



**WYNFORD**

**ELLIS OWEN**

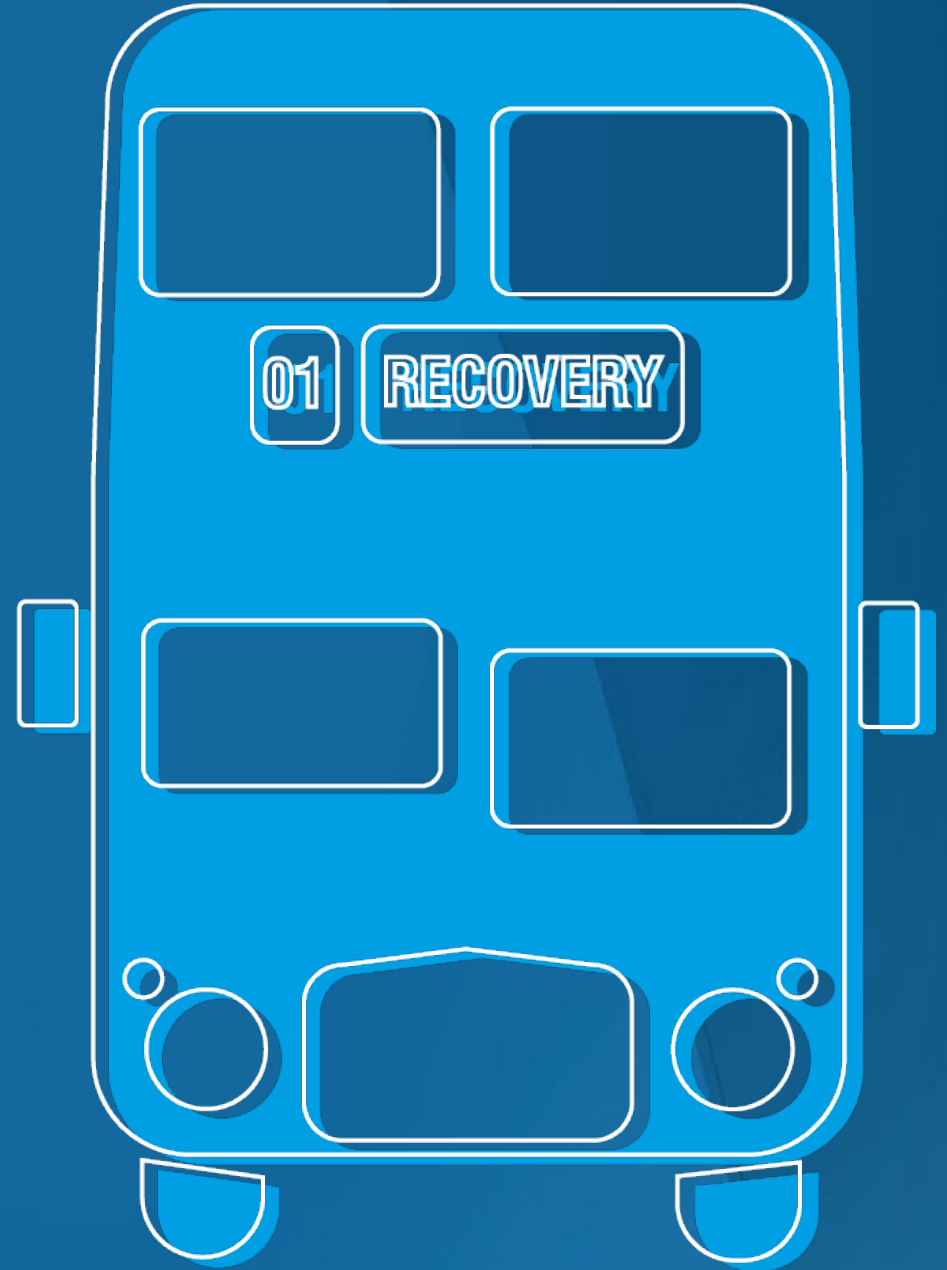
**CEO, LIVING ROOM CARDIFF**

[WWW.LIVINGROOM-CARDIFF.COM](http://WWW.LIVINGROOM-CARDIFF.COM)

