

**Exploring Gambling
Behaviour:
In Cell
Workbook**

Introduction

What this workbook is for

You have received this workbook either because you requested some information about gambling, or maybe because someone requested it on your behalf. This could be a fellow prisoner, a member of staff, or a family member.

You may have gambled in the past, outside prison, or inside. This workbook will help increase your understanding of gambling, both in prison and on the out. It's to help you think about your own gambling, whether there may be any problems related to it, and whether you might want further support with it.

The workbook is designed as a self help tool. You can do it on your own, with a fellow prisoner or a member of staff.

We understand gambling is prohibited in prison. It is up to you if you want to write your answers down, or if you don't want to write them down, then you can just think them through in your head.

We hope you find it useful.

GamCare Team

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National Gambling Helpline:
0808 8020 133

Acknowledgements go to the service users with lived experience of gambling and the criminal justice system, as well as GamCare staff, who helped to design this workbook.

Why do you gamble?

The 'Why'

Can you put into words or pictures how you feel/or felt before you gamble?
And also, how you feel/or felt after you gamble?

Before

After

From the list below, tick the boxes you feel best describe the reason(s) why you gamble (or have gambled).

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Money



Status/
Respect



Break from
boredom



Escapism



Release
tension/
relaxation



Entertainment



Social



Makes
sport more
exciting



Easy to
access



Hope



Debt



Peer pressure

Are there any other reasons why you may gamble that aren't on the list?

Who gambles?

The 'Who'

Who do you think is most likely to gamble? Any of these? Tick any you think.

Homeless people



James Bond



City slickers



People on low income



Young people



Women



Old people



Different races



People with disabilities



People in gangs



People in prison



Different sexualities



In reality, *anyone* can gamble; gamblers, and people who end up with gambling problems, can be from any walk of life.

Where do you gamble?

The 'Where'

Where have you gambled before? Tick the ones that apply to you.

In prison (cell/canteen/association area)



Bingo venue



Bookies



Local shop (Scratch cards, National Lottery)



Online



Horses



Arcade



Casino



Home/office setting



On the way to work/commute



In secret (e.g. in the bathroom)



Are there any other places that you can think of that aren't on the list?

Definitions

So what is gambling?

Gambling is risking money, or anything of value, on the outcome of something involving chance.

Gambling can become a problem when people continue to gamble despite experiencing harmful consequences e.g. stress, anxiety, depression, losing a partner or a friend, not being able to pay the rent, losing a home, or a job, or getting involved in crime.



What do you think are the positives of gambling? And what are the negatives?

These can be the positives or negatives you personally experienced as a result of your gambling, or more general positives and negatives associated with gambling.

Positives

Negatives

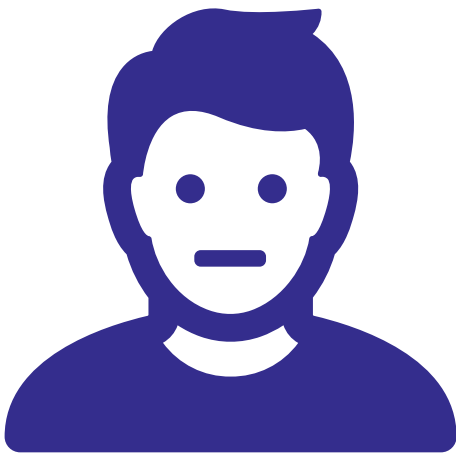
Now that we have looked at the 'who, what, where, why, when' of your gambling, has this changed how you think about your behaviour in any way? If so, write down how.

Triggers

What is a trigger? Triggers are thoughts, emotions, situations or things that can lead you to think about gambling and they can lead to cravings to gamble.

To reduce the risk of this, you need to identify what your personal triggers are, and then think about how you will manage them differently if they arise.

Some common triggers:



- Visits
- Letter from a loved one or friend
- Bad news or situation
- Receiving your sentence/ or an extension
- Having money (e.g. weekly allowance, wages, money from family)
- Peer pressure
- Relocating cell/ transferring
- Being released
- Sport events on TV
- Reading sports papers
- Feeling down/depression
- Arguments with people/ cell mates
- Boredom
- Debt
- Stress
- Walking past a bookies or casino
- Getting emails/texts from gambling operators
- Drinking or taking drugs
- Christmas/birthdays
- Pay day
- Being with certain friends

Can you relate to any of the triggers described above, experienced either in prison or on the out?

