





# I can control my gambling

**gambler's**help  
1800 858 858

[problemgambling.vic.gov.au](http://problemgambling.vic.gov.au)

A Victorian  
Government  
initiative





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# Section 1: I can control my gambling

Most people gamble at one time or another. It may be at the TAB, on lotto, on the pokies or in a casino. For most people, gambling is fun, entertaining and a chance to win a bit of money.

If gambling has stopped being fun and started to feel like a problem, this manual can help. It's for any person who is spending time and money gambling in a way that it is harmful to them, or hurting people close to them such as their spouse, friends, family or work colleagues. If you want to check whether you have a gambling problem, ask yourself:

'Am I always in control of how much I spend on gambling?'

'Is the time and money I spend gambling hurting anyone else?'

## **This manual can help if:**

- you want to learn more about the impact of gambling on your life
- you have a problem with gambling and have made up your mind to do something about it
- you want to enjoy problem-free gambling, or
- you want to stop gambling.

## **How this book can help**

This manual asks you to fill in information about yourself. Once you do that, it stops being just a book and can become a real help. Every suggestion in this manual is there because it can help with gambling problems. The ideas come from years of listening to gamblers talking about how they coped, as well as from books about gambling.

To give yourself a fair go, you should plan on working at your problem for 12 weeks. After that time see what you've achieved and decide where to go from there.

Go through the steps in the book carefully and slowly. Even if it works really well for you don't throw the manual away. Keep it somewhere safe so you can check out how you're going later on.

## How bad can problem gambling become?

Before looking at ways to manage gambling, it's important to have a really clear idea of how severe gambling problems can become. The harm caused by gambling can impact on:

### Emotions

It doesn't feel good to be out of control, losing a lot of money and juggling bills. Having to lie to friends and family to cover up losses can leave you feeling isolated and alone.

### Money

When gambling gets out of control you can lose money much faster than most people can earn it. Borrowing delays the disaster but debt makes the drive to gamble even stronger.

### Work

Work performance suffers when you're worrying about gambling losses, debts and lies. Sometimes you feel so bad you can't go to work, or you gamble instead of working.

### Family

Relatives get caught in a bind; they want to save you from losing a job, being taken to court etc., but they are fed up with lending money and never getting repaid.

## **Social life**

If you have a gambling problem there is little time for socialising and you may lose friends.

## **The law**

Some people with gambling problems steal to fund their gambling and may end up in court and/or dismissed from jobs as a result.

## Is your gambling becoming a problem?

Sometimes people with gambling problems are referred to as being ill or addicted. When it comes to using this manual, the labels don't matter as long as you accept that your gambling is a problem and understand it is within your power to change that problem. If you're still not sure whether you have a gambling problem, try answering the following questions.

### Scoring

For each question there are four possible responses

Never (score: 0)

Sometimes (score: 1)

Most of the time (score: 2)

Almost always (score: 3)

Thinking about the last 12 months:	Score			
1. Have you bet more than you could really afford to lose?	0	1	2	3
2. Have you needed to gamble with larger amounts of money to get the same feeling of excitement?	0	1	2	3
3. Have you gone back on another day to try to win back money you have lost?	0	1	2	3

- |   |   |   |   |   |
|---|---|---|---|---|
| 4. Have you borrowed money or sold anything to gamble?  | 0 | 1 | 2 | 3 |
| 5. Have you felt you might have a problem with gambling?  | 0 | 1 | 2 | 3 |
| 6. Have people criticised your betting or told you that you had a gambling problem, whether or not you thought it was true? | 0 | 1 | 2 | 3 |
| 7. Have you felt guilty about the way you gamble or what happens when you gamble?   | 0 | 1 | 2 | 3 |
| 8. Has your gambling caused you any health problems, including stress or anxiety?   | 0 | 1 | 2 | 3 |
| 9. Has your gambling caused any financial problems for you or your household?   | 0 | 1 | 2 | 3 |

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Total

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## What does your score mean?

- 0 You experience no issues with gambling. However, keep an eye on your gambling so it does not become a problem in the future.
- 1-2 low-risk gambler – you experience few, if any issues with gambling. However, keep an eye on your gambling so it does not become a problem in the future.
- 3-7 moderate-risk gambler – you experience some issues with gambling. Now is the time to take practical steps to ensure your gambling remains under control.  
Visit [www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au) for information
- 8 and over high-risk problem – Gambler's Help on 1800 858 858 can provide you with information, support and counselling. It is a free and confidential 24-hour service.

