

Responsible Gambling

St Helena has a responsibility to provide a secure, safe and fair service and to endorse responsible gambling amongst people playing our raffles or who may be exposed to the marketing of our raffles.

We are committed to the three main objectives of the Gambling Act 2005:

- Prevent gambling from being a source of crime and disorder, being associated with crime and disorder, or being used to support crime.
- Ensure that gambling is conducted in a fair and open way.
- Protect children and other vulnerable persons from being harmed or exploited by gambling.

As such, we abide by the Licensing Conditions and Codes of Practice, a condition which we have been granted a licence by the [Gambling Commission](#):

- Our [terms and conditions](#) including rules of play are set out clearly.
- People playing St Helena raffles must be 16 or over. It is illegal for people under the age of 16 to enter into a raffle. Any individual found to be under 16 will not be able to purchase a ticket to be entered into the raffle. If upon winning any individual is unable to prove that they are 16 or over, any stake will be returned to the individual concerned and winnings will be forfeited and donated to St Helena. The raffles must not be played on behalf of an individual under the age of 16.

Gamble safely

- Please play responsibly.
- St Helena imposes a limit on the number of entries into our raffle that can be purchased by an individual.
- If you want to have a break from gambling you can use our self-exclusion form or email us at enquiries@sthelena.org.uk with your name and address. We will then change your communication preferences to not receive any correspondence relating to the raffles for a minimum period of six months.
- If you are worried about online gambling, 'site blockers' are available to download. There are links from the [BeGambleAware](#) website to some of these available services (please note these 'site blockers' are not endorsed by, nor have been tested by St Helena).
- We will provide any player with a full history of their raffle playing, including complete payment and winnings history, upon request.

St Helena takes our responsibilities to our players seriously. Here are some tips to help you gamble safely:

- Don't think of gambling as a way to make money – winning is not assured so it is not an income
- Only gamble with money that you can afford to lose – don't use money set aside to pay bills, rent, for food, etc

- Don't borrow money to gamble
- Set a money limit and stick to it
- Set a time limit and stick to it
- Never chase losses – if you lose money, never try to get it back by going over your limit
- Don't gamble when you are depressed, upset or under the influence of drugs or alcohol
- Balance gambling with other activities – family, work, sleep, socialising, sport, hobbies, etc

Problem gambling

[BeGambleAware](#) is administered and funded by the [Responsible Gambling Trust](#) (RGT), an independent national charity. It recognises that the following signs may indicate a gambling problem:

- Spending more money and time on gambling than you can afford
- Finding it hard to manage or stop your gambling
- Having arguments with family or friends about money and gambling
- Losing interest in usual activities or hobbies like going out with friends or spending time with family
- Always thinking or talking about gambling
- Lying about your gambling or hiding it from other people
- Chasing losses or gambling to get out of financial trouble
- Gambling until all of your money is gone
- Borrowing money, selling possessions or not paying bills in order to pay for gambling
- Needing to gamble with larger amounts of money or for a longer time to get the same feeling of excitement or buzz
- Neglecting work, school, family, personal needs or household responsibilities because of gambling
- Feeling anxious, worried, guilty, depressed or irritable

Help and support

St Helena is a member of the [Hospice Lotteries Association](#), who on behalf of their members makes a financial contribution towards the [Responsible Gambling Trust](#) (RGT), a leading charity in Britain committed to minimising gambling-related harm. As an independent national charity funded by donations from the gambling industry, RGT funds education, prevention and treatment services and commissions research to broaden public understanding of gambling-related harm. The aim is to stop people getting into problems with their gambling, and ensure those that do develop problems receive fast and effective treatment and support.

If you have problems with gambling, or know someone who does, the following organisations may help.

National Gambling Helpline

Call freephone 0808 8020 133 (open 8am to midnight, 7 days a week).

BeGambleAware

[BeGambleAware](#) aims to promote responsibility in gambling. It provides information to help people make informed decisions about their gambling. It will help you to find out more about gambling and what responsible gambling means, to understand and recognise problem gambling, and show you where to go for further information, help and support should you need it.

Site blockers

If you are worried about online gambling then you can download a 'site blocker' such as Gamblock or Netnanny, which can block access to online gambling sites. There is likely to be a cost for these services

GamCare

[GamCare](#) provides information, advice, support and free counselling for the prevention and treatment of problem gambling. GamCare aims to make it less likely for people to become problem gamblers, and easier for those who do experience problems to get the help they need. This is done by funding treatment services, by commissioning and supporting research on problem gambling, and through education and awareness programmes.