



# Gambling Awareness In Cell Activity Pack

GamCare are a leading UK charity that supports people affected by gambling, and raises awareness about gambling harms. This activity pack has been developed by GamCare for use by prisoners during the Coronavirus pandemic. It's for anyone; you don't have to be a gambler to use this pack. Inside you'll find information, activities and games related to gambling for you to work through in your own time.

The box below has been left empty for you to personalise the front cover and make it your own. This might be words or a picture, up to you!

**Your name** \_\_\_\_\_

# Dear reader,

GamCare is a charity that provides support around gambling related issues. For over 20 years, we have been providing information, advice and support to anyone affected by, or at risk of, gambling related harm in the UK. We offer a wide range of support to people, which we'll talk about in more detail on page 16.

This pack has been designed with you in mind to provide a space to learn, to think, and to get creative. We hope it offers some distraction, some amusement, and some food for thought during this difficult period of extended lockdown. Gambling affects many people's lives but it's still not part of the mainstream conversation; most people aren't aware of the harms it can lead to if it becomes more than recreational entertainment. The information in the following pages will invite you to start thinking about gambling in the UK, both in prison and on the out.

We've included activities from crosswords and quizzes, to poetry and Origami. You'll also find two mindfulness practices to try which we hope will give you some tools to bring a bit of calm to the surrounding challenges.

2

## **We're thinking of you.**

*"This too shall pass."*

## **From, the GamCare Team.**

P.S. The answers are on the back page, so don't look!



This pack is for anybody in prison to use – whether you gamble or not. However, for those people that do gamble, and think that this may be causing some problems, GamCare offers lots of support options that can help.

GamCare operates the National Gambling Helpline, providing information, advice and support for anyone affected by gambling. Advisers are available 24 hours a day on **Freephone 0808 8020 133**.

We also offer a range of free treatment options across England, Scotland and Wales, as well as a Forum and daily chatrooms so that people can speak to others experiencing similar issues and seek support

This includes a Forum for people with experience of the criminal justice system.

**Can I access gambling support in prison? Yes you can! See page 16.**

# What is gambling?

**Gambling** is defined as risking money, or anything of value, on the outcome of something involving chance.

Gambling can become a problem when people continue to gamble despite experiencing harmful consequences e.g. stress, anxiety, depression, losing a partner or a friend, not being able to pay the rent, losing a home, or a job.

For a lot of people, gambling is just a bit of fun. For a small proportion however, it becomes something that causes a lot of harm in their lives.

We'll look at gambling related harms in more detail on page 8.

Problem gambling can be likened to drink and drugs in some ways – a lot of people drink alcohol and take drugs recreationally, but for some, it becomes an addiction. The difference between those addictions and gambling, is that gambling is a **behavioural** addiction and drink or drugs is a **substance related** addiction.

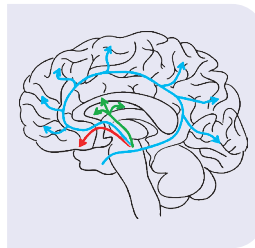
We'll go into more detail about how gambling affects the brain on page 4.

**A Anagram.** We've found 15 words using the letters in **"Gambling harm"**. Have a go yourself - can you find more than 15?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# Gambling and the brain

An **addiction** is any repeated behaviour that a person feels they cannot stop, despite it having negative impacts on their lives and/or the lives of others.



People can be addicted to different things – alcohol and drugs are the obvious ones, but behaviours can become addictive too, like shopping, sex, food, and **gambling**.

All addictions share the same brain circuits and brain chemicals. People with gambling addiction experience the same dopamine release as people who are addicted to alcohol and drugs.

When **dopamine** is released in our brain, we feel a surge of energy and excitement, which also makes us want to do whatever we just did again. Humans are wired to repeat behaviours that feel good. It is helpful to ask the question, “Who is in charge, the individual or their behaviour?”

Being addicted to gambling is serious because it is so **hidden**. It is often referred to as the ‘**hidden addiction**’ because it can go unnoticed and unchecked for a long time. Unlike drugs and alcohol, you cannot physically see the affects, or smell it, and to an extent there is no limit to how much gambling your body can take in one sitting.

Thought exercise: Can you think about how people with different addictions may look, act or behave? Are there similarities, or differences?

In the UK, around 2 million adults may be experiencing some level of harm from gambling, including 340,000 classed as problem gamblers. Around 10,000 of these access treatment for their problems.

(Source: National Strategy, Gambling Commission, 2019)

## B Sudoku.

Level: easy

	5		3	1	4		6	
8	7				9	4		3
6	4	3	5		7	1	9	2
		7	8		5	2	1	
4	1		9					
	2	5		6	1	9		7
7	9		2	5		8	4	
		4		9	6			5
	3		1		8	6	7	

Level: medium

			9				6	7
	9					2		8
4	6			7	8			
3	2			9	4		7	
7			6		3			2
	1		7	8			4	3
			8	5			1	6
5		1					9	
6	7				9			

# Who gambles and how?

When we ask this question in our training sessions, people often describe the stereotypes associated with gambling – the older man in the bookies, the James Bond type in the casino, the women playing bingo, the young lad betting on football online.

