

salvos

magazine

The fresh faces of Australia's chronic gambling addiction

Educating vulnerable young
people against harm



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FEATURE

Reform for
gambling
ads

FAITH TALK

A precious
resource

MY STORY

Not just
another
statistic

“Don’t let the
tall weeds cast
a shadow on the
beautiful flowers
in your garden.”

– Steve Maraboli





The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and wellbeing of people of all ages, particularly children.

Salvos Magazine

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A precious resource



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Not just another statistic



Gambling harm

Australians are now spending more on gambling and betting than any other nation.

And we lose about \$25 billion on legal forms of gambling each year, according to the Australian Institute of Health and Welfare – the largest per capita losses in the world.

These are frightening statistics, with devastating implications – especially for our young people aged between 18-24.

In this edition, Kirralee Nicolle profiles a Salvos training program for students in years 11 and 12 to help them understand how gambling advertising works so well and some of the pitfalls to avoid, financially and psychologically.

As the Salvos daily witness the harm caused by gambling to individuals, families and communities, Anthony Castle writes about the need for advertising reform in the sector and The Salvation Army's work with the ACT Government to have it banned.

As Water Week (21-27 October) draws to a close, Melanie-Anne Holland writes about this precious resource and its importance in our lives, not just physically, but in quenching our spiritual thirst as well.

Simone Worthing **Editor**

The fresh faces of Australia's chronic addiction to gambling

Educating vulnerable young people on gambling harm

By Kirralee Nicolle

A classroom full of teenagers with additional needs, a support dog, teachers and caregivers. It isn't the setting you would normally imagine for a lively conversation about gambling.

But with Australians now spending more on gambling and betting than any other nation, the Salvos' education efforts are expanding into new, younger environments.

Simran Pande, from the Salvos' Melbourne Counselling Service, said that when she started at the service, she assumed the typical gambler was a retired man in his 50s or 60s.

But the reality was quite different.

YOUNG GAMBLERS

"I realised that the most common age for someone to gamble in Australia is actually from 18 to 24," she said. "And that shift has been largely because of how accessible [it is]. Sports betting is now one of the most common types of gambling in Australia. I could be sports betting on my phone during work, and no one in my life would know."

I'm at a *Know the Score* training session at Croxton Specialist School in Northcote, Victoria.

Simran is educating students in Years 11 and 12 about the different types of gambling, why people gamble, statistics on how much Australians spend

on betting and gambling, and how gambling advertising works so well. The event is one in a three-part offering from Melbourne Counselling Service, which also includes a training session on the link between gaming and gambling and another on general financial literacy.



The most common age for someone to gamble in Australia is actually from 18 to 24.



Students are visibly shocked when Simran reveals that, on average, Australians gamble twice as much as Americans do, that we have few legal restrictions on gambling access, and that Australian betting companies spent over \$238 million on free-to-air advertising between May 2022 and April 2023.

"Gambling is riskier when it's continuous, easy to access and almost limitless," she tells the students. "Twenty-four/seven access to gambling is a very dangerous factor."

Simran also educates the students on the different kinds of bets – bonus



bets, multi-bets, free bets – and how to be aware of what they attempt to do psychologically to the user.

Croxton Year 11 and 12 Coordinator Connie Skliros said that, particularly with coin features on gaming apps, her students could easily develop patterns of gambling without realising it. She said she would like to see more control over which apps and games vulnerable teenagers could access, making it harder for them to fall into a trap.

“They don’t realise the impact that it has on their lives,” Connie says. “And they’re quite vulnerable, too, because they quite often get a Disability Support Pension ... [so] they’ve got a little bit of cash. Often they have no idea that [they are] actually gambling.”

Simran agrees that coin features on apps are a way of grooming users towards the normalisation of gambling and says algorithms tend to foster a “gentle” introduction to more heavy-handed gambling habits.

Because gambling in Australia is so prolific, Melbourne Counselling Service is not only working to treat the concerns around gambling with financial counselling and care for those facing addiction but also provides harm minimisation through training programs such as the one at Croxton. The service also sends Venue Support Workers into venues such as casinos to identify and respond to evidence of persistent gambling behaviours and raise awareness of support services available.

IMPACTS OF GAMBLING

As a former alcohol and other drugs support worker, Simran is no stranger to the effects of addiction. Heartbreakingly, she has found gambling to be a more isolating addiction than most.

