

# Glasgow Gambling Summit 2021

The Jigsaw tool kit to help support  
conversations on Gambling Harms

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(FOBT Stands for Fixed Odds Betting Terminal)



FOBTs  
Chasing the losses,  
you lose more than  
you can ever win

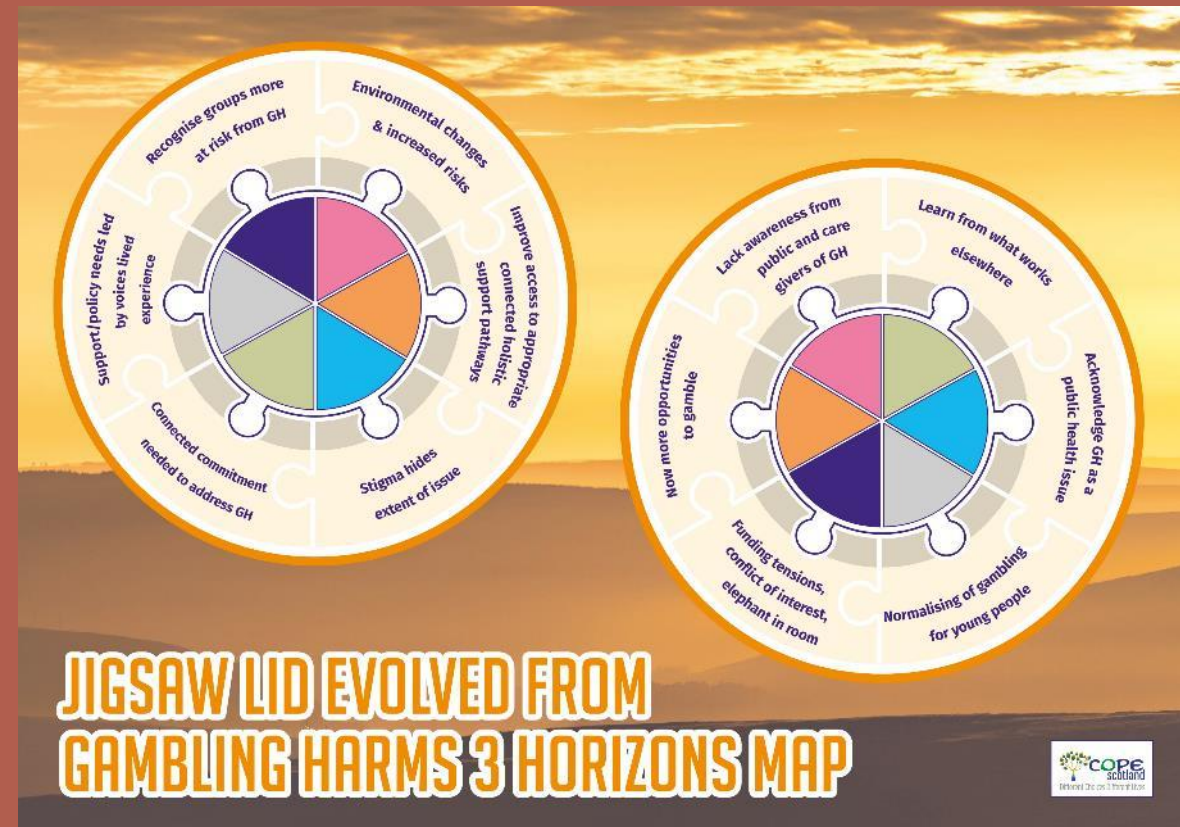
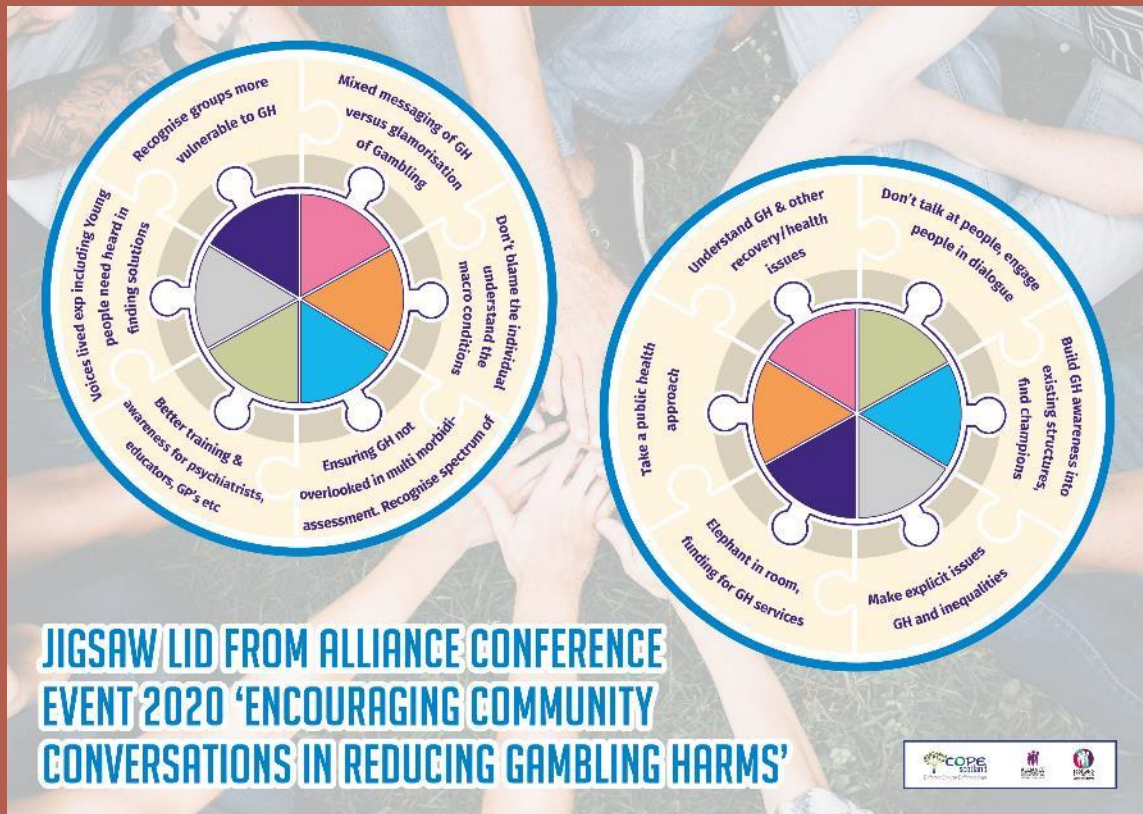
# What is the Jigsaw toolkit?