In reality, however, **there is no stereotype.** True, some groups gamble more than others - for example men gamble more than women, and people who are aged 18 - 34 report gambling more than the older generation – but gambling is a popular activity in the UK, with people from all walks of life taking part in all different types of gambling activities.

Out of every 100 people... 46 people gamble, 5 are considered 'at-risk' of experiencing gambling related harm, 1 person is experiencing gambling related harm, and 8-10 people are affected by someone else's gambling. Can you link these numbers to the diagram below?

The statistics below have been pulled from data collected from calls to the National Gambling Helpline. Do any of them surprise you?

- 83% of gamblers are male
- 79% of affected others are female
- 55% of callers say online gambling is problematic
- Gaming machines in betting shops are the most problematic activity for men and women
- 69% of female gamblers have problems with online gambling

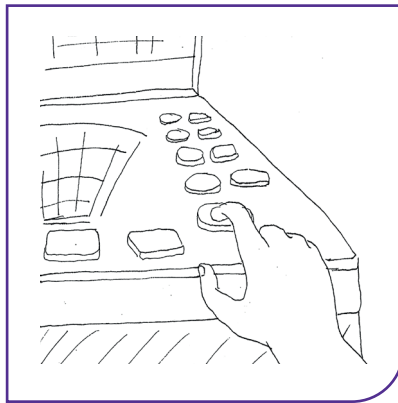


# Draw a story

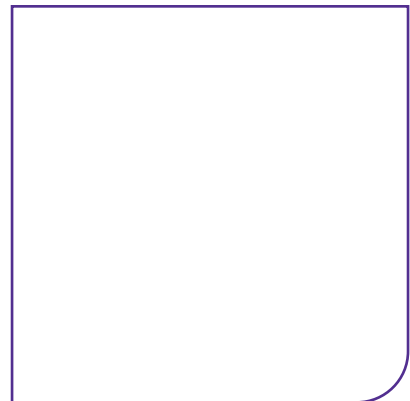
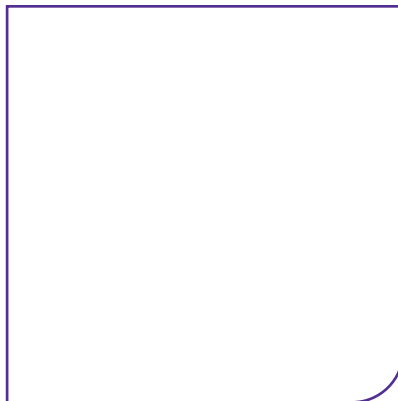
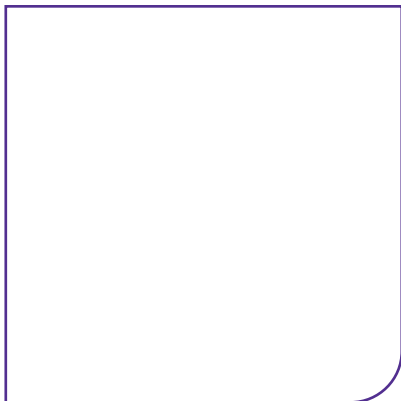
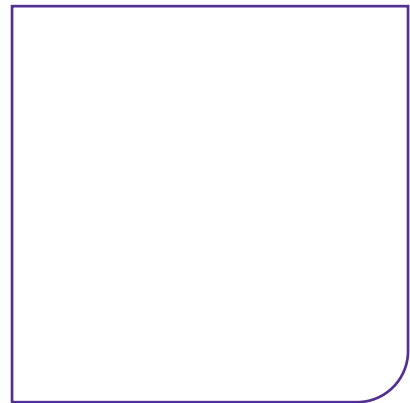
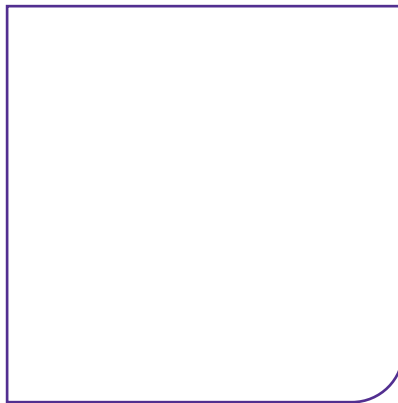
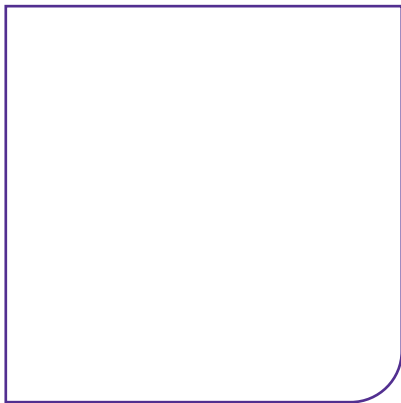
In the boxes below, we have told the beginning of someone's story. We invite you to finish it off, in any way you like. Some questions to help you on your way...

Is it about a man or woman? Are they young or old? Are they a gambler or an ex-gambler? Are you going to give them a positive ending? A hopeful ending? A sad ending? A bad ending? It's up to you...