“Sometimes we get people from multicultural communities who come in and gambling is haram, or not allowed in their culture,” Simran says. “And so that leads to so much shame and dishonesty within their community.” ▶

Recent data from the ANU Centre for Gambling Research found an exponential increase in online gambling over the past 15 years, and researchers found online gambling was associated with more frequent gambling and an increased risk of gambling-related harm. Participants in the study who engaged in online gambling also reported a higher rate of loneliness in the previous week than those gambling in venues.

RISK FACTORS

Simran says while risk factors for gambling addiction are similar to those of other addictive behaviours – trauma and mental illness, financial instability and housing instability, to name a few – there are unique, troubling incentives for those who develop an addiction. She says that for women who are at risk of domestic violence, gambling venues offer more than just a mental escape.



“A lot of women that we get coming through our office go to pokies venues because they are a safe place for them to go when home isn’t safe,” Simran says. “Somewhere with electricity, food and water.”



Perhaps the worst vices offer just enough benefits to keep users coming back.



It strikes me that perhaps the worst vices offer just enough benefits to keep users coming back, first as an idea of something new to try and eventually as an attempt to simply survive. With Australian life rapidly becoming more unaffordable and relief getting harder to find, gambling companies will continue to reap the benefits of human suffering.

Hopefully, with the help of training such as that offered by Melbourne Counselling Service, today’s school students will be able to stay just one step ahead.

REACH OUT FOR HELP

- Gambler’s Helpline on **1800 858 858**
- Melbourne Counselling service - bit.ly/4dBySA9



Scan here for more information on Salvation Army services.

Salvos call for gambling advertising reform

Every day across its frontline services, The Salvation Army witnesses the harm caused by gambling – to individuals, families and communities.

The ACT Government recently asked communities around the nation’s capital to have their say on proposed restrictions on gambling advertising within the territory. The Salvation Army’s Policy and Advocacy team made a submission to the inquiry, calling for much-needed reform.

“We took the position that ideally a ban on gambling advertising should be happening at a national coordinated level, but the ACT should implement banning it as much as is in their power,” says Jaimie Jones, Policy and Advocacy Advisor.



FAR-REACHING IMPACTS

The Salvation Army’s submission states that there is no level of gambling advertising to which it is safe for children and young people to be exposed. “The research shows that children and young people are particularly susceptible to

gambling advertising influencing their attitudes,” Jaimie says. “It teaches them that gambling is normal when they may not be able to understand the harms.”

Harm from gambling, or someone else’s gambling, goes beyond financial losses and impacts people’s relationships, health, psychological wellbeing, work and study. Restricting gambling advertising at certain times of the day is insufficient to adequately reduce these risks to children and young people.

“The most effective way to address the harms caused by gambling advertising is to implement a national, comprehensive ban on gambling advertising,” Jaimie says. “The evidence suggests piecemeal responses don’t have a significant impact as well. The advertising moves elsewhere and adapts.”

The Salvation Army has made two recommendations: that the ACT Government work with the Commonwealth Government to implement a national, comprehensive ban on gambling advertising and take immediate steps towards implementing a ban on all gambling advertising within the ACT.

“The focus at the moment should still be at a national level,” Jaimie says. “This is what was recommended in The Murphy Report, the inquiry into online gambling harm, and the Commonwealth Government is yet to announce their position. We need to be pushing for a national ban on gambling advertising as the most effective way forward.”

– **Anthony Castle**

New food truck for Wagga Wagga

The Salvos in Wagga Wagga, south-west NSW, have acquired a new food truck to expand outreach to people experiencing hardship and homelessness.



Salvos officer (pastor) David Hopewell serving in the truck.

After starting as an evening street outreach where food was served from the back of a Salvos van, the food truck now allows hot food to be cooked on-site and for teams to engage in different forms of outreach, such as events.

“We have already taken it to the homelessness expo,” said Wagga Wagga Salvos officer Auxiliary-Lieutenant Val Hopewell. “And we are training up team leaders from our local Salvos Store, the Rural Schools Ministry and our Street Mission Team so that they can have their own teams, and the truck can be used for a range of purposes.”

Sleepout supports homeless women

More than 80 people slept out at the Brisbane Showgrounds recently to raise awareness and vital funds for local women experiencing homelessness.

Now in its fourth year, the Salvos Sleepout invites participants to spend the night away from the comfort of their home, connect with like-minded individuals, hear from professionals in the field and those with lived experience, network and raise funds for increasingly needed services.



The Brisbane Sleepout provided a fun and dynamic evening to learn, network and fundraise.

Held last month, sleepout participants heard a powerful testimony from Jodi, a woman with lived experience who shared part of her journey and how she has found a safe place to call home (see page 12).

