

# **Gambling Harm and Offenders:** A survey of prisoners' experiences

A report by The Forward Trust

December 2020

The logo consists of the word "Forward" in a bold, sans-serif font. The letters are colored with a gradient: 'F' is red, 'or' is purple, and 'ward' is blue.

**Forward**

[www.forwardtrust.org.uk](http://www.forwardtrust.org.uk)

# Contents

|                                                               |           |
|---------------------------------------------------------------|-----------|
| <b>Introduction.....</b>                                      | <b>3</b>  |
| <b>Executive Summary.....</b>                                 | <b>4</b>  |
| Prevalence of gambling among offenders                        |           |
| Perception of gambling harm                                   |           |
| The impact of lockdown                                        |           |
| Support to address gambling harm in prison                    |           |
| <b>Full survey findings.....</b>                              | <b>6</b>  |
| Method                                                        |           |
| Notes                                                         |           |
| Response                                                      |           |
| <b>Section 1 - Gambling behaviour.....</b>                    | <b>8</b>  |
| 1.1 Gambling whilst in prison                                 |           |
| 1.2 Gambling before you were in prison                        |           |
| 1.3 Gambling in the last 12 months                            |           |
| 1.4 Stakes raised and debts settled                           |           |
| 1.5 Changes since Covid-19 lockdown                           |           |
| 1.6 Personal gambling habits                                  |           |
| <b>Section 2 - Gambling during the Covid-19 lockdown.....</b> | <b>17</b> |
| <b>Section 3 - Support for gambling problems.....</b>         | <b>19</b> |
| <b>Section 4 - Mental health.....</b>                         | <b>21</b> |
| <b>Section 5 - Substance use.....</b>                         | <b>23</b> |
| <b>Appendix 1 - Survey in full.....</b>                       | <b>24</b> |



## Introduction

The Forward Trust (Forward) empowers people to break the often interlinked cycles of addiction or crime. For more than 25 years we have been working with people to create better lives for themselves with jobs, family, friends and a sense of community. We currently have teams in 25 prisons and reach 12,000+ offenders every year, delivering a range of drug and alcohol services including advice, health and wellbeing, motivational work, clinical services, and structured group work programmes – we are national leaders in the management of these complex services in the unique environment of a prison, and have a dedicated team of researchers who co-develop (with clients) new evidence-based interventions in response to emerging need.

With funding from a [regulatory settlement](#) which has been approved by the Gambling Commission, The Forward Trust (Forward) conducted a survey during August and September 2020 of offenders in custody receiving our services to find out about their experience of gambling in prison and in their life before custody, and the extent to which they perceived gambling as being harmful. The survey also explored offenders' experience of lockdown in prison (when they have had limited access to family visits, structured activities or interventions outside their cell) and its impact on their wellbeing including their experience of gambling.

The survey was the first of its kind to be conducted in English prisons and generated responses from 224 offenders, 9 per cent of Forward's current clients.

The next page contains an executive summary of the key findings from the survey. Full results can be accessed from page 6.

# Executive Summary

## Prevalence of gambling among offenders

- **A fifth of respondents (22%) said they had spent money or bet something they own on gambling whilst in prison in the last 12 months** – this is particularly striking as most prisoners have very little access to money to spend; the most popular forms were betting on sports or other events either through a bookmaker (10%) and live events (8%) whilst 7% said they gambled on football as one of the most common betting choices.
- **38% of respondents outlined that during the 12 months before they were in prison they had spent money or bet something they own on gambling.** Those who had participated in gambling during the 12 months before they were in prison were significantly more likely to have also participated in gambling in the last 12 months whilst in prison (88%).

## Perception of gambling harm

- Opinions varied on whether gambling in prison was seen as harmful - 29% of respondents strongly agreed/agreed that most gambling that happens in prison is just a bit of fun, while 19% disagreed/strongly disagreed with this statement; however, **14% strongly agreed/agreed** that in their prison some **people have been getting into serious debt because of gambling**.
- **4% of respondents** outlined that their gambling directly contributed to **the reason they are in prison**, a further 2% outlined the type of crime or lifestyle they were involved with drove them to gamble more/more often.
- **15% of respondents** outlined that they had sometimes thought they have **a gambling problem**, a further 8% outlined this was the case most of the time or almost always.
- **16% of respondent** outlined their gambling had sometimes caused **health problems**, including stress, anxiety, a further 7% outlined this was the case most of the time or almost always.
- **13% of respondents** outlined that their gambling had sometimes caused **financial problems** for themselves or their household; a further 8% outlined this was the case most of the time or almost always.
- **5% of respondents** had **lost their job** due to their own gambling.
- **11% of respondents** outlined they'd experienced **relationship issues** due to their own gambling.
- **14% of respondents** had experienced **debt** due to their own gambling.

## The impact of lockdown

- Over half (57%) of respondents outlined their **mental health had become worse** since the Covid-19 lockdown. **48 prisoners** stated that talking to family/friends or mail from family/friends had helped through them through lockdown. **On the other hand, 28 participants outlined that nothing or no-one had been there to support them through the Covid-19 lockdown.**
- **Nearly half (49%) of respondents strongly disagreed/disagreed that gambling had increased in prison since lockdown;** only 7% of respondents strongly agreed/agreed.

## Support to address gambling harm in prison

- **75% of participants strongly agreed/agreed that gambling can become a serious addiction like drugs and alcohol;** though 77% of respondents did not recognise their gambling hobby as a gambling ‘problem’ and 78% of participants claimed nobody had ever criticised their gambling.
- Over half (57% of respondents thought it would be **beneficial for them or other people to receive support for gambling problems** whilst in prison.

# Full survey findings

## Method

Paper questionnaires were completed which The Forward Trust batched up and sent on to Marketing Means for data capture. Marketing Means input all survey data manually using SNAP software. 10% of all responses were verified to check the accuracy of the data held.

The analysis contained in this summary report was conducted using the SPSS statistical software package. Marketing Means' role in this survey was carried out in line with the ISO9001 and ISO20252 quality standards.

## Notes

Missing data or 'no replies' have been omitted from the data and charts in this report. Figures for charts and tables have been rounded and may not total 100%.

## Response

Overall, 224 completed surveys were received, all of which were completed between 1<sup>st</sup> August 2020 and 30<sup>th</sup> September 2020. The following tables illustrate the profile of those who responded to the survey:

| Q1: Which prison are you in? | Total                | #          | %             |
|------------------------------|----------------------|------------|---------------|
|                              | <b>Total</b>         | <b>224</b> | <b>100.0%</b> |
|                              | HMP Stoke Heath      | 35         | 15.6%         |
|                              | HMP Brixton          | 29         | 12.9%         |
|                              | HMP Downview         | 25         | 11.2%         |
|                              | HMP Send             | 25         | 11.2%         |
|                              | HMP The Mount        | 23         | 10.3%         |
|                              | HMP Elmley           | 18         | 8.0%          |
|                              | HMP Lewes            | 16         | 7.1%          |
|                              | HMP Wormwood Scrubs  | 13         | 5.8%          |
|                              | HMP Standford Hill   | 12         | 5.4%          |
|                              | HMP High Down        | 11         | 4.9%          |
|                              | HMP Swaleside        | 8          | 3.6%          |
|                              | HMP Maidstone        | 6          | 2.7%          |
|                              | HMP Rochester        | 2          | 0.9%          |
|                              | HMP East Sutton Park | 1          | 0.4%          |

|                                          |                               | #   | %      |
|------------------------------------------|-------------------------------|-----|--------|
| Q2: Length of term served in this prison | Total                         | 214 | 100.0% |
|                                          | 0-3 months                    | 38  | 17.8%  |
|                                          | 4-6 months                    | 25  | 11.7%  |
|                                          | 7-12 months                   | 64  | 29.9%  |
|                                          | Over 1yr but less than 3yrs   | 57  | 26.6%  |
|                                          | 3-5yrs                        | 13  | 6.1%   |
|                                          | Over 5yrs but less than 10yrs | 10  | 4.7%   |
|                                          | 10+ years                     | 7   | 3.3%   |

|                        |       | #   | %      |
|------------------------|-------|-----|--------|
| Q20: What is your age? | Total | 213 | 100.0% |
|                        | 16-24 | 14  | 6.6%   |
|                        | 25-34 | 72  | 33.8%  |
|                        | 35-44 | 73  | 34.3%  |
|                        | 45-54 | 35  | 16.4%  |
|                        | 55-64 | 18  | 8.5%   |
|                        | 65-74 | 1   | 0.5%   |
|                        | 75-84 | 0   | 0.0%   |
|                        | 85+   | 0   | 0.0%   |