*(If there's not enough space in the boxes below, take your ideas on to another sheet).*



6



# What do people gamble on?



Online



Dog races



National Lottery



Scratch cards



Football betting



Poker



Board games



Dominoes



Fruit & slot machines



Sport betting



Casino games



Bingo



Ping Pong



Horse races



Pool/snooker



Card games

**C**

## Wordsearch. All modes of Gambling

Find the words below in the grid.

**Bingo**  
**Dominoes**  
**Football**  
**Games**  
**Lottery**  
**Machines**  
**Online**  
**Poker**  
**Races**  
**Snooker**

Y	S	P	M	D	P	E	K	L	X	Z	J	Y	V	O
P	E	N	A	L	O	T	T	E	R	Y	R	G	N	H
L	M	A	U	H	C	V	S	T	I	Q	O	L	S	S
L	A	R	E	K	O	P	H	T	I	B	I	T	E	S
A	G	Q	B	P	Z	N	U	E	N	N	F	N	E	F
B	Z	J	O	V	R	G	O	R	E	F	I	C	L	I
T	D	O	M	I	N	O	E	S	L	H	A	I	Y	T
O	R	L	M	R	O	B	X	P	C	R	L	V	U	X
O	S	W	O	S	V	E	Y	A	C	H	C	C	W	N
F	B	N	O	T	K	E	M	L	Q	I	X	Z	E	L
S	F	O	O	R	U	H	U	H	A	O	K	K	C	K
C	F	L	G	O	G	Y	Q	I	G	D	N	I	M	C
Z	F	K	Y	N	K	A	A	S	C	K	J	I	M	X
C	P	M	Q	A	I	E	Y	N	P	Z	M	T	T	I
D	X	B	I	W	S	B	R	T	C	G	D	H	O	B

# Gambling related harms



Gambling related harms are **negative consequences** that can result from gambling behaviour (either experienced by a person as a result of their own gambling, or experienced by someone affected by another person's gambling, such as the partner of a gambler).

There is the obvious one – the **financial harm**. A lot of people who gamble get into debt. 71% of gamblers using the National Helpline reported some level of gambling debt (2018/19).

**Relationship breakdown** is another example of gambling related harm. With the build up of stress and secrets, and the breakdown of communication and trust, relationships can suffer. This isn't just romantic relationships, it can be between brothers and sisters, parents and children, employers and employees.

Another one is the harm it can cause to someone's **mental health**. Gambling can become very stressful and cause people to experience anxiety. Sadly, gambling has the highest proportion of people considering taking their life due to the impact it can have on someone's mental health.

For some, their gambling can lead them down the road of **offending**. This can be because they need more money to continue to gamble, need money to pay of their debts, or gambling is part of a criminal lifestyle. We will discuss what offences are commonly linked to gambling on page 11.

For every person who gambles with gambling related harms, there are a potential 6 -10 **'affected others'**. What we mean by this is that anyone who has been affected by someone else's gambling – mother, brother, sister, partner, aunt, colleague is an 'affected other'.

Below is a list of some of the gambling related harms an affected other might experience:

- Loss of trust
- Financial loss
- Guilt and shame
- Isolation
- Relationship breakdown
- Becoming withdrawn
- Stress or anxiety

People who are experiencing gambling related harm as a result of their own gambling, or the gambling of someone else, can call the **National Gambling Helpline** freephone number on **0808 8020 133**.



# Write a poem

## The Journey

by Mary Oliver

One day you finally knew  
what you had to do, and began,  
though the voices around you  
kept shouting  
their bad advice –  
though the whole house  
began to tremble  
and you felt the old tug  
at your ankles.  
“Mend my life!”  
each voice cried.  
But you didn’t stop.  
You knew what you had to do,  
though the wind pried  
with its stiff fingers  
at the very foundations,  
though their melancholy  
was terrible.

It was already late  
enough, and a wild night,  
and the road full of fallen  
branches and stones.  
But little by little,  
as you left their voices behind,  
the stars began to burn  
through the sheets of clouds,  
and there was a new voice  
which you slowly  
recognised as your own  
that kept you company  
as you strode deeper and deeper  
into the world,  
determined to do  
the only thing you could do –  
determined to save  
the only life you could save.



How about trying to write a poem yourself? It could be about anything you like. It could be something you saw yesterday, what you thought about today, what you’re looking forward to doing when Coronavirus has passed, what you can see right now...



## My Journey

From Success to Gambling Addiction and Back (Over 1 million lost)  
This is a real life story from someone with a gambling addiction...

I remember growing up with my sister and 2 brothers where gambling was part of life. My grandad was an avid gambler and my dad went to play cards with his wage packet on Friday evenings. Holidays were littered with numerous visits to the arcades. At 18 I had a problem with slot machines where I would spend most of my wages. Luckily for me my ex-partner came along at just the right time. I soon found a good job, bought a house, had 2 lovely children and life was wonderful. I still gambled, but always in moderation. I truly believed I was happy, and it was more important to continue to be happy than gamble.

When the kids were 5 and 6, I trained to be a financial adviser and started to work in a bank. I became very successful very quickly and was earning six figure sums. The next 10 years flew by, great holidays, numerous awards and running both my son and daughters football teams. Over a 2-year period between 2011 and 2013 the wheels came off my life and everything seemed to go wrong. Both my children stopped playing football. The banking industry changed dramatically, I had a back operation and my dad died of motor neurone disease at the age of 65. I also split up with my partner and got divorced.

