

4th Welsh National Conference

EXCESSIVE GAMBLING WALES 18

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ALL IN THE MIND

GAMBLING ADDICTION AND THE BRAIN

PIERHEAD BUILDING, CARDIFF BAY

20 June 9.00-16.00

Sponsored by Darren Millar AM

SPEAKERS INCLUDE



PROF. SAMANTHA THOMAS
DEAKIN UNIVERSITY,
AUSTRALIA



DR. HENRIETTA BOWDEN-JONES
NATIONAL PROBLEM
GAMBLING CLINIC,
LONDON



PROF. REBECCA CASSIDY
GOLDSMITHS
UNIVERSITY



**MATT ZARB-
COUSIN**
CAMPAIGN FOR
FAIRER GAMBLING



JOHN MCCRACKEN
GAMBLEAWARE



OWEN BAILEY
LIVED EXPERIENCE
GAMBLING EXPERT



DR. STEVE SHARMAN
SOCIETY FOR
THE STUDIES OF
ADDICTION

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EXCESSIVE GAMBLING WALES 2018

Welcome to the Living Room Cardiff's fourth conference on excessive gambling.

We are delighted to host this gathering of people who are committed to making a difference in the lives of others and to also honour a number of distinguished keynote speakers to share their expertise with us in excessive gambling treatment and prevention.

Our focus at this conference is on the many of us who deliver support services, education and prevention programmes to those in need. How can we make helping services for gambling more visible and responsive?

The aim is to enhance our knowledge and skills in this area, share experiences and ideas and to enhance our efforts to address excessive gambling in Wales and to help inform a debate on how a nation-wide service to help excessive gamblers should be implemented. We look forward to enjoying a rewarding and stimulating conference with you.

Access to gambling has never been easier – either on the high street or via a computer or television. With some 1,500 FOBT (fixed odds betting terminals) machines in Wales, the average staked on each machine is just over £1,000,000 per year or about £3,000 per day, resulting in a pre-tax profit per machine of £34,000.

Gambling is not a new phenomenon, but excessive gambling in Wales is on the increase. Gambling can affect people from all walks of life. Figures for England and Wales show that almost 2% of the adult male population can now be classified as Pathological Gamblers. Gambling problems can lead to incredibly tough emotional, financial and psychological issues which are not easy to spot until it gets too much for the individual in question.

Many people who struggle with gambling don't reach out for help until they're in a crisis situation. Recent research suggest that only 10 per cent of people with gambling problems seek formal help.

£13.8bn

TAKEN FROM BRITISH GAMBLERS BY THE INDUSTRY IN 2016

£1.6bn

A YEAR SPENT IN WALES ON GAMBLING MACHINES ALONE

430,000

PROBLEM GAMBLERS IN THE UK

“This conference is intended to raise awareness of the need to tackle Wales' serious gambling problem and find lasting solutions.”

WYNFORD ELLIS OWEN, CONSULTANT, LIVING ROOM CARDIFF

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CONFERENCE SCHEDULE

WEDNESDAY 20 JUNE 2018

08:45 Registration & Networking
 09:30 Chair's Welcome & Housekeeping
 09:40 Sponsor's Welcome

WYNFORD ELLIS OWEN
DARREN MILLAR AM

SESSION 1 ALL IN THE MIND

09:45	KEYNOTE Responding to the commercial determinants of gambling harm: Lessons for public health practitioners, advocates and policy makers	PROF. SAMANTHA THOMAS Deakin University, Australia
10:15	Pathological Gambling: Why gambling disorders deserve to be treated just like any other addiction	DR. HENRIETTA BOWDEN-JONES Founder & Director, National Problem Gambling Clinic, London
10:35	Q&A with Prof. Samantha Thomas & Dr. Henrietta Bowden-Jones	

10:45 REFRESHMENT & NETWORKING BREAK

SESSION 2 WHAT LIES BENEATH?

