



# Gambling: What's the problem?



If you think gambling might affect you or someone you care for, come and get some tips from people who understand.

**at Three Trees Community Centre, Chelmsley Wood,  
Monday 20 June, 10.00am – 1.00pm**

Co-produced by experts by lived experience and gambling practitioners, this three-hour session explores:

- **myths around gambling,**
- **how to spot the signs that gambling is a concern,**
- **how gambling can be a hidden harm,**
- **how to guide people towards self-help and further support in Birmingham and Solihull.**

Register for your free space by email: [bsmhft.recoverycollege@nhs.net](mailto:bsmhft.recoverycollege@nhs.net)  
or call John Travers on 07495 591525 to find out more.



aquarius



compassionate



inclusive



committed

# This session is produced by the Recovery College for All, part of Birmingham and Solihull Mental Health NHS Foundation Trust with support from Aquarius UK.

## Three Trees Community Centre

Hedingham Grove, Chelmund's Cross, Chelmsley Wood, B37 7TP

### Buses

**Bus X12** from Solihull town centre departs from Station Road, every 20 minutes to Keepers Lodge. The community centre is a 4 minute walk away via Carisbrooke Avenue.

**The service X70**, also from Solihull town centre, departs from Station Road every 20 minutes from Birmingham city centre and east Birmingham.

**Bus services 72 and 97**, run every 10 mins, are also routes that are a short walk away from the venue.

For further information on other bus routes, please visit the National Express West Midlands travel site [www.nxbus.co.uk](http://www.nxbus.co.uk)

### Parking

There is limited residential parking in neighbouring roads around the venue. Please note that restrictive double yellow lines are also in place. The retailer, Co-Op, is close by and offers limited free parking for a maximum two hour period.

### Facilities

The centre offers a selection of refreshments to purchase from the small on-site café, **The Olive Branch**.

**Opening times are: 9.00 am – 2.30pm.**

### Accessibility

Three Trees Community Centre is fully accessible for visitors with mobility difficulties.

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## Need help now with your gambling?

Please contact SIAS single point of engagement team on Point of Engagement team on **0121 301 4141**. SIAS provides a wide range of support no matter what kind of alcohol, drugs or gambling you are using. SIAS also delivers support to families and friends affected by another person's substance use or gambling. SIAS is run in partnership with the Birmingham and Solihull Mental Health Foundation Trust, Welcome, Changes UK and Urban Heard.

### Access to treatment and further information

For advice, information or to access treatment services, call SIAS's Single Point of Engagement team on **0121 301 4141**.

For general advice or information, feel free to drop in and see the SIAS team or email [help@sias-solihull.org.uk](mailto:help@sias-solihull.org.uk).

### Housing and Homeless service

Our Housing and Homeless service supports anyone who is homeless or at risk of becoming homeless within the Solihull borough, please call us on **0330 0083957**

or email [siashomeless&housing@aqaurius.org.uk](mailto:siashomeless&housing@aqaurius.org.uk)

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### Contact / referral details

- [enquires@sias-solihull.org.uk](mailto:enquires@sias-solihull.org.uk)
- **0121 301 4141**
- SIAS, Newington Centre,  
Newington Road, Marston Green, B37 7RW

