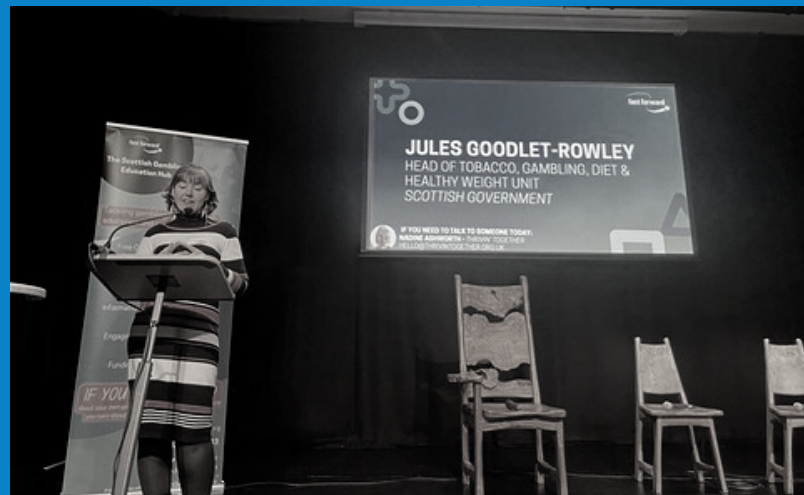


fast forward

SCOTTISH GAMBLING EDUCATION CONFERENCE

20
23



Scottish Gambling Education Hub



A recording of the conference can be found at: <https://bit.ly/SGEHYouTube>

BeGambleAware.org

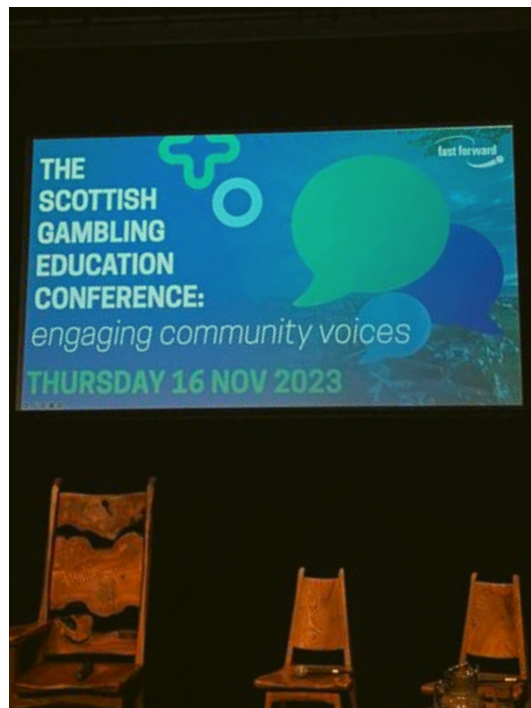
2023 CONFERENCE

A Round Up

Fast Forward hosted the 2nd Scottish Gambling Education Conference on 16 November 2023 at the Scottish Storytelling Centre in Edinburgh. The conference was also available to attend online.

The theme of the conference was **Engaging Community Voices** and it aimed to explore the range of education and prevention work happening in communities across Scotland.

Many thanks to all conference contributors who were involved in 4 keynote speeches, 2 panels and 6 workshops and a film screening.



CONFERENCE AGENDA



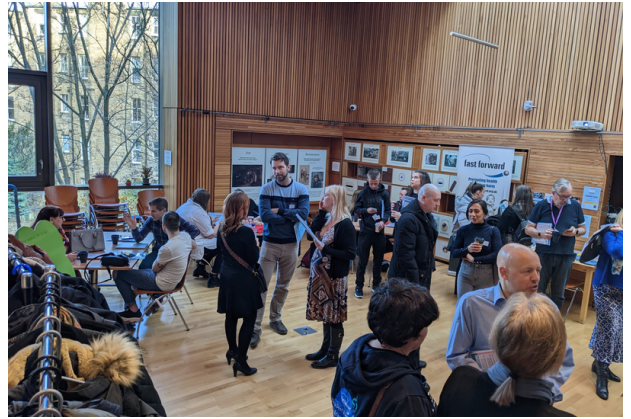
SCOTTISH GAMBLING EDUCATION CONFERENCE PROGRAMME