This quiz is based on the Problem Gambling Severity Index, part of the Canadian Problem Gambling Index, and is a reliable measure of problem gambling.

If you scored eight or over this indicates a gambling problem. Even if you scored one why not find out more. To get further help, or if you are unsure whether you have a gambling problem, pick up the phone now and call Gambler's Help.

**gambler's**help  
**1800 858 858**

Deaf, hearing and speech impaired call TTY 1800 777 706  
Interpreting services available

## **Do I need to give up gambling?**

Some people who have gambling problems can return to a controlled level of gambling. However, most people prefer to abstain, or give up gambling for good. There are no rules for determining whether you should reduce or stop your gambling. Generally if you're losing more money than you can afford, accumulating debts, suffering mentally, physically, and/or socially, giving up may be your best option.

## Section 2: Why do I gamble?

People gamble for lots of different reasons and sometimes those reasons change. You might gamble regularly at the TAB 'to win money' but join the Melbourne Cup sweep in your office 'to be sociable'. You might usually play the pokies alone but share a machine when you go out with family and friends.

Understanding why you gamble can help you change your behaviour. Read the reasons and circle the answer that applies to you.

### Why do I gamble?

- |                               |       |           |           |
|-------------------------------|-------|-----------|-----------|
| 1. to win money               | never | sometimes | regularly |
| 2. for entertainment          | never | sometimes | regularly |
| 3. to be sociable             | never | sometimes | regularly |
| 4. to make a big win          | never | sometimes | regularly |
| 5. to forget troubles         | never | sometimes | regularly |
| 6. to escape from problems    | never | sometimes | regularly |
| 7. for something to do        | never | sometimes | regularly |
| 8. for excitement             | never | sometimes | regularly |
| 9. to avoid talking to people | never | sometimes | regularly |

### Write your own reasons below:

- |           |       |           |           |
|-----------|-------|-----------|-----------|
| 10. _____ | never | sometimes | regularly |
| 11. _____ | never | sometimes | regularly |
| 12. _____ | never | sometimes | regularly |

## Check your reasoning

‘To win money’, ‘For entertainment’, ‘To be sociable’.

Most regular gamblers say they gamble to win money, for entertainment or to be sociable. Circling these common reasons does not necessarily indicate a gambling problem.

‘To make a big win’

Quite a few regular gamblers also circle ‘to make a big win’. Often people with gambling problems have had a really big win in their past that puts them thousands of dollars in front. When they get into debt they think gambling will deliver another big win and solve their money problems. If you think this way, you should be aware it’s a really dangerous reason for gambling. You are chasing your losses and this is a step towards losing control. Use page 25 to ‘Get Your Thinking Straight’.

‘To forget troubles’

If you regularly gamble to forget your troubles, you are adding to them. The problem-solving techniques on page 39 and the relaxation strategies on page 34 can help.

‘To escape from problems’

If it’s a problem that can’t be fixed, like a job you’ve got to put up with for the time being or a sick relative you must look after, there are other ways of escaping for a while.

### ‘For something to do’

Sometimes a person with a gambling problem starts gambling because they don't have any interests, sports or hobbies to enjoy. You might want to work on other interests to fill the gap (see pages 33 to 35).

### ‘For excitement’

People who regularly get very excited when gambling are more likely to lose control of their losses. You might want to set some limits and reduce the cash you carry. Pages 24 and 26 can help.

### ‘To avoid talking to people’

Sometimes it's natural and healthy to want to be alone. If you never feel easy in company and gambling is your escape, you can end up feeling cut off and alone. Counselling (see page 40) can help you deal with these feelings.

As well as all these reasons, people may gamble as a habit. They have forgotten the reasons they started and the habit just goes on. The following chapters can help you break the habit.

Speaking with a counsellor can help you to decide how you can best deal with these feelings.

# Section 3: How can I cut back?

## Tell others about your decision

It is easier to stick to decisions if you tell other people about them. Why not start by telling someone important to you that you are going to try to cut back on your gambling.

Remember, you need to choose carefully and talk to people you can trust when looking for the support of others.

