

# IMPACT NEWS

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## Pokies, People and Public Policy

We were pleased to welcome so many people to this, our ninth Responsible Gambling Awareness Week event held at the Wollongong University Campus, Fairy Meadow, in particular because of other RGAW activities held during this week. Our day began with an engaging welcome to all participants from MC Alan Robinson who ably introduced all our guest speakers.

In his opening address, Wollongong Deputy Lord Mayor, David Brown, spoke of his awareness of problem gambling, through association, and of his empathy for individuals, and their families who are confronted with this injurious impact.

Senator Nick Xenophon then described the many complexities interrelating within The Australian Gambling Reform Debate; the political process involved and the unfortunate, multimillion, misleading campaign against reform, by the club industry. He invited people to “tell me their story” and contact him at: senator.xenophon@aph.gov.au

Kate Roberts (GIS Chair.) followed with her presentation – ‘Problem Gambling, Pokies, People and Public Policy’ – in which she emphasised the need for a Public Health Policy that focussed on prevention strategies in relation to problem gambling rather than mainly focussing on treatment for those affected - “after the horse has bolted”.

Our next speaker was Dr. Martin Young (Sen. Lecturer Gambling Education and Research / School of Tourism / Hospitality Management at Southern Cross University). He demonstrated, with maps, how he developed a gambling research program relevant to non-metropolitan contexts and one which investigated the patterns of gambling participation among the NT population, as well as the effects of gambling on particular populations, including Indigenous people. His program included the estimation and assessment of problem gambling, the social

impacts of gaming venues and analysis of gambling policy and regulation.

Prior to lunch Prof Gonzalvez (Wollongong University, School of Psychology) presented us with ‘a scientific work in progress’ in order to give us an understanding how win and loss events, dispersed by a poker machine, press our psychological buttons. This process was shown to us on video where we saw his students as being willing participants in this very complex and painstaking research. Following a convivial lunch of delicious sandwiches Amanda Cattermole (Group Manager Problem Gambling Taskforce, FaHCSIA) gave us an interesting overview of Federal Government Initiatives on Problem Gambling after which she expressed her pleasure in launching the Illawarra & Shoalhaven Consumer Voice Project which she introduced as an initiative of the Gambling Impact Society and one which is funded by FaHCSIA. Consumer Voice (Peer Education Spokespeople) of which there were three, namely Ralph, Dorothy and Kelilah, were the introduced by CV Project Manager – Reina French. Those present listened intently as, one by one, they told of the impact of problem gambling on their lives and on the social fabric of family life. This was recognized as a challenging but a positive step towards promoting community awareness.

Sophia Alexandra from Peer Connection Project Victoria, then described this important service as a confidential, anonymous one of support which is accessed initially by a phone call whereby access is then made available to the specific connections that will meet the needs of each person or family member whose life has been affected by the impact of gambling.

Gabriela Byrne (‘Free Yourself’) then leapt forward, seemingly bouncing with energy, got us up on our feet as movers & shakers, in order to refocus our concentration.

(Continued page 2 )

## Society Activities

Picture an idyllic place of tranquillity, where the only sound is that of your own voice, where the subtle fragrance of lavender is wafted on gentle breezes floating across verdant pasture that lies at the base of Coolangatta Mountain in the heart of the beautiful Shoalhav. Such a place is Branwen Retreat which is where the first training session of our Consumer Voice project began. Under the professional guidance of Kate Roberts as Trainer, Reina French, as Project Manager and Greg Isles and Daphne Morgan, both Mission Problem Gambling Counsellors, all participants felt privileged to be accommodated in these surroundings for what was a very intensive and, at times, highly charged week-end of April 28<sup>th</sup>, when we all had to come to grips with the Impact of Problem Gambling on our lives and to learn, firstly,



We were extremely fortunate to have the UTS Senior Lecturer in Media Studies, Catriona Bonfiglioli, with us, to give us an insight into media strategies and the expectations from both sides of the newsprint and/or microphone. We have, since, all been encouraged by the community groups who have contacted Reina in order to learn more through Consumer Voice.

On May 2<sup>nd</sup>, Kate, Rhiarne, Ralph and Dorothy were invited to make a further submission to the Senate Inquiry at State Parliament House. Also, and under Kate's guidance, Newcastle University students, at their request, made a submission.