Throughout the evening there were limitless hot drinks from the Streetlevel coffee van – a venture that provides experience and creates work for community members who have been assisted by The Salvation Army’s inner-city mission.



Participants joined the sleepout to focus on much-needed local services.

Award for Karratha Doorways

The Salvation Army Karratha Doorways team in Western Australia has received the People's Choice Organisation Award at the 2024 Pilbara Community Service Excellence Awards.

"This year, Doorways Karratha was in the finals for the Pilbara for Purpose awards – people's choice organisation category – and we won!" said Doorways Coordinator Danielle Black. "We all love what we do and are grateful for the recognition by our amazing community."

Doorways provides emergency relief and holistic case management with referral to internal and external support services. Doorways aims to support people as they seek to make changes in their lives, and caseworkers work alongside people as they develop plans to achieve their goals.



The Doorways team were excited about winning the People's Choice award.

The Pilbara communities face the struggles of inequality and an escalation in the housing crisis. Karratha Salvation Army offers a range of supports and services to the area.

Gympie youth in the driver's seat

The Salvos have partnered with Roadcraft Driver Education to bring its Drive for Life program to the Gympie region, 170km north of Brisbane.

"We are very grateful to open our new location at the Gympie Salvos, where our new coordinator will work hard to assist disadvantaged youth in obtaining their driver's licence," said Drive for Life Team Leader Arianna Briceno.

"Roadcraft has provided us with wonderful support and guidance throughout this process and have helped us share about our initiative with the local community."

The Drive for Life program has been operating since 2008 and has expanded to more than 14 locations with a team



Drive for Life Gympie uses three cars for its program.

of more than 100 staff and volunteers across Australia.

"We estimate over 10,000 young people have passed through our program and moved into further education or employment," Arianna said.

For more information on the Drive for Life program, go to [salvationarmy.org.au/driveforlife/](https://www.salvationarmy.org.au/driveforlife/)

A precious resource

The life-giving power of water

By Melanie-Anne Holland

“Water, water everywhere, nor any drop to drink.”

As Samuel Taylor Coleridge penned in his famous poem, *The Rime of the Ancient Mariner*, it is entirely possible to be surrounded by water and yet be dying of thirst.

This has a kind of familiarity to Australia, as a continent-nation ‘girt by sea’. Seventy per cent of our land is arid or semi-arid, receiving less than 250mm of rain a year, and approximately 87 per cent of Australia’s population lives within 50km of the ocean. We are a people that tend to cling to the coast, driven by water scarcity.

However, as much as we love the ocean, we can’t drink it. And so, the freshwater resources we have are incredibly precious for all of life.

BASIC NEED

Access to ‘potable water’ (water that is safe to drink) has shaped how people have settled across our landscape for millennia, defining settlements, urban centres and transport routes. This limited resource is woven through our daily lives and culture – how we eat and drink, bathe, travel, work and enjoy recreation – and is a key measure of the health of the environments in which we live. Every animal and plant; every biosphere; every landscape rests on adequate clean water for survival. Our stories and needs are all woven together in the water cycle.

It’s no wonder we need a National Water Week (21-27 October) to remind us that water should be used wisely and sustainably for the common good. Currently, the total water consumption per capita in Australia is 1700 litres per day (inclusive of household, agriculture and industry use). Learning how to become more water efficient, individually and in communities, is vital to our long-term wellbeing.

“

As much as we love the ocean, we can’t drink it.

”

LIFE-GIVING RESOURCE

Nothing makes you appreciate fresh water so much as when it becomes scarce. I once visited an island community whose reservoir had run dry. Before arriving by plane, my bag was checked to ensure I was carrying at least two litres of water for my day visit, to cover drinking and toileting needs. Water was being shipped in for the local residents (a very expensive exercise), and I tried to minimise my water use so I could leave what remained to the people who had generously hosted me.

Water, water everywhere, nor any drop to drink...

Without access to clean water, we quickly realise how vulnerable we are

and how fragile life can be. Thirst can become alarming, fearful. And, just as physical thirst lets us know when we need water, so spiritual thirst – that desire or longing for meaning, connection and all it means to be truly alive – reminds us of our need for Jesus, the one who said, “I am the way and the truth and the life” (John chapter 14, verse 6).