## Which of these people have you told?

Wife/husband YES / NO

Girlfriend/boyfriend YES / NO

Close friend YES / NO

Parent/family YES / NO

Other friends YES / NO

Workmates YES / NO

Religious adviser YES / NO

## Set limits and stick to a budget

You need to decide how much money you want to spend (that means ‘risk losing’) on gambling each week. Think of it as entertainment money, not an investment. If you choose to spend \$20 at the TAB or on the poker machines, spend only that amount. If you win, do not add the winnings to your initial stake – spend it another way.

If you have debts, include regular repayments of these as part of your budget. Set repayments as low as you can so you don’t end up really short of money – that could just add pressure and make you want to gamble more.

When you’ve decided on your budget write it down in the table over the page. This is your goal to start with - you can revise it up or down after the first two weeks. Always write down your new target.

**Expenditure – bills/loans/debts**

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- 
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- 
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**Extra money for social activities**

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## **Write your own gambling diary**

A gambling diary helps you to be honest with yourself about how often you gamble and how much you lose. Keeping a diary can help you develop self-awareness and change your behaviour. Remember, you do not have to gamble everyday or lose money every session to have a problem with gambling.

By identifying the thoughts, feelings and situations that occur before and during a gambling session, you can start to understand the causes of gambling. This knowledge is important if you are going to break your gambling habit, as it will tell you exactly what triggers each episode.

Remember, you may have made the decision to gamble hours or days before you actually gamble. Gambling is not spontaneous; you choose to do it... just as you can learn to choose not to do it.

Different people can gamble for completely different reasons and the diary can help to identify the reasons that are relevant for you. For example, while one person might gamble to be around other people, or to escape their loneliness, someone else might gamble to be away from the pressures of others and so they can be 'alone'.

Date	4 April	20 May	30 November
<b>Before you gambled:</b>			
What was the situation	Bad day at work. Driving past the pub	Payday. I was in the pub having a drink	At home by myself
What were you feeling?	Stressed, tired and angry	Drunk	Bored and lonely
What were you thinking?	Just put \$20 in.	I always lose. Surely I'm due for a win	Gambling won't hurt. It's a good escape
<b>When you decided to play:</b>			
What were you feeling?	Hopeful	Happy	Excited
<b>When you were playing:</b>			
Were you winning or losing?	Losing \$300	Winning \$200	Losing heaps.
What were you thinking?	I can't afford to lose. Machine must pay soon	I'm on a roll Bet up	Who cares if I lose?
What were you feeling?	Panic Scared	Excited	Depressed?
What did you do next?	Lost another \$200 chasing after the \$300	The roll ended and I lost everything	Went home, and felt even more bored and lonely

## **Keep your diary up to date**

Once you've set your budget limit, keep your gambling diary for at least 12 weeks. If you get behind it's a good signal that you are not really taking your problem seriously. Try putting a diary sheet where it catches your eye such as on the fridge door, by a mirror or next to the phone. If you have someone helping you, put it where they can see it too.

## **Use your diary to work out danger signs**

Using the information from your diary you can work out when gambling is likely to be a problem for you and how to get it back under control.

You might find things like:

### **Gambling is a problem when:**

- I'm bored
- I feel fed-up/angry before I start
- I have time to spare
- I have more cash with me
- I am worried about debts
- I have already lost a lot of money
- I believe I will win today; if I know a 'sure thing' or that the poker machine is just about to pay out
- When I lose money I can't afford
- When I lose money I've committed to something else

### **Gambling is safer when:**

- I have company
- I am busy, thinking about other things
- I have no/little time to stay
- I have small amounts of cash
- I don't take my credit or EFTPOS card
- I tell other people what I'm doing
- I don't lie about how much I spend
- I'm not feeling angry, depressed or upset

You can use the information in your diary to weigh up the pros and cons of your gambling. Fill in the table below:

**Things I like about  
my gambling:**

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**Things I do not like  
about my gambling:**

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## Control cash for gambling

Lots of gamblers keep their losses under control by keeping only small amounts of cash on them. They only take cash for lunch or a drink. They leave EFTPOS cards, credit cards and cheque books at home and they do not borrow money. On the days they plan to gamble, they decide how much to spend and take only that sum of money. These simple things are very effective in keeping the gambling under control. See page 32 for more cash control tips.