11:15	Ethical codes in theory and practice	PROF. REBECCA CASSIDY Goldsmiths University, London
11:35	CASE STUDY Living Room Cardiff & People Powered Services	WYNFORD ELLIS OWEN Specialist Consultant, Living Room Cardiff
11:55	Gambling Doesn't Pay: Lived Experience	OWEN BAILY & SARAH GRANT
12:15	Members of the Cross Party Group on Problem Gambling led by their Chair, Mick Antoniw AM, sign the 'pledge' which has a focus on devolution of responsibility. The public signing will be followed by a Q&A session.	CROSS-PARTY GROUP ON PROBLEM GAMBLING
12:35	PANEL Who is vulnerable to gambling-related harm?	OWEN BAILY, PROF. REBECCA CASSIDY, SARAH GRANT, WYNFORD ELLIS OWEN & TERRY WHITE

13:15 LUNCH & NETWORKING

SESSION 3 THE FUTURE: WHAT CAN BE ACHIEVED?

14:15	Gambling Harm in Wales	MATT ZARB-COUSIN Campaign For Fairer Gambling
14:35	Gambling With Health	JOHN MCCRACKEN Director of Commissioning, GambleAware
14:55	Gambling and Homelessness	DR. STEVE SHARMAN Research Fellow, SSA
15:15	PANEL What can be achieved? Chaired by CLIVE WOOLFENDALE CEO, CAIS LTD.	RUTH CHAMPION Director of Therapeutic Services, Gordon Moody Assoc., PROF. ROBERT ROGERS, JOHN MCCRACKEN, DR. STEVE SHARMAN & MATT ZARB-COUSIN
15:45	CLOSING REMARKS & PROPOSED GAMBLERS CHARTER	WYNFORD ELLIS OWEN
16:00	END	

EXCESSIVE GAMBLING WALES 2018

The aim of the conference is to build on the success of last year's inaugural conference by bringing leading researchers, addiction specialists, practitioners, politicians, policy makers and service users together to identify best-practice and share knowledge and experience regarding the latest findings relating to excessive gambling.

Since the 2015 conference the Beat the Odds initiative has undertaken considerable outreach work and research regarding the scale of excessive gambling in Wales. It is currently providing support for over 48 excessive gamblers who have sought help as part of their recovery.

SCAN THIS TO BOOK ONLINE



SPEAKERS

CONFERENCE KEYNOTE SPEAKER



PROF. SAMANTHA THOMAS
ASSOCIATE PROFESSOR
OF PUBLIC HEALTH, DEAKIN
UNIVERSITY, AUSTRALIA

As Prof. Samantha Thomas is Associate Professor of Public Health at Deakin University. She started her career at the World Health Organisation in Geneva before embarking on a career in academia at Kings College in London. She currently leads a research group at Deakin University which investigates the impact of government policies, and industry tactics, on gambling related harm. Samantha is most well known for her research and advocacy on the impact of gambling marketing on young people. This research has had a major impact on the restriction of gambling promotions during live sport and in community spaces. She is a regular commentator in local and international media, and has testified to numerous parliamentary inquiries. Her current research collaborates with local councils and non-governmental organisations in Victoria to understand the impact of industry tactics on the gambling behaviours of older adults, and young women, and aims to develop innovative strategies to disrupt the normalisation of gambling.

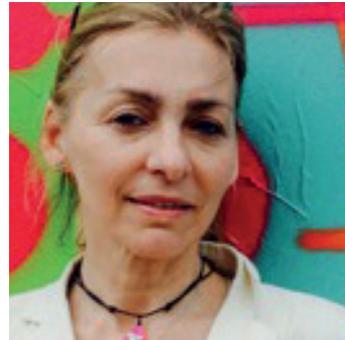


OWEN BAILLY
GAMBLING ADDICTION
EXPERT THROUGH LIVED
EXPERIENCE

In his formative years Owen experienced challenges which led him to a path of total destruction. Dabbling in drugs and petty crime from the age of twelve Owen regularly attended Youth Court. His schooling suffered to and was expelled from four Secondary Schools leaving education with no qualifications.