[www.cope-scotland.org](http://www.cope-scotland.org)

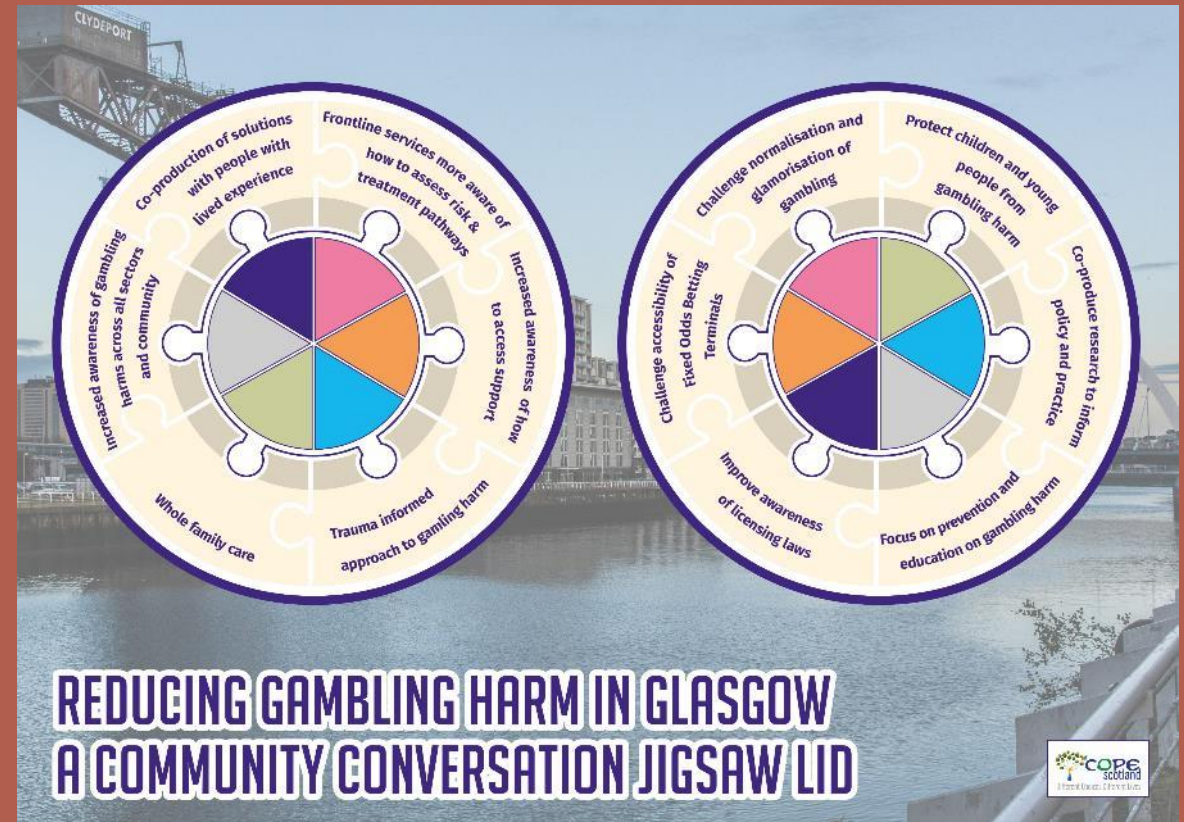
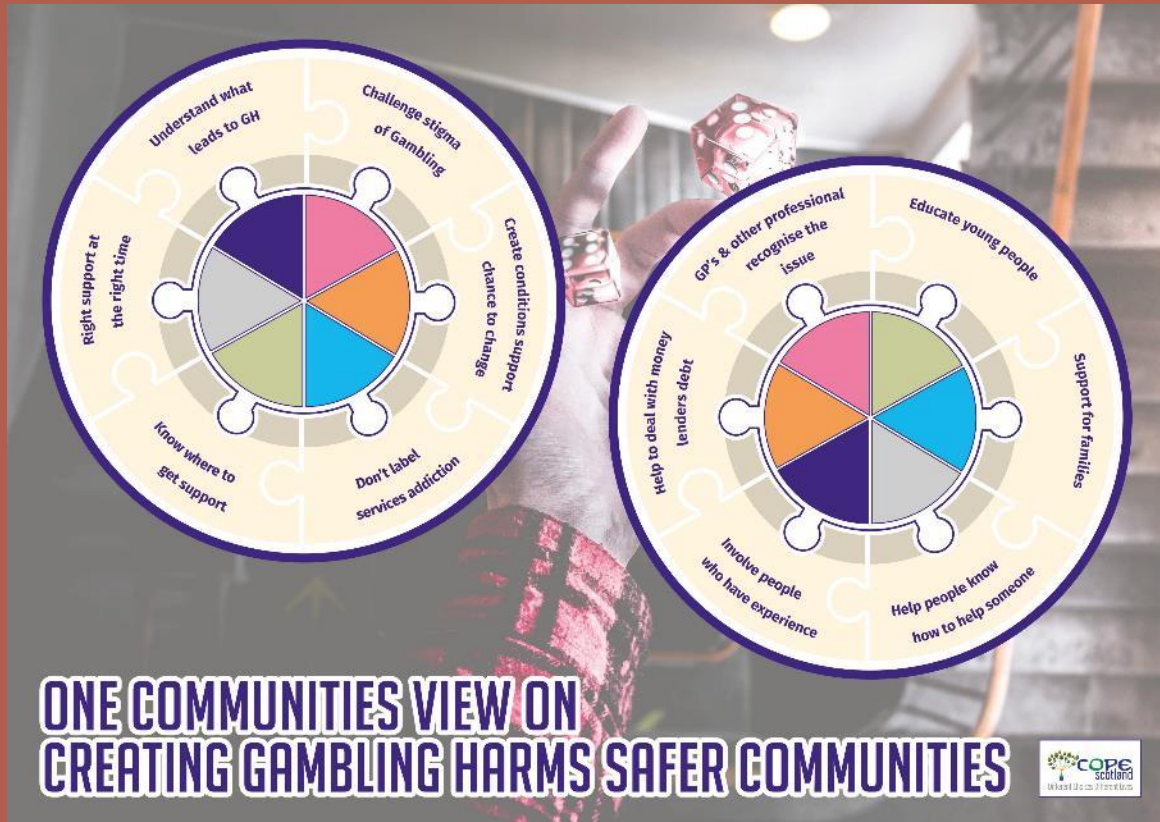


