



Scotland Reducing Gambling Harms Lived Experience Forum: Information and guidance on joining

[The Health and Social Care Alliance Scotland](#) (the ALLIANCE)'s [Scotland Reducing Gambling Harms programme](#) would like to invite people with lived experience of gambling harms to join the Scottish Gambling Harm Lived Experience Forum.

The Forum works to help shape action to reduce gambling harms in Scotland by sharing their expertise and priorities.

Who are we?

The Scotland Reducing Gambling Harms programme is a Scotland-wide programme to put the voice of people affected by gambling harms at the heart of action to reduce those harms.

The programme hosts the Scottish Gambling Harm Lived Experience Forum. The Forum sets out priorities for change, looks for opportunities to inform policy and practice, and spreads awareness of the impact of gambling harms.



What are gambling harms?

“Gambling-related harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society”.¹

People experience harm from gambling in lots of different ways. This can include financial, employment, and relationship issues, physical and mental health problems, criminal activity, homelessness, substance use and in the most severe cases suicide or suicidal ideation as a direct result of gambling harm.

People can also be harmed by the gambling of their loved ones and those around them; this is sometimes called being an ‘affected other’.

¹ Gambling Commission (2018). “*Measuring gambling-related harms: A Framework for Action*”. <https://assets.ctfassets.net/j16ev64qyf6l/5tpqsNwwUmqWzDEmvd2jxG/666e97cbb55a13b47c17854c2426d7af/Measuring-gambling-related-harms-framework.pdf>

People can experience gambling harms to different degrees, and we are interested in speaking to anyone who feels they have experienced harm as result of their own, or a loved one's gambling.

What are we trying to do?

The Scottish Gambling Harm Lived Experience Forum aims to reduce gambling harm in Scotland. We aim to use our collective expertise to instigate, inform and influence action to tackle gambling harm in Scotland.

The Forum comes together to identify key areas of importance in reducing gambling harms in Scotland, and how to address them. We use our collective voice to call for, and to inform change in Scotland relating to gambling harm. This include connecting with third sector organisation, statutory services, Scottish Government, and UK Government on their activities and strategies to reduce gambling harm.



*Roundtable event discussing the UK Government's White Paper
'High stakes: gambling reform for the digital age'*

By taking part, people with lived experience have the opportunity to share their expertise and help reduce gambling harms in Scotland.

More information about the programme and our work is available on the [Scotland Reducing Gambling Harms](#) and [Scottish Gambling Harm Lived Experience Forum](#) webpages on the ALLIANCE's website.

Who would we like to connect with?



We are keen to hear from anyone with experience of gambling harms or people who have a loved one(s) with experience of gambling harms.

Often, people tell us that they don't feel like they have been 'harmed enough to count'. Anyone who has been negatively impacted, to any degree, by gambling is welcome to join. To truly understand and tackle gambling harm in Scotland we need to hear from people with lots of difference experiences.

Sometimes, we call people who have been harmed by a loved one's gambling "affected others", and they might be a partner, parent or guardian, child, or sibling of a person with lived experience of gambling harms.

Hearing the perspectives of a diverse group of people is important to us.

Requirements

In addition to this, we ask that:

- If you have experienced gambling harms yourself, that you are currently in recovery or are recovered;
- That you do not have any associations to the gambling industry which may contribute to a conflict of interest.

The wellbeing of all members is prioritised in the Forum, and you can find out more about the support we provide below. We recognise recovery as a personally defined concept and that it looks different for different people. We welcome people in all forms of recovery who would like to take part and support flexible participation. However, the Forum itself is unable to provide recovery support.

How can you get involved?

There are lots of ways to be involved and help shape gambling harms policy, practice and research in Scotland.

You can:

- **Become a Forum Member**
We support a forum of people with lived experience of gambling harms to come together on a regular basis with policy and decisions makers in Scotland. Forum Members commit to attending regular, evening meetings roughly every six weeks for one and a half hours.
- **Contribute on an individual basis**
For people who are unable to commit to the regularity of the Forum, we can speak to people on a more ad hoc basis as topics or opportunities they are passionate about arise.



We recognise that people have different comfort levels when it comes to discussing gambling harms, and individuals will have different preferences when it comes to how they'd like to be involved.

We are more than happy to be flexible and to work with people in a way that feels safe and comfortable for them.

What support will I be given?

Significant stigma can exist around experiencing gambling harms, and discussions in this area can be difficult and distressing. Emotional support will therefore be available to people who engage with us.

There will also be opportunities to take part in training and skill development activities to support your involvement.

Expenses and accessibility support are also available to people we engage with.

What are the benefits of being involved?

- Being able to share your thoughts and experiences to influence gambling harm policy in Scotland.
- Having the opportunity to improve systems for other people being harmed by gambling in Scotland.
- Getting to know and connect with other people affected by gambling harm.
- Having the opportunity to network and connect with people who work within health and social care.
- Developing new skills via training or attending events and conferences.
- Gaining experience which can be included on CVs or contribute to professional development.

How to get involved:

If you are interested in getting involved, or would like to hear more about our work, fill out our sign-up survey or get in touch via the channels listed below to set up an introductory meeting.

Sign-up survey:

<https://www.smartsurvey.co.uk/s/gamblingharmforum/>

There will be a follow-up one-to-one phone or online call conversation with a team member within a week of showing interest, to provide more information on the programme and set out terms of reference. After that, the main channels you will engage with Forum work will be the Forum meetings and roundtable events.



You can contact us:

- By email: gamblingharm@alliance-scotland.org.uk
- Or call **0141 404 0231** and ask for Hannah Gunn/ Georgina Charlton
- Or you can direct message us on Twitter **@ScotRGH**

More about the ALLIANCE

[The Health and Social Care Alliance Scotland \(the ALLIANCE\)](#) is the national third sector intermediary for a range of health and social care organisations. We have a growing membership of over 3,500 national and local third sector organisations, associates in the statutory and private sectors, disabled people, people living with long term conditions and unpaid carers. Many NHS Boards, Health and Social Care Partnerships, Medical Practices, Third Sector Interfaces, Libraries and Access Panels are also members.

The ALLIANCE is a strategic partner of the Scottish Government and has close working relationships, several of which are underpinned by Memorandum of Understanding, with many national NHS Boards, academic institutions and key organisations spanning health, social care, housing and digital technology.

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