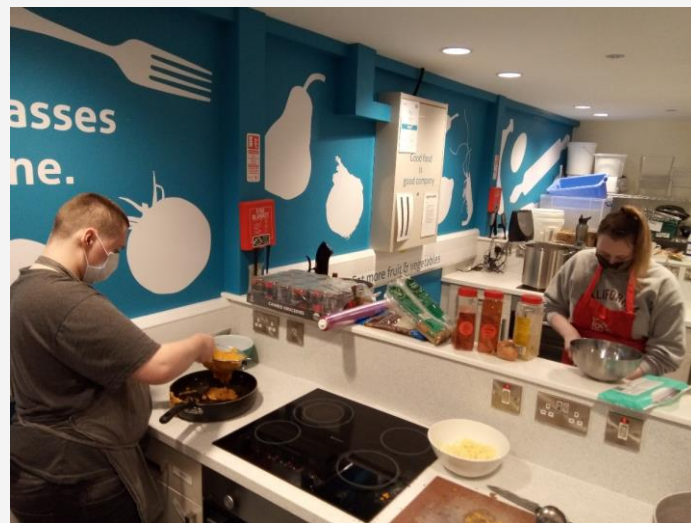
- RCA Trust training
- Fast Forward – Scottish Gambling Education Hub training
- Fast Forward - Scottish Gambling Education Hub resources
- Simon Community e-learning and toolkit



# Gambling harms landscape



# About cyrenians







# Relationship based practice

- Values based – compassion, innovation, integrity, respect
- Trauma informed
- Strengths based
- Whole person
- Public health approach to issues impacting homelessness



# Gambling harms project – Aims & approach



1-1 Support –  
practical, cognitive



Psychoeducation



Group Support



Community  
Connection



Affected Others



Emotions and  
relationships



# 1:1 support -

- Been supported by our housing first team in the Borders for 2.5 years - has maintained a tenancy and has tackled substance use issues
- Gambling activity has increased and he is experiencing significant harm
- Building confidence travelling independently to Edinburgh
- Visit to the zoo - assessment via conversation, no forms to complete
- Work with Stuart to develop goals, support mechanisms and check ins
- Continue to work with his Housing First Key Worker to develop holistic support plan that encompasses gambling support dependent on goals

# cyrenians

[www.cyrenians.scot](http://www.cyrenians.scot)



@cyrenians



@cyrenians\_1968



@cyrenians

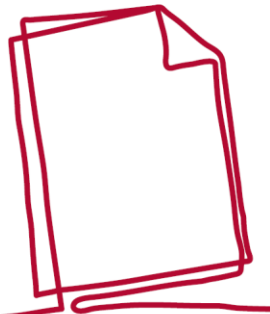


Cyrenians

[gamblingsupport@cyrenians.scot](mailto:gamblingsupport@cyrenians.scot)



**Coffee/Tea  
break – 10  
minutes**

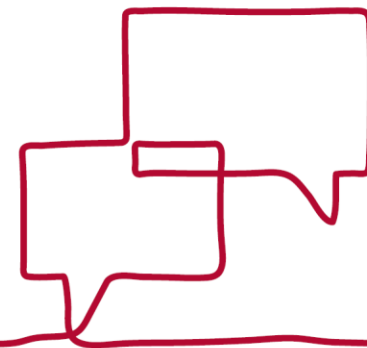




Charity

# Influencing Policy and Public Attitudes

Georgina Charlton, ALLIANCE Lived Experience Forum





# EXPLORE THE GAMBLING ACT WHITE PAPER

**HOW DO WE SUPPORT A MORE Equal SOCIETY?**

It's all about **PEOPLE**

**INDUSTRY FUNDING**

**THE WHITE PAPER**

**WE NEED OWNERSHIP & LEADERSHIP**

ARE WE PROVIDING THE RIGHT SERVICES FOR THE **21<sup>ST</sup> CENTURY?**

**62 DELIVERABLES**

**LAND BASED & DIGITAL**

**PENDULUM SWING BETWEEN**

PLANS MUST BE **ADAPTABLE** & **"FUTURE-PROOF"**

**WE HAVE BEEN BRAINWASHED** TO BELIEVE THAT GAMBLING IS **HARMLESS**

**YOUNG PEOPLE ARE PARTICULARLY VULNERABLE TO DIGITAL & GAMIFICATION**

**GENDERED EXPERIENCE** PEOPLE'S OPINIONS ARE **ADAPTED** TO **INTERSECTIONAL**

**BAN ADS!**

**ENCOURAGING CASINOS TO COMPETE IS COUNTER-PRODUCTIVE AND SENDS THE WRONG MESSAGE**

**45%** OF ONLINE SLOT PLAYERS ARE ADDICTED TO GAMBLING

**SPIN SPEED**

IS 2.5 SECONDS SPIN SPEED SAFE?

IN GERMANY IT'S 5 SECONDS

SHOULD IT BE 10 SECONDS

**STRONG CASE FOR £2 STAKE LIMITS**

**TANGIBLE REPERCUSSIONS** ARE NEEDED TO ENCOURAGE MORAL RESPONSIBILITY FROM GAMBLING ORGANISATIONS

**CARE POLICY**

**BUSINESSES SHOULD COMPETE TO BE THE MOST RESPONSIBLE & SAFE**

LIKE CAPITALISM ITSELF, GAMBLING IS AN INDUSTRY THAT DEMANDS NEW CONSUMERS ALL THE TIME.