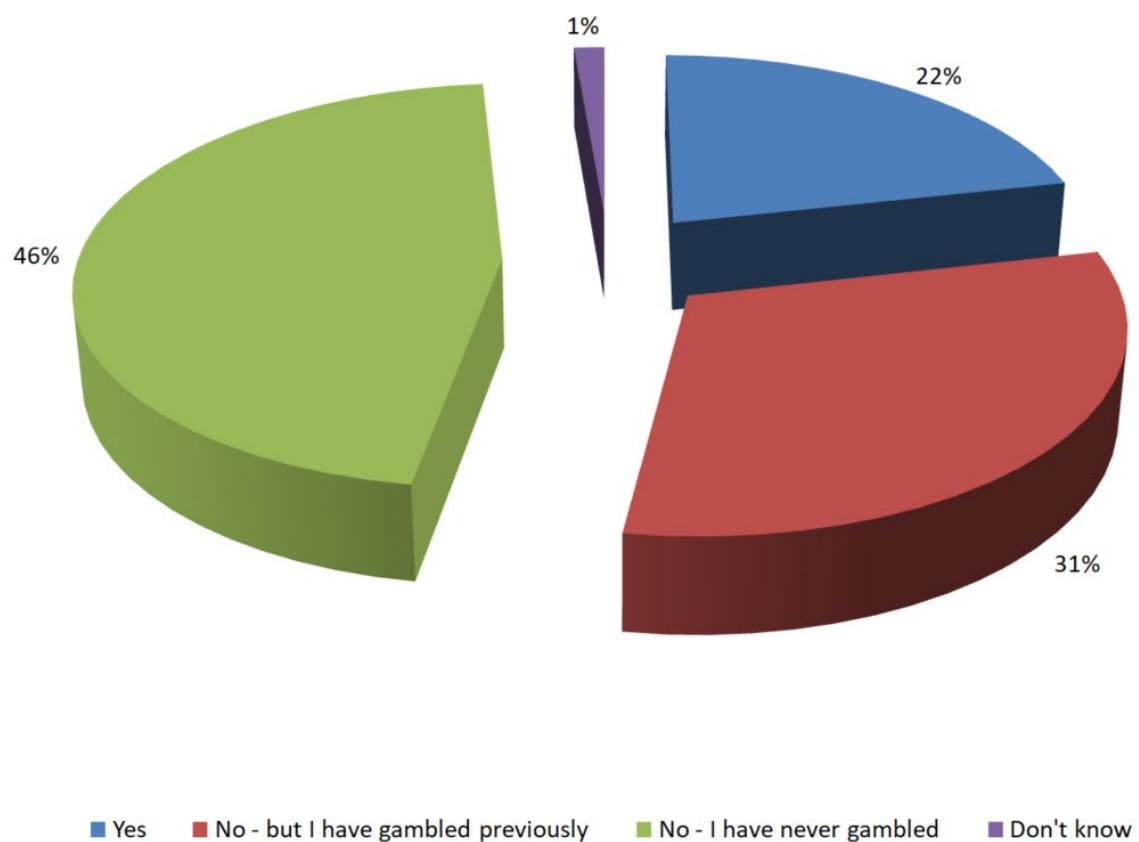
|                                          |                             | #   | %      |
|------------------------------------------|-----------------------------|-----|--------|
| Q21: What ethnic group do you belong to? | Total                       | 213 | 100.0% |
|                                          | White British               | 138 | 64.8%  |
|                                          | White Irish                 | 3   | 1.4%   |
|                                          | White Other                 | 11  | 5.2%   |
|                                          | Mixed White/Asian           | 3   | 1.4%   |
|                                          | Mixed White/Black Caribbean | 2   | 0.9%   |
|                                          | Mixed White/Caribbean       | 4   | 1.9%   |
|                                          | Mixed White/Other           | 5   | 2.3%   |
|                                          | Asian Indian                | 6   | 2.8%   |
|                                          | Asian Pakistani             | 0   | 0.0%   |
|                                          | Asian Bangladeshi           | 4   | 1.9%   |
|                                          | Asian Other                 | 3   | 1.4%   |
|                                          | Black African               | 4   | 1.9%   |
|                                          | Black British               | 15  | 7.0%   |
|                                          | Black Caribbean             | 0   | 0.0%   |
|                                          | Black Other                 | 7   | 3.3%   |
|                                          | Chinese                     | 2   | 0.9%   |
|                                          | Unknown                     | 1   | 0.5%   |
|                                          | Any other background        | 5   | 2.3%   |

# Section 1 - Gambling behaviour

## 1.1 Gambling whilst in prison

**Q4: 'In the last 12 months, have you spent any money or bet something you own on gambling whilst in prison? (This includes things like making a bet with someone else in prison or you may have asked someone outside to place a bet for you with a bookmaker or online)' Base: 223**

Chart 1:



Just over a fifth of respondents (22%) outlined they had spent money or bet something they own on gambling whilst in prison in the last 12 months.

31% outlined that they had not participated in gambling in prison in the last 12 months but had gambled previously.

Nearly half of respondents (46%) outlined that they had never gambled.

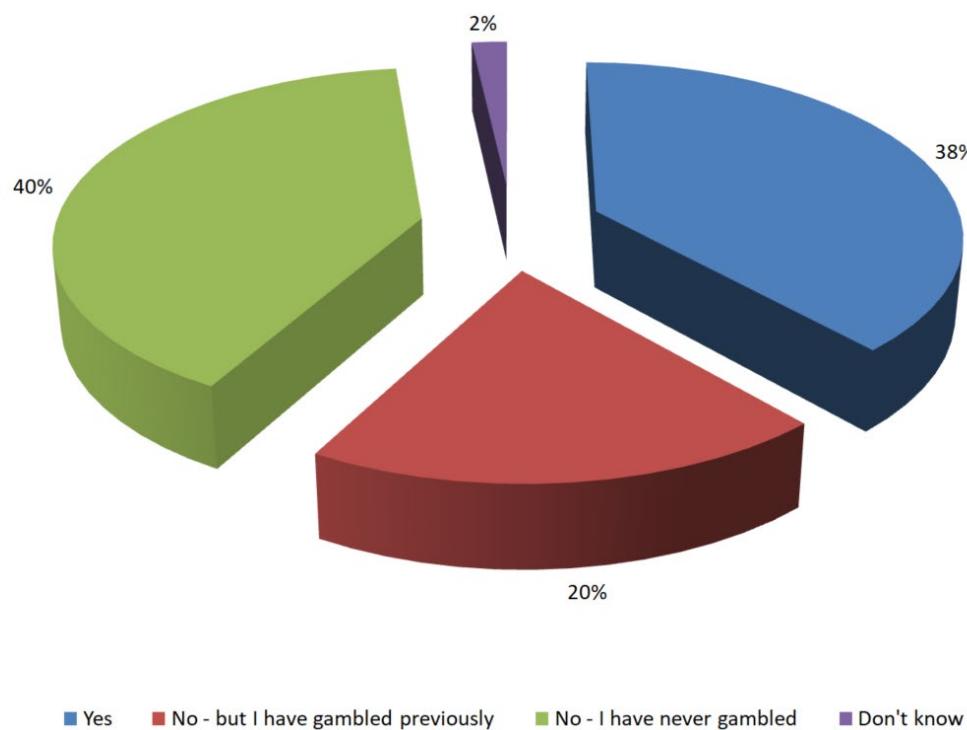
### Significant Differences:

- No significant differences across prisons, age or ethnic group of respondent.

## 1.2 Gambling before you were in prison

Q5: 'During the 12 months before you were in prison, did you spent any money or bet something you own on gambling?' Base: 224

Chart 2:



38% outlined that during the 12 months before they were in prison they had spent money or bet something they own on gambling.

A fifth (20%) outlined that they had not participated in gambling during the 12 months prior to being in prison but had gambled previously.

40% outlined that they had never gambled.

### Significant Differences:

- No significant differences across prisons, age or ethnic group of respondent.
- Those who outlined they had participated in gambling during the 12 months before they were in prison were **significantly** more likely to have also participated in gambling in the last 12 months whilst in prison (88%) compared with those who outlined 'no, have not participated in gambling in the last 12 months whilst in prison – but I have gambled previously' (45%) and 'no, have not participated in gambling in the last 12 months whilst in prison – I have never gambled' (10%).

## 1.3 Gambling in the last 12 months

**Q6: 'In the last 12 months have you spent any money or bet something you own on any of the following activities? (You may have made a bet with someone else in prison or you may have asked someone outside to place a bet for you with a bookmaker or online).**

**A. Please tick all that you did in the 12 months before you were in prison Base: 224**

**Table 1: Most common ways of gambling during the 12 months before prison**

|                                               |            |
|-----------------------------------------------|------------|
| Miscellaneous - Lottery (National / other)    | <b>29%</b> |
| Bookmakers - Gaming machines                  | <b>29%</b> |
| Miscellaneous - Scratchcards                  | <b>29%</b> |
| Pub - Gaming Machines                         | <b>23%</b> |
| Adult Entertainment Centre - Gaming machines  | <b>20%</b> |
| Bookmakers - Horses                           | <b>19%</b> |
| Bookmakers - Sports or other event            | <b>19%</b> |
| Casino - Roulette                             | <b>17%</b> |
| Live Events - Sports or other event           | <b>17%</b> |
| Online - Scratchcards                         | <b>17%</b> |
| Live Events - Horses                          | <b>16%</b> |
| Family Entertainment Centre - Gaming machines | <b>14%</b> |
| Casino - Gaming machine                       | <b>10%</b> |
| Online - Horses                               | <b>10%</b> |

The most common forms of gambling in the 12 months before prison were: Miscellaneous - Lottery (National/other) (29%), Miscellaneous - Scratchcards (29%) or gaming machines: at the Bookmakers (29%), at the Pub (23%) or at an Adult Entertainment Centre (20%). The next most common ways to gamble in the 12 months before prison were at the Bookmakers either on the horses (19%) or other sports/events (19%).