## Limit the time to gamble

Sticking to a budget works well when you combine it with a gambling time limit. You can limit time by:

- arranging another appointment so that you cannot stay at the gambling venue longer than originally planned
- starting later so there's less time to gamble before races end or the club closes or
- having a friend with you who you really want to talk to so your gambling doesn't go on non-stop.

## Get your thinking straight

People with gambling problems often end up with some strange ways of thinking about how much they lose and how skilful they are at gambling.

Often gamblers have no idea how much they win or lose in the long term but they believe they are in front. The only way you can be sure that you are correct when you say ‘I’m ahead’ is if your diary records actually add up to a profit. Otherwise, you must assume that you are behind and make sure your thinking fits the facts. If you know that your thinking is wrong practise saying straight things to yourself, like:

- ‘Gambling has put me in debt by \$2,000’
- ‘Each week I lose/spend about \$60 on the pokies’
- ‘The more I play the pokies, the more likely it is that my play will result in me losing overall’
- ‘After a run of losses, raising my stakes and betting on outsiders is stupid’.

Some forms of gambling are about chance rather than skill. Regular poker machine players often think they know when a machine is about to pay out but it’s impossible to predict the result when the reels are spun at random and there are several million combinations. If you think you can predict a win you need to get your thinking straight.

When you start to make changes to your gambling habits, say good things to yourself. This may seem silly but what you say to yourself is really important. It helps you change old habits. Say things like:

- ‘I’ve saved \$100 already. It really is worth the effort.’
- ‘I felt really good not betting on every race. I was more skilful in choosing my bets’
- ‘It’s getting easier to keep the gambling under control’.

## Practical tips for regaining control

For some gamblers cutting out gambling is the only way to really solve their gambling problems. The following tips may be useful if you are trying to cut down gambling and reduce problems.

Gambling can be triggered by things you do. It’s like a chain, one link leads to the next. If a bar with the racing on TV or club with a favourite poker machine is the beginning of the chain for you, then avoid going there for a while. You can even exclude yourself from gaming machine venues and casinos. For more information on self-exclusion from hotels and clubs call **9822 0900**. To self-exclude from Crown Casino call **1800 801 098**.

## For punters

- read a punter's magazine
- check form
- keep a record of tipsters
- try a system
- never believe in the 'good thing'
- write out your selection before you get to the TAB
- watch the odds but don't always change your bet at the last minute
- if you are sure, place your bet well before the start
- don't bet on every race
- don't always stay and listen/watch the race
- collect your winnings when all races are over or the next day.

## **For poker machine players**

- limit your cash and gambling time
- buy small amounts of change – \$2 to \$4
- don't mix drinking and gambling
- don't believe the feeling that you can tell when the machine will pay out
- do it for fun and expect to lose 13% of your stake on average
- make a rule to cash out credits above 100
- when you get to the club, talk to someone and delay your session for 30 minutes
- take regular breaks
- go only at scheduled times which are pre-planned, not when the mood takes you.

## Summary of main points

To get gambling under control you can:

1. Tell others about your decision
2. Set limits and stick to a budget
3. Keep a gambling diary
4. Use your diary to work out danger signs and plan your gambling
5. Control your cash
6. Limit the time to gamble
7. Get your thinking straight

# Section 4: How can I stop gambling?

If gambling is causing you trouble and you are really struggling financially, it might be best to give it up altogether. Here are some extra strategies to help you kick the habit.

## Get someone to help you

Don't be put off by this. You can do it on your own but a support person makes it easier, especially if you have serious problems caused by gambling. This person might be a spouse, parent, friend or counsellor. Once you choose a support person, make a definite agreement to work on the plans in this chapter with them.

## Talk about lying

Many people with gambling problems end up hiding their gambling from people around them. This is understandable as it is hard to explain to a partner, family member or friend

some of the things that a person with a gambling problem does to keep their gambling going, such as borrowing money from finance companies or taking cash from a child's money box.

When people lie about gambling and debts, they may sometimes try to gamble their way out of debt so they won't have to 'come clean'. This usually leads them further in to debt. Coming clean about gambling with a trusted person can relieve pressure and provide the space to prepare a plan for recovery.

