



Gambling Related Harms Champion Newsletter

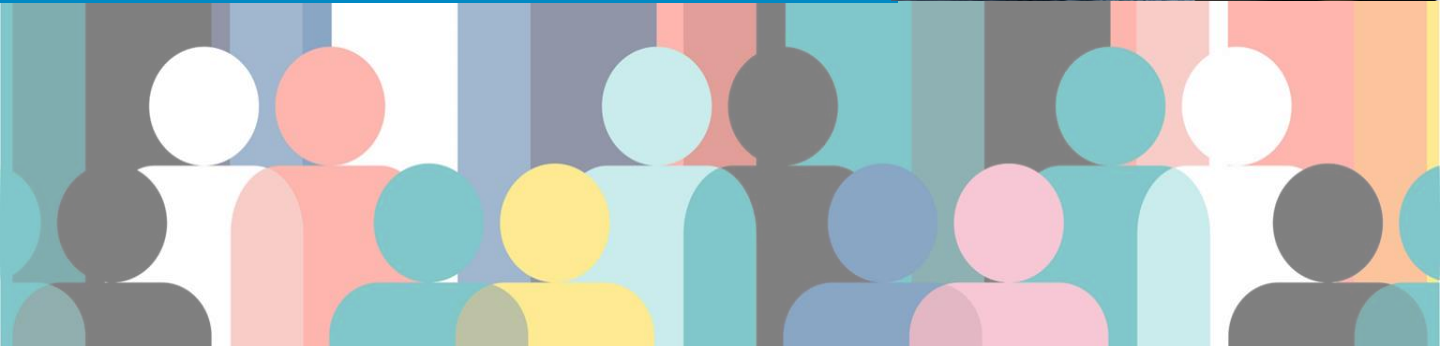
NECA Gambling Services provide free, confidential, tailored support services for those affected by gambling related harms.

We offer:

- ✓ Advice
- ✓ Tailored support
- ✓ Awareness training to professionals and wider community groups.

We would like to increase awareness of gambling related harms and the support that is available to anyone affected.

NECA will provide you and your organisation with tools to identify gambling related harms, and any potential triggers alongside clear referral pathways into our services. We would value working in partnership with you and your organisation.



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WHO ARE NECA?



NECA is a registered Charity whose key focus is to improve the lives of individuals and communities. For over 40 years NECA have supported and enabled thousands of individuals to sustain long term recovery from substances and gambling.

NECA, in partnership, is a key provider in the delivery of Gambling Support Services across the North East and Yorkshire & Humber regions. We have been delivering Gambling Services for over 20 years. We are also the lead provider for Young People Gambling Harm Prevention and Training Services across the North East region.

GAMBLING RELATED HARM CHAMPION

The Annual Great Britain Treatment and Support Survey 2022, indicates that six in ten (60.3%) adults living in Great Britain reported participating in gambling in the last year, with an estimated 4.8 million to 10 million adults being affected by gambling harms.

One barrier to people seeking help and talking openly about their challenges, is the worry that they'll be judged by others about their experiences due to the perceived stigma around gambling related harms.

As a Gambling Related Harms Champion, you will help overcome these barriers, raise awareness of gambling related harms and support individuals to access appropriate support.

We will support you with this by providing Gambling Awareness and Brief Intervention Training, relevant resources and information and facilitate quarterly meetings where all champions can come together.

NECA GAMBLING SERVICE

NECA, in partnership, provide a range of short and long term tailored support options for those affected by gambling related harms.

Our services are free, flexible and confidential.

If you identify anyone who is concerned about their gambling or a family member/ friend needing support, you can refer into the service via the below methods:

Contact NECA Gambling Services on:

01423 740 723 (Yorkshire & Humber)

Referral's can also be completed via the QR code.



Further information and support can also be found on our website at www.neca.co.uk and via social media.





NECA Champions Charter

Our team of Gambling Practitioners provide free, confidential, support services.

We offer:

- Advice
- Tailored support
- Awareness Training to professionals and wider community groups.

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What will it mean for me?

As a Gambling Champion, you will be the point of contact within your organisation. If people need; Leaflets/resources or awareness of support and pathways into services.

Our commitment to you -

We will supply resources and support to ensure this will have minimal impact on your current role. We will also provide gambling related harms awareness sessions to add to your portfolio of skills.

We would welcome all our Gambling Champions at our quarterly events, either face to face or via zoom. This will provide the opportunity to network with other services, share examples of good practice and support each other.

Please feel free to message gambling.yorkshire-humber@neca.co.uk if you have any questions.

**[If you would be happy to sign up to our Champions Charter,
please click to follow the link](#)**



National
Gambling
Support
Network

IS GAMBLING GETTING IN THE WAY OF THE LIFE YOU WANT TO LIVE?

If you are concerned about your own gambling or are a family member needing advice and support.

You can talk to us.

Our Support services are **FREE**
flexible and confidential.

To complete a referral to
NECA Gambling Service,
please scan the QR code



Contact

NECA Gambling Services
01423 740 723

Charity Number: 516516



Service User Journey



In partnership with



NECA Gambling Recovery Support Groups

The gambling recovery support groups are available as part of an overall recovery package, and if appropriate these will be included as part of any care plan.



PEER SUPPORT GROUP

An informal drop-in group.

The group aims to provide support to individuals who are abstinent;
To interact with others in similar circumstances;

To identify and overcome hurdles;
To share experiences in their recovery journey.

AFFECTED OTHERS GROUP

An informal group.

The group focuses on those who have been affected by other people's gambling (family/friends/carers etc.)

It offers the opportunity for sharing experiences and enhancing knowledge of the impacts of gambling.

This is an opportunity for individuals to connect and support each other, as this can potentially be a lonely and isolating time.

RELAPSE PREVENTION GROUP

A structured group.

The aim is to support individuals continuing on their recovery journey.

This includes the cycle of change; gambling in the brain, negative thinking and much more.

A work book has also been developed to support these sessions.



Wellbeing



One to one therapeutic support for individuals experiencing gambling related harms.

Our practitioners will work with services users to explore and identify individual needs and develop a care plan, setting out SMART goals and ways in which we will work together to achieve and maintain these.

Sessions are person centred and provide a holistic approach to an individuals recovery journey, exploring a range of factors. We utilise evidence based models of care, including motivational interviewing, cognitive behavioural therapy (CBT), and other psychosocial approaches.

Reduce Gambling Harms

- Set yourself spending limits
- Set yourself time limits – in advance
- Never borrow money to gamble
- Walk away from your losses
- Identify potential trigger situations
- Identify techniques to deal with these situations
- Find additional ways to deal with stressful situations
- Take lots of breaks
- Be careful if you drink or use drugs

Always remember there are people who can help you.

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