



Welcome and Introduction



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Today's Objective

- To give an overview of GamFam support and services
- To answer any questions, you may have about GamFam



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Is language important?

'Problem Gambler'

Gambling Harms
Harmed by Gambling

Gambling Disorder

GamFam

At GamFam we see this as an individual choice but for consistency we try to use the term gambling harms, gambling related harms or harmed by gambling

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Our Mission

To offer **hope** to anyone affected by gambling harms and the opportunity to share their experiences in a **safe space, without fear of judgement** with others who have **genuine empathy and understanding**

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Gaming and Gambling Harms Information & Awareness Sessions

At GamFam we deliver CPD accredited Information and Awareness sessions to help understand gaming and gambling related harms and the impact on health and wellbeing.

We can also visit schools, colleges, universities and workplaces to deliver our sessions for free.



Session Overview:

- What is gambling and where can gambling harms start
- The links between gaming and gambling
- How gambling has changed
- Practical advice, resources and advice
- Next steps

Online sessions run Monday lunchtimes

From 1:00pm - 2:30pm
online on Zoom

FREE TO REGISTER



<https://shorturl.at/bkpsH>



Find more information at www.gamfam.org.uk



CHARITY COMMISSION FOR ENGLAND AND WALES

Contact us at info@gamfam.org.uk

Objectives

- To **change your perception** about gambling harms
- To feel more confident offering **support** to anyone affected by gambling harms (directly or indirectly)
- To be able to **signpost** individuals and families to specialised support and services


FREE
TO
REGISTER




<https://shorturl.at/bkpsH>

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Information & Awareness



- We deliver CPD accredited I&A sessions in Norfolk, Suffolk & Essex to schools, colleges, professionals and other support services
- We have recently launched our KS2 programme
- Our grassroots football programme is launching in February
- At the end of each session, we ask the following:
 - On a scale of 1-10 (10 being the highest) what is your understanding of gambling harms BEFORE the presentation
 - On a scale of 1-10 (10 being the highest) what is your understanding of gambling harms AFTER the presentation
 - We also collect additional qualitative data – *any other comments*
- We collect more detailed feedback from our online workshops completed by adults/professionals

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Information & Awareness



- For our I&A sessions in Norfolk, Suffolk & Essex the before and after scores went from 5.4 to 9.1 (this is based on 20+ sessions)
- We have only delivered one KS2 session so far and the scores went from 4.7 to 9.6 (we have three more sessions planned before re-design and accreditation)
- Once we have delivered further KS2 sessions and launched our grassroots football programme will aim to produce an Impact Report similar to the report for our Peer Support service
- **Our I&A sessions also provide variety to our team to help reduce the risk of 'burn out' in their respective Peer Support roles**

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Some Feedback Norfolk, Suffolk & Essex

- *"Thank you to Karen for sharing her story, it was appreciated that she was so open - as she said we all talk about alcohol/drug addiction so why should this be any different."*
- *"A very important session to learn the background on gambling for anyone who wants to learn (family, professionals etc) but also great for learning areas for signposting."*
- *"An excellent session. Perfect to be adapted for schools/parent evening session etc. Useful for my role as an AA & in life generally. I feel even stronger about objecting to ads etc for gambling."*
- *"Found that because the trainer had lived experience it was more real . Thought she was very brave to tell her family story."*
- *"I found the gaming and gambling slides really interesting and shocking."*
- *"Session was perfectly delivered by an excellent speaker. I'd welcome the opportunity to have some slides to refer too for the future."*

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Some Feedback KS2

- "I found the presentation interesting and learnt a lot."
- "I found it very good because now I know that gaming can lead to gambling which shows V-Bucks and Roblox are a scam."
- "I really enjoyed the presentation because I have learned a lot, like it can be really harmful if you aren't careful."
- "I liked finding out about the harms it can have on you even on the small things you start with."
- "Amazing and will now help so I can think before I buy."
- "I think this is really good to help people realise how bad gambling is. But since GamFam came in I understand it way more."
- "I now realise how badly gambling can affect people's wellbeing."
- "Very good presentation, very clear and helped my understanding for addiction."

The GamFam Recovery And Support Programme

A structured 5-stage Peer Support programme



Emotional and Physical Needs

The Suffolk Mind Mental Health Toolkit allows us to have structured and meaningful discussions about well-being and mental health



- Taken from The Suffolk Minds *The Mental Health Toolkit* model which is based on the *Human Givens Institute Emotional Needs Audit*
- To be emotionally healthy we need to have our emotional needs met in a balanced way just as we do our physical health
- **Physical Needs** – sleep, food & drink, movement
- **Emotional Needs** – security, control, attention, emotional connection, community, status, privacy, achievement, meaning & purpose



How can gambling affect us?