Our May 17<sup>th</sup> our Public Seminar

**Disclaimer:** The views and opinions contained in this newsletter are not necessarily the views and opinions of GIS (NSW) Inc.

Consumer Voices project by Amanda Catternole who is Group Manager of Problem Gambling Taskforce FaHCSIA, and who praised this GIS initiative. Whilst there was no 'smashing of champagne over the bow', we may very well have felt as though we were sliding into deep, and unknown waters. Still, this is not new to consumer voices, because we were pushed into these waters by an unknown force and those who cannot now speak are forever silent and those who can, speak for them, themselves and their families and for the social fabric of our society. It is a fact however, that experience cannot be denied, neither can the truth of the matter of that of which we speak.

D.Webb—GIS Secretary

## Pokies, People and Public Policy..continued from page 1

With similar enthusiasm, she spoke to us about the 'Re-making Meaning Project' which she developed to create a safe place and intentional support to assist people in friend-making, during the post gambling void.

Our last, but not least speaker was Ashley Gordon (Indigenous Research Consultant/ Trained Gambling Counsellor) spoke with passionate enthusiasm about the 'Aboriginal Gambling Safe Project'. With his vast professional experience in all areas pertaining to Indigenous health and welfare, together with his former career as a high school teacher, it became clear to all, that Indigenous children /youth were, indeed in safe hands under his mentoring.

Kate Roberts concluded with a summary and evaluation of the seminar and in thanking all participants and those who attended, Kate, brought the successful day to its close.

## POKIES REFORM LOOKS SET FOR A SLOW START (Stop the Loss 22/5/12)

Tim Costello today acknowledged Andrew Wilkie's decision to support the Government's poker machine reform legislation. But he said the *National Gambling Reform Bill 2012* represents a significant compromise on the original Wilkie Gillard agreement. "The Taskforce has consistently sought reform of the poker machine industry in Australia, calling for a mandatory pre commitment scheme that requires gamblers in all electronic gaming venues to set spending limits on high loss poker machines," Reverend Costello said. We have also called for \$1 maximum bets on all machines limiting losses to \$120 an hour, and other consumer protection measures such as reduced access to cash in gambling venues.

"While acknowledging the legislation has fallen very short of the mark, we believe it is a sufficient first step but should not be regarded as a substitute for further reform." "The Taskforce will support this legislation because we believe that something is better than nothing. "This legislation, if implemented, will eventually make a difference to the lives of individuals and families who are at risk of developing a gambling problem. We look forward to the tabling of the Bill and to working with this Government and future governments to ensure stronger consumer protection measures are in place. "Poker machines are a dangerous product and present a huge risk to around a third of regular players in Australia, with addicted players spending on average up to \$21,000 a year on machines. "Australia's \$12 billion poker machine industry survives largely on the back of vulnerable Australians in the grip of addiction. Around 40 per cent of total poker machine revenue comes from people addicted to pokies. "Whilst disappointed that this is not the reform we wanted, we understand Mr Wilkie's decision to support this first step. "This historic piece of legislation is the strongest step yet toward meaningful reform of the damaging poker machine industry in Australia," Rev Costello said.

# 'Gamble Responsibly' is an ad, not a deterrent

## The Drum 16/5/12 Charles Livingstone

'Responsible gambling' is the mantra that most Australian state and territory governments invoke to describe their efforts to address problem gambling. Some years ago, a colleague and I wrote that "responsible gambling is a carefully structured, if elastic and goalless term" transferring responsibility for industrial-scale harm production to the end user. I was reminded of this the week before Anzac Day when I came across a message in a flowerbed near the Shrine of Remembrance on Melbourne's St Kilda Road. The message, in carefully arranged plantings, read 'GAMBLE RESPONSIBLY'. Responsible gambling is so important a concept that it has an annual celebration, as well as its own flowerbed. Responsible Gambling Awareness Week this year runs from May 14-20. The sponsors and partners for RGAW in Victoria include Crown Casino, ALH (the pokies-operating arm of Woolworth's), Racing Victoria, Clubs Victoria, the Hotels Association, local governments, and others. State governments presumably believe that the 'gamble responsibly' message is evidence of their concern about gambling problems, and will assist people who gamble to do so in a 'responsible' manner.