# Examples of lids from stakeholder events around Gambling Harms





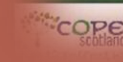
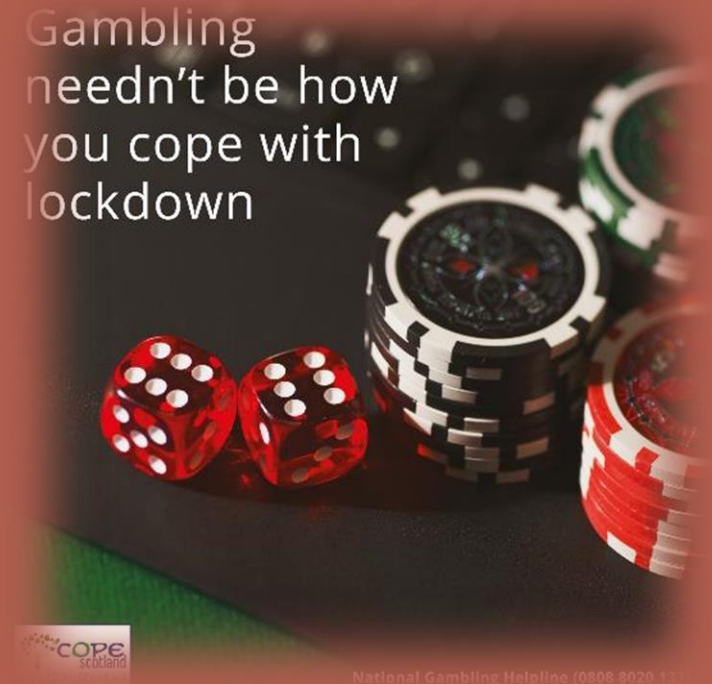
# Examples of lids from stakeholder events around Gambling Harms



# Common Themes to addressing gambling harms

- Solutions need to be co produced with the voices of lived experience
- Learn from what works elsewhere
- A public health approach is required
- Challenge stigma
- Raise awareness of support
- Discuss the elephants in the room around funding support, advertising and legislation
- Protect and educate young people
- Support for families

Gambling  
needn't be how  
you cope with  
lockdown

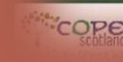


National Gambling Helpline (0800 8020 133)

# Common Themes to addressing gambling harms

- Recognise and support more vulnerable groups
- Take a trauma informed approach
- Recognise and support people where there are multimorbidity issues
- Training and awareness for health care and other professionals to recognise issues of gambling harms and know more about how to respond, with focus on GP's
- Recognise risk factors and take steps to mitigate risk

Gambling  
needn't be how  
you cope with  
lockdown



National Gambling Helpline (0800 8020 133)



# Hope through action

Listening to the voices of lived experience people wanted to see action coming from the conversations. So far we have:

- The team at COPE Scotland attended training with Chatter and Gamvisory, now all therapists routinely screen for gambling harms with people seeking support from the one to one service
- Worked with other groups to support their plans for development
- Produced materials including signposting resources
- Worked with Recover Me to enable people free access to the Recover Me App [www.recovermeapp.co.uk](http://www.recovermeapp.co.uk) RecoverMe have been added to ORCHA library of recommended apps. one of the world's leading health app evaluation organisations.
- Further developed networks
- Included features related to addressing gambling harms in the 'what's happening information magazine' [www.cope-scotland.org/docs-bot/category/what-s-happening](http://www.cope-scotland.org/docs-bot/category/what-s-happening)
- Take every opportunity we can to challenge stigma, promote awareness and build networks and connections to help reduce the impact of gambling harms



Who are  
you giving  
access to  
your bank  
account



# Hope through action

Do you, or a loved one have a problem with gambling?  
Help is available.  
You do matter.



We can all play a part in helping reduce gambling harms.

**Wee changes can make a big difference**  
Tips to find healthier ways to feed the 'Hungry ghost'

**What is the 'Hungry Ghost'?**

Sometimes we feel there is something missing inside ourselves, or in our lives. We need a need to constantly seek relief from. This cause feelings of emptiness and even fear. This can often lead to unhelpful coping strategies. However, they do not feed the need we have at all, and in some ways can make us feel even more empty. No matter how much effort we put into feeding this unhelpful need, we return to feeling empty inside. Unhelpful coping strategies won't replace what is missing. It will only take even more from us. Like a hungry ghost, never satisfied, always wanting more.