**B. Please tick all that you have done while in prison in the last 12 months Base: 224**

**Table 2: Most common ways of gambling while in prison in the last 12 months**

|                                            |            |
|--------------------------------------------|------------|
| Other not categorised                      | <b>16%</b> |
| Bookmakers - Sports or other event         | <b>10%</b> |
| Live Events - Sports or other event        | <b>8%</b>  |
| Bookmakers - Other                         | <b>5%</b>  |
| Casino - Poker                             | <b>5%</b>  |
| Miscellaneous - Football pools             | <b>5%</b>  |
| Pub - Sports                               | <b>4%</b>  |
| Miscellaneous - Private/organised games    | <b>4%</b>  |
| Casino - Other card games                  | <b>4%</b>  |
| Bookmakers - Horses                        | <b>3%</b>  |
| Live Events - Horses                       | <b>3%</b>  |
| Online - Sports events                     | <b>3%</b>  |
| Miscellaneous - Lottery (National / other) | <b>3%</b>  |
| Private members club - Other card games    | <b>3%</b>  |

The most common forms of gambling while in prison in the last 12 months were: Sports or other events either through bookmaker (10%) or live events (8%).

16% of respondents outlined that they had gambled on something ‘other’ than those listed in Q6 while in prison in the last 12 months, a breakdown of these are shown in Table 3 below, this highlights football as the most common ‘other’ thing to gamble on where overall 7% had done so while in prison in the last 12 months.

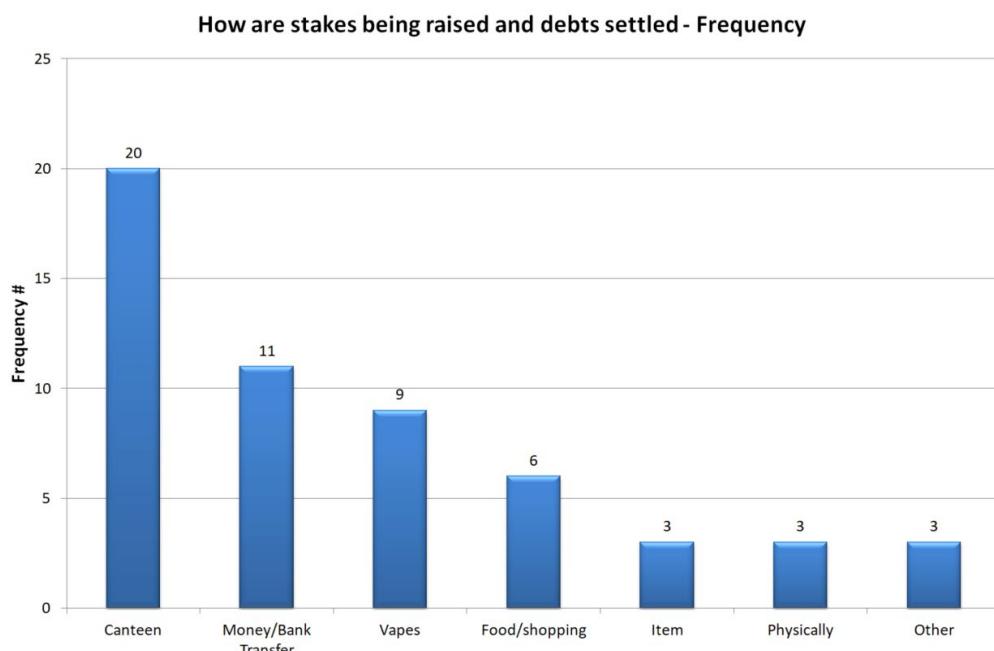
**Table 3: Q7: If you have gambled on anything else while in prison within the last 12 months please write in – CODED - Base: 224**

|                             |    |
|-----------------------------|----|
| Football                    | 7% |
| Other                       | 4% |
| Fighting/Boxing             | 3% |
| Cards e.g. Blackjack, poker | 2% |
| Chess/Checkers              | 2% |
| Horse racing                | 1% |
| Snooker                     | 1% |
| Dominoes                    | 1% |
| Playstation/Xbox            | 1% |
| Pool                        | 1% |

## 1.4 Stakes raised and debts settled

**Q8a: ‘If you have gambled or witnessed others gambling while in prison in the last 12 months, how are stakes raised and debts being settled, please write in’ - CODED**

**Chart 3:**

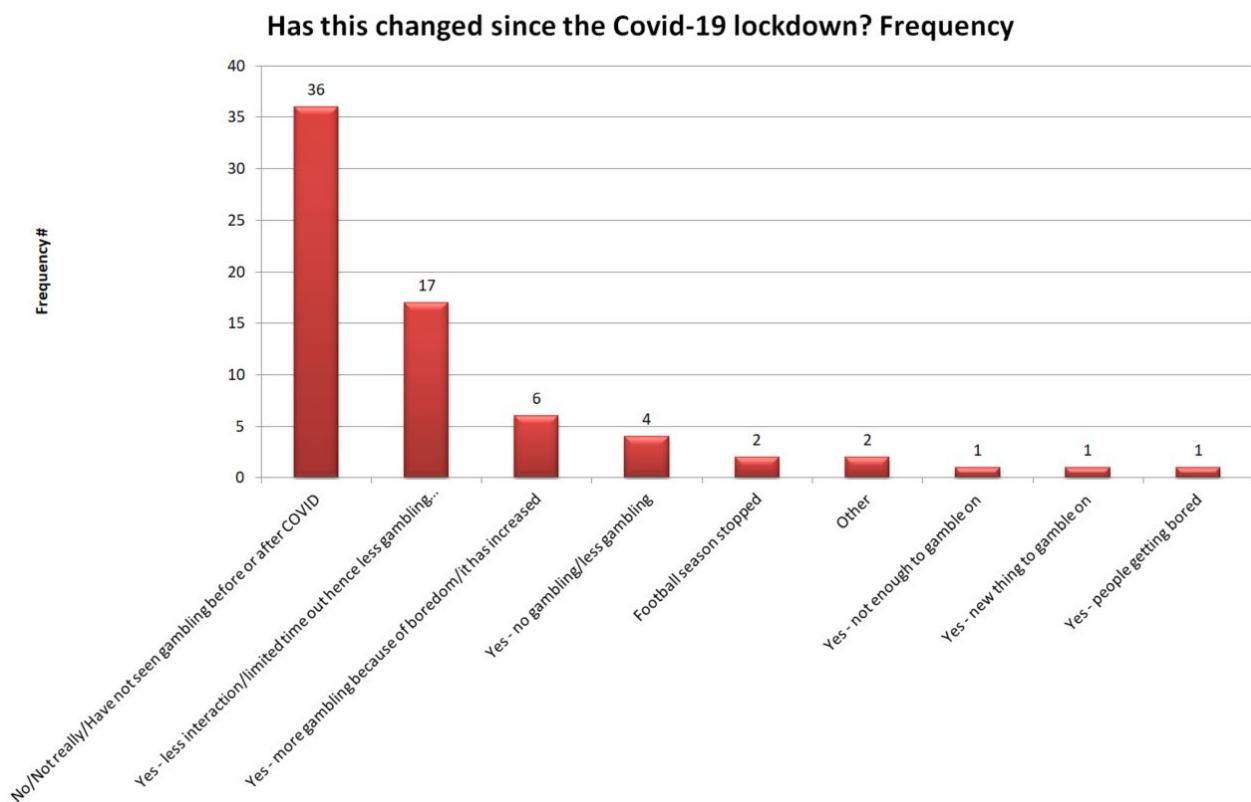


Of those respondents who answered this question, 20 outlined that ‘canteen’ is how stakes are raised/debts settled, 11 outlined money or bank transfers and 9 outlined vapes.