This year's Victorian campaign focuses on young people, pointing out that with technological advances it's easier than ever to gamble, and that three out of four people in the state gamble. The key messages are: don't lose control, set your limit, and keep things in balance. Fair enough. Unfortunately, there is no evidence to support the proposition that slogans, as a way of influencing individual behaviour, are effective, unless they're complemented by much more active strategies. This is particularly so when the approach taken in most of the RGAW material appears to suggest that gambling is something most people do, and is thus quite normal, and that it has the characteristics of a force of nature. That is, gambling has always been with us and can't be avoided.

In reality, gambling in its present forms has been around in most Australian states only since the early 1990s, when a wave of deregulation allowed pokies venues in most suburbs and towns, and casino licences were handed out. Similarly, sports betting as an online phenomenon dates only from the mid-2000s. Gambling has ancient origins, but the shape of the gambling market is entirely up to individual governments. Most international jurisdictions do not permit what has been allowed in every Australian state bar Western Australia, where pokies are still restricted to a single casino (demonstrating, incidentally, that wall to wall pokies are not inevitable). In other words, there are a lot of forces at work in determining who gets into trouble with gambling, and most of them have little to do with individuals. Even if you feel that the answer to gambling problems lies in personal responsibility, it's important to realise that successful public health campaigns to improve health and minimise harm employ a range of strategies.

For example, smoking rates have declined in Australia not because clever slogans caution people against smoking. Tobacco use is declining because active regulation of smoking has made it illegal to smoke in hotels, restaurants, workplaces, schools and so on, the advertising of tobacco products and tobacco sponsorship of sporting teams is prohibited, and because cigarettes are heavily taxed and therefore expensive. Health warnings and advertising reinforce the messages conveyed very directly by such regulation, and help to explain why it's necessary. On their own, however, they are ineffective.

The same applies to road safety. Safer cars, seatbelts and better roads, the introduction of random breath testing and speed cameras, and more deliberate enforcement of other road rules has brought about a massive decline in road trauma. Graphic advertising has a role to play in reminding people of the rules and explaining why they're necessary. But sloganeering would not have reduced the road toll. The 'responsible gambling' message is focused on consumers, not on industry. Sure, there are schemes to encourage gambling operators to provide their wares in a responsible way. But no Australian government requires that poker machines – the largest single cause of problem gambling in Australia by a factor of four to one or more – be safe to use.

There are therefore several problems with the 'gamble responsibly' message. The first is that it normalises gambling. It suggests that gambling is a perfectly reasonable thing to do and that most people can handle it. In this sense it is, in fact, not far from the gambling endorsements that adorn football players' outfits, scoreboards and TV coverage these days. The message is: if you can't handle this obviously enjoyable, popular and harmless activity – well, that's your problem. You're irresponsible. This is an idea that permeates government and industry attitudes towards gambling, particularly poker machine gambling. The actual responsibility for gambling problems boils down to the individual.

In fact, after two Productivity Commission inquiries, it is clear that the responsibility for gambling problems can be largely laid at the door of the gambling industry and state governments. Forty per cent of pokie revenue comes from the pockets of people with an established gambling problem. Another 20 per cent comes from those on the path to such a problem. This is an industry that feeds on addiction, for want of a better term.

The current marketing rules for sports betting allow children and adolescents to be exposed to massive amounts of advertising while watching their sporting heroes, whether at the game or on TV.

*(Continued page 6...)*

## Clubs Australia plans pokies reform fight- AGAIN!!!!

In case you missed it, this is the transcript of interviews conducted on ABC Lateline 14/5/12

**TONY JONES, PRESENTER:** The licensed club industry is about to launch a \$2 million TV and radio ad campaign portraying clubs as the architects of responsible gambling. With anti-pokie legislation unlikely to pass the Senate and a promised ACT trial of mandatory pre-commitment for pokies stalled, Clubs Australia has seized the initiative, claiming it's now the only body trying to help problem gamblers. Kerry Brewster reports

**KERRY BREWSTER, REPORTER:** This is the ad four million-plus viewers will see when they watch the grand final of The Voice on TV next Sunday evening. Clubs Australia is spending millions of dollars placing this feel-good message into high-rating TV programs for the next four weeks. **ANTHONY BALL, CLUBS AUSTRALIA:** We want to speak to every Australian about our view of the world. Again, over the last 18 months people have been talking about magical solutions to problem gamblers - on problem gambling. We want people to understand what we've been doing and that we're committed to helping problem gamblers. We want to put the politics behind us and explain that clubs are community institutions that care about their people.