Lying is a hard habit to break. If you lie to your support person, it stops them being able to help you because they won't trust what you say. You and your support person need to talk about lies and plan how to cope with them.

- Talk about some of the worst lies you've told in the past and the consequences.
- Work out what's hardest to talk about.
- Understand that more gambling will happen and agree to talk about it when it does.

One last thing you have to agree with your support person is that you must not expect them to give or lend you cash for any purpose. They can't do this and help you.

## Control your cash

About one in five people with gambling problems can give it up fairly easily. Most find that for a time they can't stop if they have cash in their pocket and the club, TAB or casino is open. Many who stop gambling take a lot of trouble to get their cash flow under control. Tick the steps you try: (look page 26)

- no large sums of cash kept in the house
- carry only enough cash for the day's expenses
- wages paid direct to savings or bank account
- wages collected by spouse
- all accounts need two signatures to take out cash
- bills paid by automatic transfer, cheque or credit card
- family and friends know what you're doing and have been told not to lend you money
- all cash flow is 'visible' on account print-outs
- new plans to control cash flow are made when there is a change, such as a holiday or a new job
- teller machines are used to provide limited amounts of cash per week
- jobs handling cash are avoided
- EFTPOS cards have no pin numbers, so they can't be used at a gaming venue

This may seem a lot of work but if you have a gambling problem, you know what an expert you are at getting hold of cash. Once you work out a system that suits you, you can relax a bit as you have made it more difficult to gamble. There is another benefit if you are in a relationship that has been hurt by gambling. Your partner won't start to trust you straight away but you can explain what you are doing and encourage them to look at account statements and check for themselves.

## Fill the gap

People with gambling problems may spend 10 to 20 hours or more a week gambling. They also spend a lot of time thinking and worrying about their gambling.

When you give up gambling you need to fill the gap it leaves. There are many ways to do this:

- plan ahead
- get to know family and friends if you have neglected them while gambling
- take another part-time job
- if you are a lunch-time gambler, go somewhere different with workmates, arrange to meet someone, take a sandwich and read a book, or go for a walk or a jog

- take up a hobby or a sport
- set short and long term goals
- look at other things you can do to ‘treat’ yourself
- make your home an interesting place to be in, with interesting things to do
- start to do the things you may have stopped when you started to gamble too much.

## **Relax and look after yourself**

Giving up gambling when you’ve spent hours each week gambling can make you feel tense and irritable. This can feel even worse when you still go into the places where you gambled, like to the club if you played the pokies, or pass a TAB or the casino on your way to work.

Learning how to relax, getting plenty of rest and eating properly can help you stick to your goal of reducing or giving up gambling. You can try:

### **Muscular relaxation training**

This consists of tensing and relaxing each muscle group in your body until you become expert in getting rid of all tension. You can learn this skill from health centre nurses

or counsellors trained in the technique. A relaxation tape might also help.

## **Exercise**

Walking, cycling, swimming, tennis, running, football and a hundred other sports are a great way to relax. Think of sports you've done and could take up again or try a new one. Try and fit it into your routine so it becomes a habit.

## **Yoga**

This is another good way to relax and to stop your mind going over and over your problems. Find out where a yoga class is held and give it a go.

## **Meditation**

There are many techniques for meditation. Learn more at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Another way to get used to not gambling is to practise not gambling in your head when you are relaxed. Yes, that's right, practise not doing it! For example, you could picture yourself going into the club with some friends, seeing and hearing the pokies, having a drink, and sitting and talking. Then picture yourself getting up and leaving the club. If you practise this many times in your head, it is easier to do in real life. A counsellor may be able to help you with your own strategies.

# Section 5: The future

## Busts and setbacks

People with gambling problems can kick the habit. You must be fair to yourself as problem gambling is like an addiction. It is really hard to stop or keep it under control. Even if you have carefully worked at the ideas given in this manual you must expect that the problem will come back at times.

You can often predict when problem gambling will reappear. You are more likely to lose control when you have bad times in other parts of your life that make you feel sad, anxious, angry or depressed. When you feel this way, it's challenging to stick to your plans, as you may feel an urge to borrow some money and go back to the old habit.