At 17 Owen became homeless. Eventually he was housed only to be evicted and face homelessness again one year later. Now 18 a stay on remand at a Young Offenders then a 6 month stay at a Bail Hostel Followed. By this time Owen was gambling heavily on Fruit Machines but it was not long till he discovered discovered Roulette. Owens dream of a big win came true one Sunday before Xmas when he went to a casino. Two months later he was in Holland, homeless, no money, no home and no job.

At 31 Owen having come to terms with his past, behavioral and emotional challenges as well as his various excessive appetites felt a Moral Duty to draw on his personal experience and use it to help others.



DR. HENRIETTA BOWDEN-JONES
FOUNDER & DIRECTOR,
NATIONAL PROBLEM
GAMBLING CLINIC, LONDON

I am a consultant psychiatrist with many years of experience in treating all mental illnesses. I am currently working both in the NHS where I run a large team at the National Problem Gambling Clinic, at Imperial College where I have an Honorary Senior Lecturer post and am the co-recipient of Medical Research Grants, and at Nightingale Hospital London where I have worked for many years looking after people suffering from anxiety, stress, depression, alcohol problems, drug problems and relationship difficulties. I have many patients who are sent to me by occupational physicians or employers as one of my areas of expertise is returning people to work after I have treated them. I work with many of the large employers in this country including London Underground. I have expertise in working with top sportspeople and I also greatly enjoy working with the creative and artistic professions.



PROF. REBECCA CASSIDY
PROFESSOR AND HEAD OF
ANTHROPOLOGY DEPARTMENT,
GOLDSMITHS UNIVERSITY

Rebecca Cassidy is a social anthropologist who has worked for many years on horse racing, horse breeding and gambling. Her early work focused on kinship, class and gender in the horse racing cultures of Newmarket and Kentucky. Her recent work, including a European Research Council project which took place between 2010 and 2015, used ethnographic fieldwork to explore gambling across conceptual and territorial borders. She is also interested in the ethics of gambling research. She is co-author, with Claire Loussouarn and Andrea Pisac, of Fair Game, an open access report published in 2014, which used interviews with 109 executives, researchers, policy makers and treatment providers to argue for a more transparent and vibrant gambling research culture. She is currently Head of Department of the Anthropology Department at Goldsmiths, University of London.

SPEAKERS



RUTH CHAMPION
DIRECTOR OF THERAPEUTIC SERVICES, GORDON MOODY ASSOCIATION

Ruth Champion is a psychologist who has been working with male and female gamblers within the Gordon Moody Association for 15 years. During this time, she has developed and evaluated the only gambling specific residential service in the UK, in addition to creating new services that have addressed the gaps in current treatment provision with much success.

In a new chapter of her career Ruth is branching out independently within the gambling treatment provision; with the hope that her understanding of the mind of a gambler will enable her to continue to contribute to the help and understanding that is available across the UK.



WYNFORD ELLIS OWEN
SPECIALIST COUNSELLING CONSULTANT TO LIVING ROOM CARDIFF & CAIS LTD.

After a 40 year career as a writer, actor and director working in theatre and television, Wynford returned to college in 2006 to study for a Fd.Sc. degree in Addictions Counselling. After graduating in the summer of 2008, he worked briefly as an addictions counsellor in Rhosserchan, Aberystwyth and later that year he started work as CEO of the Welsh Council on Alcohol and Other Drugs, a corner-stone of his 3 year strategy was the establishment of Living Room Cardiff, a community based recovery centre. He was awarded the Winston Churchill Memorial Trust Fellowship for 2010 and visited some of the new recovery community centres in the U.S.

Having recently stood down as CEO, Wynford is focused on rolling-out the Beat the Odds programme throughout Wales, and setting up Living Room centres in West and North Wales. Currently, he is a Specialist Counselling Consultant to CAIS and is also responsible for delivering and overseeing Cynnal, the counselling service for clergy and ministers of religion and their families; and Enfys, a counselling service for qualified medical doctors. He's also responsible for delivering retreats and an Addiction & Recovery Coaching, course in conjunction with the University of Wales Trinity Saint David.

Wynford is in recovery and his sobriety date is 22nd July, 1992.



SARAH GRANT
RECOVERING GAMBLING ADDICT

My addiction started as a young child in the arcades at the seaside. Unbeknown to me this was the start of a horrible gripping illness that took me to some of the darkest places in my life.