**KERRY BREWSTER:** So you want to be seen as the good guys?

**ANTHONY BALL:** Well, I think we are the good guys in many ways. If you go out to Deniliquin or our to Dubbo, most people there would say that they love their club, they vote with their feet, they keep going, membership is increasing.

**CHARLES LIVINGSTON, PUBLIC HEALTH & PREVENTATIVE MEDICINE, MONASH UNI.:** This is, in my opinion, window dressing. This is an attempt by them to get on the front foot and purport to be the good guys when in fact what they've done is derail effective gambling policy reform in this country and postpone it into the near future, which is exactly the tactic utilised by tobacco, alcohol, asbestos and other dangerous industries who just want to keep making as much money as they can for as long as they can.

**KERRY BREWSTER:** Australians lose \$12 billion a year playing the pokies. 40 per cent of that comes from problem gamblers.

**RICHARD DI NATALE, GREENS SENATOR:** They've fought every step of the way to prevent real and meaningful reform on poker machines and this is a really cynical exercise by an industry that wants to protect its profits at the expense of problem gamblers.

**KERRY BREWSTER:** Fierce lobbying by Clubs Australia and other gambling industry groups preceded the collapse last year of the Government's mandatory pre-commitment deal with independent Andrew Wilkie.

Now Clubs Australia says it's identified measures for promoting what it calls harm minimisation and responsible gambling. They include a ban on all forms of credit betting, school-based education and awareness programs, an advertising campaign to promote responsible gambling, the introduction of voluntary pre-commitment technology and third-party interventions whereby venues would offer assistance to a gambler at the request of a family member.

**CHARLES LIVINGSTON:** The two main and glaring omissions from their policy document are firstly, any attempt to consider \$1 dollar maximum bets, that is, substantially reduced maximum bets, which the evidence shows would have a very strong effect on curbing expenditure and harm done to problem gamblers. And, pre-commitment in a mandatory sense, what Mr Wilkie agreed with the Prime Minister was the way forward when she reached agreement with him in 2010. Neither of those are included because both of them would be effective.

**KERRY BREWSTER:** An idea that failed is how Clubs Australia describes mandatory commitment technology.

**ANTHONY BALL:** I think in the end just about everybody decided that mandatory pre-commitment was a stupid idea. How do you help problem gamblers by giving them a card to gamble? I don't know that anyone is actually speaking up in favour of that. That's why Nick Xenophon and the Greens and others have gone over to the \$1 maximum bet, the next another silver bullet solution. Well again, there's reasons why that won't work.. This is not about any war that was won. This is about us being serious about dealing with problem gambling.

**KERRY BREWSTER:** The Greens want amendments to proposed legislation ensuring poker machines can be switched to \$1 maximum bets.

**RICHARD DI NATALI:** If we want to achieve meaningful reform, we've got to do something about the poker machines themselves. They're the semi-automatic weapons of the gambling world. We have to put some limits on them. The best way to do it is to put a \$1 bet limit on each machine. But failing that, at least get the mandatory pre-commitment technology turned on onto all machines, so that way when a problem gambler goes to have a flutter on the pokies, the harm that will be inflicted on them will be greatly reduced. That should be the aim of any legislation.

**KERRY BREWSTER:** The terms and conditions of the planned trial of pre-commitment technology is a matter of ongoing negotiation between ACT clubs and the Government.

# Consumer Voices: Into the Labyrinth-part one

*Thanks to our trained Consumer Voices we are able to bring you the unique experience of some of our members who feel comfortable to share their personal journeys with problem gambling. In this first excerpt, Cathy explores her battle to overcome agoraphobia only to find herself trapped in the cycle of poker machine gambling*

Due to the agoraphobia and panic attacks being quite severe I could not leave the house without it being very distressing, Regardless of this I was determined to find a way out of this ridiculous nightmare and on my own if need be because at the time, no one could tell me what was wrong, (I found out for myself a few years later). I remember being so desperate to overcome it, that I resorted to putting pebbles in my shoes, hoping the pain and discomfort would divert my attention because I really had no idea of how to help myself – so anything would suffice.