So, I went from being in a great place, with a great job and social life to living in a flat on my own, to being self-employed working from home. I felt isolated and bored and my gambling started to escalate very quickly. The type of gambling I was participating in was all online, so I had access to gambling 24 hours a day. By the middle of 2016 I had lost all my money as well as borrowing and stealing money into the bargain. The guilt was so overwhelming I handed myself in to the police. For a short period of time I was suicidal and living in a car. I was not charged for 11 months in which time me ex-partner, my niece and my mum put me up for varying amounts of time. In August 2017 I was charged and went to prison.

I was now 50 and had hit rock bottom. I spent the next 9 weeks on remand in prison locked away for 23 hours a day a lot of the time. I decided in this time that my experience was going to be a positive one. I passed my maths and English level 2's and became an education mentor. After going back to court and receiving a 5 year sentence, reduced by a third for pleading guilty, I went to another prison.

I started out in industries taking printers apart, but volunteered for courses all the time. These included gym, business and mentoring. I got fitter than I had been for 20 years and read more than I ever had including the best book I have ever read, called The Secret. 10 months later I moved to open conditions to spend my last few months which was very welcoming. The clatter of gates shutting and keys in locks were gone. When I walked out the gates for the last time, I had got a job working for Boots and went to my mum's to live. It has been difficult getting back to normality and I'm now selling cars and volunteering to help those with gambling issues.

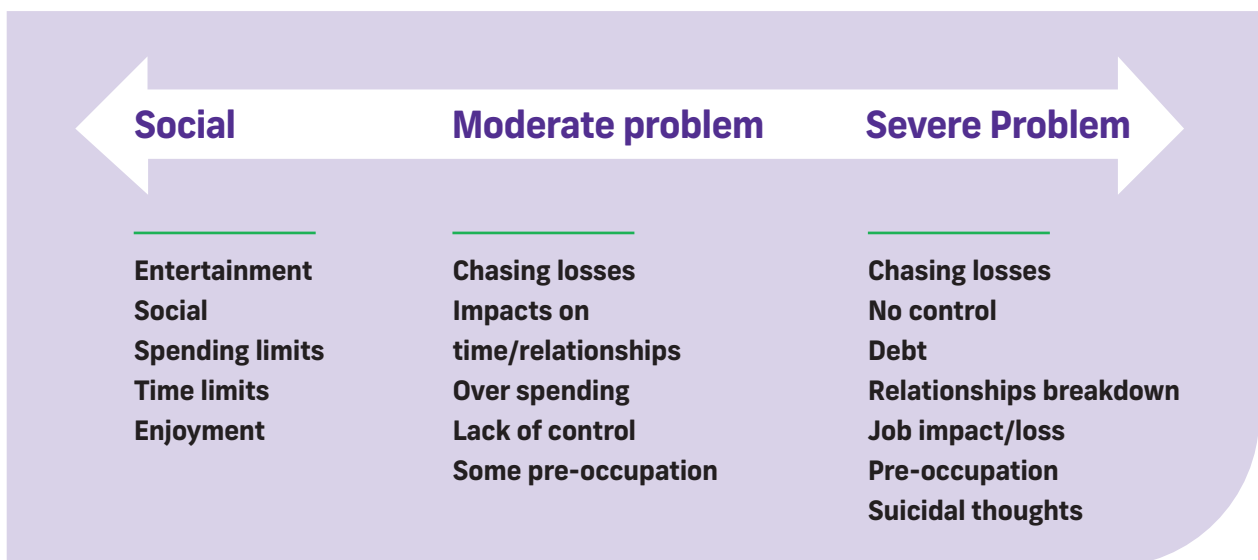
Being positive, exercising, staying mentally strong and helping others are all key to growing and moving forward. At times when I was doing my daily walk around the yard in prison, I decided to get rid of the guilt, boost my own self-worth, live in the moment, react in the right way and choose my mood.

In between handing myself in and going to prison I managed to source help from GamCare. This helped change my life for the better in a direction I wanted to go. A worker was fantastic in providing support online on a one on one basis and then in a group setting. You think you're alone and no one else has the same issues. I did not want to do the group sessions, but I have to say listening to others helped me with my own recovery. If you or your family are having problems with gambling I would strongly recommend getting in touch and using GamCare to help.

# Gambling and crime

At GamCare, we think about gambling behaviour as existing on a sliding scale, or a 'continuum'. Some people can gamble for fun with no consequences – we call these people 'social gamblers'. For others, their gambling behaviour has become a bit problematic; this is the 'at-risk' group. And for a small minority, their gambling behaviour has become something they cannot control.

In the 'Severe Problem' group in the box below, the difficult situations people find themselves in may lead them to offend.



## So what crimes are associated with gambling?

In some cases, a person has lost a lot of money but wants to continue to gamble, or they are in a lot of debt and they need to pay it off. In these instances, drug dealing, theft, robbery, and fraud are common. Our real-life story above illustrates this well.