## 1.5 Changes since Covid-19 lockdown

**Q8b: 'Has this changed since the Covid-19 lockdown? If so please explain how this has changed' - CODED**

**Chart 4:**



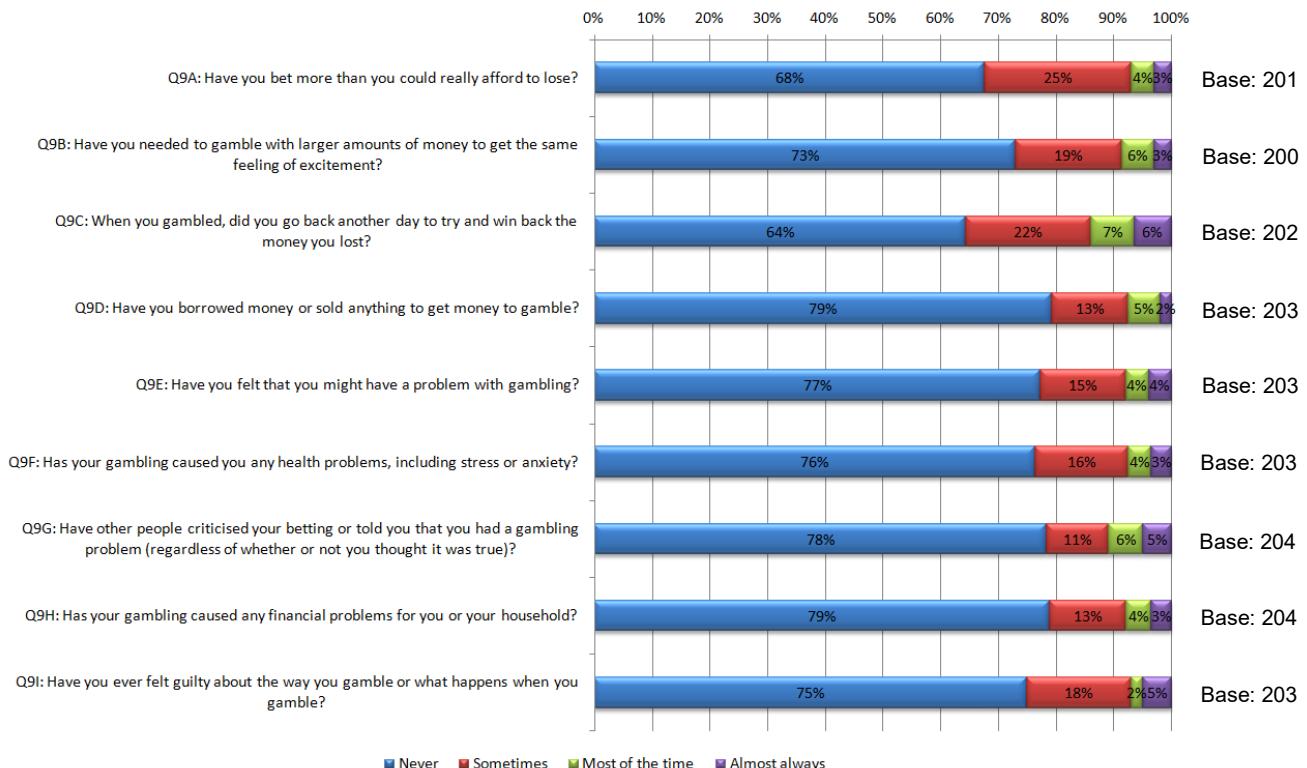
Of those respondents who answered this question, 36 outlined that things had not changed since the Covid-19 lockdown or they have not seen gambling before or after Covid 19.

Of those who outlined things had changed the most common reason given was less interaction/limited time out so less gambling opportunities (17).

## 1.6 Personal gambling habits

**Q9: How often have you done each of the following...**

**Chart 5:**



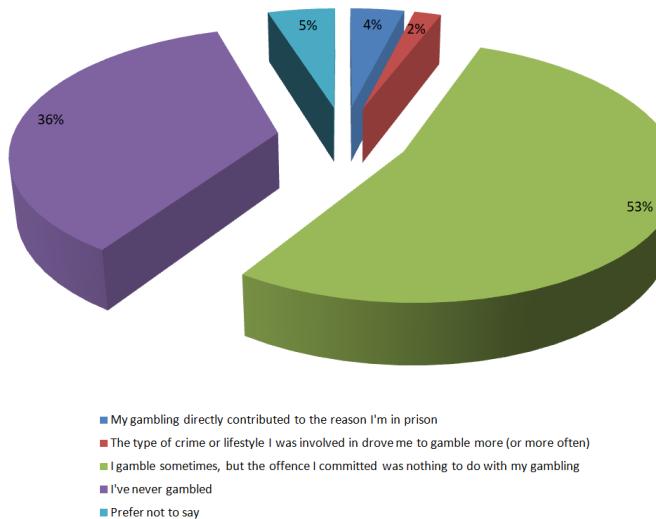
- A quarter of respondents (25%) outlined that they sometimes **bet more than they could really afford to lose**, a further 7% outlined this was the case most of the time or almost always. For the remaining 68% of respondents, this is never the case.
- 19% outlined they sometimes **needed to gamble with larger amounts of money to get the same feeling of excitement**, a further 9% outlined this was the case most of the time or almost always. For the remaining 73% of respondents, this is never the case.

## **Significant differences:**

- Those aged 25-34yrs were **significantly** more likely to **gamble with larger amounts of money to get the same feeling of excitement** sometimes/most of the time or almost always (44%) compared with those aged 35-44yrs (18%).
- 22% outlined that sometimes **they would go back another day to try and win back the money they lost**, a further 7% outlined this was the case most of the time or almost always. For the remaining 64% of respondents, this is never the case.
- 13% outlined that they had sometimes **borrowed money or sold something to get money to gamble**, a further 14% outlined this was the case most of the time or almost always. For the remaining 79% of respondents, this is never the case.
- 15% outlined that they had sometimes **thought they have a gambling problem**, a further 8% outlined this was the case most of the time or almost always. For the remaining 77% of respondents, this is never the case.
- 16% outlined **their gambling** had sometimes **caused health problems, including stress, anxiety**, a further 7% outlined this was the case most of the time or almost always. For the remaining 76% of respondents, this is never the case.
- 11% outlined that **other people** had sometimes **criticised their betting or told them that they have a gambling problem (regardless if it were true)**, a further 11% outlined this was the case most of the time or almost always. For the remaining 78% of respondents, this is never the case.
- 13% outlined that **their gambling** had sometimes **caused financial problems for themselves or their household**, a further 8% outlined this was the case most of the time or almost always. For the remaining 79% of respondents, this is never the case.
- 18% outlined that they sometimes **feel guilty about the way they gamble or what happens when they gamble**, a further 7% outlined this was the case most of the time or almost always. For the remaining three-quarters of respondents (75%), this is never the case.

**Q10: Which of the following statements best describes you? Base: 206**

**Chart 6:**



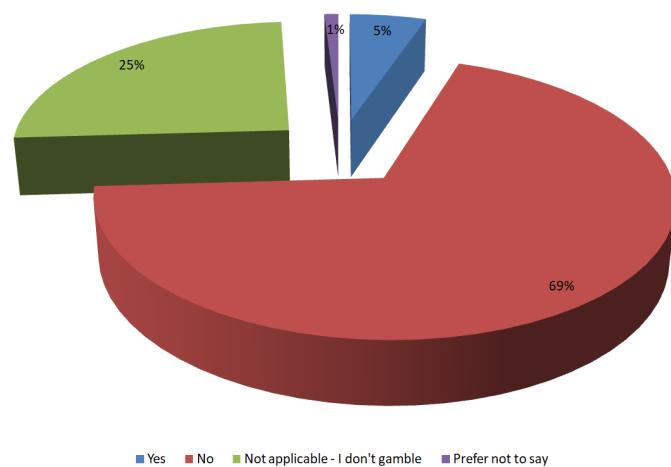
4% outlined that their gambling directly contributed to the reason they are in prison, a further 2% outlined the type of crime or lifestyle they were involved with drove them to gamble more/more often. 53% outlined they gambled sometimes but the offence they committed was nothing to do with their gambling.

**Significant Differences:**

- No significant differences across prisons, age or ethnic group of respondent.

**Q11: Have you ever lost your job due to your own gambling? Base: 212**

**Chart 7:**



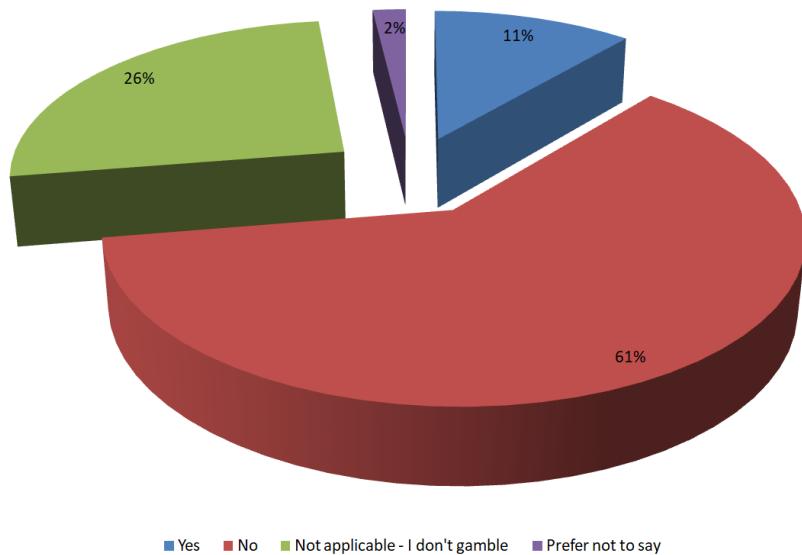
5% of respondents had lost their job due to their own gambling.

**Significant Differences:**

- No significant differences across prisons, age or ethnic group of respondent.

