

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 connect with us and 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.

### What are gambling harms?

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

This includes financial, employment, and relationship issues, physical and mental health problems, criminal activity, and in the most severe cases suicide as a direct result of gambling harm.

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?

We work with people with lived experience to identify key areas of importance in reducing gambling harms in Scotland.

These key areas help shape the focus for the [Scottish Implementation Group of the National Strategy to Reduce Gambling Harms](#) and put the voice of people affected by gambling harms at the heart of action to reduce those harms.

With people with lived experience, we also provide perspectives, advice and information on other matters related to gambling harm. For example; shaping awareness raising campaigns and helping inform the focus of future research on gambling harm.

By taking part, people with lived experience have the opportunity to influence policy change to help reduce gambling harms in Scotland.

More information about the programme and our work is available on the [Scotland Reducing Gambling Harms webpage](#) on the ALLIANCE's website.

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<sup>1</sup> Gambling Commission (2018). “Measuring gambling-related harms: A Framework for Action”. <https://assets.ctfassets.net/j16ev64qyf6l/5tpgsNwwUmqWzDEmvd2jxG/666e97cbb55a13b47c17854c2426d7af/Measuring-gambling-related-harms-framework.pdf>

## Who would we like to connect with?

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

Sometimes, we call these people “affected others” and they might be a partner, parent or guardian, child, or sibling of a person with lived experience of gambling harms.

Having views from a diverse range of people is important to us. We particularly welcome speaking to:

- Older People
- Younger People
- Women
- People from a range of cultural backgrounds
- People from a range of religious backgrounds
- People from a range of ethnic and racial communities
- Anyone who views themselves as a member of a minoritised community

## 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.

## 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 are able to 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.

We are holding our first Lived Experience Forum meeting of 2022 on **Tuesday 25<sup>th</sup> January from 6pm - 7.30pm** to discuss the development of treatment and support options for people with experience of gambling harms in Scotland. We welcome anyone with lived experience of gambling harms to be part of this event to share their views and expertise.

### **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?**

- Networking opportunities and building relationships with others affected by gambling harm as well as people who work within health and social care
- Developing new skills via training or attending events and conferences.
- Contribute positively to society.
- Contribute to influencing gambling policy.
- Positive mental health benefits from volunteering, including increased confidence and feelings of self-worth.
- For many of those with lived experience, contributing to systems change is an important part of their life and contributes to their recovery.
- Work experience which can be included in CVs.

### **How to get involved:**

If you are interested in getting involved, or would like to hear more about our work, then please don't hesitate to get in touch.

We are more than happy to have initial informal chats without the expectation of commitment.

If you are interested in becoming involved with the Scotland Reducing Gambling Harm programme, 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.

You can contact us:

- By email: [gamblingharm@alliance-scotland.org.uk](mailto: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 3,000 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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