When you feel like you might gamble again, or if you do gamble again, there are five things you can do:

- Call Gambler's Help on 1800 858 858. There's always someone available to talk through the issue.
- Talk to your support person or write your feelings and actions in your gambling diary. If you gambled, look at what happened and see if you can spot ways of stopping it next time. Look for the good bits too. Did cash limits help? Did you find it easier to talk about it instead of lying about it? These are big steps forward and next time it will be easier to cope.
- Control your cash.
- Fill in the gap with new things to do.
- Practise your relaxation.

Busts can happen even a year or so after giving up. You get better at knowing when it can happen and making sure that your plans limit the harm done. You'll find that if you learn from mistakes you'll get more confident.

## Friends can help

There is no doubt that if you have help from your spouse or close friends you are more likely to succeed.

By borrowing money, lying and spending all their free time gambling, people with gambling problems have often 'pushed' their spouse or close family and friends away.

Now that you are trying to keep your gambling under control, make an effort to explain your problem to your friends. Most people can understand the problem of getting addicted. Once you can admit that your problem may have hurt them, and you can tell them so, they will be barracking for you.

If you are short of this sort of help you may want to try going to Gamblers Anonymous. Gamblers Anonymous is not run by qualified staff. It is a self-help organisation and is not funded by the Victorian Government.

## Become a good problem solver

If problems happen in other parts of your life, don't stick your head in the sand. Do what you've done about gambling—look your problem in the eye and cope with it.

Good problem solving includes the following steps:

- Recognise there is a problem and look closely at it.  
When does it happen? Who is involved?  
How long does it last? What starts it off?
- Brainstorm all the ways you could deal with the problem. Write out a list and put down even the silly or impossible ideas.
- Decide which is the best solution and try it out.
- Check to see if it works. If it doesn't start again.

You can see that you have already done these steps for your problem gambling with a bit of help from this manual. It makes sense to use the same approach to any other parts of your life where you may have problems.

## Section 6: What other help is available?

### **Gambler's Help Line**

Call 1800 858 858 or for Deaf, hearing or speech impaired call TTY 1800 777 706 for telephone counselling, information and referral. Interpreting services are available.

### **Gambler's Help Counselling Service**

For one-on-one counselling, call 1800 858 858 for the number of the agency most convenient for you. Gambler's Help is free, confidential, anonymous and fully funded by the Victorian State Government.

### **Gambler's Help Financial Counselling**

Most people with gambling problems need to sort out how to arrange repayment of debts and yet be sure that they have enough left over to live on. Gambler's Help offer financial counselling to help you regain stability of your finances. Call Gamblers Help or your local community information and support centres.

## **Other private counsellors, psychologists and psychiatrists**

Another way to sort out why gambling causes you so much strife is to have some sessions with a private counsellor, psychologist or psychiatrist. You may have to pay for their help but it may help you reach a better understanding of yourself. You may get a better idea of the kind of person you are and how gambling fits into your make-up.

## **Gambler's Help for gambling-related relationship or marriage counselling**

Often a person with a gambling problem needs to work hard on repairing the damage he or she has done to their relationships. After years of lies about gambling, spouses and partners need to re-establish trust. Many people with gambling problems and their partners decide to attend marriage and relationship counselling, knowing that if they can sort out the marriage it will also solve the problem gambling. Most Gambler's Help counsellors can provide marriage and relationship counselling.

## **Gamblers Anonymous**

Gamblers Anonymous is a voluntary group run by people who have had, or still have, problems with their gambling. They are not qualified counsellors. They run groups throughout Australia where, for the price of a cup of coffee, you can get the help and support of a group of people who have similar problems.

## **Help in a crisis**

When people with gambling problems find themselves in crisis they may feel too depressed or anxious to think straight about their problems. Duty officers at health centres, most GPs, psychiatrists and psychologists are used to helping people in a crisis. If you don't know who to ring, phone Gambler's Help on 1800 858 858.

## **Help in another languages**

Call the telephone interpreter service on **13 14 50** or contact the multilingual counsellors through Gambler's Help.

## **Online information**

[www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au)

**Remember, problem gambling can be beaten.**

Now that you have finished the manual it's a good idea to put it in a safe place to remind you of the good work you've done and just in case you or a friend need it again.

### **Acknowledgments**

This manual was developed from materials and publications put together by Gambler's Help Line and Gambler's Help Counselling Services, Professor Mark Dickerson, Ian Robertson and Nick Heather.