**Q12: Have you ever had relationship issues due to your own gambling? Base: 214**

**Chart 8:**



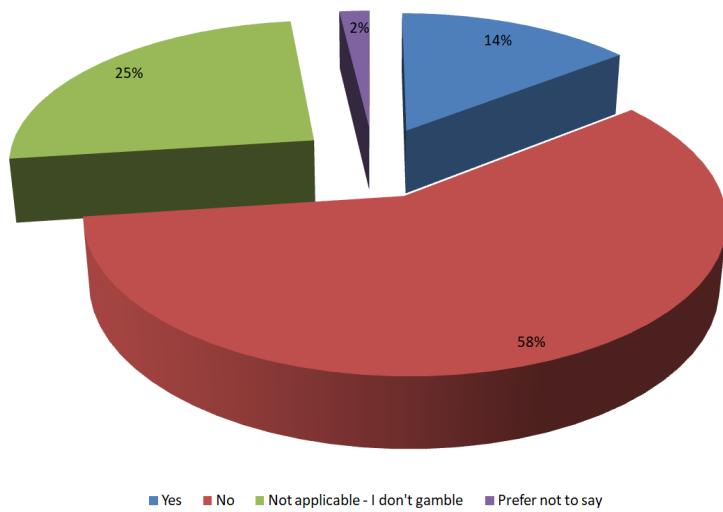
11% of respondents outlined they had, had relationship issues due to their own gambling

**Significant Differences:**

- No significant differences across prisons, age or ethnic group of respondent.

**Q13: Have you ever experienced debt due to your own gambling? Base: 214**

**Chart 9:**



14% of respondents had experienced debt due to their own gambling.

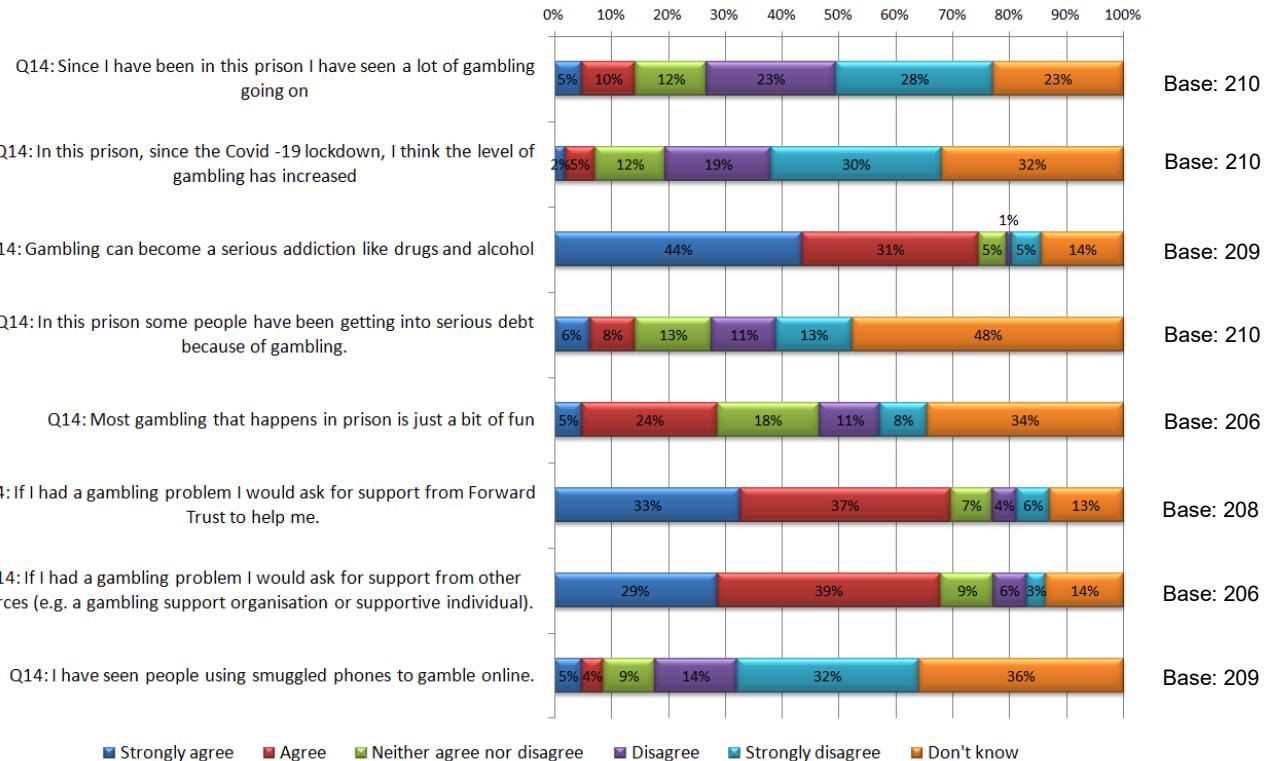
**Significant Differences:**

- No significant differences across prisons, age or ethnic group of respondent.

## Section 2 - Gambling during the Covid-19 lockdown

**Q14: How much do you agree or disagree with each of these attitude statements?**

**Chart 10:**



- 14% of respondents strongly agreed/agreed that **since they have been in prison they have seen a lot of gambling going on**, half (50%) disagreed/strongly disagreed.
- 7% of respondents strongly agreed/agreed that **since the Covid-19 lockdown they thought the level of gambling had increased**, nearly half (49%) disagreed/strongly disagreed.
- Three quarters (75%) of respondents strongly agreed/agreed that **gambling can become a serious addiction like drugs and alcohol**, only 6% disagreed/strongly disagreed.
- 14% of respondents strongly agreed/agreed that **in their prison some people have been getting into serious debt because of gambling**, a quarter (25%) disagreed/strongly disagreed.
- 29% of respondents strongly agreed/agreed that **most gambling that happens in prison is just a bit of fun**, 19% disagreed/strongly disagreed.
- 70% of respondents strongly agreed/agreed that **if they had a gambling problem they would ask for support from Forward Trust to help them**, 10% disagreed/strongly disagreed.
- 68% of respondents strongly agreed/agreed that **if they had a gambling problem they would ask for support from other sources (e.g. a gambling support organisation or supportive individual)**, 9% disagreed/strongly disagreed.

- 9% of respondents strongly agreed/agreed they **have seen people using smuggled phones to gamble online**, 46% disagreed/strongly disagreed.

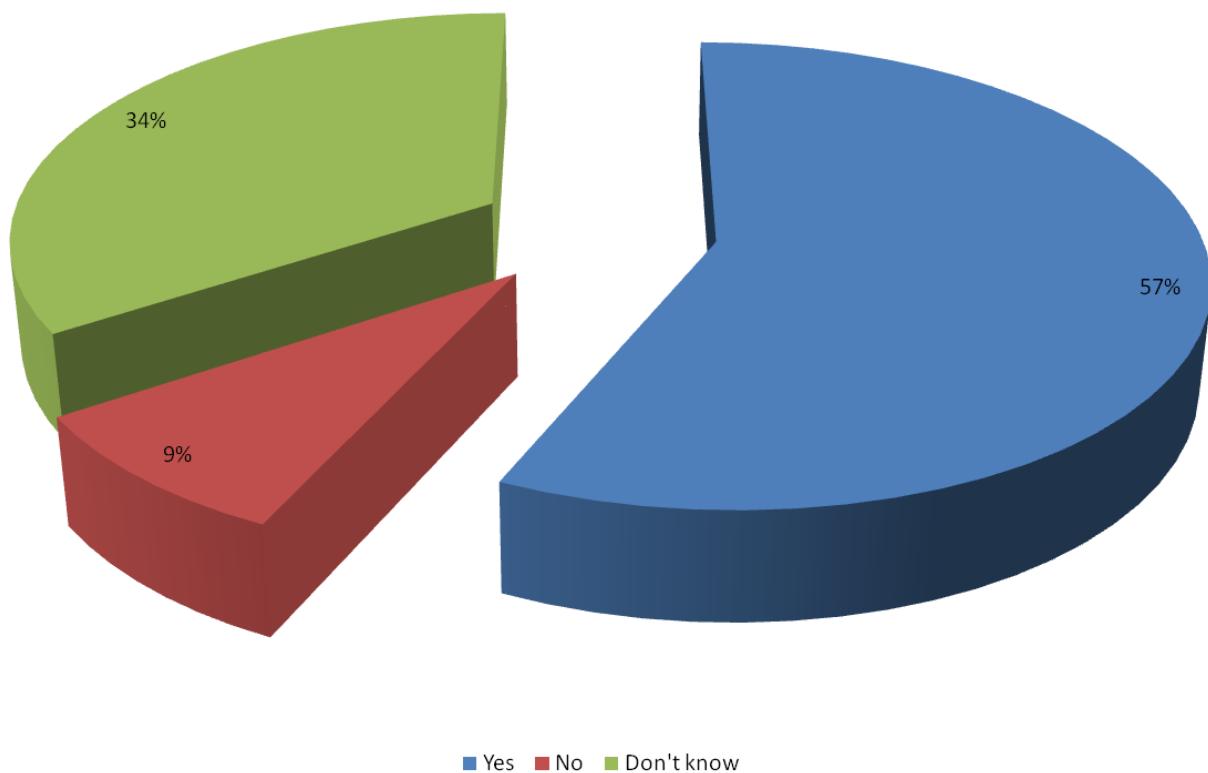
### **Significant Differences:**

- Those who outlined they had spent money or bet something they own on gambling whilst in prison in the last 12 months were **significantly more likely to strongly agree/agree that since they have been in prison they have seen a lot of gambling going on** (30%) compared with those who outlined 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – but I have gambled previously' (9%) and 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – I have never gambled' (11%).
- Those who outlined they had spent money or bet something they own on gambling whilst in prison in the last 12 months were **significantly more likely to strongly agree/agree that in this prison, since the Covid-19 lockdown, they think gambling has increased** (19%) compared with those who outlined 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – but I have gambled previously' (5%) and 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – I have never gambled' (3%).
- Those who outlined they had spent money or bet something they own on gambling whilst in prison in the last 12 months were **significantly more likely to strongly agree/agree that gambling can become a serious addiction like drugs and alcohol** (87%) compared with those who outlined 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – I have never gambled' (65%).
- Those who outlined they had spent money or bet something they own on gambling whilst in prison in the last 12 months were **significantly more likely to strongly agree/agree that in this prison some people have been getting into serious debt because of gambling** (28%) compared with those who outlined 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – but I have gambled previously' (8%).
- Those who outlined they had spent money or bet something they own on gambling whilst in prison in the last 12 months were **significantly more likely to strongly agree/agree that most gambling that happens in prison is a bit of fun** (61%) compared with those who outlined 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – but I have gambled previously' (30%) and 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – I have never gambled' (11%).
- Those who outlined they had spent money or bet something they own on gambling whilst in prison in the last 12 months were **significantly more likely to strongly agree/agree that they have seen people using smuggled phones to gamble online** (20%) compared with those who outlined 'no have not spent money or bet something on gambling whilst in prison in the last 12 months – I have never gambled' (4%).