**WE PROVIDE AN**  
**ALL-ADDICTIONS**  
**APPROACH**



**WE'RE ON THE  
RECOVERY BUS  
TOGETHER**



# LIVING ROOM

# CARDIFF

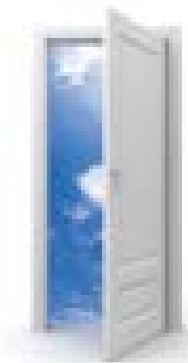


RETREATS

cynnal<sup>+</sup>



CONFERENCES  
& LECTURES



**LIVING ROOM CARDIFF**  
OPENING THE DOOR TO A NEW LIFE

Enfys

**FLUTTERFREE  
FEBRUARY**  
NO GAMBLING. FOR FEBRUARY. FOR YOUR FAMILY. FOR A BETTER LIFE.

**BEAT  
THE ODDS**  
CUBOR BWC



University of Wales  
Trinity Saint David

# OUR

# PUBLISHED

# REPORTS

**DISCUSSION PAPER**  
SEEKING HELP FOR  
EXCESSIVE GAMBLING  
PROBLEMS

**BEAT THE ODDS**  
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**REACHING OUT**  
RECOVERY COACH  
TRAINING MANUAL

You will

- Expand your awareness of the recovery movement
- Learn the pathways to recovery
- Build key skills in becoming a recovery coach
- Become a part of the recovery communities

**REACHING OUT**  
RECOVERY  
MANUAL

ESTYN LLAW  
REACHING OUT WWW.REACHINGOUTTRAINING.COM

**BEAT THE ODDS**  
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**HELP YOURSELF**  
A self-help guide to overcoming  
gambling problems

LIVING ROOM CARDIFF CAIS

gomer

**Raslas bach  
a mawr!**

Hunangofiant  
Wynford Ellis Owen

**NO ROOM  
TO LIVE**

a journey from addiction to recovery

**WYNFORD ELLIS OWEN**

Report on the 2nd Welsh  
National Conference on  
Excessive Gambling Wales  
22 June 2016, 9.30 – 14.30, at the  
Pierhead Building, Cardiff Bay,  
sponsored by Darren Millar AM

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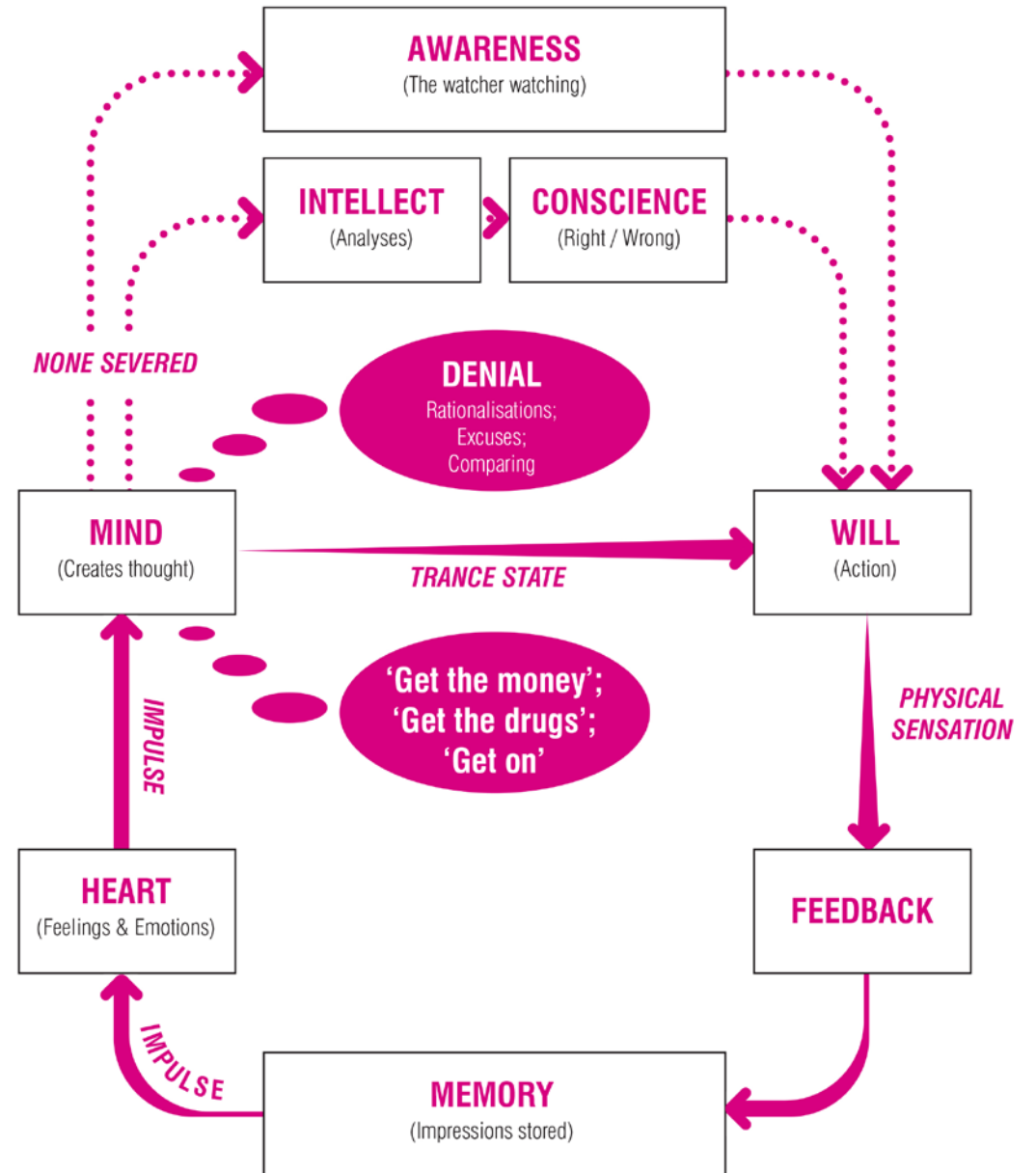
**BEAT THE ODDS**  
CUBOR.BWCI

