

## STROKE ASSOCIATION - GAMBLING SELF EXCLUSION FORM

Title:	Mr Mrs Ms Miss	Other:
Full Name	<b>:</b>	
Address:		
Postcode		
Self-exclusion declaration:  Please exclude me from all lottery and raffle activity with immediate effect. I understand that by submitting this form, the exclusion will remain in place until I telephone to tell you that I wish to begin gambling again. Please note that by law the self-exclusion must apply for a minimum period of 6 months.		
Signature	:	Date: / /
S F	lease post your completed form to: troke Association Weekly Lottery urness Gate urness Business Park	Alternatively, scan and send your completed form to: lottery@stroke.org.uk

## **Counselling and Support Services**

Are you gambling more than you really want to? If you or a family member feel that you are experiencing problems with gambling, you can seek advice and support from trained counsellors at BeGambleAware at **www.begambleaware.org**, by calling the National Gambling Helpline on **0808 8020 133** or visit their website **www.gamcare.org.uk**.

Software is available to prevent an individual computer from accessing gambling internet sites – please see **www.gamblock.com** for further information.

BeGambleAware.org