“

**Our stories and needs
are all woven together
in the water cycle.**

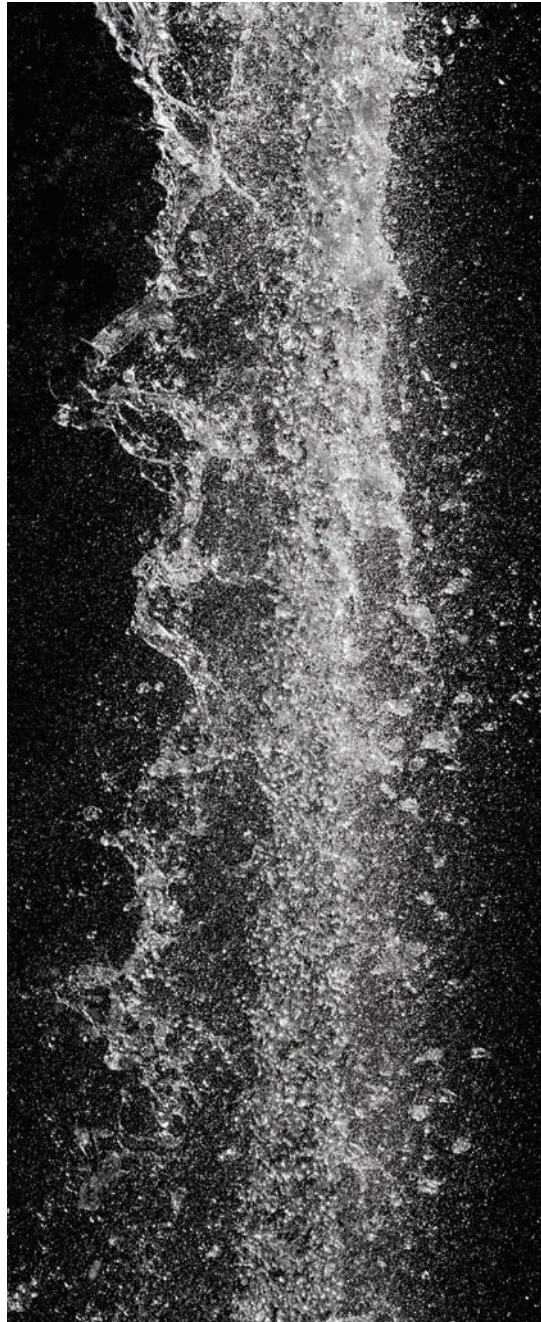
”

What do we do about this spiritual thirst? Jesus said, “Let anyone who is thirsty come to me and drink” (John chapter 7, verse 37). ‘Drinking’ from Jesus means to believe his words and put them into practice. Then we will begin to find what we have been thirsting for.”

Major Melanie-Anne Holland is a Salvation Army officer (pastor) with a Bachelor of Environmental Science (Hons) and degree in Theology. Melanie-Anne is The Salvation Army’s representative on the Australian Churches Ecological Taskforce, as part of the National Council of Churches, Australia.



Scan here for more stories of hope.



Not just another statistic

Becoming the person I always was inside

By Jodi

Homelessness takes a massive chunk out of your confidence.

I was on the streets for about five months. I felt very lost. There was no way back.

I was still trying to heal from the domestic violence situation, but because of the housing crisis, I couldn't find anywhere. I felt like I was just going to be another statistic.

I had just gotten out of a domestic violence relationship. He put my neck in a brace. I was actually bedridden for about 12 weeks.



Jodi now has her own home and is focusing on rebuilding her life and future.

Once I was physically capable of doing so, I looked to avenues to get out of the property. I ended up in a refuge and at that time, I was subjected to a lot of violence from another person who was staying there.

I was very depressed and scared. I didn't know what was going to happen to me.

I was on the streets and going through refuges and stuff like that for about five months before I came into The Salvation Army service.

SALVOS SUPPORT

"When Jodi first came to our service, we started with just a lot of emotional support," says Jacqui Grey, Case Manager at The Salvation Army's Brisbane City Women's Homelessness Services.

"While we aren't a domestic violence-specific service, we do support a lot of women who have experienced domestic violence. That support would look like doing some safety planning, making sure that they know how to keep themselves safe and linking them in with services that can support them.

"[With Jodi], we just started getting into what her goals were, what her dream tenancy looks like, and then we started looking at accommodation and working towards those goals."

A SAFE PLACE

I had my own little apartment. They have onsite workers. They're very supportive, so I felt like I had somewhere safe.



Jodi, centre, shares her story at the recent Salvos Sleepout in Brisbane to raise awareness and funds for Homelessness Services.

The main things that anyone really needs are food, shelter and water, and they [the Salvos] provided that. So, I think that kind of eliminates the major stress that comes on being homeless.