**Beat the Odds Report:**  
Evidence for psychosocial  
interventions for problem  
gambling  
Tim Leighton, June 2015

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# PATTERN OF ADDICTION



# LOBES & FUNCTION

## OF THE BRAIN

### FRONT BRAIN

- Thinking, feeling and identity
- Where conscious thought happens
- We can control our thoughts in our front brain if we are aware of them

### MID BRAIN

- Reacting without thinking
- Unconscious thought and action
- We cannot control what happens here, it is unconscious and automatic

### OCIPITAL LOBE

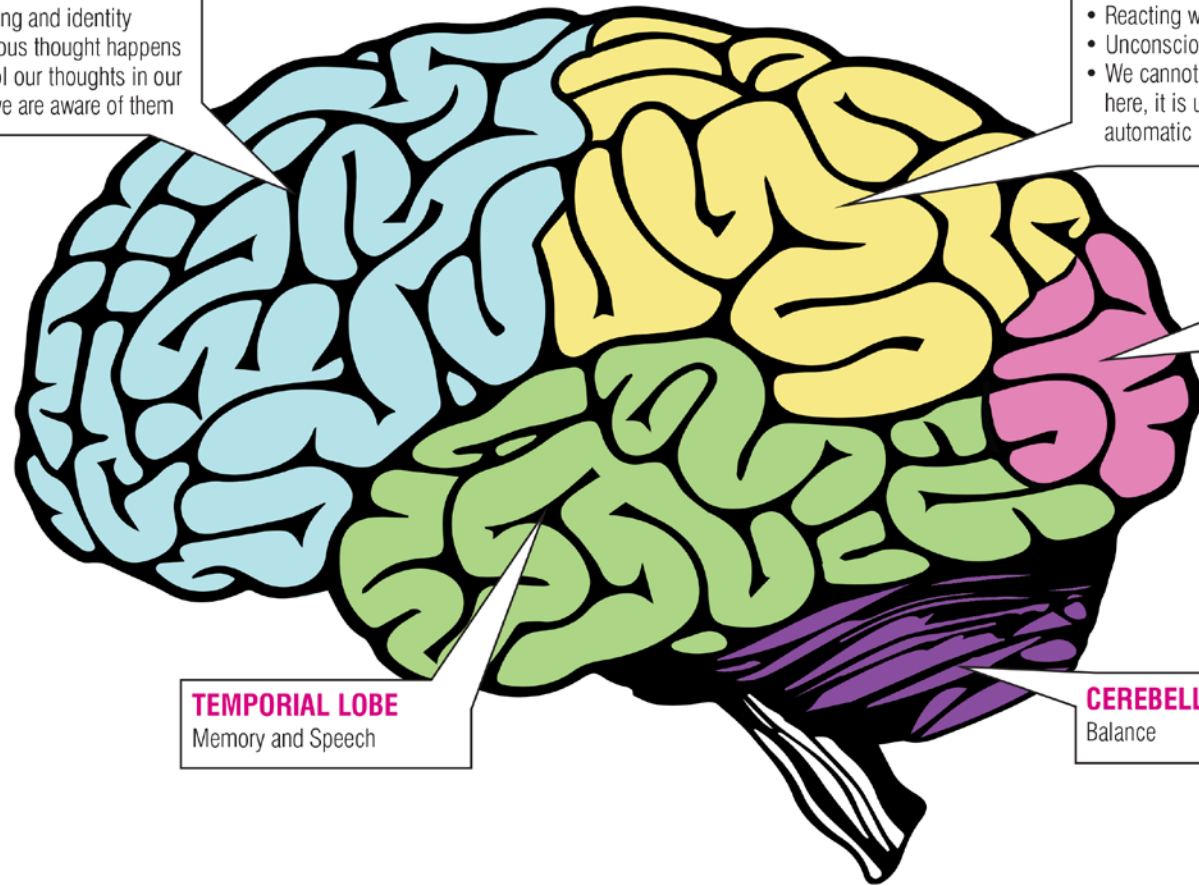
Seeing

### TEMPORIAL LOBE

Memory and Speech

### CEREBELLIUM

Balance



# MAKING A DIFFERENCE

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**FLUTTERFREE FEBRUARY**  
NO GAMBLING FOR FEBRUARY FOR YOUR FAMILY FOR A BETTER LIFE