Lucky for me, my mother in law was a lovely lady and although she didn't have a clue either, she offered assistance in practical ways. She would come and pick me up to 'go shopping', I followed her around like a lost dog (how pathetic) yet, I would never let on to anyone, not even to her or my own mum how I really felt, as it was so crushing and also, you are acutely aware of how stupid it all is and yet, at the same time feel so powerless to stop it. I just tried to act normal, in time, I ventured into shops on my own, as long as I knew exactly where she was, I saw it as 'practice' for myself. Everything that I once took for granted now became a practice session; I would drive short distances 'practice' catching the bus etc. During this time my own mother and mother in law were fiends for the poker machines and of course, at this stage they were the unsophisticated variety. Before I even met my mother in law (I will call her 'mother' for short) her usual routine was to take detours either to or from the shops to the poker machines, something she would do several times a week but now, I was often with her when she took these detours.

I could not handle being in the club at all, not only because I disliked the poker machines but more than that, my anxiety was severe, I somehow felt trapped by 'mother' having money to put into the machine (no different than what I felt like in queues and other situations), I kept hoping it would run out so we could go home or elsewhere but that often didn't happen, so on a number of occasions, I was forced to ask her could we leave. I could tell she wasn't happy. This might seem hard to understand but I was in a real bind because although I did not want to interfere with her life, at the same time she was my only real consistent access to the outside world and as much as I had great difficulties being 'out there' in the world, I also feared sinking into total isolation - if I didn't keep trying. I could not afford for her to avoid taking me with her because although it was slow, I was progressing. Unfortunately she was so besotted with the poker machines she went just about every time we were out and also when on her own. I am in no way blaming her; the whole thing was purely circumstantial.

Fatefully I then decided to make the club another place to conquer, where I could 'practice' being normal. Up til then, it was a case of me just constantly thinking about getting out. How ironic it is, that what I perceived as a threat, as in just being there, was in reality no threat at all but the real threat (the poker machines) I saw as harmless and of no threat. The way I tackled the problem was – if you can't beat em, join em. I actually forced myself to be interested in the poker machines, even though I continued disliking them, in fact, I went out of my way to concentrate on them, as this was the only way I could tolerate being there for any length of time. I did this for purely expedient reasons; I just approached it like I had done with the pebbles and other things - anything as a distraction was, at the time, a good thing in my books. It took a long time for me to actually feel some sense of calm while there, though I still had significant problems dealing with the open-endedness of the time we spent there. When I think about it, I am horrified and feel so hurt by what I opened myself up to - but I didn't realise it. I was truly only just trying to help myself in any way that was available to me at the time and of which; I assumed it to be quite innocent and safe. I certainly did not intend this to damage my life any more than it already was – but it did.

## Victims of gambling share

### painful stories - Kate McIlwain Illawarra Mercury . 18 May, 2012

Ralph Bristow and Kelilah Doust represent two sides of the same devastating story.

Both have been affected by gambling since they were children - Mr Bristow as a gambler and Ms Doust as the child of one. Mr Bristow, 72, placed his first bet with an SP bookie as an eight-year-old and continued to gamble on dogs, horses, sport, bingo and poker machines for more than 50 years until he found himself - aged 61 - alone, broke and desperate. Ms Doust, 20, was first affected by gambling when she was left alone at home as a six-year-old by her addicted father and has had a lifetime of

watching her family's grocery money being put through the pokies. Both have decided to help others by telling their stories through a NSW-first Illawarra program, Consumer Voices. It was launched in Wollongong yesterday as part of national Responsible Gambling Awareness Week. Mr Bristow said he couldn't believe he was now using his own story to help others get over their own problems. "I grew up surrounded by gambling - I used to watch two-up "games on Sunday afternoons and in those days there was an SP bookie on almost every street," he said. "Most of my family and my mates were in the same boat ... and I remember playing my first illegal poker machine in 1955 at a school fundraiser held at my parents' place."