“

I've healed so much inside me.

”

A BRIGHT FUTURE

I'd always wanted to study. My aim is to be a lived-experience support worker in the domestic violence sector.

These women supported me wholeheartedly with my future career goals. I wouldn't have been able to start the journey that I'm almost finished without their support.

"I feel really proud of Jodi," Jacqui says. "She's come so far. She's really working hard on all her goals and has done this

independently. And I was just there to boost her up, give her that encouragement and just remind her that she can do hard things.

"She's very capable of achieving everything she wants to."

HEALING

Nothing's going to stop me. I just want to keep pushing for better because I see things in such a different light now.

I've healed so much inside me.

Not only have they given me a home, but they've given me so much more. I feel like I've been encouraged to be who I always was underneath.

I don't know where I would have ended up if I didn't go to them.



Scan here for more information on Salvation Army Homelessness Services.

Honey date bars



Ingredients

26 large soft dates, pitted; 26 walnut halves; $\frac{3}{4}$ cup oil; 4 tbsp honey; $1\frac{1}{2}$ tsp vanilla extract; $1\frac{1}{2}$ cups plain flour; 1 cup finely chopped pistachios

Method

- Open dates partway and stuff each date with a walnut half, closing date tightly around walnut.
- Place dates snugly in a single layer in the bottom of lightly greased tray.
- In a small pan mix oil and honey on medium low. Add vanilla, then stir in flour until golden brown, about 5 minutes.
- Pour flour mixture on top of dates, filling any gaps.
- Let mixture set, then top with chopped pistachios, pressing in lightly.
- Cut into bars or squares. Cover and refrigerate. Remove 10 mins before serving.

HAVE A LAUGH



What's it like to be an aspiring writer?
It's difficult to put into words.

What type of blood does
a proofreader have?
Type O.

What does work in publishing and
parenting a toddler have in common?
Reading the same book over
and over and over.

Why do writers make great detectives?
They always 'note' everything.

SIGNING IN



Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

		2	8	6	4			
					7	8	1	
		3		8	6		5	4
6	4				5		3	
2	8	5	1					
		9						
	2			5	9			
		4						5

Tum-Tum



On which page of this week's *Salvos Magazine* is Tum-Tum hiding?

Bible byte

"The Lord your God will always be at your side, and he will never abandon you."

Deuteronomy chapter 31, verse 6
Contemporary English Version

Quiz answers: 1. Frances Hodgson Burnett 2. Victor Hugo 3. Peter Benchley 4. Margaret Mitchell 5. Mark Twain 6. Dan Brown 7. Harper Lee 8. Helen Fielding 9. Kenneth Grahame 10. Louisa May Alcott

Tum-Tum: is hiding behind Shieldy on page 8.



Quick quiz

CAN YOU NAME THE AUTHORS OF THESE BOOKS?

1. *The Secret Garden*
2. *Les Miserables*
3. *Jaws*
4. *Gone with the Wind*
5. *The Prince and the Pauper*
6. *The Da Vinci Code*
7. *To Kill a Mockingbird*
8. *Bridget Jones's Diary*
9. *Wind in the Willows*
10. *Little Women*

DID YOU KNOW?

Sleeping without a pillow will reduce your back pain and will keep your spine stronger as well.

If sometimes a part of your body 'falls asleep' you can almost always 'wake it up' by shaking your head.

Food, attractive people and danger are the three things that the human brain cannot resist noticing.

People that are right-handed tend to chew on their right side.

We can survive without eating for weeks, but we can only live 11 days without sleeping.

Our brain uses the same amount of power as a 10-watt light bulb.

8	6	4	7	1	2	3	8	9	5
3	2	7	4	5	9	6	8	1	
5	1	9	6	3	8	4	2	7	
2	8	5	1	4	3	7	6	9	
6	4	1	9	7	5	2	3	8	
9	7	3	2	8	6	1	5	4	
4	3	6	5	9	7	8	1	2	
1	5	2	8	6	4	9	7	3	
7	9	8	3	2	1	5	4	6	



CHAMPIONS OF THE MISSION

2024 Commissioning
Ordination, Commissioning and Sending Out

Please mark your calendars for this significant date in
the lives of our soon-to-be-commissioned cadets.

10.00am Sunday, 24th November 2024 @ Camberwell Salvos

CADETS BEING COMMISSIONED:

Cadet Sameeha Deepesh, Cadet Samuel Higginbottom,
Cadet Michellie Higginbottom, and Cadet Colette Albino



Eva Burrows
College