## Section 3 - Support for gambling problems

**Q15: 'Do you think you or other people in prison would benefit from receiving support for gambling problems whilst in prison?' Base: 204**

Chart 11:



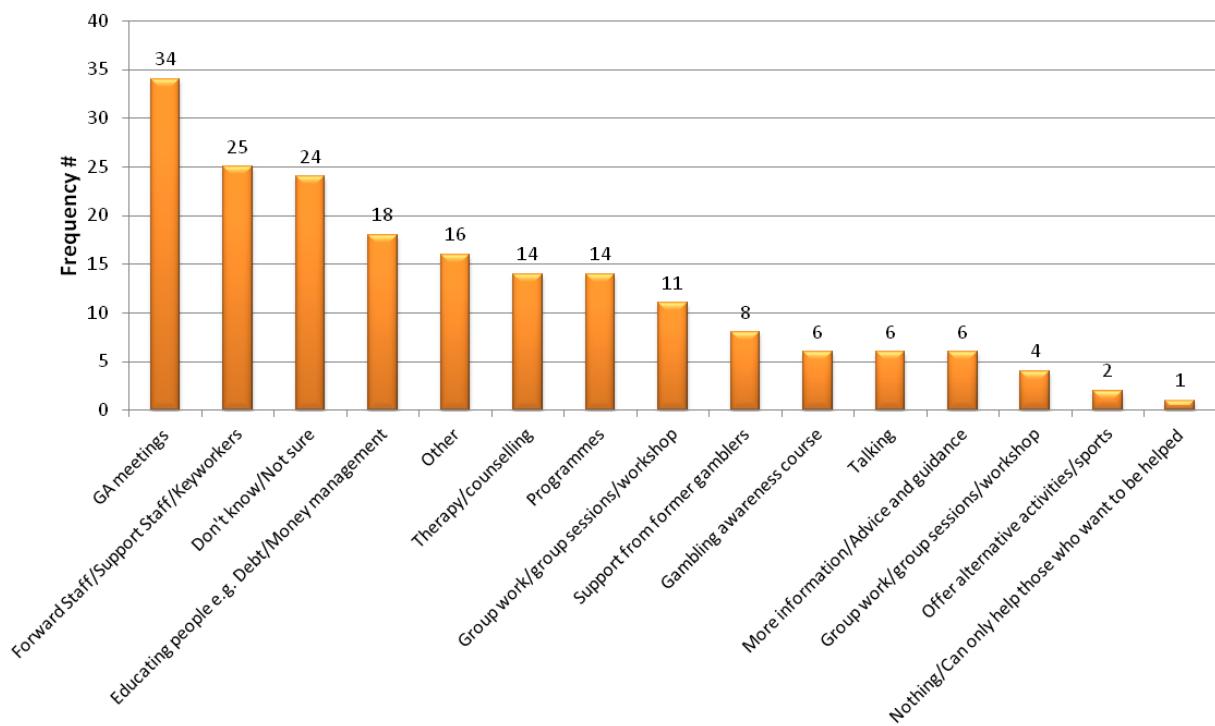
Over half (57%) of respondents thought it would be beneficial for them or other people to receive support for gambling problems whilst in prison, only 9% outlined that they did not think it would be beneficial.

### Significant Differences:

- No significant differences across prisons, age or ethnic group of respondent.
- Those who outlined 'no, have not participated in gambling in the last 12 months whilst in prison – but I have gambled previously' were **significantly** more likely to agree that them or other people in prison would benefit from receiving support for gambling problems whilst in prison (70%) compared with those who outlined 'no, have not participated in gambling in the last 12 months whilst in prison – I have never gambled' (45%).

**Q16: 'What sort of support would be helpful for people in prison with gambling problems?' – CODED**

**Chart 12: Helpful support – Frequency chart**



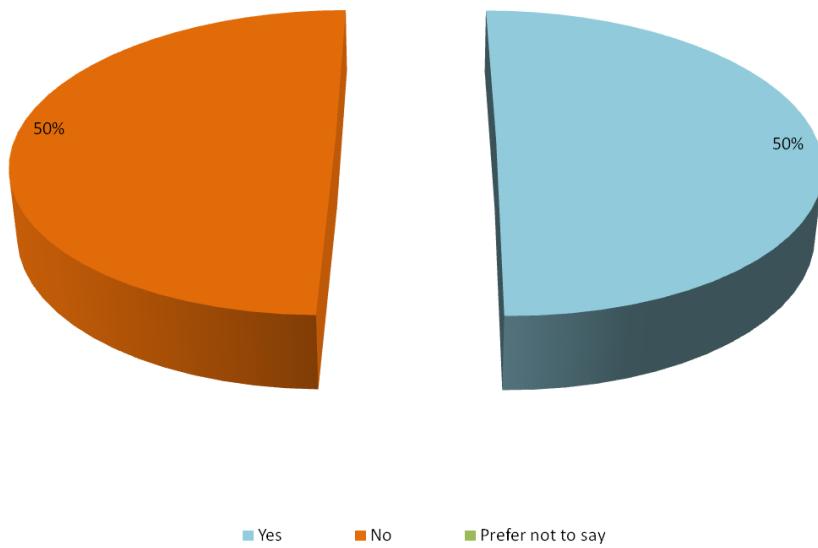
Of those respondents who answered this question, 34 outlined that support through GA meetings would be helpful and 25 outlined support from Forward Trust/Support Staff/Keyworkers would be helpful.

Other more common areas of support mentioned were: educating people e.g. Debt management/Money management (18); Therapy/counselling (14) and programmes (14).

## Section 4 - Mental health

**Q17: 'Are you receiving treatment for a mental health problem?' Base: 207**

Chart 13:



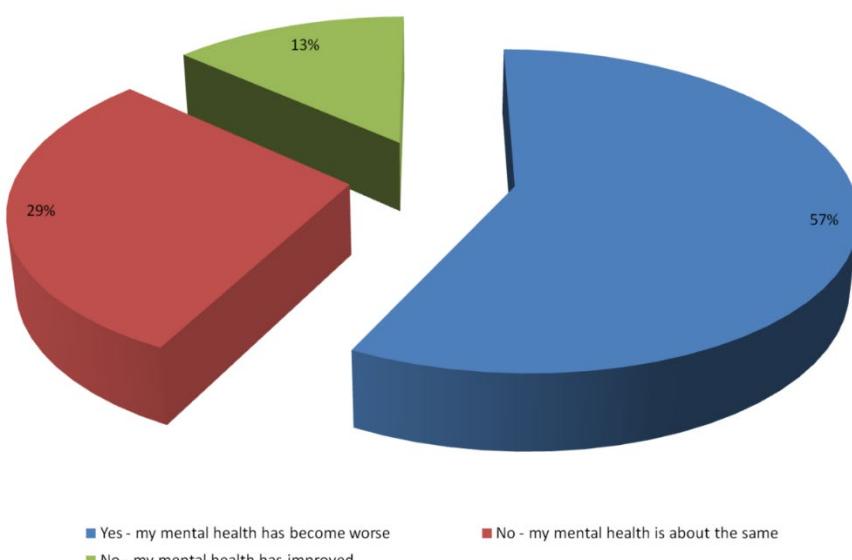
Half (50%) of respondents outlined they are receiving treatment for a mental health problem and half (50%) were not.

### Significant Differences:

- No significant differences across prisons, age or ethnic group of respondent.

