



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences



## Spotlight on GamCare



**GamCare is the leading UK provider of free information, advice and support for anyone harmed by gambling.**

They operate the National Gambling Helpline, provide treatment for anyone who is harmed by gambling and create awareness about safer gambling and treatment.

They provide a range of support for people struggling with the impact of gambling on their lives.

- **Over the phone** – call the National Gambling Helpline free, 24 hours a day on 0808 8020 133
- **Online** – visit [gamcare.org.uk](https://gamcare.org.uk) to find self-help resources and peer support
- **Face-to-face** – find ongoing, local support from our regional partners

Their support is free, flexible and confidential. It is available for adults affected by gambling across England, Scotland and Wales.

GamCare and The Young Gamblers Education Trust (YGAM) are working together to deliver education, training, and support for young people across England, Wales and Northern Ireland. GamCare will be able to provide information, advice, and support for young people and those supporting them across Scotland.

If you are a professional working with young people aged 11-19 and would like to arrange free training, or a workshop for young people, contact [hello@bigdeal.org.uk](mailto:hello@bigdeal.org.uk).



**The free staff training** a two-hour interactive workshop, which explores harms to women, men and Young People caused by problem gambling and routes into support and treatment. The workshop aims to help make problem gambling more identifiable for practitioners in both generic and gender specific services.  
**This training is a CPD accredited session.**

The subject of gambling and its associated harms is currently a topic of great discussion at this time and acknowledged by experts as a serious health issue, with far reaching consequences. It negatively affects finances, mental health and relationships, not just for the gambler but for the those around them. Social perceptions consider gambling to be a male activity, but emerging studies conclude that women and young people are just as affected. **Nevertheless, only approximately 1% of women affected by gambling seek help. There are over 55,000 young people identified as problem gamblers.**

The session is an opportunity to discuss these issues and to

- Better understand of problem gambling issues specific to women and young people.
- Learn about the impacts and risks of problem gambling.
- Increase your confidence to discuss the subject of problem gambling.
- Gain vital knowledge about screening tools and referral pathways for support and treatment.

Watch the video to learn more <https://vimeo.com/415921217>.

Or contact Annette Denby, Training and Engagement Lead, Women's Programme – South East (E: [annette.denby@gamcare.org.uk](mailto:annette.denby@gamcare.org.uk)) for more information.



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)

## For help, advice, and information or to share your story



**Healthwatch is your health and social care champion.** If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences.

We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice.



Last year, we helped nearly a million people like you to have your say and get the support you need.