**What can lead to unhelpful coping strategies?**

Sometimes it's a past hurt or trauma, a painful experience which leaves an ache, which can lead to unhelpful coping strategies. Feelings such as stress, depression, loneliness, fear, and anxiety can trigger a gambling problem, or other unhelpful strategies like misuse of drugs or alcohol to try and manage these feelings. Believing the unhelpful strategy will take the pain, stress, anxiety away, but sadly often, only bringing more.

**How do I know my gambling is a problem?**

If gambling has become more important than other things in your life, if you are ignoring all the warning signs, or stress associated with feeding your habit, finding money to feed your habit, maybe spending money that was for bills, or using a money lender, you have a problem.

**Ask for help**

If you are finding it difficult, you don't have to handle your issue with gambling on your own. There are some excellent groups who can really help you, and your family face the problems you have with gambling.

**Gambling isn't how to cope with social restrictions**

Gambling is often portrayed as entertainment. During COVID-19 lockdown and social distancing we may be seeking entertainment and find some of the opportunities to gamble a diversion. The challenges start, when it stops being a diversion and instead it starts to become a coping strategy, then a way of life. Chasing the next big win. But as gambling can become a hungry ghost, no win is ever big enough. It is never satisfied and will push you more and more to risk taking more and more, till you perhaps run the risk of financial, all. Only the losses win!

**Talk about it**

Talking about gambling problems with somebody you trust, and someone who won't judge you can really help. It can also reduce the stress that can cause you to continue to gamble.

**You matter**

Sometimes lack of compassion for ourselves, can lead to gambling. Somewhere in our heads we have hit a soft spot at our own, we see where this is going and feel powerless to stop, a part of us knows we should, but we don't think we can and we continue to cause ourselves further pain by not knowing how to stop, or ask for help and show ourselves compassion.

**Self-awareness**

A part of us knows when our habits are getting out of control, but sadly we often ignore it. Those who try to point out we may have a problem we become angry, ill, or apologetic. Part of us is ashamed at what we are doing, but we just don't know how to stop. We may even think about suicide, and if gambling has you, thinking of suicide, please speak to someone now. The Samaritans are there 24/7 365 Tel 116 123. If you have lost someone to suicide due to gambling harm, this site may be helpful [www.gamblingwithlives.org](http://www.gamblingwithlives.org)

**Face the feelings and the fear**

Admitting you have a problem can sometimes leave you feeling ashamed and guilty. This is totally normal and by acknowledging the problem and asking for help, you can change your life for the better.

**Look for alternative ways to feel fulfilled**

People can fall into gambling through boredom. Try and find a new hobby or try voluntary work. Perhaps even get involved in volunteering your lived experience to help others who may be at risk of gambling harm. If not having enough company is an issue join a community group, find others with the same interests as yourself. Explore Mindfulness as a new way to be in the moment. There are many new things to learn, find something which has meaning for you, and if you need help to do that, ask. There is often more support around than we realise.

**Be kind to you**

Admitting you have a problem is a big hurdle to overcome, so well done. Focus on the positive changes you are making and keep reminding yourself of them. Find new ways to have self-compassion and remember people can help you. Sometimes we all need help to remember to be kind to ourselves.

**Gambling is not a way to solve a debt problem!**

You cannot gamble your way out of debt. You will only lose more. If you have an issue with debt, seek support, it is out there e.g., TaskRabbit. A partnership between GamCare, Gammon and GAMSTOP to help anyone experiencing gambling harms to start their recovery journey. [www.gamcare.org.uk/talk/](http://www.gamcare.org.uk/talk/) also Step Change [www.stepchange.org](http://www.stepchange.org) a debt charity.