- 9:30 Arrival and Refreshments**
- 10:00 Keynotes**
 - Allie Cherry-Byrnes, CEO (Fast Forward)
 - Jules Goodlet-Rowley, Head of Tobacco, Gambling, Diet & Healthy Weight Unit (Scottish Government)
 - Lauren Heaney, Digital Development – Gambling Harms (Simon Community Scotland)
 - Kate Thomson, Operations Manager (Street League)
 - Claire Bruce, Focus Group Member (Parent Focus Group Highland)
- 11:00 Workshops**
 - A. *Off the Bench* – Workshop in partnership with SPFL Trust (in-person)
 - B. *Blurred lines between gaming, gambling and childhood trauma* – Workshop in partnership with Parent Focus Group Highland (in-person)
 - C. *'Ask Dads'* – How dads/caregivers can be part of harm prevention (virtual)
 - D. *'Billie'* – Film screening and example session plan (virtual and in-person)
- 12:30 Break (light lunch provided)**
- 13:30 Workshops**
 - E. *Exploring the cost of living crisis and the links to gambling harms* – Workshop in partnership with Simon Community Scotland (in-person)
 - F. *Scottish LGBTQ+ perspectives on Gaming & Gambling* – Workshop in partnership with LGBT Youth Scotland (in-person)
 - G. *Showcase: PIPS and sharing young people's Youth Fund projects* (virtual)
 - H. *Panel: Whose voices are we not hearing from?* (virtual and in-person)
- 14:15 Panel: How will the white paper impact Scottish communities?**
 - Georgina Charlton (The ALLIANCE), Mark Conway (GamHarm), Jules Goodlet-Rowley (Scottish Government), Councillor Laura Doherty (Glasgow City Council)
- 14:55 Closing Statement from GambleAware (SGEH Funder)**
 - Caroline Cutler, Senior Education & Training Manager (GambleAware)
- 15:00 Conference End**

Fast Forward AGM
The Fast Forward AGM will be held in story telling centre at 15:30. We welcome all in-person attendees to stay on after the conference to attend the AGM.

CONFERENCE ATTENDANCE

We were delighted to welcome **58** practitioners in person to the Storytelling Centre. We also once again offered the opportunity to attend the conference online, as this allowed those from further afield or who were not able to travel to be included and engaged in the conversations. We welcomed **28** attendees online.



Non-Attendance
48% of people who registered to attend online actually attended

75% of people who booked to attend in person actually attended

CONFERENCE OPENING

The conference opened with a video of interviews and sound bites from secondary school pupils at Trinity Academy discussing gambling and related harms in their community.



KEYNOTE SPEAKERS

KEYNOTE 1

ALLIE CHERRY-BYRNES
FAST FORWARD



“In the past year Fast Forward has worked with just under 9500 children, just over 7000 young people, 343 parents & caregivers and 2245 practitioners. We have had a big impact on Scottish youth work over the last year.”

“About 50% of 11 to 16 year olds in Britain gambled in some way in the last year. So whether that's picking lottery numbers with a family member or spending their own money on gambling. It's more common than using alcohol.”

“Gambling policy is an area which is much less well understood than the harms from an unhealthy diet or from smoking. This is not just because it's harder to quantify the harms from gambling, but also for many experiencing harm, it is a hidden condition and there isn't a unified voice in the third sector and lived experience. That is something I hope we can change as I know it can be really beneficial for that one voice to raise the issues with Government.”

KEYNOTE 2

JULES GOODLET-ROWLEY
SCOTTISH GOVERNMENT



“We partnered with Fast Forward at the start of the year and we have a few aims to achieve by the end of the year:

- Raise awareness of gambling and gambling harms within the staff at Simon Community Scotland so they can identify and signpost to relevant support services
- Normalise gambling and gambling harms conversations with the people we support who are experiencing homelessness
- To create tailored pathways for women
- To create tangible links between gambling, homelessness and trauma”

KEYNOTE 3

LAUREN HEANEY
SIMON COMMUNITY SCOTLAND



KEYNOTE SPEAKERS

KEYNOTE 4

KATE THOMPSON
STREET LEAGUE



“We use the power of sport to tackle poverty and give young people the opportunity to succeed in life, and ultimately the workplace.”

“With Fast Forward we have created a pilot to create a culture of awareness, prevention and support around the issues of gambling.”

“Fast Forward has worked with over 200 of our young people and the workshops are interactive and entertaining for the young people.”

“Addiction links to early years trauma in children. Pleasure, craving relief in the short term, harm in the long term, refusal and/or inability to give up the harmful behaviour.”