Financial – Legacy harms
Security, Control



Health – stress, anxiety, depression
Movement, Sleep, Food & Drink, Privacy



Development – employment, studies
Meaning & Purpose, Status, Achievement



Relationships – breakdown, violence
Attention, Community, Emotional Connection

Our Peer Support Programmes

MONDAY		
Facilitated by:	Time:	For:
Dean/Will	7:30pm	Recovery Group
Karen	7:30pm	Parents
Andy S	7:45pm	Parents & Partners
Beth	8:00pm	Siblings, Sons & Daughters
Danielle	8:00pm	Partners
TUESDAY		
Tracey	12:30pm	Womens Recovery Group
Steve	7:00pm	Parents
Phyllis	7:00pm	Parents
Alice	8:00pm	Partners
WEDNESDAY		
Esme	2:00pm	Parents
Esme	7:00pm	Parents
Kay & Steve	7:30pm	Parents & Partners
Danielle	7:45pm	Partners
Dean/Bryn	7:30pm	Recovery Group
THURSDAY		
Ian	7:00pm	Parents
Kay	7:30pm	Partners
Laura	7:30pm	Partners
Jen	7:30pm	Parents
FRIDAY		
Laura	10:30am	Partners
Andy G	12:30pm	Recovery Group
SATURDAY		
Will	8:30am	Recovery Group

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Other Support ...

GamFam CARE & CONNECT SESSIONS

Our Care and Connect sessions offer support to any Affected Others who might need some extra time in sharing their thoughts and feelings to somebody who has Lived Experience of gambling harms.

1-2-1 slots will be available with Esme between 9am - 12pm on Wednesdays, to offer a safe space for you to talk, in a supportive and non-judgemental environment. If you feel you need that little bit of extra support; maybe you are waiting for a referral for counselling or just want to talk to someone outside of your group, then these sessions may be suitable for you.

Our 1-2-1 Lived Experience sessions are there for additional support only and are not intended to replace any counselling sessions that you may have with other professionals.

MONTHLY COFFEE MORNING DROP-IN
ZOOM CALL WITH LAURA

THURSDAY 5TH DECEMBER
10:00AM - 11:00AM

Drop in for a relaxed chat, ask any questions, meet new members and connect with others.

Zoom link/log-in details will be posted into the GamFam WhatsApp groups

MONTHLY JOINT TOPIC DISCUSSION MEETING

19 Dec 2024
7:30 - 9:00pm

TOPIC: Focus on ADHD

month guest hosted by **Dan R**

Zoom link/log-in details will be posted into the GamFam WhatsApp groups

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GRA5P



Meeting Structure

- All meetings are hosted by a trained GamFam facilitator and are currently online via Zoom
 - Check In
 - *How was your week?*
 - GRA5P Focus
 - Check Out
- Regular joint meetings
- We plan to hold regionalised face to face get togethers



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The Power of Peer Support



- We work in partnership with the NHS SGS
- We work with all 15 of the NHS Gambling Clinics and deliver Peer Support on behalf of the 6 NGS clinics and from February the London Clinic
- We currently run 21 various Peer Support groups
- Additional drop-in sessions and further one to one support is available
- We have now held **2000+ online** Peer Support meetings
- **200+** people get regular support with us (700+ have reached out for support)

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The Power of Peer Support



- We carry out a **quarterly survey of our active members** through the **Think Mind Emotional Needs Audit**
- We complete **3 monthly check-ins** for all non-active members
- We hold regular **joint meetings**
- We contact all enquiries within 24 hours (usually a lot less) and provide access to a group within a week – **we do not have a waiting list**
- We produce a monthly **newsletter**
- We have developed and deliver CPD accredited facilitator training, and all our **facilitators have previously accessed support with GamFam**

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How GamFam Measures Impact?



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Emotional Needs Audit



- GamFam work in partnership with Suffolk Mind to help us have a better understanding how GamFam is supporting its members to **meet their emotional and physical needs**
- The Suffolk Mind Mental Health Toolkit is an **important part** of our GRA5P programmes
- It is the Suffolk Mind well-being programme which aims to give us an understanding of what it means to be **emotionally and physically healthy**
- [Suffolk Mind Emotional Needs & Resources Introduction \(vimeo.com\)](https://vimeo.com/123456789)



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How we use the ENA Model



- There are two separate evaluations. One for affected others and one for those directly in recovery
- We collect feedback on a quarterly basis to help us support our members improve their wellbeing
- Each survey takes around 5 to 10 minutes and helps us monitor the impact of GamFam services; how we can continue to develop and improve the service we provide and to give ongoing feedback to our members
- We collect information anonymously via a client ID number



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What is the data telling us ...