We've also found that other crimes, driven by the emotional state the gambler is in, are associated with gambling. These can include domestic abuse, violence and criminal damage.

It's also important to think about affected others, too.

For example, in a relationship where one is the gambler and has lost the money used for groceries, and the other then steals food to provide for their family and gets caught and sentenced, their hand was forced to commit an offence due to someone else's gambling.

Gambling and crime is a complicated relationship, and we are learning more and more about it every day.

# Three Minute Breathing Space

This practice can be helpful in moments of stress, as we go about our daily life. Taking a moment to focus on the breath can give us a 'pause button'. This means we don't automatically follow our instinctive reaction, and we are able to respond to difficulties with more awareness and compassion.



**ANCHOR:** Standing, or sitting with your feet on the ground, take a moment to feel the breath coming in and out. Notice where in the body you feel this most and use this as your anchor. Take a few more breaths.



**COUNTING:** Lengthen each breath in and out, maybe a count of three or four in, and three or four out. If counting doesn't work for you, maybe say to yourself, 'I am aware I am breathing in' and 'I am aware I am breathing out'. Just notice where your mind is now. Have you engaged in thinking? If so, that's OK, just let those thoughts go and bring your awareness back to the breath.



**EXPAND:** Once you have an awareness of your breath going in and out, focus more on the out-breath, feeling your breath expand out to every part of your body, feel the breath move through your arms down to your fingers, through your legs down to your toes, as if you are breathing out a through your whole body. Feel your feet planted on the ground, with the unconditional support of the ground beneath you.

# Walking Meditation

This is one to do when you're next outside doing your exercise.

The purpose of a walking meditation is not to get anywhere, it is simply to walk! Paying attention to your breath as you move helps improve the connection between your mind and body and brings calm to your experience.

Begin by standing upright, with arms by your side and legs slightly bent. Begin to walk, placing one foot in front of the other. Trust your body to walk, you don't have to tell it what to do.

If you wish to slow down your walking, breathe in as you lift, move and place your foot on the ground. Breathe out as you lift, move and place your other foot on the ground. If you wish to walk at your normal pace, be aware of your breath as you place your feet on the ground.

While you allow your body to walk, you can be aware of the whole experience of walking. Notice how it feels to lift and place your feet on the ground, the different surfaces that sole of your foot touches, the difference in pressure, the movements throughout your whole body as you move, the touch of the air on your skin, the different views you see as you move, the different sounds and smells you might notice. All of your experience is constantly changing.

# Gambling in prison

Even though gambling is against prison rules, from talking to prisoners and prison staff alike we know it is a common feature of prison life. Like on the outside, gambling in prison exists on a continuum ranging from just a bit of fun, to something that can lead to gambling related harms.

**Q: So what are people gambling with in prison?**

**A:** Anything of value is the answer, but this can be broken down into items such as canteen items, personal items, favours or drugs.

**Q: And what are people gambling on?**

**A:** Loads of things, like dominoes and card games, any sport that is on TV, board games and pool or snooker, and also online.

**Q: Why do people gamble in prison?**

**A:** Like on the out, people gamble

for lots of different reasons. An obvious reason is that it can be fun and offer a break from boredom. It can be used to make some money, and make watching sport more exciting. It can also be used as a form of escapism, or even used as a way to fit in with a new group.

**Q: You mentioned people in prison can experience gambling related harms. Are they the same as on the out?**


**A:** There are some similarities, like stress and anxiety and impact on finances, but there

are also some specific to prison, like time added to sentence or loss of privileges if found out, and the threat of violence and hiding contraband as a way to pay back debt.

**Q: What can I do if I have a gambling problem in prison, or I know someone who needs help?**


**A:** There are things we can offer you, such as GamCare's In-cell Workbook or even 121 sessions. If our Helpline is on your prisons call list, you can contact us for a chat. Go to page 16 for more details.

**D Pictogram.** Can you guess what phrases are hidden in these pictograms?



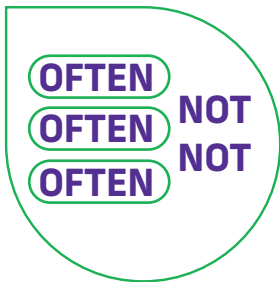
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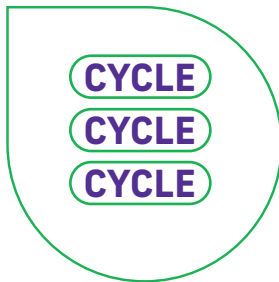
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# Draw a picture



Think of someone or something you're looking forward to seeing. Use the box below to draw whatever it is you're thinking of, in any situation you like. If you've chosen a person, you could think about the first thing you'll say to them, or, if you've chosen an object, what's the first thing you'll feel when you see it?