**Q18: 'Has your mental health become worse since the Covid-19 lockdown?' Base: 207**

Chart 14:



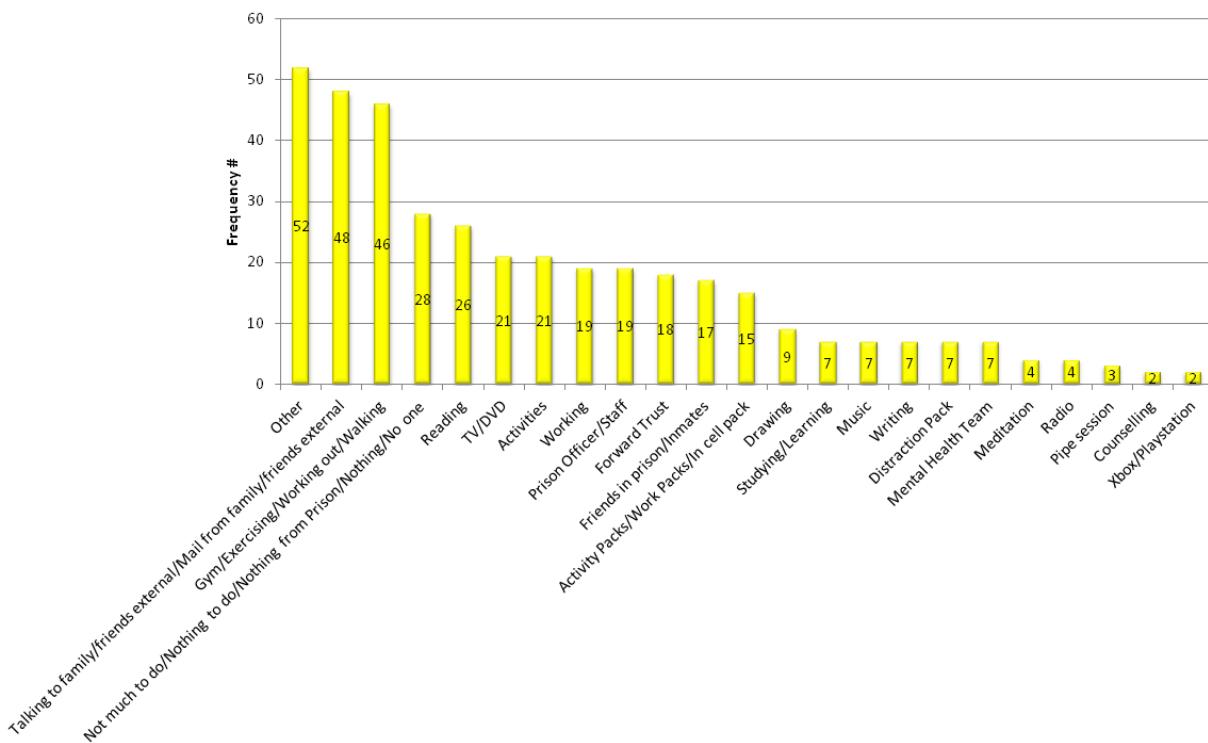
Over half (57%) of respondents outlined their mental health had become worse since the Covid-19 lockdown, 29% outlined it had stayed the same and 13% outlined it had improved.

### **Significant Differences:**

- No significant differences across prisons, age or ethnic group of respondent.

### **Q19: 'What things, activities or people have helped you get through the Covid-19 lockdown?' CODED**

**Chart 15: What has helped you get through the Covid-19 lockdown – Frequency chart**



Of those respondents who answered this question, 48 outlined that talking to family/friends or mail from family/friends had helped them through the Covid-19 lockdown and 46 outlined gym/working out/walking/exercising had helped.

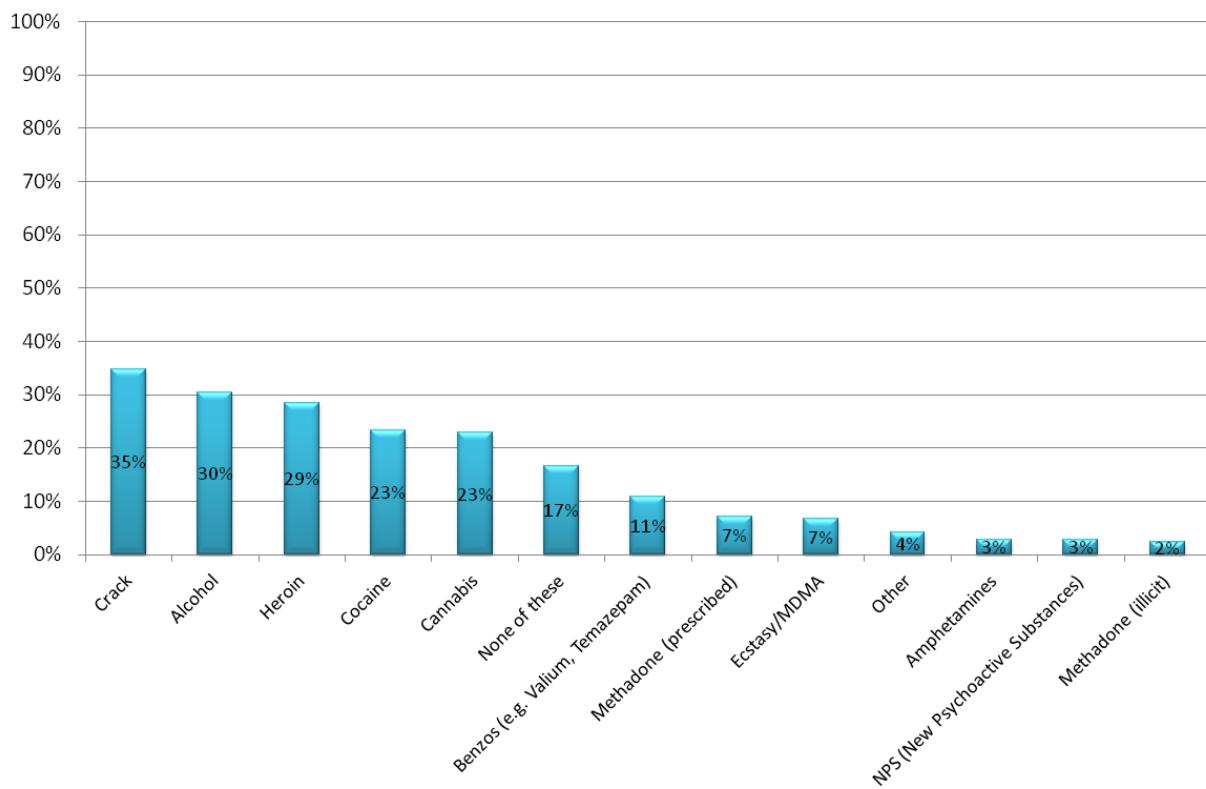
Other more common responses were: reading (26); TV/DVDs (21) and activities (21).

28 respondents outlined that nothing or no-one had helped them through the Covid-19 lockdown.

## Section 5 - Substance use

**Q22: 'What is your primary substance of choice?' MULTI response Base: 210**

**Chart 16:**



Over a third (35%) outlined crack was a primary substance of choice, 30% outlined alcohol; 29% heroin; 23% cocaine and 23% cannabis.

## Appendix 1 - Survey in full



Hello,

We are trying to get an idea about the level of gambling amongst service users and whether this has changed since the Covid-19 lockdown. We also want to find out about people's mental health during lockdown.

If you gamble, or even if you don't gamble, would you please complete this short questionnaire and return it to your Forward Trust keyworker. By gambling, we mean things like making a bet with someone else in prison, or asking someone outside to place a bet for you with a bookmaker or online.

If you have any questions or concerns about this questionnaire please feel free to ask your Forward Trust keyworker, we are here to help. The questionnaire should take less than 10 minutes to complete.

We don't ask for your name and all your responses will be confidential.

After you have completed the questionnaire you may want to have a look at the Gambling Awareness In Cell Activity Pack (produced by GamCare), which you should have received with the questionnaire. It's full of quizzes and puzzles so you may find this interesting even if you don't gamble.

If you have not received the GamCare in-cell activity pack please ask your keyworker for a copy.



First, please can you answer the following questions about which service you are in:

**Q1: Which prison are you in?**

Please write it in the box below

**Q2: How long have you been in this prison?**

Please write in the applicable box(es) below so the sum of all three boxes total up to how long you have been in this prison.

Years:

Months:

Weeks:

**Q3: Please write in today's date**

Please use the format: dd/mm/yy

e.g. 03/07/20

Next, please answer the following questions about your own gambling behaviour:

**Q4: In the last 12 months, have you spent any money or bet something you own on gambling whilst in prison?** (This includes things like making a bet with someone else in prison or you may have asked someone outside to place a bet for you with a bookmaker or online) Please tick **one box only**

Yes

No – but I have gambled previously

No – I have never gambled

Don't know

**Q5: During the 12 months before you were in prison did you spend any money or bet something you own on gambling?** Please tick **one box only**

Yes

No – but I have gambled previously

No – I have never gambled

Don't know



**Q6: In the last 12 months have you spent any money or bet something you own on any of the following activities? (You may have made a bet with someone else in prison or you may have asked someone outside to place a bet for you with a bookmaker or online)**