**I MUST BE FED!**

CAN CASINO CARDS BE USED TO TRACK GAMBLING HARM? USE EXISTING TECHNOLOGY

# ACHIEVE

**SHOW US THE MONEY!**

IDENTIFY WHERE THERE ARE FUNDS

UTILIZE OTHER RESOURCES SUCH AS LIVED EXPERIENCE AND EXPERTISE

**CROSS-PARTY Collaboration**

**WE NEED A SCOTTISH PROCESS, NOT A GB-WIDE APPROACH**

**FLAG** THINGS WE CONSIDER HARMFUL OR CONCERNING

**WE HAVE TO THINK ABOUT WHAT IS COMING IN THE FUTURE**

**TACKLE STIGMA OF GAMBLING HARM WITHIN JUSTICE SYSTEM**

**COMMUNITY OF STAKEHOLDERS WORKING TOGETHER**

JMILTONDRAWS.COM

## Scotland Reducing Gambling Harm



**SCOTLAND REDUCING Gambling Harm**

# Scotland Reducing Gambling Harms: Purpose



**SCOTLAND**  
REDUCING  
**Gambling Harm**

To make better and faster progress to reduce gambling harms, through placing the voice of lived experience at the heart of action to reduce those harms.

Support Scottish Gambling Harm Lived Experience Forum

# Scottish Gambling Harm Lived Experience Forum



**Have you or someone you know experienced gambling harm?**



SCOTLAND  
REDUCING  
Gambling Harm

Join us and use your expertise to shape action and reduce harm!

The Scottish Gambling Harm Lived Experience Forum is made up of people living in Scotland who know what it is like to be harmed by gambling and want to act together to contribute to meaningful change.

Visit our webpage to find out more: <https://tinyurl.com/gamblingharmforum>

**Why join?**

- Network and build relationships
- Make a difference
- Influence policy
- Promote mental wellbeing
- Build skills to realise own projects



[LE Video](#)

# Telling people's stories and shaping action

## Ross's Story part 1: the secret life of a gambler

"I started gambling back when I was just a young lad. I wasn't aware I was gambling as I put two pence pieces in the slots at the amusements on holiday. I never realised this is probably where it all began. The thrill of the lights and the noise of the coins coming down the metal casing.

When I got my first job in my teenage years, I would finish my shift then put a few quid in the bandit in the bar. That led onto going to the bookies and putting a few coupons on at weekends. Yet that wasn't where gambling took a hold of me.



# What we call for

- National Strategy to prevent, mitigate and reduce gambling harm in Scotland, coproduced with people with LE.
- Effective regulation and accountability measures.
- Prevention and mitigation of gambling harm
- Treatment and support
- Increased data and evidence on gambling harm and its impacts
- To change the narrative on gambling harm

# Effectively regulate

The White Paper

Online Gambling

Regulation of products

Gambling, gaming and cryptocurrency

Accountability measures

**“Gambling can take you to really dark places and although it didn’t take my life, it most certainly took most things from it”**

# Prevention and mitigation

Educate people on gambling harm and their impact

Build confidence, skills and safety to discuss gambling harm

Address licensing

Invest in the third sector to support this



# Treatment and Support

*“Personally, if I had someone who understood gambling harm (maybe a similar age to me and I could’ve met up with them, chatted to them online) if I had had access to anyone like that, I probably would have done a lot better. “*

- Build holistic, person centred pathways to recovery
- Ensure there is choice of support for people
- Developed specialised services and support for disproportionately impacted communities
- Connect across wider support and services such as MH



Pathways are poor – GP’s don’t know what to do. Can gambling be added to general screening questions? It’s never asked about.



# Data and evidence

Understand the prevalence and impact of gambling harm in Scotland

Understand how particular communities are impacted by gambling harm.

Understand how gambling harm overlaps with other health inequalities.

Have evidence led solutions to tackle gambling harm



# Change the narrative

Raise awareness of the harms associated with gambling and how these can present in society.

Tackle the stigma which surrounds gambling harm

Restrict the advertisement and promotion of gambling.

Address the industry narrative of gambling harm as an individualised issue.



We need to ensure the topic of gambling harm is in the public's consciousness, that people affected already know about it. We also need to reach those who aren't familiar with the harms gambling can cause.

– Event delegate

# What makes it harder

The gambling industry.

Funding for work.

Low awareness of gambling harm politically and publically.

Stigma.



**Coming up against a powerful commercial industry can often drown out the experiences and voices of individuals who have been harmed.**

# Thank you!



**SCOTLAND**  
REDUCING  
**Gambling Harm**

# Discussions in breakout rooms

- What are your suggestions for how the 1% levy should be spent/allocated across Scotland to make sure it targets the communities you support?
- What type of support is needed to help the people/communities you work with?
- If there was a dedicated strategy to prevent, mitigate and reduce gambling harm in Scotland, what do you think should be included in it?



# Final thoughts

- Next steps
- [Scottish Frontline Network](#) – sign up to newsletter [here](#)
- [St Martin's Frontline Network](#) – [Training Fund](#) and [Vicar's Relief Fund](#)
- [Feedback form](#) – help us improve
- Simon Community [toolkit and E-learning](#)
- **We'll share slides and other resources after the event**