# Hope through action

Some agencies who can **help you** or put you in touch with others. **You are not alone.**

**Helpful Coping Strategies**

**COPE Scotland**  
W: [www.cope-scotland.org](http://www.cope-scotland.org)  
T: 0141 944 5490

**Mindfulness**  
W: [www.freemindfulness.org](http://www.freemindfulness.org)

**Group Meetings**

**Gamblers Anonymous Scotland**  
W: [www.gasotland.org](http://www.gasotland.org)  
T: 0370 050 8881

**Smart Recovery**  
W: [smartrecovery.org.uk](http://smartrecovery.org.uk)

**Financial Advice**

**Citizens Advice**  
W: [www.citizensadvice.org.uk/debt-and-money/get-help-with-gambling-problems](http://www.citizensadvice.org.uk/debt-and-money/get-help-with-gambling-problems)

**TalkBanStop**  
A partnership between GamCare, GamBan and GAMSTOP to help anyone experiencing gambling harms to start their recovery journey.  
W: [www.gamcare.org.uk/talk/](http://www.gamcare.org.uk/talk/)

**Scottish Illegal Money Lending Unit**  
T: 0808 164 6000  
W: [www.tsscot.co.uk/illegal-lending/loan-sharks](http://www.tsscot.co.uk/illegal-lending/loan-sharks)

**Step Change Debt Charity**  
W: [www.stepchange.org](http://www.stepchange.org)

**Report a loan shark**  
T: 0800 074 0878

**Apps & Tools**

**Brothers stay alive**  
W: [brothersinarmscotland.co.uk](http://brothersinarmscotland.co.uk)

**Recover Me - Self Help App**  
[www.recovermeapp.co.uk](http://www.recovermeapp.co.uk)

**Smart Recovery**  
W: [www.smartrecovery.org/smart-recovery-toolbox/](http://www.smartrecovery.org/smart-recovery-toolbox/)

**Support for Families**

**Support for families affected by imprisonment**  
W: [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)  
T: 0800 234 0058

**Self-help group for families**  
W: [gamfam.co.uk](http://gamfam.co.uk)

**Families bereaved by gambling related suicide**  
W: [www.gamblingwithlives.org](http://www.gamblingwithlives.org)  
E: [info@gamblingwithlives.org](mailto:info@gamblingwithlives.org)  
T: 07732 958 306

**Gamvisory**  
W: [www.gamvisorygroup.co.uk](http://www.gamvisorygroup.co.uk)

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**Helpline**

**National Gambling Helpline**  
T: 0808 8020 133

**Samaritans**  
T: 116 123

**Gamblers Anonymous**  
T: 0370 050 8881

**Citizens' Advice Bureau Scotland**  
W: [www.citizensadvice.org.uk/scotland/debt-and-money/get-help-with-gambling-problems/](http://www.citizensadvice.org.uk/scotland/debt-and-money/get-help-with-gambling-problems/)

**GamCare**  
T: 0808 8020 133  
W: [www.gamcare.org.uk](http://www.gamcare.org.uk)

**GambleAware**  
W: [about.gambleaware.org](http://about.gambleaware.org)

**Gamblers Anonymous**  
W: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

**RCA Trust**  
T: 0141 887 0880  
W: [www.rcatrust.org.uk](http://www.rcatrust.org.uk)

**Homelessness**

**Details of services in Glasgow**  
W: [www.glasgow.gov.uk/article/1728/](http://www.glasgow.gov.uk/article/1728/)

**Homelessness**  
If you are homeless & need a service after 4:45pm Mon to Thurs or 3.55pm on a Fri & weekends.  
T: 0800 838 502

**Training**

**Citizens Advice Scotland**  
W: [www.cas.org.uk/spotlight/gambling-support-service](http://www.cas.org.uk/spotlight/gambling-support-service)

**Fast Forward gambling education**  
T: 0131 554 4300  
W: [gamblingeducationhus.fastforward.org.uk](http://gamblingeducationhus.fastforward.org.uk)

**Gamvisory**  
W: [www.gamvisorygroup.co.uk](http://www.gamvisorygroup.co.uk)

**GamCare**  
W: [www.gamcare.org.uk](http://www.gamcare.org.uk)

**Specific Gambling Counseling**

**GamCare**  
W: [www.gamcare.org.uk](http://www.gamcare.org.uk) T: 0808 8020 133

**Peer Support**

**Chatter Scotland**  
W: [chatterscotland.org](http://chatterscotland.org)

**Awareness**

**Beat the Fix**  
W: [beatthefix.com](http://beatthefix.com)

**Residential Treatment Programme**

T: 01384 241292  
W: [www.gordonmccoy.org.uk](http://www.gordonmccoy.org.uk)