“As an individual who has experienced trauma during childhood, you are thought to have an increased risk of developing an addiction of some kind. You are unlikely to have processed your traumatic experience effectively given your young age and thus are likely to suffer from long-lasting negative effects possibly for the rest of your life.”

The stress experienced through trauma has a direct impact on the body's limbic system including the regulation of the body's reward system. Survivors of childhood abuse can often turn to drugs, alcohol or gaming to escape the pain of their reality. These potentially destructive behaviours tend to take over the body's system causing overpowering cravings that are hard to break away from”.

KEYNOTE 5

CLAIRE BRUCE
ADOPTIVE PARENT



WORKSHOP A

Off The Bench

Workshop in partnership with SPFL Trust
In Person



This workshop introduced the Off the Bench programme and highlighted the collaboration between the SGEH and the Scottish Premier League Foundation (SPLF) Trust. We discussed the information that we provide in our sessions, with a specific focus on gambling and gaming harms as it relates to young people who are navigating the world of employability and accessible education. We also addressed concerns that these harms can have on mental and physical health, in order to support young people to build a better future.

Jamie Wells (SGEH Project Officer) and Fiona McAlister (SPFL Trust Programme Lead) facilitated workshop A. This workshop was in person only and was attended by 9 participants.

WORKSHOP B

Blurred lines between gaming, gambling and childhood trauma

Workshop in partnership with Parent Focus Group Highland
In Person



Donna Brunton (SGEH Project Officer) and Claire Bruce (Adoptive parent) facilitated workshop B. This workshop was in person only and was attended by 14 participants.

Research shows that there is a connection between childhood trauma and gambling harms. Due to the increasingly blurred lines between gaming and gambling, children and young people with are being exposed to further risks and harms associated with gambling.

In this workshop, we explored the appeal of gaming and gambling to young people and the impact this may have on their behaviours, mental health and wellbeing, while identifying the links with childhood trauma. We also shared some free resources with links to specialist support concerning gambling harms.

WORKSHOP C

'Ask Dad'

How dads/caregivers can be part of harm prevention
Online

Workshop C was for online attendees only and had 10 participants. It was run by Fast Forward's Mark Hunter

This Ask Dad online workshop focused on how to support parents and caregivers to have good conversations about the prevention of gambling harms in young people. It aimed to show how we can inform, upskill and encourage parents and caregivers to role-model healthy behaviour and positively engage in conversations with children and young people about gambling and its potential harms.

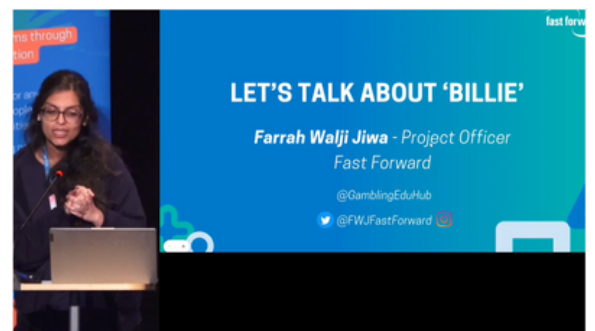
WORKSHOP D

'Billie'

Film screening and example session plan
Online & In Person

Workshop D was for both online and in person attendees and had 26 & 18 respectively. The film was introduced by Director Kai Peacock and was facilitated by Fast Forward's Farrah Walji Jiwa.

We premiered Billie, a theatre piece turned film, that follows the story of a young person named Billie. Billie is the affected other of someone else's gambling and shows the aftermath of an unexpected event in the family home and the consequences of their gambling on her and the rest of the family. This film was produced by Rolled Up Productions with young people for young people. After the film, Farrah, one of the Project Officers with the SGEH facilitated activities from an interactive session plan focusing on the impact of gambling-related harms at different levels of society.



LUNCH & NETWORKING



A lunch of soup and filled rolls was provided by The Haggis Box at the Story Telling Centre.



A live illustrator captured the events and discussions of the day. The ongoing illustration was in the room where lunch was held and all attendees could view its progress and interact with Jules, our very talented illustrator.



A resource table was available to provide Fast Forward resources as well as other partner organisations in attendance.



WORKSHOP E

Exploring the cost of living crisis and the links to gambling harm

Workshop in partnership with Simon Community Scotland
Online



Workshop E was for in person attendees and had 15 participants. It was run by Fast Forward's Donna Brunton & Simon Community Scotland's Lauren Heaney.