# Gambling in the UK

**E Quiz.** Have a go at answering the questions below!

1

*King Richard the 1st introduced the first gambling laws. What year was this in?*

- A. 1190
- B. 1240
- C. 1310
- D. 1405

2

*How much did the footballer Wayne Rooney reportedly lose in the space of 2 hours, betting on roulette and blackjack?*

- A. £500,000
- B. £30,000
- C. £180,000
- D. £90,000

3

*What government department is in charge of gambling in the UK?*

- A. Department for Health & Social Care
- B. Department of Education
- C. Department for Digital, Culture, Media & Sport
- D. Ministry of Justice

4

*In 2018, how much money did the gambling industry make in total (that includes all casinos, betting shops, online etc)?*

- A. £7billion
- B. £9.2billion
- C. £11.5billion
- D. £14.4billion

5

*What are the odds of winning the National Lottery?*

- A. 1,000 to one
- B. 1 million to one
- C. 30 million to one
- D. 45 million to one

6

*The new laws set out in the 1960 Gaming Act came into place on May 1st 1961, after which betting shops opened rapidly. How many betting shops were there by the end of the year?*

- A. 100
- B. 1,000
- C. 10,000
- D. 100,000

# What help is available?



We are engaging with prisons across the country to provide support, so the support available to you will depend on which prison you are in.

The main ways to obtain extra information or support or find out what is available, is to:

- **Request** an **In-cell Workbook** from a member of staff, who can get a copy by emailing [criminal.justice@gamcare.org.uk](mailto:criminal.justice@gamcare.org.uk). The workbook can be completed on your own or with someone's help. It aims to help you explore your gambling behaviour.
- **Call** the National Gambling Helpline (run by GamCare) free from your wing or from your in-cell phone on **0808 8020 133** (you'll need to add our number to your call list). This is a free, confidential 24/7 service run by trained staff who provide advice around gambling behaviour.
- **Speak** to the person that gave you this workbook or got it for you (this may be an Officer of Offender Manager).
- **Ask** a staff member (any department) to get in touch with us on your behalf via the Helpline or by emailing [criminal.justice@gamcare.org.uk](mailto:criminal.justice@gamcare.org.uk).

In addition, you could speak to a Listener, Peer Supporter, or Health and Wellbeing Champion, the Chaplaincy etc (dependant on what is available and who you feel comfortable speaking to)

## Do any of your loved ones need help?

GamCare also offer information, advice and support specifically to affected others. The services listed below can provide a support system during difficult and stressful times:

The **National Gambling Helpline** is here to offer confidential and non-judgmental information, advice and support.

The **Family and Friends Forum** is peer-led, and is a valuable space for people to tell their story, share experiences, thoughts and feelings about problem gambling, and receive advice from those who have been in a similar situation.

GamCare have supported lots of people to change their gambling, who are now gambling free or are more in control.

If you are worried about your or another's gambling then help is here for you.



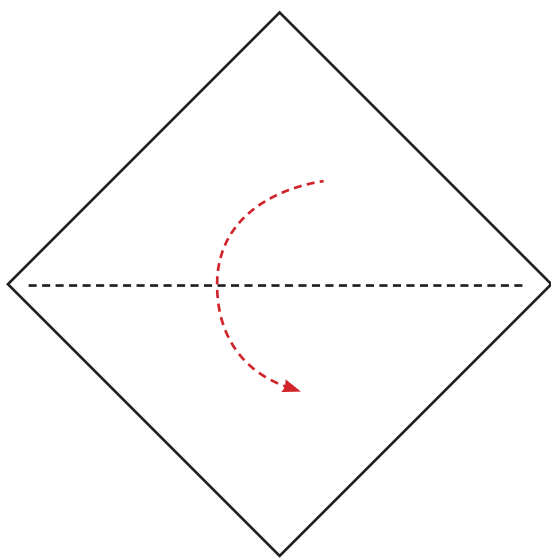
"I really want to thank GamCare, and to encourage anyone else struggling to control their gambling to seek help too – it can really make a difference."

GAMCARE SERVICE USER  
NOW IN RECOVERY

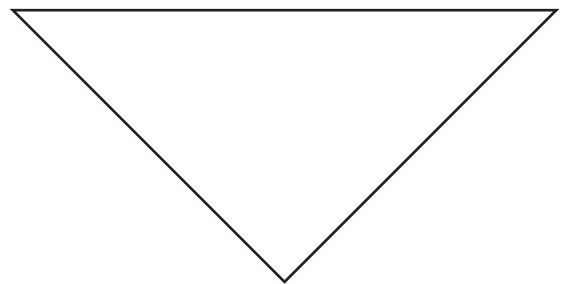


# Origami Bird

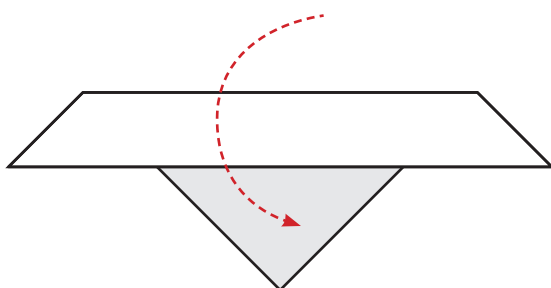
Follow the instructions below to make an Origami bird.  
You can use page 19 as the Origami paper - if you do, don't forget to make it into a square before you start.



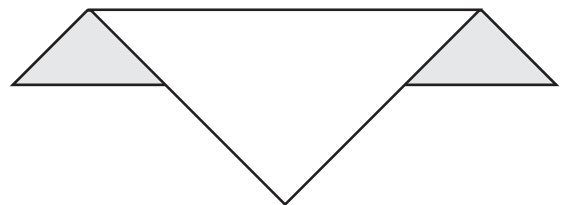
**1.** Start with a square piece of paper.



