

FitzRoy Responsible Gambling Policy

The majority of people gamble responsibly. It may help you to keep your gambling under control by remembering the following:

- You are buying for fun, not investing your money.
- Before playing, set strict limits on how much time and money you are going to spend.
- Quit while you are ahead.
- Only gamble with money you can afford to lose.
- Do not spend more money on gambling with the hope of winning back money you have lost.
- Keep up other interests and hobbies - do not let gambling take over your life.
- Do not gamble to escape from stress or boredom.
- Gambling in moderation is okay.

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 (or if you are concerned for a friend or relative) then the following questions may help to give you some *guidance*:

- Have others ever criticised your gambling?
- Have you ever lied to cover up the amount you have gambled or 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?
- When gambling and you run out of money, do you feel lost and 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 you feel you are answering more 'yes' than 'no' to the above questions, then it is likely a gambling problem exists.

If you are concerned about the amount you are gambling, you can Self Exclude from FitzRoy gaming communications online by emailing info@unitylottery.co.uk.

Contact details

For friendly and helpful advice on gambling from trained counsellors, contact the GamCare helpline on **0845 600 0133**.

The helpline is open 24 hours a day. Sometimes just telling someone about your problem can be a relief and it is often the first step towards dealing with your problem.

You can also visit the [GamCare website](#) for more information and advice.

Self exclusion

11.1 Should you feel that you have issues with gambling and wish to be self excluded from our Lottery please phone our helpline number and request a self exclusion form

11.2 There is a minimum period of 6 months self exclusion.

11.3 We will not target you with any marketing material during the self exclusion period and will remove your name and details from any marketing databases used by ourselves.

11.4 During your self exclusion your account will be closed and any funds held on your behalf will be returned to you. You will need to contact Sterling after your period of self exclusion to re-instate your membership of the Lottery.