

# The ALLIANCE Scotland Reducing Gambling Harms Programme - Lived Experience Involvement



***People with lived experience should have an important role in reducing gambling harms and shaping the education, prevention, treatment and support available to people. 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.***

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

### **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 individually**

For people who are unable to commit to the regularity of the Forum, we can speak to people on a one-to-one basis as topics or opportunities they are passionate about arise.

## ***What are the benefits?***

- Networking opportunities and building relationships with others affected by gambling harm.
- Develop new skills via training or attending events and conferences.
- Contribute positively to society.
- Influence gambling policy.
- Positive mental health benefits to 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 to include in CVs.

To get involved, please contact the reducing gambling harms team via email: [gamblingharm@alliance-scotland.org.uk](mailto:gamblingharm@alliance-scotland.org.uk) for more information.