This workshop discussed how to tackle gambling harm in your work, and how to make the connection between gambling and other circumstances the people the attendees support might be experiencing (such as financial difficulty, unemployment, homelessness, etc.). We also shared some free resources with links to specialist support concerning gambling harms.

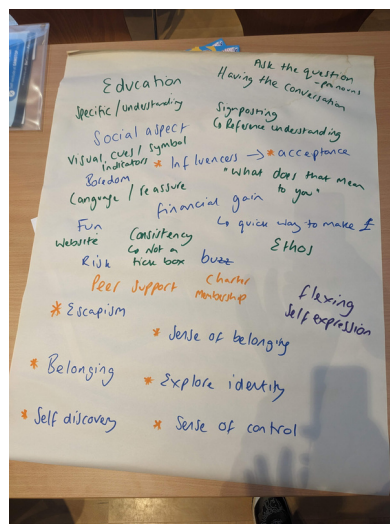
WORKSHOP F

Scottish LGBTQI+ perspectives on gaming & gambling

Workshop in partnership with LGBT Youth Scotland
In Person

Workshop F was for in person attendees and had 13 participants. It was run by Fast Forward's Farrah Walji Jiwa & LGBT Youth Scotland's Ann Marriot.

This workshop invited participants to reflect on the support they provide to members of the LGBTQIA+ community particularly within the field of gambling and gaming harm. We discussed motivations for gambling and gaming, barriers to accessing support and ideas to practically overcome these measures with opportunities throughout to hear what the research has to say. At the end of the workshop participants were invited to share one actionable goal which then could be taken forward to make a change.



WORKSHOP G

PIPS & sharing young people's youth fund projects

A Showcase
Online

Workshop F was online only and had 4 participants. It was run by Fast Forward's Laura Alexander.

This workshop provided an overview of Fast Forward's Peer Inspiration Projects Scotland (PIPS) work, showcasing two projects which developed peer education resources with the support of the Scottish Gambling Education Hub Youth Fund.

WORKSHOP H

Panel: Whose voices are we not hearing from?

In Person & Online



Workshop F was for in person and online attendees and had 21 and 24 participants respectively. The Panel was chaired by Fast Forward's Christina Dineen and the panel consisted; Steven Nyandu (Betknowmore UK), Wendy Knight (Lived Experience), Amy Sweet (GambleAware).

The panel focused on the notion that leadership and engagement from people with lived experience of gambling harm is a vital asset to prevention work in Scotland and beyond. However, are the voices of some groups and communities not being heard or listened to? Partnering with existing trusted community organisations was highlighted as one strategy which works.

Panel Questions

- Whose voices are we not hearing from?
- How can we do this better as organisations to engage with ethnic minorities, women and affected others?
- How do we involve/hear from children and young people in a way that's safe but that gives them a voice in these broader conversations?
- Do you think there is more opportunity for the education side of things within prisons or do they need the more treatment side of things or a combination?
- Why is gambling allowed in prisons?

PANEL

How will the White Paper impact Scottish communities?

In Person & Online



The panel was for all attendees of the conference, both in person and online. It was chaired by Fast Forward's Christina Dineen.

Panel Members

- **Georgina Charlton**, The ALLIANCE
- **Mark Conway**, GamHarm
- **Jules Goodlet-Rowley**, Scottish Government
- **Councillor Laura Doherty**, Glasgow City Council

Panel Questions

- How will the White Paper impact Scottish communities?
- Is there any scope for hiding scratch cards and other gambling products much like the way tobacco products are in shops?
- What framework/plan can we start now so that when the levy comes in we are in a strong position?
- How will the white paper impact under represented groups such as migration, international students and those who have no recourse to public funds? Do you know where these communities are and is there strategy?
- The white paper doesn't talk about trauma and its links to gambling addiction. Has Scotland thought about this?
- Do you do mapping? Do you know where your land based provision is in relation to Scotland's most disadvantaged?



CONFERENCE CLOSING STATEMENTS



Allie Cherry Byrnes, CEO from Fast Forward, thanked all attendees both in person and online, all of our speakers and panel members and highlighted that lots of wonderful conversations have been started and that it would be great if these conversations continued after the conference.



