

helping you to stay in control

Although for most people a visit to Mecca Bingo is a fun and sociable way to spend their time, for a few, playing the fruit machines or games of Cashline can become a problem.

For many, bingo isn't seen as gambling, however problem gambling can affect people, and some seem more vulnerable than others, just as they can be with alcohol and other drugs.

At Mecca Bingo Clubs we take the issue seriously and take responsibility for protecting our customers by providing them with a safe and responsible environment and being committed to providing support to those who are unable to control their gambling.

For more information please visit www.meccabingo.com and click on the Responsible Gambling link.

- When you win do you have an overwhelming desire to win more?
- Do you ever gamble until you completely run out of money?
- Have you lied, stolen or borrowed to get money for gambling?
- Are you reluctant to spend your money on anything else?
- Do you ever gamble for longer, or more often, than you had planned?
- Do you ever gamble to escape negative elements of your life?
- Do you feel depressed or suicidal because of your gambling?
- Are you in debt because of gambling?
- Have you ever sold any possessions to get money to gamble or pay gambling debts?



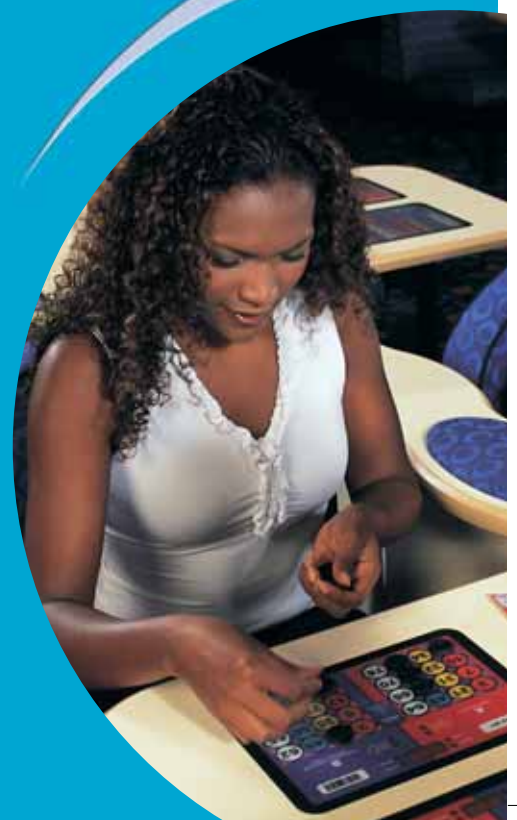
how will I know if I have a problem?

If you think that your gambling may be getting out of control ask yourself the following questions:

- Do you feel you have put your education or job at risk because of gambling?
- Do you chase losses by continuing to gamble when on a losing streak?

You can rest assured that we'll help you to stay in control of your gambling by:

- Fully training our staff so that they can advise customers on how to get help.
- Allowing problem gamblers to 'self exclude' themselves from all of our bingo clubs to stop them making further visits (it's as simple as completing the form on the reverse of this leaflet and handing to a member of staff).
- Providing information detailing how to prevent and control problem gambling as well as details of charities and support groups.





what do I do if I think I have a problem?

The first step in taking back control is to be honest with yourself and accept that there may be a problem.

Talk to the General Manager or Duty Manager in confidence at your local Mecca Bingo Club. They understand the issues involved and can provide you with information. Alternatively speak to someone else who you feel that you can trust.

Practical steps to help you gain control

- Stop all gambling to break the habit.
- Use a calendar to mark each day you don't gamble, so that you can see the progress you make.
- Ask someone you trust to handle your money for an agreed amount of time (e.g. three months).
- Leave your cashpoint, debit or credit cards at home and only bring a limited amount of cash with you.
- Reward yourself after a 'gambling free' period by treating yourself with some of the money you have saved.

Remember – take one day at a time.

Be optimistic – you can gain control

If you need further assistance please speak to one of our managers or see below 'How do I get help'.

how do I get help?

If you or someone you know is unable to control their gambling, the following associations are available to help:

GamCare Helpline 0845 6000 133

Information, advice and counselling for individuals, their family and friends who have concerns about problem gambling.

Gamblers Anonymous (GA) Helpline 020 7384 3040

A self-help fellowship of compulsive gamblers wanting to address their gambling problems. Their sister organisation GamAnon run support groups for partners/families of compulsive gamblers. Groups are held weekly nationwide.

Gordon House Association T: 020 8778 3331

A hostel providing accommodation, counselling and rehabilitation for compulsive gamblers.

National Debtline T: 0808 808 4000

Advice and support to help deal with debts in a proactive and informed way. Self-help packs are sent free of charge to those with debt problems.



Self Exclusion Form

If you wish to cancel your membership, please click on the 'Self Exclusion Form' link on the Responsible Gambling page of the Mecca Bingo website. Please print and hand your completed form into Reception or post to your local Casino.