After gambling for more than 50 years, Mr Bristow said his turning point came on November 2, 2001, when he reached rock bottom. "I remember it vividly - it was a Sunday morning and I was in a motel in Orange working by myself," he said. "I was lonely, angry and depressed because I had gambled on the Saturday night and I was pretty well penniless. So I went for a walk and decided to call the gambling helpline. I classify that as the best phone call I made in my life." He has relapsed several times since then, but hasn't placed a bet for four years.

Ms Doust had no choice about growing up with gambling, but wants to use her experiences to show how it could cause severe financial and personal loss. My mother almost lost our house because money was being siphoned off from the mortgage and used to gamble," she said. "Basically, any money that was lying around disappeared and [my father and I] have little to no relationship now because I don't have any trust or respect for him." While she said her childhood was tough at times, she now hoped to use her story to change other young people's lives. "Young people fall into the highest risk groups for developing a gambling problem," she said. "So, as much as I wish that this hadn't been my life, I'm lucky that I do know the risks and the behaviours associated with gambling and I've made an educated decision not to go anywhere near them and I'll be sticking to that."

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**Consumer Voices is a government-funded program run by the Gambling Impact Society of NSW and is seeking volunteers like Mr Bristow and Ms Doust to be trained in August to tell their own gambling stories. People who have overcome problem gambling or who have been directly affected by it can contact project officer Reina French on 0450 940**

### 'Gambling Responsibly' is an ad not a deterrent. (continued from page 3)

Expert after expert has warned that the next wave of gambling problems will likely come as the result of such unprecedented exposure to the message that gambling on just about everything is great fun. None of this is inevitable. All of it can be changed. None of it has anything to do with individual's responsibility for gambling problems. In other words, governments are passing the buck.

The way to address gambling problems is to adopt strategies that worked in road safety and tobacco control. Change the rules to make gambling safer and less likely to cause the catastrophic harm readily on offer at any suburban pub or club in NSW, Victoria and most other parts of Australia. Especially the most disadvantaged parts. How do we change the rules?

For poker machines, Australia's number one gambling problem, simply by acting upon the recommendations of the 2010 Productivity Commission report. That is, introducing pre-commitment - the deal our current Prime Minister reneged on in January (after the gambling industry bludgeoned her backbench into submission), and which the Victorian government also abandoned this year, using the PM's back down as a smokescreen. Or introducing \$1 maximum bets, as proposed in a bill introduced into the Senate earlier this year by the unlikely partnership of Senators Xenophon, DiNatale and Madigan. And limiting the advertising and sponsorship of sport by gambling businesses.

If Responsible Gambling Awareness Week entailed governments accepting their responsibility and adopting serious measures to reduce the harmfulness of gambling, I'd be an unabashed supporter. As it is, it's hard to escape the conclusion that it's a façade, staged by the industry and promoted by state governments addicted to gambling revenue and in deep denial. And who desperately seek to shift the blame for avoidable social damage entirely of their own creation.

*Charles Livingstone is with the School of Public Health and Preventive Medicine at Monash University. Twitter: @CLdeFootscray.*

# Useful Resources

- Don't Leave It to Chance : A guide for families of problem gamblers—  
Edward Federman, Charles Drebing & Christopher Krebs (self-help book)
- Adolescent gambling— Mark Griffiths
- Teenage Gambling— Carol Silverman Saunders
- Losing Your Shirt - Mary Heineman (self-help book)
- Behind The 8-Ball—A Guide For families Of Gamblers - Linda Berman & Mary –Ellen Siegel (self-help book)
- Overcoming Compulsive Gambling: A Self-Help Guide -  
Prof. Alex Blaszczynski
- Stop Gambling—A- Self-Help Manual For Giving Up Gambling - Simon Milton
- Wanna Bet—Winners And Losers In Gambling's Luck myth - Tim Costello & Royce Miller
- Stop Gambling Start Living - Laraine Rasmussen.
- House of Cards: Hope for gamblers and their families - Tom Raabe.
- The Addictive Personality—Craig Nakken
- Creating Self Esteem—Lynda Field
- Practical Financial Strategies Booklet : A Self Help Guide for Problem Gamblers By Gerri Coleman (Contact Central Coast Problem Gambling Service, 02 4344 7992).
- Free Yourself—Self-help Guide and Audio Tape kit - cost \$49.95 (Contact Gabriela Byrne, 0414 844 387)
- My Passionate Affair with Poker Machines (video) - \$49.95 (Contact Gabriela Byrne, 0414 844 387)