JOIN FLUTTER FREE FEBRUARY TODAY

Name  Email Address  [SIGN UP](#)

1-28 February 2017 [HOME](#) [GET INVOLVED](#) [OUR STORY](#) [COST CALCULATOR](#) [CONTACT](#)

**SEND US YOUR THUMBS UP SELFIE IN SUPPORT #flutterfreefeb**

**Did you know gambling costs you, your family and the nation a fortune each year?**

<b>£675</b>	<b>£1.6BN</b>	<b>146%</b>	<b>£5.5BN</b>
the average person in Wales gambles in a year on Fixed Odds Betting Terminals alone	Welsh gamblers stake on fixed odds betting terminals alone in a year	The yearly growth of online gambling	Britons regularly gamble online

**Imagine what you could do with all that money instead rather than generating easy profits for the gambling industry.**

**Get involved in Flutter Free February today and see and pocket the difference.**

**CAN YOU HOLD THAT BET FOR 28 DAYS?**

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*Read More*



# MAKING A

# DIFFERENCE

# BEATTHEODDS.WALES

BEAT THE ODDS CUROR BWCJ

Get help now  
029 2030 2101

HOME GETTING HELP FRIENDS & FAMILY GAMBLING ABOUT US CONTACT US

YouTube

- SELF-HELP ADVICE**  
Many ways to get help  
Gambling affects many people in many different ways. That's why there are many different ways to get help.  
[Click here to find the support that's right for you.](#)
- TELEPHONE SUPPORT**
- ONLINE HELP**
- FACE TO FACE**
- PEER SUPPORT**  
Getting the support you need  
We can help you find support from other people who understand the issues, fears and challenges you are facing, because they've been where you are.  
[Read more about peer support.](#)
- FAMILY SUPPORT**  
Join the Beat the Odds Focus Group  
Help us establish an effective service for people with gambling problems within Wales.  
[Sign up and be a part of our focus groups.](#)
- FINANCIAL HELP**

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# THANK YOU

**WYNFORD ELLIS OWEN**

wynfordellisowen@cais.org.uk

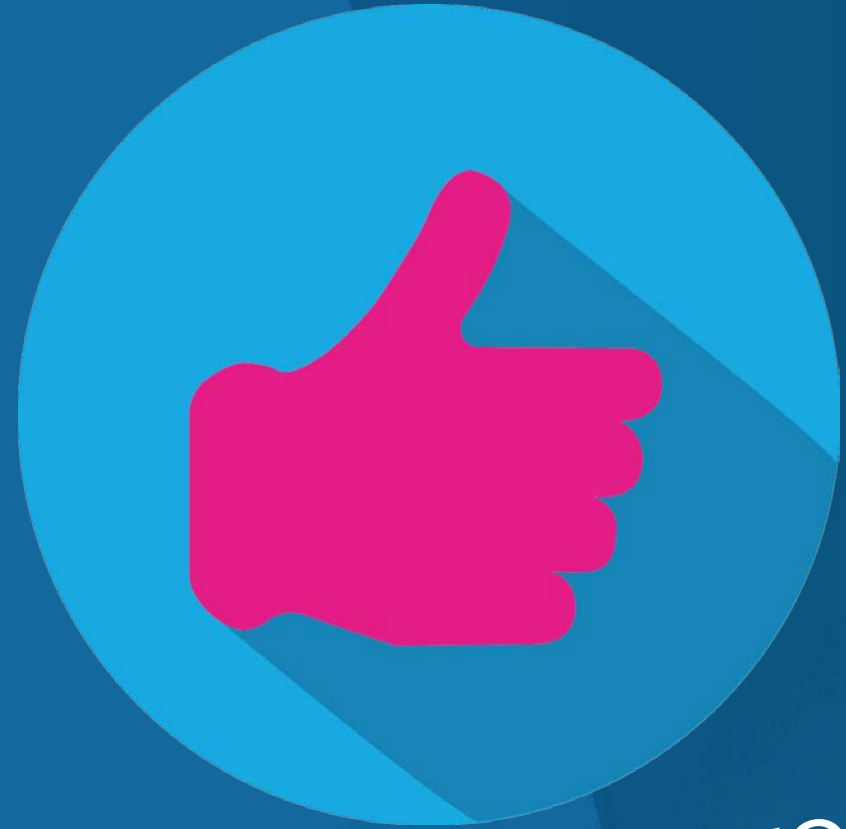
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**DON'T FORGET YOUR  
THUMBS UP SELFIE!  
#flutterfreefeb**