ALL

- 92% of respondents would recommend GamFam to a friend, colleague or family member (an NPS score of 92, based on 251 survey responses)
- The more beneficiaries attend GamFam support sessions, the better they are meeting their emotional needs
- Those who have attended GamFam sessions for more than a year are meeting their emotional needs 30% better than those who have attended for less than a month
- Those who have attended 20-50 GamFam sessions are meeting their emotional needs 29% better than those who have attended 3-5 sessions



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What is the data telling us ...



AFFECTED OTHERS:

- 97% of affected others feel better able to cope with the impact gambling has on themselves and their loved one, as a result of GamFam
- 91% of affected others feel better able to prioritise their own needs as a result of attending GamFam Peer Support sessions
- 96% of affected others agree, that as a result of attending GamFam Peer Support sessions, they feel more knowledgeable about how to deal with the impact of gambling harms



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What is the data telling us ...



THOSE IN RECOVERY

- 92% of those who are in recovery agree that, as a result of attending GamFam peer support sessions, they feel more knowledgeable about how to deal with urges
- 87% of those who are in recovery agree that, as a result of attending GamFam peer support sessions, they have a better understanding of themselves and their triggers
- 85% said as a result of attending GamFam Peer Support sessions, they feel more optimistic about the future



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Some Feedback

- *"Because the level of support and knowledge provided by GamFam is second to none, at a time when your world is falling apart."*
- *"I'm not sure where I'd be without it, probably very unwell. If I can help anyone else in the same situation as I've been in, then GamFam is definitely the best direction to point anybody else that's struggling."*
- *"Because without the support, information, understanding, knowledge, advice etc that has been supplied by GamFam we will be struggling 100 times more than we are at the moment."*
- *"I have lived experience of how awful a gambling situation is. I know how fantastic the advice is from GamFam. There are no words to describe how much we appreciate the help we've had."*
- ***"Because the help and support that we as a family have received has been life changing."***
- *"No matter how bad an experience you think you are having, you realise that others are going through similar experiences and therefore feel less alone."*

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Next Steps

www.gamfam.org.uk

GamFam

HOME FOR THE FAMILY ▾ FOR THE GAMBLER ▾ FOR PARENTS ▾ OUR PROJECTS ▾ USEFUL INFORMATION ▾ ABOUT US ▾

Welcome message from Steve,
Founder



Welcome message from Dean,
Recovery Lead







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Resources, Barriers & Advice











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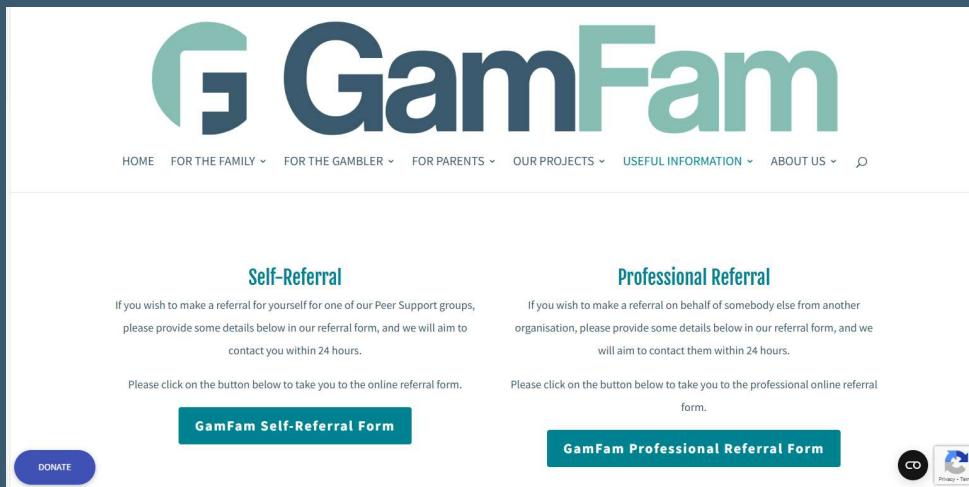
Further Advice and Support ...



All resources can be found at www.gamfam.org.uk

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Making a referral to GamFam



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And finally...

- If you would like any further information, please visit www.gamfam.org.uk or e-mail info@gamfam.org.uk; steve@gamfam.org.uk
- Follow us on social media @GamFamCharity