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 \* **PROBLEM GAMBLING—** \*  
 \* *A Self Help Guide for* \*  
 \* *Families* \*  
 \* Developed by the GIS this \*  
 \* 44 page publication is \*  
 \* available FREE download \*  
 \* at [www.gisnsw.org.au](http://www.gisnsw.org.au) or \*  
 \* order a hard copy at \*  
 \* [http://](http://www.gamblinghelp.nsw.gov.au/GamblingHelp/SelfGuide.aspx) \*  
 \* [www.gamblinghelp.nsw.g](http://www.gamblinghelp.nsw.gov.au/GamblingHelp/SelfGuide.aspx) \*  
 \* [ov.au/GamblingHelp/](http://www.gamblinghelp.nsw.gov.au/GamblingHelp/SelfGuide.aspx) \*  
 \* [SelfGuide.aspx](http://www.gamblinghelp.nsw.gov.au/GamblingHelp/SelfGuide.aspx) \*  
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## Useful Websites

### Self-Help Websites

[www.gamblinghelp.nsw.org.au](http://www.gamblinghelp.nsw.org.au)

[www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

[www.gisnsw.org.au](http://www.gisnsw.org.au)

[www.gansw.org.au](http://www.gansw.org.au)

[www.gansw.org.au/GamAnon](http://www.gansw.org.au/GamAnon)

[www.smartrecoveryaustralia.com.au](http://www.smartrecoveryaustralia.com.au)

[www.3rdplace.com.au](http://www.3rdplace.com.au)

[www.freeyourself.com.au](http://www.freeyourself.com.au)

[www.nrgs.org.au](http://www.nrgs.org.au)

[www.stvincents.com.au](http://www.stvincents.com.au)

[www.education.mcgill.ca](http://www.education.mcgill.ca)

[www.gamblersanonymous.org.au](http://www.gamblersanonymous.org.au)

[www.miph.org/gambling](http://www.miph.org/gambling)

[www.freeyourself.com.au](http://www.freeyourself.com.au)

[www.responsiblegambling.org](http://www.responsiblegambling.org)

[www.responsiblegambling.qld.gov.au](http://www.responsiblegambling.qld.gov.au)

[www.pgfnz.org.au](http://www.pgfnz.org.au)

[www.femalegamblers.org/suggestedreading](http://www.femalegamblers.org/suggestedreading)



### General Interest Websites

[www.socialwork.unimelb.edu.au](http://www.socialwork.unimelb.edu.au)

[www.nags.org.au](http://www.nags.org.au)

[www.unsw.edu.au](http://www.unsw.edu.au)

[www.afm.mb.ca](http://www.afm.mb.ca)

[www.societystudygambling.co.uk](http://www.societystudygambling.co.uk)

[www.camh.net](http://www.camh.net)



**Phone Gambling Help**  
**for information on your local**  
**Problem Gambling Service**  
**1800 858 858 or visit [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)**

**24hr support**

Return Address

Gambling impact society (nsw) Inc  
c/o Nowra Neighbourhood Centre  
134 Kinghorn St  
Nowra  
Nsw 2541



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## WHY NOT JOIN & RECEIVE THIS NEWSLETTER QUARTERLY?

The Gambling Impact Society (NSW) Inc. looks forward to providing you with regular information and education on gambling and related subjects. The Society aims to increase public awareness through the newsletter, and provide a forum for support and information for those directly affected by problem gambling, community service providers and the gambling industry. We welcome your contributions to this newsletter and in joining we hope to provide you with an outlet for discussion, support & information. Your membership will contribute to the ongoing work in this field and help us achieve our goals.

Your membership fee will go to resource the publication of this newsletter and the further development of the society, which is a non-profit organisation developed and run by volunteers. Membership to 30 June each year is:

Name.....

Organisation.....

Address.....  
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.....

Telephone:

Fax:

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**Please circle:**

Organisations \$50

Individuals \$25

Concessions/Students \$10

*Any news, personal stories, comments on articles, important information etc., please send correspondence to **The Editor** e-mail—**info@gisnsw.org.au** and mark in “subject” section - **for newsletter**, or mail to above address*