**2.** Fold the paper in half by folding the top corner to the bottom corner.



**3.** Fold part of the top down so that the edge is about half-way down.

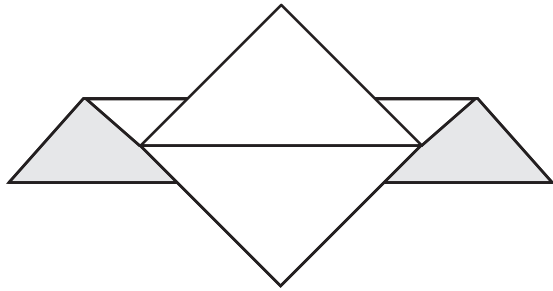


**4.** Turn the paper over.

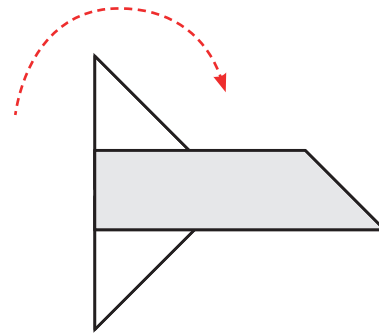
● Continued on the next page

# Origami Bird

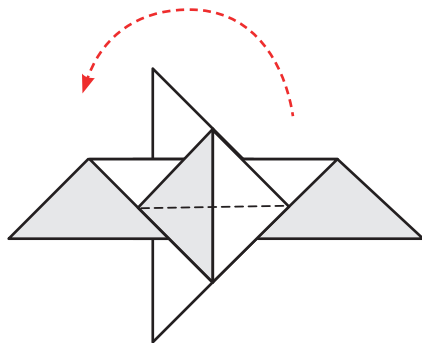
● Continued



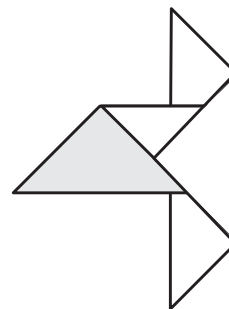
**5.** Take the bottom corner of the top layer and fold it up like this.



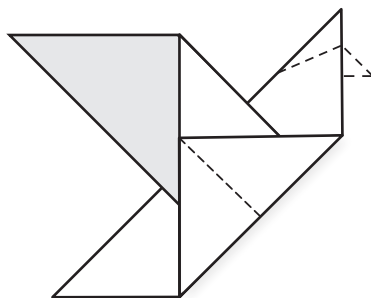
**6.** Folder the figure in half by folding the left side over to the right.



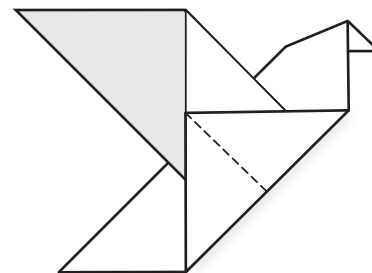
**7.** Now fold that same flap back like this to make one of the wings.



**8.** Next, fold the other wing back too.



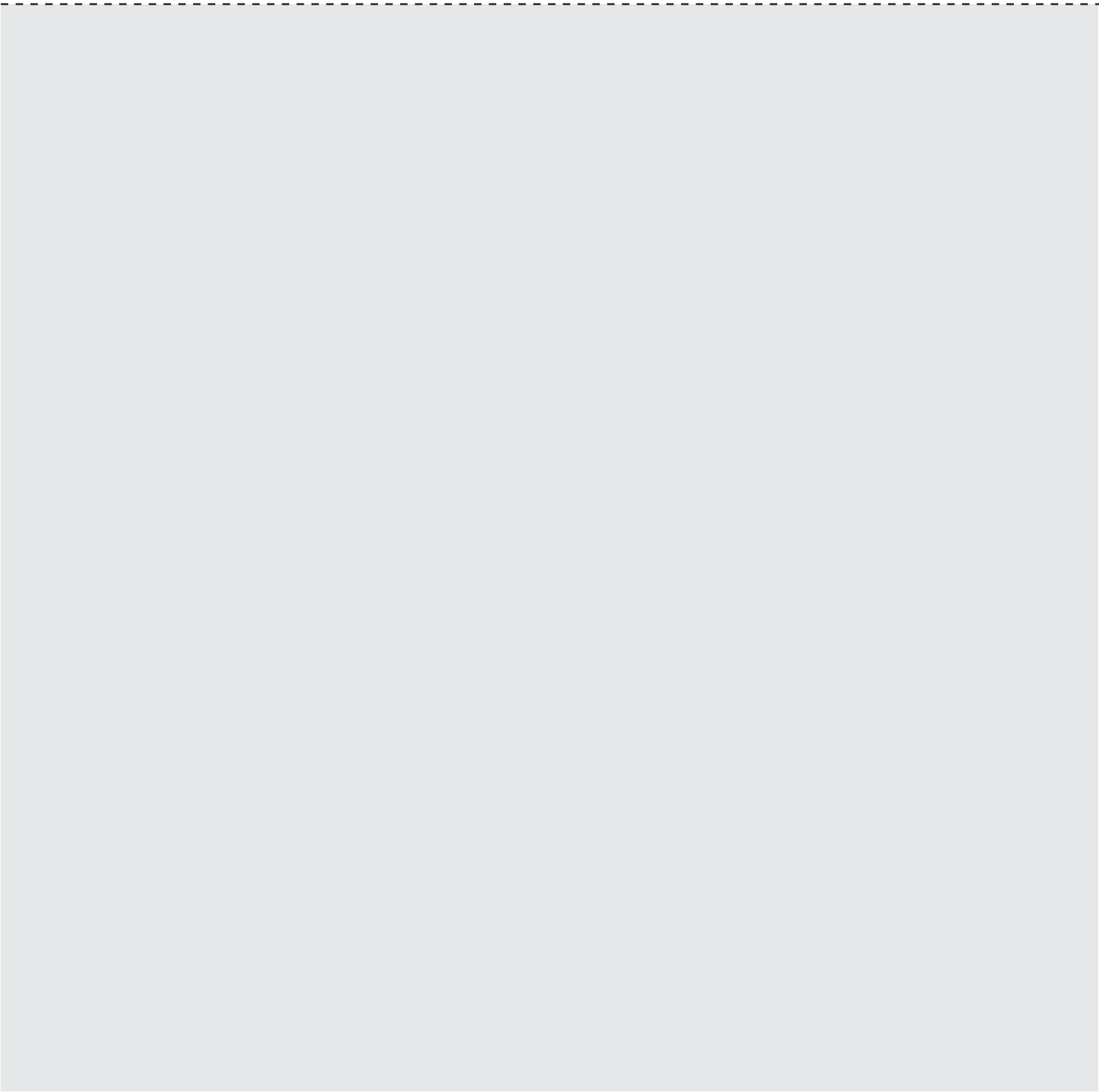
**9.** Push the centre of the head in and flatten.