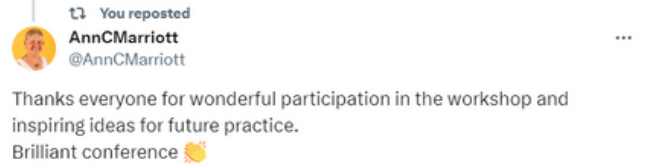
The Conference was close by Caroline Cutler, Senior Education & Training Manager at funder GambleAware. Caroline talked about how she had come to listen and learn to all the experts that spoke at the conference. She referenced the scale of the issue of gamble harms: 6.9 million people experiencing gambling harm with 1.5 million experiencing the most severe harm. Caroline discussed how the more concerning stories she heard through out the conference were where the scale of the problem and the depth of the harm were underestimated. She finished by referencing all the powerful work organisations across Scotland are part of, and thanking all conference attendees for being part of the conversation.

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SOCIAL MEDIA



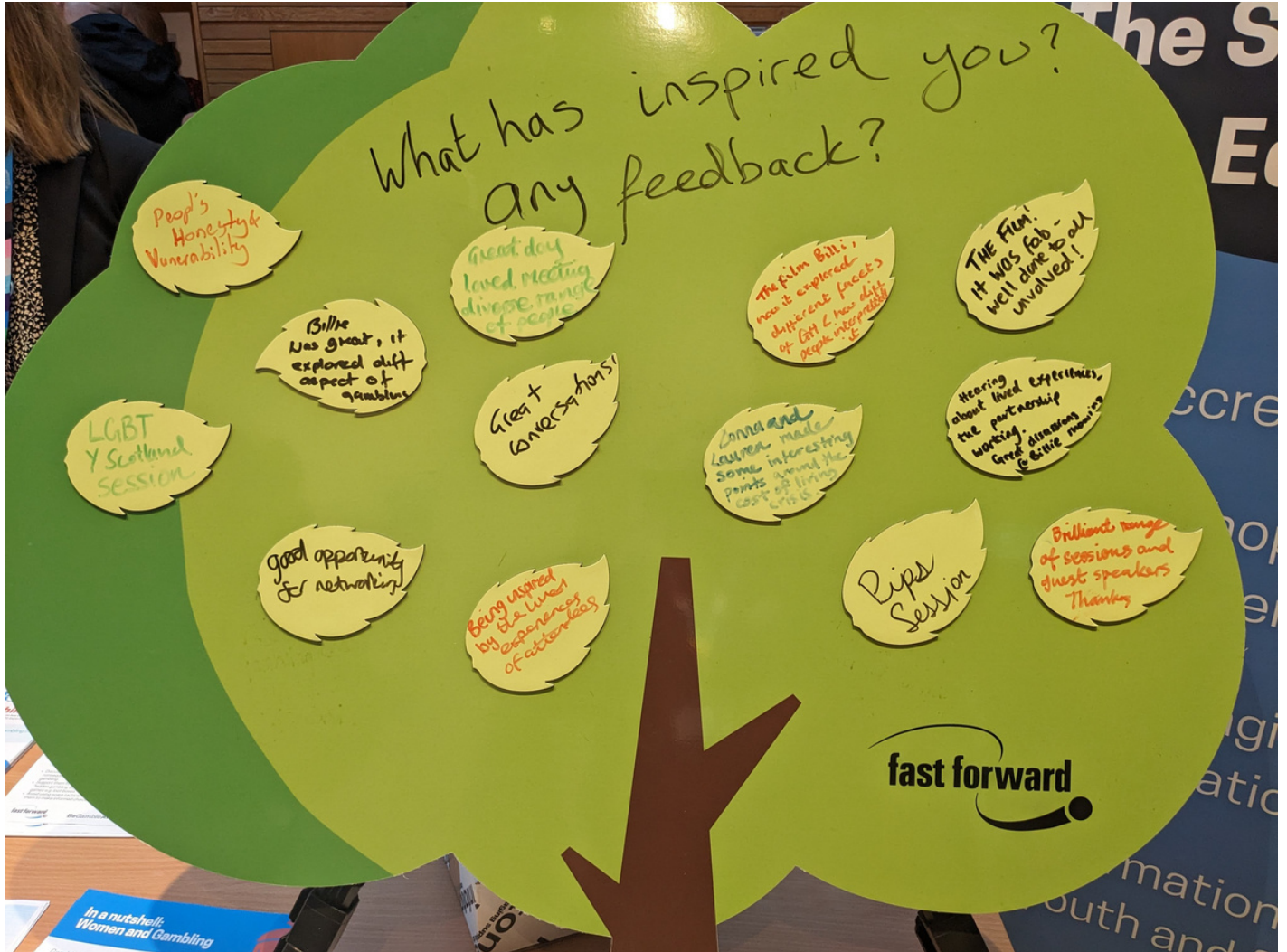
Fast Forward posted photos and thoughts from the conference on X (formerly twitter) throughout the day. We received a number of comments, likes and retweets throughout the day and for a few days following the conference.



