

Strategies to avoid overspending

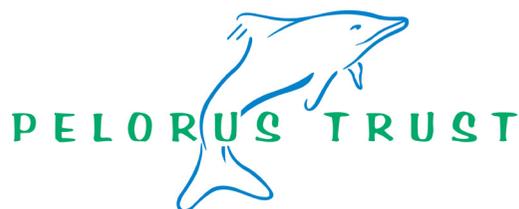
Set yourself a daily/weekly limit that you can afford, and don't exceed it.

Take only cash into a venue—leave your eftpos or credit card at home.

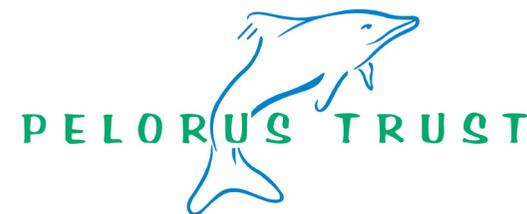
Remember gaming should be fun, especially when enjoyed in a group.

Take a break from gaming from time to time.

If you want to stop, ask the Venue Manager about a Self-Exclusion Order.



Know the Facts and Play Responsibly



Help for those who need it is provided free!

Pelorus Trust operates gaming machines to raise much needed funding for community groups. However, the Trust is also committed to minimising the harm from gaming machines, and like other industry operators, provides the necessary funding for specialist problem gambling providers.

If gambling isn't fun anymore

Talking to someone can really help

Ring the Gambling Helpline

0800 654 655

for a 24hr freephone service

Gaming Machine Player Information

Gaming Machines

—It's a matter of personal choice

Gaming Machines are lawful entertainment in New Zealand. They operate within a tight legal framework where the machines, gaming systems, and licensed operators are under constant scrutiny and audit. This allows players and the community to be comfortable that they are involved in, or benefiting from, an honest and fair charitable activity.

Gaming Machines are designed to be fun and entertaining and not to be addictive. Playing the machines is a matter of personal choice. The operators of this venue recommend that play levels should be moderate and spend levels within your own discretionary limit.

The Odds of Winning

It is possible to win on the machines and finish a session of play with more money than you started with. However, the machines are designed, over time, to retain a portion of the amount gambled (about 8%). This means, that in the long run, you will lose money.

You cannot influence the outcome - it doesn't matter if:

- You play a machine straight after someone else has had a big win OR if you play a machine that hasn't paid out for a long time;
- You play a certain machine, at a certain time, or on a certain day;
- You press the buttons in a certain way.

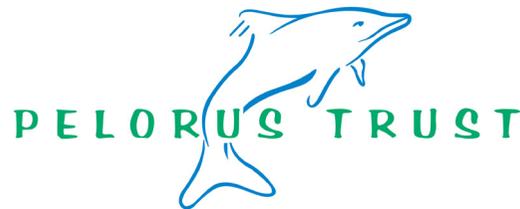
What is Problem Gambling?

Problem gambling is gambling that causes or may cause harm. Gambling can, and does, hurt people close to the gambler (friends, family, whanau), as well as the gambler themselves.

It can affect anyone regardless of gender, wealth, age, race or ethnic group. Harm can occur at different levels for different people.

To put this issue in context, the Ministry of Health estimate that 0.4% of NZ adults are problem gamblers, while a further 1.3% are at moderate risk*.

* A Focus on Problem Gambling: Results of the 2006/07 New Zealand Health Survey—published May 2009



www.pelorustrust.net.nz

Is Gambling a Problem for you or your family?

Whether your gambling is a problem depends on your circumstances. Some signs may be if you are:

- Spending more money and time than intended on gambling
- Feeling life is boring when not gambling
- Frequently feeling moody or depressed when not gambling
- Seeing gambling as a way to solve growing pressure to pay debts
- Borrowing or stealing money to keep gambling
- Lying to cover your losses
- Feeling stressed out by your gambling
- Under pressure from friends or family about your gambling
- Gambling for long periods or leaving children alone while you gamble

Remember, it is all about informed choice - understand the odds, enjoy yourself, but know when to stop, and how to ask for help.