**10.** Now you have a bird!

# Origami sheet

Don't have a square sheet of paper? You can use this sheet as your Origami paper. Tear along the dotted line to make this sheet into a square.



# Activities answers

## A Anagram.

Can you find 15 words using the letters in "Gambling harm"

Marbling • Mail • Harming • Bling • Mamba  
Brag • Limb • Man • Bargain • Blaring • Lamb  
Gaming • Milan • Align • Balm • Glam  
Bring • Bang • Gang • Grain • Hair

## B Sudoku.

2	5	9	3	1	4	7	6	8
8	7	1	6	2	9	4	5	3
6	4	3	5	8	7	1	9	2
9	6	7	8	3	5	2	1	4
4	1	8	9	7	2	5	3	6
3	2	5	4	6	1	9	8	7
7	9	6	2	5	3	8	4	1
1	8	4	7	9	6	3	2	5
5	3	2	1	4	8	6	7	9

8	3	5	9	2	1	4	6	7
1	9	7	4	6	5	2	3	8
4	6	2	3	7	8	1	5	9
3	2	8	5	9	4	6	7	1
7	5	4	6	1	3	9	8	2
9	1	6	7	8	2	5	4	3
2	4	9	8	5	7	3	1	6
5	8	1	2	3	6	7	9	4
6	7	3	1	4	9	8	2	5

## C Wordsearch.

All modes of Gambling

Y	S	P	M	D	P	E	K	L	X	Z	J	Y	V	O
P	E	N	A	L	O	T	T	E	R	Y	R	G	N	H
L	M	A	U	H	C	V	S	T	I	Q	O	L	S	S
L	A	R	E	K	O	P	H	T	I	B	I	T	E	S
A	G	Q	B	P	Z	N	U	E	N	N	E	N	E	F
B	Z	J	O	V	R	G	O	R	E	F	I	C	L	I
T	D	O	M	I	N	O	E	S	L	H	A	I	Y	T
O	R	L	M	R	O	B	X	P	C	R	L	V	U	X
O	S	W	O	S	V	E	Y	A	C	H	C	C	W	N
F	B	N	O	T	K	E	M	L	Q	I	X	Z	E	L
S	F	O	O	R	U	H	U	H	A	O	K	K	C	K
C	F	L	G	O	G	Y	Q	I	G	D	N	I	M	C
Z	F	K	Y	N	K	A	A	S	C	K	J	I	M	X
C	P	M	Q	A	I	E	Y	N	P	Z	M	T	T	I
D	X	B	I	W	S	B	R	T	C	G	D	H	O	B

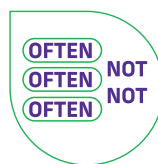
## D Pictogram.



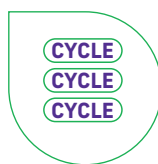
Freebies



Cross roads



More often than not



Tricycle

## E Quiz.

- 1 - D. 1405
- 2 - A. £500,000
- 3 - A. Department for Digital, Culture, Media & Sport
- 4 - D. £14.4 billion
- 5 - D. 45 million to one
- 6 - C. 10,000

### GamCare

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EC1N 8QP

**The National Gambling Helpline**  
**0808 8020 133**

Charity Number: 1060005

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