FEEDBACK FROM ATTENDEES

FEEDBACK WAS GATHERED VIA:

- Feedback tree at the venue
- Survey sent after the conference
- Email
- Verbally



Dear Alexa, I did not have time so far to congratulate you on the organisation of the conference. I think you are doing a very important job. Although I am a Senior Lecturer in psychology at a Spanish university, I will be in Scotland for a year at the Faculty of Social Sciences at the University of Stirling. I am very interested in your project on homelessness and gambling. Fortunately I am in contact with Fran, who is an excellent professional, and I hope to see her in January. Congratulations again for the conference and its quality content.

best
Fernando



Hi Allie, I hope you enjoyed yesterday and that the AGM was successful. I wanted to say congratulations for a brilliant conference and thank you for inviting me to be a keynote speaker.

It has been a year of learning working with your team this year and they were all fantastic yesterday. It is always nice to attend an event that runs smoothly, is engaging and you leave having learned something and made new connections.

Have a lovely weekend,
Lauren

SURVEY RESULTS



How would you rate the SGEH Conference?



■ 1 - Poor
 ■ 2
 ■ 3 - Okay
 ■ 4
■ 5 - Excellent

All of our survey respondents answered that they were likely or very likely to:

- collaborate with other education, health & social care service to include gambling education in their work
- encourage colleagues to include gambling among the issues their organisation addresses
- recommend the SGEH & the SGEN to colleagues and stakeholders interested in gambling education and prevention

What Inspired you at the conference?

“The first hand account given by the parent of the adopted child who was struggling with loot box addiction; the realization that games are the gateway to gambling the same way that cannabis has been deemed a "gateway drug", but society is saying (and doing) comparatively little about the impact of gambling on our young people. The notion of "liquid money" was also very interesting, and gave a fresh perspective on how the vicious cycle of social deprivation has gambling woven into it amongst minority groups just as much if not more so than other groups.”

“The passion people showed for helping others”

“The amount of innovative work that is being done with children to make them aware of gambling and gambling harm”

“Participant engagement in the LGBTQ+ workshop”

“Very worthwhile conference- can't wait to see next year's one. Hopefully in person”

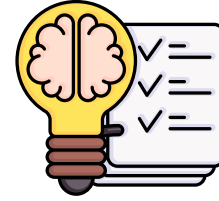
“Hats off to all who organised / delivered etc. - a very useful and interesting day 👍👍”

“Thanks for organising an event that ran smoothly and was informative”

“The conference was interesting and engaging, and has been the theme of multiple conversations since, in professional and personal contexts. As a professional working with potentially vulnerable people, I am more aware and better informed as to what to look out for. As a parent, I will be more careful in communicating with my children and their peers about safe and responsible gaming, and discuss this with their school and other parents. I would welcome the opportunity for further training and insight.”

“Lovely relaxed and very informative conference. A lot of information - and possibly a wee break in the morning before the workshops would have been welcomed. Great people, well presented and loved it. Thank you.”

LESSONS LEARNED



Although we had around 50 people sign up to attend online, we found that only 20 people actually logged turn out for this year's conference. Based on how much it costs to run the hybrid and how many people utilise it, we suggest that we remove the hybrid aspect for any future conferences and focus on the in person elements in on the day.

Initially we hadn't set a limit for how many people could sign up to attend each workshop, however we found that one workshop had too many sign ups for the room capacity. As such, we had to contact attendees to tell them them we had to change their workshop. In the future we will make sure to set limits on numbers from the start.

One of our virtual workshops had very few attendees both from sign ups and the number of virtual attendees that actually signed in. In the future, we will keep an eye on sign ups and look to potentially cancel a workshop if the sign up numbers do not meet a specific threshold.

We had 3 hours of set up time in the theatre on the evening before the conference. Unfortunately a lot of the time was take up by in-house tech sorting out their technology rather than being able to run through the technical aspects of our day. In future we will check with the in-house tech staff about time needed for set up.

Staff were very busy with sign-in desks, workshops, online moderating, time keeping etc. As such only a limited number of photos were taken. In the future, we will allocate someone the role of taking more photos.

