



Responsible Gambling Guide

Issue3, August 2018

The Oakhaven Lottery is licensed by the Gambling Commission. License Number: 02085 Website: www.gamblingcommission.gov.uk.

Promoter: Oakhaven Lottery Company, Lower Pennington Lane, Lymington SO41 8ZZ

Responsible Person: Diane Platt

All profits from the Lottery will be used to fund the work of Oakhaven Hospice

Registered Charity Number: 5900215

Our Commitment Towards Responsible Gambling:

Oakhaven Hospice is committed to ensure that information about how to gamble responsibly and how to access information and help in respect of problem gambling is readily available to all.

Keeping Your Gambling Under Control:

The majority of people do gamble responsibly and gambling in moderation is okay, but it may help you to keep your gambling under control by:

- Remembering that you are taking part for fun and not as a means of investing your money
- Setting strict limits on how much time and money you're going to spend, before playing
- Quitting while you're ahead
- Only gambling with money that you can afford to lose
- Not spending more money on gambling in the hope that you will win back any money that you've already lost
- Keeping up other interests and hobbies and not letting gambling take over your life
- Not gambling in order to escape from stress or boredom.

How To Identify That Gambling Is Becoming A Problem:

For some people however, gambling can become a problem. If you are concerned about the amount you are gambling and feel it is taking over your life, then asking yourself the following questions may help you assess whether or not gambling is becoming a problem:

- Have others ever criticised your gambling?
- Have you lied to cover up the amount you have gambled or the time you have spent doing it?
- Do arguments, frustrations or disappointments make you want to gamble?
- Do you gamble alone for long periods?
- Do you stay away from work or college to gamble?
- Do you gamble to escape from a boring or unhappy life?
- Are you reluctant to spend 'gambling money' on anything else?
- Have you lost interest in your family, friends or pastimes due to gambling?
- After losing, do you feel you must try to win back your losses as soon as possible?

Only £1 per entry. Drawn each and every Friday. Must be 16 or over to play. Underage gambling is an offence. Licensed and regulated by Gambling Commission. Licence No. 02085. Website: www.gamblingcommission.gov.uk Promoter: Oakhaven Lottery Company, Lower Pennington Lane, Lymington SO41 8ZZ. Responsible Person: Diane Platt. All proceeds to Oakhaven Hospice. Full Terms and Conditions can be obtained from the Lottery Office at the Hospice address above. Registered office: Oakhaven Lottery Company, Lower Pennington Lane, Lymington SO41 8ZZ Company Registration No: 339521. Registered Charity No: 900215



- When gambling and you run out of money, do you feel lost, in despair and need to gamble again as soon as possible?
- Do you gamble until your last penny is gone?
- Have you lied, stolen or borrowed just to get money to gamble or to pay gambling debts?
- Do you feel depressed or even suicidal because of your gambling?

If 'yes' is the answer to some of these questions, then it is likely that a gambling problem exists. You may also wish to consider whether a friend or relative might have a gambling problem? How To Get More Information And Help About Problem Gambling:

BeGambleAware.org[®]

If you feel you have a problem with gambling. visit www.begambleaware.org or call the National Gambling Helpline on 0808 8020 133

If you would like to be excluded from Oakhaven Hospices' Lotteries, you can complete the online form or download and complete the Self Exclusion Form and return it as soon as possible to: Diane Platt, Oakhaven Lottery Company, Lower Pennington Lane, Lymington SO41 8ZZ.