

GambleAware

Minutes of the Scottish Advisory Panel

DATE	Tuesday 14 May 2019
TIME	2pm – 4pm
VENUE	The Scotsman Hotel, 20 North Bridge, Edinburgh, EH1 1TR

PRESENT	INITIALS	NOTES
Alastair MacKinnon	AM	Chief Executive, Fast Forward
Andrew Todd	AT	RCA Trust
Anna Hemmings	AH	Chief Executive, GamCare
Dr Adrian Parke	AP	University of the West of Scotland
Dr. Duncan Stewart	DS	Consultant Psychiatrist, NHS Lothian
Dr. Michael Kehoe	MK	Consultant Psychiatrist, NHS Lothian
Iain Fraser	IF	Office of Ronnie Cowan MP - APPG Gambling Related Harm
Jane Cumming	JC	Director of Services and Innovation, Penumbra
Lorna B	LB	Affected Other (service user perspective)
Patrick Browne	PB	Gambling Commission
Paul Goodwin	PG	Scottish Football Supporters Federation
Paula Shiels	PS	Senior Nursing Advisor, NHS24
Professor Gerda Reith	GR	University of Glasgow
IN ATTENDANCE		
Iain Corby	IC	Deputy Chief Executive, GambleAware
Dr Jane Rigbye	JR	Director of Education, GambleAware
John McCracken	JM	Director of Commissioning, GambleAware
APOLOGIES		
Billy Watson	BW	Chief Executive, Scottish Association for Mental Health
David Brownlee	DB	Head of Development, Citizens Advice Scotland
David Webster	DW	Communications and Public Affairs Manager, RCGP
Dr. Donald Macintyre	DM	Medical Director, NHS24
Joe Brady	JB	Policy Officer, Glasgow City Council
John Wood	JW	Convention of Scottish Local Authorities
Kevin O'Neill	KO	Programme Manager, Distress Brief Intervention Pilot
Michelle Gillies	MG	Scottish Public Health Network
Phil Alcock	PA	Learning Directorate, Scottish Government
Phil Mackie	PM	Scottish Public Health Network
Yvonne MacDermid OBE	YM	Money Advice Scotland
APOLOGIES FROM OBSERVERS		
Gavin Russell	GR	Public Mental Health Unit, Scottish Government
Niall Kearney	NK	Public Mental Health Unit, Scottish Government

1. Welcome and apologies

Iain Corby welcomed everyone to the meeting.

Apologies were received from those listed above.

2. Declarations of interest

Iain Corby set out that members of the panel would be required to declare any personal interests relevant to items on the agenda at each meeting. This was particularly important for any attendees who may wish subsequently to bid for GambleAware funding, where they would need to step out for discussions on both the overall prioritisation of funding, as well as specific funding recommendations.

Jane Rigbye declared family connections to gambling researchers.

Given the very general, introductory nature of the first meeting, no further declarations of interest were expected or offered.

3. Terms of Reference

The draft terms of reference for the Panel had been circulated in advance - see Paper SAP 19 01 (01). An amendment proposed in response to a concern raised prior to the meeting in relation to industry attendance for any part of the meeting was generally agreed and will be made before the terms of reference are considered at the Panel's second meeting, in the light of the experience of the first.

4. Research in and for Scotland

Adrian Parke described four of his latest research projects:

1. Study of B3 (low stake, high speed) machines in a virtual reality, controlled environment;
2. Training for gambling operator staff in how to intervene when customers are in distress;
3. The Multi Operator Self Exclusion Schemes evaluation study (with Ipsos-MORI);
4. A study of 101 individuals meeting criteria for problem gamblers which observed how few opportunities there were for breaks in play to reduce arousal states or to consider form and which bets to place. Many were found to bet on unusual sports e.g. Brazilian volley-ball, Asian u-16 football or amateur sports, and were often betting on micro-events – e.g. who would win next serve in a tennis match.

Adrian Parke explained the University of Western Scotland has other researchers in the field of addiction; he is developing a psychology of addiction module.