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**General Counselling**

**Lifeline Glasgow**  
W: [www.lifeline.org.uk](http://www.lifeline.org.uk)  
T: 0141 552 4434

**Trauma service NHS GG&C**  
W: [www.nhs.uk/your-health/health-services/glasgow-psychological-trauma-service/](http://www.nhs.uk/your-health/health-services/glasgow-psychological-trauma-service/)

**Samaritans**  
W: [www.samaritans.org](http://www.samaritans.org)  
T: 116 123

**Have your voice heard to influence policy**

**The Scotland-wide programme to put the voice of people affected by gambling harms at the heart of action to reduce those harms**

W: [www.alliance-scotland.org.uk/people-and-networks/scotland-reducing-gambling-harm](http://www.alliance-scotland.org.uk/people-and-networks/scotland-reducing-gambling-harm)

**Veterans**

W: [veteranshealthandgambling.org](http://veteranshealthandgambling.org)

**Young People**


**Big Deal** is specialist online help for young people and gambling  
W: [www.bigdeal.org.uk](http://www.bigdeal.org.uk)

**The Mix** deals with young people's mental health, relationships, finance etc. and has a section about gambling:  
W: [www.themix.org.uk](http://www.themix.org.uk)

**Gamfam** has advice for parents:  
W: [gamfam.co.uk](http://gamfam.co.uk)

**GamCare** offer Zoom training on whole family approach to gambling among young people and women  
W: [www.gamcare.org.uk](http://www.gamcare.org.uk)

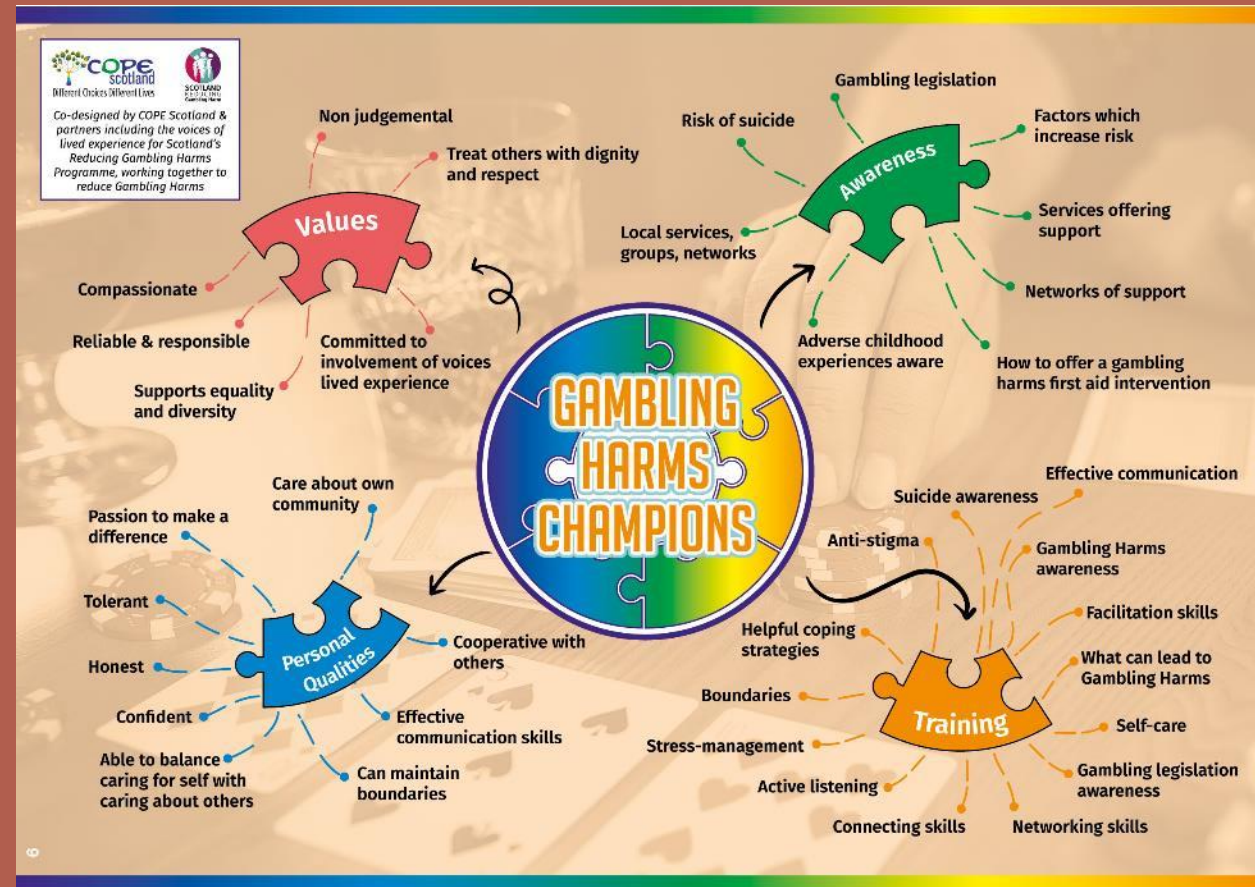
**Fast forward** are a national voluntary organisation, exists to give young people the skills, education and support to live healthier lives T: 0131 554 4300  
W: [www.fastforward.org.uk/category/gambling](http://www.fastforward.org.uk/category/gambling)



