



Love our Lottery, Care for St Clare



St Clare Hospice Lottery Responsible Gambling Guide

 stclarehospice.org.uk/lottery
 01279 773 730
 lottery@stclarehospice.org.uk

GambleAware

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stclarehospice.org.uk
Registered Charity No. 1063631

It is important to us that our weekly lottery is a fun way for you to support St Clare Hospice, but that it never has a detrimental effect.

Our Commitment Towards Responsible Gambling

St Clare Hospice is committed to operating our weekly lottery in a socially responsible way and will ensure that information about how to gamble responsibly and how to access information and help in respect of problem gambling is readily available to all.

Keeping Your Gambling Under Control

The majority of people do gamble responsibly and gambling in moderation is okay, but it may help you to keep your gambling under control by:

- Remembering that you are taking part for fun and not as a means of investing your money
- Setting strict limits on how much time and money you're going to spend, before playing
- Quitting while you're ahead
- Only gambling with money that you can afford to lose
- Not spending more money on gambling in the hope that you will win back any money that you've already lost
- Keeping up other interests and hobbies and not letting gambling take over your life
- Not gambling in order to escape from stress or boredom.

Early signs that gambling could be causing you harm

Is your gambling causing problems for you or others around you? The following signs may indicate a problem:

- Spending more money and time on gambling than you can afford
- Finding it hard to manage or stop your gambling
- Having arguments with family or friends about money and gambling
- Losing interest in usual activities or hobbies like going out with friends or spending time with family
- Always thinking or talking about gambling
- Keeping your gambling a secret
- Chasing losses or gambling to get out of financial trouble
- Gambling until all of your money is gone
- Borrowing money, selling possessions or not paying bills in order to pay for gambling
- Needing to gamble with larger amounts of money or for a longer time to get the same feeling of excitement or buzz
- Neglecting work, school, family, personal needs or household responsibilities because of gambling
- Feeling anxious, worried, guilty, depressed or irritable.

How To Get More Information And Help About Problem Gambling

St Clare Hospice Lottery is a member of the Hospice Lotteries Association, who on behalf of their members makes a financial contribution to Gamble Aware which is committed to minimising gambling related harm.

If you have any concerns regarding your gambling habits, take the first positive step and call us - we want to help our supporters however we can, and we are here to talk through any worries you may have, in complete confidence. You can be sure of a non-judgmental listening ear. You can call us on 01279 773 730, or email us lottery@stclarehospice.org.uk

If you feel you have a problem with gambling visit www.begambleaware.org, or call the National Gambling Helpline on 0808 8020 133.

If you would like to be excluded from the St Clare Hospice Lottery, because you feel you struggling with gambling you can download our Self Exclusion Form and return it to Paula Najair, St Clare Hospice Lottery, Hastingwood Road, Hastingwood, Essex CM17 9JX. Alternatively, you can take some time to consider this fully and seek advice and help if appropriate before completing this form.