



## Lottery Exclusion Form

Please exclude me from your lottery with immediate effect and do not make any direct contact during my exclusion period.

We will exclude you for a minimum period of 6 months from the date of the form beyond that date you will have to request to be removed from the exclusion register otherwise your exclusion will continue.

**Name:** .....

**Address:** .....

.....

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**Lottery name:** World Animal Protection Weekly Lottery

**Membership number (if applicable):** .....

**Date:** .....

**Comments:** .....

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**Sign:** .....

Please return the form to: -

World Animal Protection Weekly Lottery c/o  
Sterling Management Centre Limited  
Furness Gate  
Furness Business Park  
Barrow-in-Furness  
Cumbria  
LA14 2PE

Telephone: 0370 050 9240



## Responsible Gambling

Whilst the majority of people do gamble within their means, for some gambling can become a problem. It may help you to keep control to remember the following:

- Gambling should be entertaining and not seen as a way of making money
- Avoid chasing losses
- Only gamble what you can afford to lose
- Keep track of the time and amount you spend gambling

## Problem Gambling.

If you are concerned that gambling may have taken over your (or someone else's life) then the following questions may help you find out:

- Do you stay away from work to gamble?
- Do you gamble to escape from a boring or unhappy life?
- When gambling and you run out of money, do you feel lost and in despair and need to gamble again as soon as possible?
- Do you gamble until your last penny is gone, even the fare home or the cost of a cup of tea?
- Have you ever lied to cover up the amount of money or time you have spent gambling?
- Have others ever criticised your gambling?
- Have you lost interest in your family, friends or hobbies?
- After losing, do you feel you must try and win back your losses as soon as possible?
- Do arguments, frustrations or disappointments make you want to gamble?
- Do you feel depressed or even suicidal because of your gambling?

**The more you answer 'yes' to these questions, the more likely you are to have a serious gambling problem. To speak to someone about this contact the Be Gamble Aware confidential helpline on 0808 8020 133 or visit their website <https://www.begambleaware.org/> for further information.**

**BeGambleAware.org**<sup>®</sup>