I have tried all kinds of gambling, scratch cards, FOBT's and online to name a few. I managed to hide this destructive behaviour for over 15 years until I was convicted and sent to prison for a crime I committed to fund my addiction.

My family and friends found out in the headlines of the local paper, 'gambling addict steals £1900'. It was a low point in my life and I found myself homeless, jobless and hopeless when I was released.

Since then I've fought everyday against this illness and I speak out in the hope that others don't follow the same path. I attend the Living Room Cardiff and have help from the Gordon Moody Association.



JOHN MCCRACKEN
DIRECTOR OF COMMISSIONING, GAMBLEAWARE

John joined GambleAware as Director of Commissioning (treatment services) in April 2018.

John was previously the Head of Drugs Policy at the Department of Health, where he was responsible for the treatment of dependence on drugs, and for working with other Government Departments to develop the range of services available to meet individuals' needs for wider support. John's earlier roles at the Department of Health included being Head of Child and Adolescent Mental Health, and working with Dame Carol Black on her review of the Health of the Working Age Population.

During two periods of secondment to the NHS, John was responsible for commissioning services for people with complex needs.

John has a BSc in Biochemistry with Medical Science from the University of St Andrews.

SPEAKERS



DR. STEVE SHARMAN
RESEARCH FELLOW, SOCIETY
FOR THE STUDY OF ADDICTION

I completed my undergraduate degree in Psychology at UEL, graduating top of the class and winning the British Psychological Society award for the University.

During this time I became interested in pathological gambling, and began working on a voluntary basis at the National Problem Gambling Clinic. This was followed by a master's degree at UCL in Cognitive Neuroscience, where my dissertation investigated decision-making differences between gamblers and a control group. I won a scholarship to complete my PhD in Experimental Psychology at the University of Cambridge, under the supervision of Dr Luke Clark, investigating cognition and decision-making in pathological and regular gamblers. Upon completion of my doctorate, I worked for approximately 1 year at NatCen (National Centre for Social Research) before moving to the University of Lincoln to take up a post-doctoral research post, working closely with pathological gamblers from the Gordon Moody Association. I am a member of the National Problem Gambling Research Council, housed at the clinic in London, have acted as a reviewer for numerous journals, supervise final year undergraduate dissertation, and teach on the Psychology undergraduate degree.



TERRY WHITE
RECOVERING
FOBT ADDICT

I am 54 years of age and am a recovering FOBT addict, I am a former betting shop manager for both Ladbrokes and Corals, a fairly good sports bettor and an average poker player... sadly over the last 2 years I have lost £250,000 on FOBTs, causing me to lose my home which I once owned outright, I now have debts of nearly £100,000 also.

I have been fortunate to be put in a newydd housing flat in Barry as I was very nearly homeless after my suicide attempt in 2016, again all caused by FOBTs.

It has become my desire and passion to both educate and help anybody with any form of gambling issue, ranging from FOBTs to online gambling and dealing with all of the many implications that arise from the addiction.

I have appeared on quite a few live tv and radio shows and done a couple of local and national paper stories all in an attempt to raise awareness of how vicious a circle the gambling environment has now become.

I am on twitter @terrystertonto and will always have time for anyone, anywhere whom needs help and support.



CLIVE WOOLFENDALE
CHIEF EXECUTIVE, CAIS

Clive has been Chief Executive of CAIS since September 2009, and also chairs its subsidiaries, CAIS Social Enterprises Ltd, the Jigsaw Organisation Ltd, and Living Room Cardiff. Previously, Clive was Deputy Chief Constable of North Wales Police, having transferred from the Greater Manchester Police where he had served for twenty six years. Throughout his police career he was active in developing new approaches to community engagement, diversity and professional standards.



MATT ZARB-COUSIN
SPOKESPERSON FOR THE
CAMPAIGN FOR FAIRER
GAMBLING / EX-SPOKESMAN
FOR JEREMY CORBYN

Matt Zarb-Cousin was a Parliamentary researcher before joining the Campaign for Fairer Gambling. He got addicted to FOBTs aged 16 for a period of four years and lost thousands of pounds in that time. He left the campaign to become the media spokesperson for the Labour leader, but has since returned.



