POWERSHOT × SHILTONS' SILVERLINING

Your Power Playbook

Stay in control. Keep it fun. A two-minute read — keep it, use it, or pass it to a mate.

Thanks for entering PowerShot — **100% free, no stakes, ever**. Hitting a ball hard feels brilliant. So does a Saturday with the football on and your mates around you. This playbook is about keeping it that way.

Peter Shilton won 125 England caps — more than any other player. Off the pitch he fought a 45-year struggle with gambling and came out the other side. Today, with his wife Steph, he runs **Shiltons' Silverlining**, a free, confidential charity for people affected by gambling and their families.

"A great keeper makes the save that changes the game. In life, taking control makes all the difference."

WHY THIS MATTERS ON MATCH DAY

In a 2022 GambleAware/Opinium survey of 2,000 British football fans, **56%** said it's easy to lose more than expected betting on a tournament, and **36%** said missing a game could lead them to "bet bored". If that sounds familiar, you're far from alone.

Reality check: bookmakers price the odds, not your football knowledge. Treat any bet as the cost of an afternoon's fun — never an investment or a way out.

TWO-MINUTE CHECK-IN

- ☐ I bet more, or more often, than I planned to.
- ☐ I chase losses to win it back.
- ☐ I'd rather my mates or family didn't know how much I bet.
- ☐ I feel edgy or low when I can't bet.
- ☐ I bet to escape stress, boredom or a bad day.

Ticked any? It doesn't mean you have a problem — but it's worth a chat. Page 2 shows where to start. A prompt to think, not a diagnosis.

YOUR 6 POWER MOVES

Pick one or two today. Small changes beat big promises.

1 Set your limit before kick-off

Money and time. Write it down. Only use what you can afford to lose.

2 Make it harder to bet

Delete the apps, kill notifications, log out. Every extra step is thinking time.

3 Watch it with people

Go to the game, the pub or a mate's. Boredom and being alone are when it creeps in.

4 Have an "instead" list

Five-a-side, a walk, a PowerShot call. Know what you'll do instead.

5 Take a break

Put a block on for a week, a month or longer. Page 2 shows how.

6 Tell a mate

Saying it out loud takes the weight off. Ask one person to check in on you.

WANT TO CUT DOWN OR STOP? STACK YOUR DEFENCE.

The more layers you put up, the better your chances. Start with Talk — you can set up the rest in minutes.

TALK	**National Gambling Helpline 0808 8020 133** — free, confidential, 24/7, by phone or live chat (GamCare). Or contact Shiltons' Silverlining at shiltonssilverlining.org.
BLOCK	**Gamban** blocks gambling sites and apps on up to 15 devices — free when you call the helpline.
EXCLUDE	**GAMSTOP** (gamstop.co.uk) is free. Choose 6 months, 1 year or 5 years to block UK-licensed betting sites, apps and their marketing.
BANK	Most UK banking apps (Monzo, Starling, Lloyds, Halifax, NatWest, Barclays, HSBC and more) let you switch on a gambling block. **Turning it off usually takes 2–3 days** — a built-in cool-off that stops impulse chasing.
MONEY	Money worries make everything heavier. **StepChange 0800 138 1111** (stepchange.org) gives free debt advice; Silverlining can help too.

WORRIED ABOUT A MATE OR FAMILY MEMBER?

> *"Being affected by someone else's gambling is emotionally exhausting. You didn't cause it, you can't cure it — but you don't have to carry it alone."*
>
> **— Steph Shilton, Shiltons' Silverlining**

1. **Pick your moment.** Calm and private — not mid-match or in front of others.
2. **Start with care, not blame.** "I've noticed you seem stressed lately and I'm worried about you."
3. **Listen.** Don't lecture or try to fix it.
4. **Point to help.** "There's a free, confidential charity called Shiltons' Silverlining, and a 24/7 helpline."
5. **Keep in touch.** A text next week shows you meant it.

Copy-and-paste mate check-in:

"Locked in my PowerShot call. Reckon you can beat it? Also mate, haven't caught up in a bit — how are things with you really?"

Meet Shiltons' Silverlining. Founded by Peter Shilton CBE and Steph Shilton, a former NHS worker. Free, confidential, lifelong support for people affected by gambling and their families. No referral needed. shiltonssilverlining.org · Charity No. 1216030

In crisis or at risk of harming yourself? Call Samaritans free on **116 123** (24/7), or text **SHOUT** to **85258**. If someone is in immediate danger, call **999**. You matter more than any bet.

Now go and break your personal best. Enjoy the game — and stay in control.