



Rebuild & Rise: Reclaim Your Life

A fully funded 12-week programme for women affected by someone else's gambling.

Structured, trauma-informed support to help women move from overwhelm, fear and emotional exhaustion towards greater calm, confidence and control.

NEXT COHORT BEGINNING JANUARY 2027

Places are fully funded, subject to eligibility

DELIVERED ONLINE

Gambling Recovery for All CIC

PART OF RISING ABOVE THE GAMBLING STORM

Integrated Support for Affected Others, funded through the Community Investment Programme

Supporting women affected by
someone else's gambling.



Gambling harm rarely affects one person alone.

The effects often extend far beyond the person who gambles, touching the lives of those closest to them. Living alongside someone else's gambling can affect every part of a person's life.

WOMEN MAY EXPERIENCE

-  Anxiety and emotional exhaustion
-  Loss of trust
-  Financial uncertainty
-  Relationship difficulties
-  Hypervigilance and fear
-  Isolation and loneliness
-  Difficulty making decisions
-  Loss of confidence and identity

Support often focuses on the person who gambles. Rebuild & Rise places the focus firmly on the woman whose life has been affected by someone else's gambling.

A DIFFERENT KIND OF PROGRAMME

This is more than information.
It is more than twelve workshops.
It is more than a support group.

It is an intentionally curated journey where every week builds on the last, within a safe and supportive community of women who truly understand.

Trauma-informed throughout, it helps participants develop greater understanding, practical skills and confidence as they move from surviving the impact of gambling towards reclaiming their own lives.

The programme helps participants to:

- ✓ Understand their emotions and responses
- ✓ Set and maintain healthier boundaries
- ✓ Reduce feelings of overwhelm
- ✓ Focus on what is within their control
- ✓ Develop greater emotional safety
- ✓ Reconnect with their own needs and identity
- ✓ Build confidence and self-trust
- ✓ Feel more hopeful about the future

The programme supports women to rebuild their own wellbeing, regardless of where someone else is in their recovery journey.

What Participants Receive



THE 12-WEEK PROGRAMME

Included for every participant

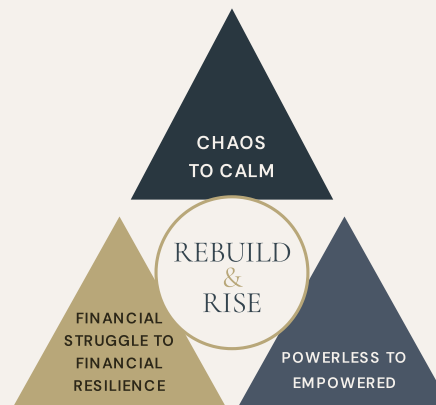
- ✓ Weekly live online group sessions
- ✓ Guided trauma-informed learning
- ✓ Nervous system regulation techniques
- ✓ Practical tools for managing stress and difficult emotions
- ✓ Guided audio resources
- ✓ Reflective exercises
- ✓ Guided between-session activities to help embed learning into everyday life
- ✓ Access to a private online peer support community to encourage connection, shared learning and support between sessions
- ✓ Live sessions with invited guest speakers covering wellbeing, self-care and topics that support recovery
- ✓ Support and encouragement throughout the programme
- ✓ Opportunities to connect with women who understand

Sessions are delivered in a relaxed, supportive and non-judgemental environment. Participants can share as much or as little as they feel comfortable with, and there is no pressure to disclose personal details before they feel ready.



THE REBUILD & RISE APPROACH

The programme supports women to move from:



01

Chaos to calm

Understanding how prolonged stress and uncertainty affect the mind and body, whilst learning practical tools to create greater emotional safety, calm and stability.

02

Financial struggle to financial resilience

Moving from financial uncertainty towards greater confidence, self-trust, practical strategies and a healthier relationship with money and the future.

03

Powerless to empowered

Rebuilding self-trust, strengthening boundaries, reconnecting with personal values and developing the confidence to make choices that support long-term wellbeing.

Each stage intentionally builds on the previous one, creating a structured journey that supports meaningful and lasting change.



WHO DELIVERS THE PROGRAMME

Lorraine Perrons and Claire Jones



Lorraine Perrons & Claire Jones, Founders

Lorraine Perrons and Claire Jones both have lived experience of gambling harm within their own families. Alongside this, they bring extensive training in trauma-informed approaches, clinical hypnotherapy, nervous system regulation, behaviour change and coaching, together with more than 35 years of combined NHS leadership and Occupational Therapy experience.

Their approach combines professional expertise, lived experience and compassionate, trauma-informed support.

HOW TO APPLY OR REFER

Women affected by someone else's gambling can apply directly using the application link or QR code.

Healthcare professionals, gambling support providers, charities and community organisations can also share the application link with anyone who may benefit.

Places are fully funded, subject to eligibility.

The next cohort will begin in January 2027.

The day and time of the weekly live sessions will be confirmed after applications have been received, taking into account the availability of eligible participants.



Apply for a fully funded place
gamblingrecoverytherapy.com/affected-other

Following application, eligible applicants will be contacted to discuss the programme, confirm their availability and ensure the support is appropriate for their needs.

GET IN TOUCH



www.gamblingrecoverytherapy.com



contact@gamblingrecoverytherapy.com

PARTICIPANT REFLECTIONS

Meaningful change, week by week.

How participants describe the programme as it progresses.

AFTER FOUR WEEKS

I already feel a positive change in myself. I honestly feel like I am becoming my true self again.

I can't thank you enough for slowing my brain down enough to process all my emotions.

This programme is non-judgemental. It gives you space to rebuild at your own pace.

THE IMPACT AFTER EIGHT WEEKS

“

Thought provoking and life changing. Found myself again.

“

This programme has changed me as an individual. I never thought I would be my old self, and this support has brought me so much hope. I am starting to prioritise myself.

“

I don't know what I would have done if I had not joined Rebuild & Rise. It has had such a profound impact on my life. I'm just so grateful.

WHAT HELPED THEM FEEL SAFE AND UNDERSTOOD

Your knowledge is mind blowing, and put in such a way it didn't feel complicated, but easy to follow and learn from.

Everyone is supporting each other on this tough journey, and for me it's made me feel less alone.

Having a group of ladies who just understand and know what you are going through has made me feel very supported.

ASKED FOR THREE WORDS TO DESCRIBE THEIR EIGHT WEEKS

*Thought-provoking. Life-changing. Grateful.
Relief. Healing. Amazing. Outstanding.*

I have loved every single bit of it.



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