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Gambling impacts

Can you identify any impacts that you have personally experienced as a result of your gambling?

Impacts of gambling:



Isolation



Debt



Family pressure (e.g. money)

Impacts specific to prison:



Violence

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Lying to loved ones



Avoiding everyday life



Mental health



Loss of personal items & privileges



Homelessness



Job loss



Offending



Time added to sentence

Debt

Gambling can also have significant impacts on people close to you, like family, partners and friends. Can you identify any impacts that the people around you might have experienced as a result of your gambling?

Impacts on affected others:



Loss of trust



Financial loss



Guilt & shame



Isolation



Relationship breakdown



Becoming withdrawn



Stress & anxiety

Debt is a common impact of problem gambling. In prison this might result in:

- hiding contraband
- being asked to break a prison rule for someone e.g. violence against someone
- experiencing serious violence
- starting a fight
- 'double bubble'

On the out, financial difficulties may lead to debt and other problems. Sometimes people are driven to crime, certain activities and circles of people that they wouldn't normally be involved in, in order to try to pay off debts.



Your own gambling

By now you have begun to explore your own gambling and some of the harms that can be associated with gambling. It's useful to bring all this together and think a bit more about your own situation. Read through and think about the questions below.

1 What part does gambling play in your life?

6 Has your gambling ever led to financial problems?

2 Are you currently gambling?

7 Has your gambling ever affected your loved ones?

3 How often do you, or did you, gamble?

8 Has your gambling led you to committing an offence?

4 Are you worried about your gambling (now or in the future)?

9 Does your gambling affect your mood and how you treat others?

5 Has anyone ever commented that your gambling is too much/a problem?

10 Have you ever made excuses to not do things so that you can gamble?

Help and support

If you have answered yes to a few of the previous questions, then you may benefit from some further support around your gambling behaviour.

Your prison may be able to organise a confidential 121 session for you, with a gambling support service (through GamCare or one of its network agencies). The main ways to obtain extra information or support or find out what is available are to:

- **Call** the National Gambling Helpline (run by GamCare) free from your wing or from your in-cell phone on **0808 8020 133** (you'll need to add our number to your call list). This is a free, confidential 24/7 service run by trained staff who provide advice around gambling behaviour.
- **Speak** to the person that gave you this workbook or got it for you (this may be an Officer of Offender Manager).
- **Ask** a staff member (any department) to get in touch with us on your behalf via the Helpline or by emailing **criminal.justice@gamcare.org.uk**.

In addition, you could speak to a Listener, Peer Supporter, or Health and Wellbeing Champion, the Chaplaincy etc (dependant on what is available and who you feel comfortable speaking to).

Do any of your loved ones need help?

GamCare also offer information, advice and support specifically to affected others. The services listed below can provide a support system during difficult and stressful times:

The **National Gambling Helpline** is here to offer confidential and non-judgmental information, advice and support.

The **Family and Friends Forum** is peer-led, and a valuable space for people to tell their story, share experiences, thoughts and feelings about problem gambling, and receive advice from those who have been in a similar situation.

GamCare have supported lots of people to change their gambling, who are now gambling free or are more in control.

If you are worried about your gambling then help is here for you.

Thinking about change

If you do have some concerns about your gambling, it is useful to think about how much you want to make some changes. Ask yourself, **how important is it to you to make some changes?** Use the scale of 1 to 10 below (10 being making changes is very important to me)

1 2 3 4 5 6 7 8 9 10

This is a good time to think about what you want in your life, and what changes you would like to see in the future.

In the 'map' below, jot down things you might want to change in your future (these may be linked to your gambling).

Family	Work/education	Money
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My future goals

Offending	Health	Other
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If you decide to get some further support, then you could show this map to your worker (or whoever you get help from). This might be while you are in the prison or once you have been released.

We hope you have found this workbook useful.

GamCare

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