



# 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 Uffculme Centre, Queensbridge Rd, Moseley,  
Monday 7 November, 2:30pm**

Co-produced by experts by lived experience and gambling practitioners, this two-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 591 525 to find out more.



 **compassionate**  **inclusive**  **committed**

Open to people who use mental health services, family members, carers and supporters of mental health service users and NHS staff. If you would like to attend but don't think you are in one of these groups, please get in touch and we will help you to register for free

# 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.

## Uffculme Centre

Queensbridge Road, Moseley, Birmingham B13 8QY.

### By bus

Bus service 50 from the rear entrance of the Pavillion Central Shopping Centre in Birmingham (opposite entrance to Moor Street Station).

After Moseley Village get off the bus at the junction with Queensbridge Road.

### By car

From the A435, Alcester Road, turn onto Queensbridge Road, between Moseley and Kings Heath. The Centre is on the left opposite the school. There is parking on-site.

### Accessibility

The Uffculme Centre is accessible for visitors with mobility difficulties.

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## Need help now with your gambling?

Our partners at Aquarius offer support and treatment to people aged 16 years and over affected by gambling, either their own or the gambling of a family member, partner or friend through 1:1 and group support sessions.

Aquarius can also provide information and advice to anyone suffering with a gambling problem, as well as to family members and friends affected by someone else's gambling.

### Access to treatment and further information

You can self-refer to this service or be referred by a professional.

Call 0300 456 4293 or email [gambling@aquarius.org.uk](mailto:gambling@aquarius.org.uk) to refer or get more information.

The main office in Birmingham is at 236 Bristol Road, Edgbaston, Birmingham, B5 7S1.

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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