Gerda Reith presented a summary of a recent analysis of public policy, the first peer reviewed research piece in BMJ on gambling. She noted it was not original empirical research but rather a synoptic overview of body of work from UK and abroad. It draws attention to scale of gambling related harm in GB while there is no Govt-owned prevention strategy and recommends activating a statutory levy

Gerda Reith explained the relevant units in Uni of Glasgow – proposed reinvigoration of gambling research group unit.

John McCracken summarised briefly the ScotPHN project in Glasgow which is taking a place-based approach

John McCracken set out three projects around treatment currently underway, commissioned by GambleAware – a needs assessment, a literature review, and a treatment evaluation

5. Lived experience of seeking treatment

Lorna described her experience of trying to find support for a colleague who disclosed a severe gambling addiction. A wide range of contact points all failed to secure the required support – GPs, psychiatrists, Gamblers Anonymous, GamCare, RCA Trust, CNWL were all involved at some point.

Jane Rigbye agreed that GPs need pathways, and described some recent initiatives (posters and leaflets in surgeries, e-learning for GPs)

Anna Hemmings agreed there was a need to invest more

Paula Shiels provided insight into the Scottish approach to public health through locality-based provision, and the preparations for the establishment of Public Health Scotland. She emphasised the need for dialogue with chief officers, the need for engagement with HSC communities, and NHS Education for Scotland.

Andy Todd reinforced the need to improve GP awareness of the issue and of the treatment that was available

Duncan Stewart and Michael Kehoe identified a need to improve engagement by addiction and general psychiatrists with the issue of gambling.

6. Promoting treatment – lessons from Aberdeen

Iain Corby presented the outcome of GambleAware's campaign to promote the national Gambling Helpline and BeGambleaware.org in Aberdeen.

Paul Goodwin described the work of the Scottish Football Supporters Association. GambleAware is a charity partner of SFSF. Iain Fraser highlighted the influence of gambling across football, based on experience as a Celtic supporter

Iain Corby explained GambleAware's preventative campaign, BetRegret and promised to report on its impact at the next meeting.

7. Scotland Treatment Network update

Anna Hemmings presented the latest figures for people accessing the Helpline and face-to-face treatment from Scotland. She also described the preparations to launch a Computerised CBT service later this year.

Paula Shiels asked if the cCBT was gambling-specific because a generic offer was already available through GPs in Scotland. It is.

Andy Todd shared RCA background and coverage. He talked about plans to increase provision, and to offer face-to-face counselling at additional sites in areas that were currently under-served. Telephone and on-line counselling were also available. He was keen to develop a partnership model with Citizens Advice in specific locations. He also referenced existing links with other money advice and financial inclusion services, the NHS and the UWS. RCA had a separate strand of work raising awareness with CYP through schools.

8. Early intervention and referral pathways

Alastair MacKinnon described the elements of Fast Forward's programme for youth workers and young people in Scotland

Jane Rigbye explained the plan to expand the work of Citizens Advice in England and Wales across Scotland. Andy Todd noted 3 local authorities do not have citizens advice service. Paula Shiels suggested considering the adjunct to CA – Patients Advice Service. This is a good model of co-

production between the statutory and voluntary sectors, and fitted with regional based care delivery, as in the provision of perinatal MH, where regional centres of excellence worked in conjunction with spokes

9. Systems design for gambling treatment by NHS Scotland

John McCracken facilitated a discussion on the future strategy for treatment across Scotland.

Paula Shiels suggested that when selecting a location for a test of change, often the Central Belt was not representative of the rest of Scotland

Alastair MacKinnon suggested some LAs more willing to enter partnerships with other organisations e.g. West Lothian Council

10. Any other business

Patrick Browne thanked GambleAware for pulling people together and said the Gambling Commission was supportive.

Iain Corby suggested the date of next meeting should be in the early Autumn, and asked attendees to recommend participation to others who should be involved, and provide an introduction.

Andy Todd noted that he'd worked in the field in Scotland from 2006 to 2019, and this panel was the first of its kind and long overdue.

The presentation from the meeting will be available on the GambleAware website alongside these minutes