Grŵp Trawsbleidiol ar Gamblo Problemus Cross-party Group on Problem Gambling

The Cross Party Group on Problem Gambling has been set up under the rules of the National Assembly for Wales in order to campaign for greater devolution in this area and to work within the National Assembly for Wales and with our colleagues in other UK and international legislatures to explore and campaign for changes to the regulatory framework within which the industry operates; to explore ways of limiting and tackling the personal and social damage caused by problem gambling to encourage a greater awareness of the risks of gambling through education and public health awareness. The Cross-Party Group on Problem Gambling is chaired by Mick Antoniw AM

We pledge

The Cross Party Group on Problem Gambling has been set up under the rules of the National Assembly for Wales.

We are extremely concerned at the growth and social consequences of problem gambling in Wales. We are particularly concerned about the proliferation of Fixed Odds Betting Machines and betting shops on high streets and in deprived areas, saturation advertising and online gambling in all its forms.

We believe the evidence available strongly suggests a latent and growing epidemic of gambling addiction and problems and that new, emerging evidence suggests that children are increasingly being directly impacted by gambling.

We believe there is a need for more research into this issue focused on the nature of the gambling industry, the growth of the industry and the extent of problem gambling in society and in our communities. We are particularly concerned at the growth of gambling activity amongst young people and the normalisation of gambling through its association with sport.

It is our view that there is a need for greater regulation of the industry and for a programme of education and advice on the risks associated with gambling

We resolve to work within the National Assembly for Wales and with our colleagues in other UK and international legislatures to explore and campaign for changes to the regulatory framework within which the industry operates; to explore ways of limiting and tackling the personal and social damage caused by problem gambling to encourage a greater awareness of the risks of gambling through education and public health awareness.

Dyma ein haddewid

Mae'r Grŵp Trawsbleidiol ar Gamblo Problemus wedi'i sefydlu o dan reolau Cynulliad Cenedlaethol Cymru.

Rydym ni'n poeni'n fawr am dwf gamblo problemus neu gymhellol a'i ganlyniadau cymdeithasol yng Nghymru. Rydym ni'n poeni'n arbennig am nifer y Peiriannau Hap chwarae Odds Sefydlog a siopau betio ar y stryd fawr ac mewn ardaloedd difreintiedig, yr hysbysebion di-ri ym mhob man a gamblo ar-lein o bob math.

Credwn fod y dystiolaeth sydd ar gael yn awgrymu'n gryf bod yna epidemig cudd a chynyddol o bobl sy'n gaeth i gamblo a phroblemau gamblo, a bod tystiolaeth newydd sy'n dod i'r amlwg yn awgrymu bod gamblo yn cael mwy a mwy o effaith uniongyrchol ar blant.

Credwn fod angen mwy o waith ymchwil i'r mater hwn gyda ffocws ar natur y diwydiant gamblo, twf y diwydiant a hyd a lled gamblo problemus mewn cymdeithas ac yn ein cymunedau. Rydym ni'n poeni'n arbennig am dwf gamblo ymhlith pobl ifanc a normaleiddio gamblo drwy ei gysylltiad â chwaraeon.

Yn ein barn ni mae angen rheoleiddio mwy ar y diwydiant a chael rhaglen addysg a chyngor ar y risgiau sy'n gysylltiedig â gamblo.

Rydym yn ymrwymo i weithio o fewn y Cynulliad a gyda'n cydweithwyr yn neddfwrfeydd eraill y DU ac yn rhyngwladol i archwilio ac ymgyrchu dros newidiadau i'r fframwaith rheoleiddio y mae'r diwydiant yn gweithredu o'i fewn; edrych ar ffyrdd o gyfyngu ar y niwed personol a chymdeithasol a achosir gan gamblo problemus a mynd i'r afael â hynny er mwyn annog mwy o ymwybyddiaeth o risgiau gamblo drwy addysg ac ymwybyddiaeth iechyd y cyhoedd.