**In column A, please tick all that you did in the 12 months before you were in prison.  
In column B, please tick all that you have done while in prison in the last 12 months.  
OTHERWISE, PLEASE LEAVE THE BOXES BLANK.**

| Bookmakers                               |                                                           |                                                            |
|------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------|
|                                          | A. I did this during the 12 months before I was in prison | B. I have done this in the last 12 months whilst in prison |
| Horses                                   | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Dogs                                     | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Sports or other event                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Gaming machines                          | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Other                                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| <b>Bingo Hall</b>                        |                                                           |                                                            |
| Live Draw                                | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Terminal                                 | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Skill Machine                            | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Gaming Machines (other)                  | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Other                                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| <b>Casino</b>                            |                                                           |                                                            |
| Poker                                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Other card games                         | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Roulette                                 | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Gaming machine                           | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Other                                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| <b>Live events</b>                       |                                                           |                                                            |
| Horses                                   | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Dogs                                     | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Sports or other event                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Other                                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| <b>Adult Entertainment Centre (18+)</b>  |                                                           |                                                            |
| Gaming machines                          | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Skill prize machines                     | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Other                                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| <b>Family Entertainment Centre (18+)</b> |                                                           |                                                            |
| Gaming machines                          | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Skill prize machines                     | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |
| Other                                    | <input type="checkbox"/>                                  | <input type="checkbox"/>                                   |

**Q6: Cont...**
**Pub**

**A. I did this during the 12 months before I was in prison**

Gaming Machines  
Sports  
Poker  
Other


**B. I have done this in the last 12 months whilst in prison**

**Online**

Horses  
Dogs  
Spread betting  
Sports events  
Bingo  
Poker  
Casino (table games)  
Casino (slots)  
Scratchcards  
Betting exchanges  
Other

**Miscellaneous**

Private/organised games  
Lottery (National / other)  
Scratchcards  
Football pools  
Service station (gaming machine)

**Private members club**

Poker  
Other card games  
Gaming Machine  
Other

**Other**

Other not categorised above (please describe in Q7 below)



**Q7:** If you have gambled on anything else while in prison within the last 12 months please write it in the box below:

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**Q8a:** If you have gambled or witnessed others gambling while in prison in the last 12 months, how are stakes being raised and debts settled? Please write in the box below:

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**Q8b:** Has this changed since the Covid-19 lockdown? If so, please explain how this has changed in the box below:

**Q9:** Please complete the table below by ticking one answer box for each question.

|                                                                                                                                               | Never                    | Sometimes                | Most of the time         | Almost always            |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Have you bet more than you could really afford to lose?                                                                                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you needed to gamble with larger amounts of money to get the same feeling of excitement?                                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| When you gambled, did you go back another day to try and win back the money you lost?                                                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you borrowed money or sold anything to get money to gamble?                                                                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you felt that you might have a problem with gambling                                                                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Has your gambling caused you any health problems, including stress or anxiety?                                                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Have other people criticised your betting or told you that you had a gambling problem (regardless of whether or not you thought it was true)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Has your gambling caused any financial problems for you or your household?                                                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Have you ever felt guilty about the way you gamble or what happens when you gamble?                                                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Q10:** Please read the statements below and tick the one statement that best describes you:

- My gambling directly contributed to the reason I'm in prison  
– I wouldn't have committed the offence if I wasn't a gambler
- The type of crime or lifestyle I was involved in drove me to gamble more (or more often) than I would have done otherwise
- I gamble sometimes, but the offence I committed was nothing to do with my gambling
- I've never gambled
- Prefer not to say



■ Next, please answer the following questions about how gambling may have affected different areas of your life.

**Q11: Have you ever lost your job due to your own gambling?**

*Please tick one box only*

- |                                 |                          |
|---------------------------------|--------------------------|
| Yes                             | <input type="checkbox"/> |
| No                              | <input type="checkbox"/> |
| Not applicable – I don't gamble | <input type="checkbox"/> |
| Prefer not to say               | <input type="checkbox"/> |

---

**Q12: Have you ever had relationship issues due to your own gambling?**

*Please tick one box only*

- |                                 |                          |
|---------------------------------|--------------------------|
| Yes                             | <input type="checkbox"/> |
| No                              | <input type="checkbox"/> |
| Not applicable – I don't gamble | <input type="checkbox"/> |
| Prefer not to say               | <input type="checkbox"/> |

---

**Q13: Have you ever experienced debt due to your own gambling?**

*Please tick one box only*

- |                                 |                          |
|---------------------------------|--------------------------|
| Yes                             | <input type="checkbox"/> |
| No                              | <input type="checkbox"/> |
| Not applicable – I don't gamble | <input type="checkbox"/> |
| Prefer not to say               | <input type="checkbox"/> |



■ Next, please answer these questions about gambling during the Covid-19 lockdown:

**Q14:** Please read these attitude statements and tell us how much you agree or disagree with each statement by putting a tick in one appropriate box.

|                                                                                                                                         | Strongly agree           | Agree                    | Neither agree nor disagree | Disagree                 | Strongly disagree        | Don't know               |
|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| Since I have been in this prison I have seen a lot of gambling going on                                                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| In this prison, since the Covid -19 lockdown, I think the level of gambling has increased                                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Gambling can become a serious addiction like drugs and alcohol                                                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| In this prison some people have been getting into serious debt because of gambling.                                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Most gambling that happens in prison is just a bit of fun                                                                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If I had a gambling problem I would ask for support from Forward Trust to help me.                                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If I had a gambling problem I would ask for support from other sources (e.g. a gambling support organisation or supportive individual). | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have seen people using smuggled phones to gamble online.                                                                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Q15:** Do you think you or other people in prison would benefit from receiving support for gambling problems whilst in prison? Please tick **one box** only

|            |                          |
|------------|--------------------------|
| Yes        | <input type="checkbox"/> |
| No         | <input type="checkbox"/> |
| Don't know | <input type="checkbox"/> |



**Q16:** What sort of support would be helpful for people in prison with gambling problems? Please write in the box below

**Q17:** Are you receiving treatment for a mental health problem?  
Please tick **one box only**

- |                   |                          |
|-------------------|--------------------------|
| Yes               | <input type="checkbox"/> |
| No                | <input type="checkbox"/> |
| Prefer not to say | <input type="checkbox"/> |

**Q18:** Has your mental health become worse since the Covid- 19 lockdown?  
Please tick **one box only**

- |                                               |                          |
|-----------------------------------------------|--------------------------|
| Yes- my mental health has become <u>worse</u> | <input type="checkbox"/> |
| No- my mental health is about the <u>same</u> | <input type="checkbox"/> |
| No – my mental health has <u>improved</u>     | <input type="checkbox"/> |

**Q19:** What things, activities or people have helped you get through the Covid-19 lockdown? Please briefly describe in the box below

Finally, a few questions about you...

**Q20: What is your age?**

Please tick **one box** only

- |       |                          |
|-------|--------------------------|
| 16-24 | <input type="checkbox"/> |
| 25-34 | <input type="checkbox"/> |
| 35-44 | <input type="checkbox"/> |
| 45-54 | <input type="checkbox"/> |
| 55-64 | <input type="checkbox"/> |
| 65-74 | <input type="checkbox"/> |
| 75-84 | <input type="checkbox"/> |
| 85+   | <input type="checkbox"/> |

---

**Q21: What ethnic group do you belong to?**

Please tick **one box** only

- |                                                |                          |
|------------------------------------------------|--------------------------|
| White British                                  | <input type="checkbox"/> |
| White Irish                                    | <input type="checkbox"/> |
| White Other                                    | <input type="checkbox"/> |
| Mixed White/Asian                              | <input type="checkbox"/> |
| Mixed White/Black African                      | <input type="checkbox"/> |
| Mixed White/Caribbean                          | <input type="checkbox"/> |
| Mixed Other                                    | <input type="checkbox"/> |
| Asian Indian                                   | <input type="checkbox"/> |
| Asian Pakistani                                | <input type="checkbox"/> |
| Asian Bangladeshi                              | <input type="checkbox"/> |
| Asian Other                                    | <input type="checkbox"/> |
| Black African                                  | <input type="checkbox"/> |
| Black British                                  | <input type="checkbox"/> |
| Black Caribbean                                | <input type="checkbox"/> |
| Black Other                                    | <input type="checkbox"/> |
| Chinese                                        | <input type="checkbox"/> |
| Unknown                                        | <input type="checkbox"/> |
| Any other background<br>(please specify below) | <input type="checkbox"/> |

**Q22: What is your primary substance of choice?**

Please tick **one box** only

|                                       |                          |
|---------------------------------------|--------------------------|
| Alcohol                               | <input type="checkbox"/> |
| Heroin                                | <input type="checkbox"/> |
| Methadone (illicit)                   | <input type="checkbox"/> |
| Methadone (prescribed)                | <input type="checkbox"/> |
| Cocaine                               | <input type="checkbox"/> |
| Crack                                 | <input type="checkbox"/> |
| Benzos (e.g. Valium, Temazepam)       | <input type="checkbox"/> |
| Ecstasy/MDMA                          | <input type="checkbox"/> |
| Cannabis                              | <input type="checkbox"/> |
| Amphetamines                          | <input type="checkbox"/> |
| NPS (New Psychoactive Substances)     | <input type="checkbox"/> |
| Other ( <i>please specify below</i> ) | <input type="checkbox"/> |
| None of these                         | <input type="checkbox"/> |
| <hr/>                                 |                          |

---

**Thank you for taking the time to answer these questions.**

**Please return this questionnaire to your Forward Trust keyworker.**

**If you have any questions or concerns about your own gambling the best place to start is by speaking to your Forward Trust keyworker.**

If you are interested in learning more about our work or collaborating with us, please email [development@forwardtrust.org.uk](mailto:development@forwardtrust.org.uk) or call 020 3981 5533 and ask to speak to a member of the Business Development Team.

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