

**Gambling support for rough sleepers and hostel residents in Westminster (updated December 2018)**

This document aims to provide staff and service users with information on information on the gambling support available in Westminster. This document can be downloaded from [http://www.westminsterhhcp.org/gambling\\_services.htm](http://www.westminsterhhcp.org/gambling_services.htm). Gambling is an area that has been seriously overlooked in relation to rough sleeping and homelessness. Gambling can be a support need not willingly revealed, indeed many workers described it as the “last” support need they find out about.

Service	Details	Contact/ referral details
<b>Citizens Advice Bureau</b>	The citizen advice bureau helps people resolve legal, financial and other problems by providing free information and advice.	For more information, including the location of a local office, visit the website: <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
<b>Gamblers anonymous meetings</b>	This is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to do the same. There are ‘main meetings’ where compulsive gamblers come together to discuss the difficulties – there are no counsellors or professional bodies. There are also newcomers meetings, ideal for those that are new to trying to stop gambling.	Visit: <a href="https://www.gamblersanonymous.org.uk/">https://www.gamblersanonymous.org.uk/</a> To find a meeting in your area.
<b>Gamblers anonymous meetings</b>	<p>The <b>Helpline</b> provides confidential advice, information and emotional support throughout Great Britain to anyone experiencing problems with gambling.</p> <p><b>Netline</b> provides an online platform to talk to someone about your gambling problem – at: <a href="http://www.gamcare.org.uk/support-and-counselling/frontline-services/netline">http://www.gamcare.org.uk/support-and-counselling/frontline-services/netline</a></p> <p>Netline or the Helpline on Freephone 0808 8020 133. You can also use this link to find local counselling via Gam care.</p>	<p>Speak to an Adviser on Freephone <b>0808 8020 133</b>, 8am to midnight, seven days a week.</p> <p>More information at: <a href="http://www.gamcare.org.uk/get-support/frontline-services/helpline#.VBhpV IdXww">http://www.gamcare.org.uk/get-support/frontline-services/helpline#.VBhpV IdXww</a></p>

Service	Details	Contact/ referral details
<b>The CSTM Gambling Group</b>	Connections at St Martin's runs a weekly gambling group on Tuesdays at 1pm for an hour in their large activity room on the ground floor. Sessions are run by a psychologist who specialises in problem gambling and she has worked with CSTM for several years. It is open to clients in the area as well as CSTM clients.	Address: 12 Adelaide St, London WC2N 4HW Phone: 020 7766 5544
<b>The Passage Gambling Group</b>	From August 2017, The Passage Resource Centre is introducing a monthly group to support clients with a gambling issues. It is strongly encouraged that keyworkers attend group with clients as its going to be part educational and equipping staff with the knowledge to support clients in the weeks between each session. It is open to the hostels in the area and The Passage clients.	To check when the group is taking place email: <a href="mailto:Nora.Keefe@passage.org.uk">Nora.Keefe@passage.org.uk</a> Address: Passage Resource Centre, St Vincent's Centre, Carlisle Place, London, SW1P Phone: 020 7592 1850
<b>The Money Advice Service</b>	Free & impartial money advice, set up by government. Lots of free, confidential help and advice services available across the UK.	Website: <a href="https://www.moneyadviceservice.org.uk/en">https://www.moneyadviceservice.org.uk/en</a> Phone: 0300 500 5000
<b>Residential Rehab</b>	If the client agrees they can be referred to Gordon Moody residential rehab. They have two centres, one in London and the other in Dudley. The residential programme is for a period of 12 weeks during which residents are helped to adopt new coping skills which help them to attain recovery and integrate back into society, without the need to gamble. The programme begins with an initial 2 week assessment followed by 12 weeks of treatment. For those who cannot pay for treatment there are no direct costs to the individual for our services. However, applicants need to be eligible for UK state benefits in order to pay their accommodation and living costs or be able to fund the cost of the accommodation from other sources. We also have a small bursary fund for those exceptional circumstances where people are unable to secure state benefits and have no other means of paying their accommodation costs.	For more information: <a href="https://www.gordonmoody.org.uk/who-we-are">https://www.gordonmoody.org.uk/who-we-are</a> Telephone: 01384 241 292 Email: <a href="mailto:help@gordonmoody.org.uk">help@gordonmoody.org.uk</a> To make a referral: <a href="https://www.gordonmoody.org.uk/apply-for-a-place">https://www.gordonmoody.org.uk/apply-for-a-place</a> . Alternatively you can download it using this link and return it via post, fax 01384 217649 or a scanned pdf to <a href="mailto:help@gordonmoody.org.uk">help@gordonmoody.org.uk</a> .
<b>Screening tools to</b>	This screening tool can be used to help assess whether there is a gambling problem:	

<b>assess gambling problem</b>	<ul style="list-style-type: none"> <li>• Problem gambling Severity Index PGSI  <a href="https://www.problemgambling.ca/EN/ResourcesForProfessionals/pages/problemgamblingseverityindexpgsi.aspx">https://www.problemgambling.ca/EN/ResourcesForProfessionals/pages/problemgamblingseverityindexpgsi.aspx</a> </li> </ul>	
--------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

**Useful resources:**

How to recognise a gambling problem

- <https://www.begambleaware.org/recognise-a-gambling-problem/>

Tips for gambling responsibly

- <https://www.begambleaware.org/stay-in-control/tips-for-gambling-responsibly/>

Self-hypnosis MP3s for gamblers

- <http://stop-gambling.co.uk/self-hypnosis-stop-gambling/>

Recommended book to read

- <https://www.amazon.co.uk/Problem-Gambling-Cognition-Prevention-Treatment/dp/1137272414>

Guide for staff in helping professions

- [https://www.problemgambling.ca/EN/Documents/2990PG\\_Pro\\_ENG.pdf](https://www.problemgambling.ca/EN/Documents/2990PG_Pro_ENG.pdf)