

Cornwall Hospice Care Lottery

Playing the lottery (gambling) in a responsible way

Cornwall Hospice Care Lottery is a member of the Hospice Lotteries Association and the Lotteries Council both of whom make financial contributions on behalf of members to the work of GamCare, the leading organisation that provides practical help to problem gamblers. GamCare has worked to develop policies and practises that address problem gambling. Whilst the majority of people play within their means, a few may find it difficult. Gambling can be great fun, but it is also important to know when to stop and what the danger signs are. GamCare advises that players should always remember the following:

- Gambling should be seen as entertaining and fun and not seen as a genuine way of making money or as an alternative to work.
- Avoid chasing losses.
- Only play an amount that you can afford.
- Keep track of the amount of money you are spending.
- Remember that you can exclude yourself.
- If you need to talk to someone about problem gambling you can contact GamCare on 0845 600 0133.

If you are concerned that gambling may be playing too large a part in your life (or someone else's), the following questions may help you to decide if you have a problem:

- Do you stay away from work or college to gamble?
 - Do you gamble to escape from a boring or unhappy life?
 - When gambling and you run out of money, do you feel lost and in despair and feel the need to gamble again as soon as possible?
 - Do you gamble until your last penny is gone, even money you need for essentials?
 - Have you ever lied to cover up the amount of money or time that you have gambled?
 - Have others ever criticised your gambling?
 - Have you lied, stolen or borrowed just to get money to gamble or to pay debts?
 - Are you reluctant to spend money on anything else?
 - Do you feel the need to win back any losses as soon as possible?
 - Do you feel depressed or even suicidal because of your gambling?
- The more questions to which you answered yes, the more likely you are to having a gambling problem. To speak to someone in confidence you can contact GamCare on 0845 600 0133. You can also visit the GamCare website www.gamcare.co.uk Further assistance can be found on the Gamble Aware website www.gambleaware.co.uk or the Responsibility in Gambling Trust website www.rigt.org.uk