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# Hope through action



# Hope through action



There is no power for change greater than a community discovering what it cares about.

Margaret J. Wheatley



There was a time we didn't speak about suicide, now we have thousands of suicide prevention champions all over the UK, ready, willing, and able to step forward and offer a suicide first aid to someone considering killing themselves.

There was a time when we didn't talk about abuse and the impact of trauma on children. Now we have awareness of Adverse Childhood experiences and work to establish Trauma-Informed communities and champions who have attended the Solihull approach training in supporting emotional health and wellbeing in early years through to adulthood.

There was a time when we didn't focus as much as we should on alcohol harms, there are now recovery communities and more people trained in Alcohol, Brief Intervention.

Work underway by many groups large and small including the voices of lived experience, are keen to see changes in tackling the harms caused by gambling. The emerging themes include:

- Improved awareness and communication around gambling harms
- Taking a public health, trauma informed approach to gambling harms
- A new service landscape for addressing gambling harms becomes available
- Training and education is improved across communities and agencies including GP's
- Cultural changes in the availability and acceptability of gambling including advertising
- Attitudinal changes in how people affected by gambling harms are supported
- Legislative changes in the gambling industry
- Built around the needs of individuals and communities with the voices of lived experience at the heart

For change to happen and be sustained this needs people to champion that cause, in their family, service, community, workplaces, opportunities they have to influence policy and decisions on local, city and national levels.

We all have the potential to become champions in reducing gambling harms. People maybe involved in different ways.



For more information contact Scotland's reducing gambling harms programme manager 'William Griffiths' [William.Griffiths@alliance-scotland.org.uk](mailto:William.Griffiths@alliance-scotland.org.uk)  
COPE Scotland Hilda Campbell [hilda@cope-scotland.org](mailto:hilda@cope-scotland.org)





Don't  
until you  
exceeded your  
limit to find  
out what it is

## Hope through action

Working with Gambling With Lives and other partners to help raise awareness of the lives lost to suicide as a result of gambling harms

- Supporting the big step
- Feature in Clydebank post as well as having at least 10,000 online ad impressions
- Promoting Annie Ashton's petition for 100,000 signatures to have a debate in parliament for Luke's Law to stop 'free bets'  
<https://petition.parliament.uk/petitions/587806>
- Ongoing commitment to work with others to seek solutions and help make a difference, because none of us can do this alone

# For more information

Contact

Hilda Campbell

[hilda@cope-scotland.org](mailto:hilda@cope-scotland.org)

For updates follow us on twitter

@COPEScotland

For a copy of the materials shown please visit

[www.cope-scotland.org/wellbeing-tips/entry/we-can-all-make-a-difference-in-helping-reduce-gambling-harms](http://www.cope-scotland.org/wellbeing-tips/entry/we-can-all-make-a-difference-in-helping-reduce-gambling-harms)

## TO HELP SUPPORT COMPASSIONATE COMMUNITIES I WILL

- \* Nurture compassion, wellbeing and resilience in myself, others and the planet
- \* Find creative and inclusive ways to listen to the voices in the community
- \* Develop my skills in engaging and influencing to build my network
- \* Empower, support and sustaining volunteering
- \* Share my own and help others tell their story
- \* Consider the consequences and recognise the impact of what I do
- \* Share freely tools and tips which support compassion
- \* Support compassion and connectedness even when there is physical distancing
- \* Be brave, bold and ready to pivot - Manage risk don't avoid it
- \* Reflect, learn, give myself permission to look after me too

