



Break**even**

2025 IMPACT REPORT



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Leading with Vision, Inspiring Support

As we reflect on 2025, we celebrate a year of transformation and increased growth at Breakeven.

Our role within the National Gambling Support Network (NGSN), has been a cornerstone of our work - and as the NGSN transitions into a new system in the coming year, we are proud to have been part of a national movement that has helped thousands of individuals and families reclaim their lives from gambling related harm. This moment marks both an ending and a new beginning, and we thank all our colleagues at GambleAware the vital work that they have done to support our mission over the years. As we say goodbye to one era, we remain committed to shaping the future of support with the same compassion, integrity and lived experience voice that has defined our work for over 20 years.

We have had inspiring growth across our outreach this year, engaging with individuals, support services, organisations and local authorities across the East and Southeast of England. Our two conferences in Worthing and Southend saw unprecedented support from community leaders and we were especially honoured to welcome NHS Services, local councillors, and Dr Beccy Cooper, MP for Worthing West, whose presence underscored the importance of our shared mission. We were honoured to receive a letter of thanks, recognising our hard work and dedication

I am particularly proud of the Breakeven team that came together to support young people across the region, engaging with nearly 20,000 students and staff across colleges and universities as part of the freshers season in September. Alongside this growth in outreach, we have seen a rise in referrals to treatment and support services - a testament to the impact of early intervention.

Every conversation, every referral and every engagement with our programmes is a reminder of why we exist: to reduce gambling related harms and support those affected. I extend my warmest thanks to Breakeven staff and all our partners that help us achieve this.



IAN SEMEL

CEO of Breakeven

Leading with Vision, Inspiring Support



**ZOË OSMOND
OBE**

CEO of GambleAware

Breakeven are a highly valued member of the National Gambling Support Network (NGSN). The charity has played a critical role in supporting individuals impacted by gambling harm consistently demonstrating a deep commitment to its beneficiaries.

Over recent years, the organisation has doubled in size and significantly expanded its offer. This now includes tailored support for affected others, armed forces personnel, and those within the criminal justice system, alongside robust education and training programmes and the successful rollout of the workplace charter.

The charity also demonstrates strong integration with wider sectors across the South East & East, engaging effectively with local authorities, NHS services, and other key stakeholders. This cross-sector collaboration has strengthened the regional response to gambling harm and enhanced access to vital services. It is a pleasure to work with Ian and the team, welcoming their positive and proactive approach.

GambleAware

1. OUTREACH AND ENGAGEMENT

Raise awareness with professionals, communities and individuals and promote open conversations about gambling and gambling related harms.

3. MOBILISATION

Work with the National Gambling Support Network, NHS Services and local systems to promote a collaborative, researched and effective approach to signposting, referrals and treatment.

2. EDUCATION

Deliver a range of training and workshop options to increase awareness of gambling harms, support options available and reduce stigmas attached to those gambling and affected others.

4. ACCESSIBILITY

Remove barriers to treatment by working closely with communities and ensuring that treatment is always accessible, non-judgemental and safe for all.



5. TREATMENT

Continue to create a network of vetted partners and referral pathways to support individuals with a variety of needs and concerns.

7. AFTERCARE

Use a variety of initiatives including peer support, follow ups, educational programmes and more to support ongoing recovery when treatment ends for as long as clients need.

6. PATHWAYS

Provide client focused treatment that is flexible to individual needs and supports anyone affected by gambling harms.

8. PROTECTION

Encourage partners to sign the Workplace Charter - providing tools, resources and committing them to protect themselves and those they work with from gambling harms going forward.

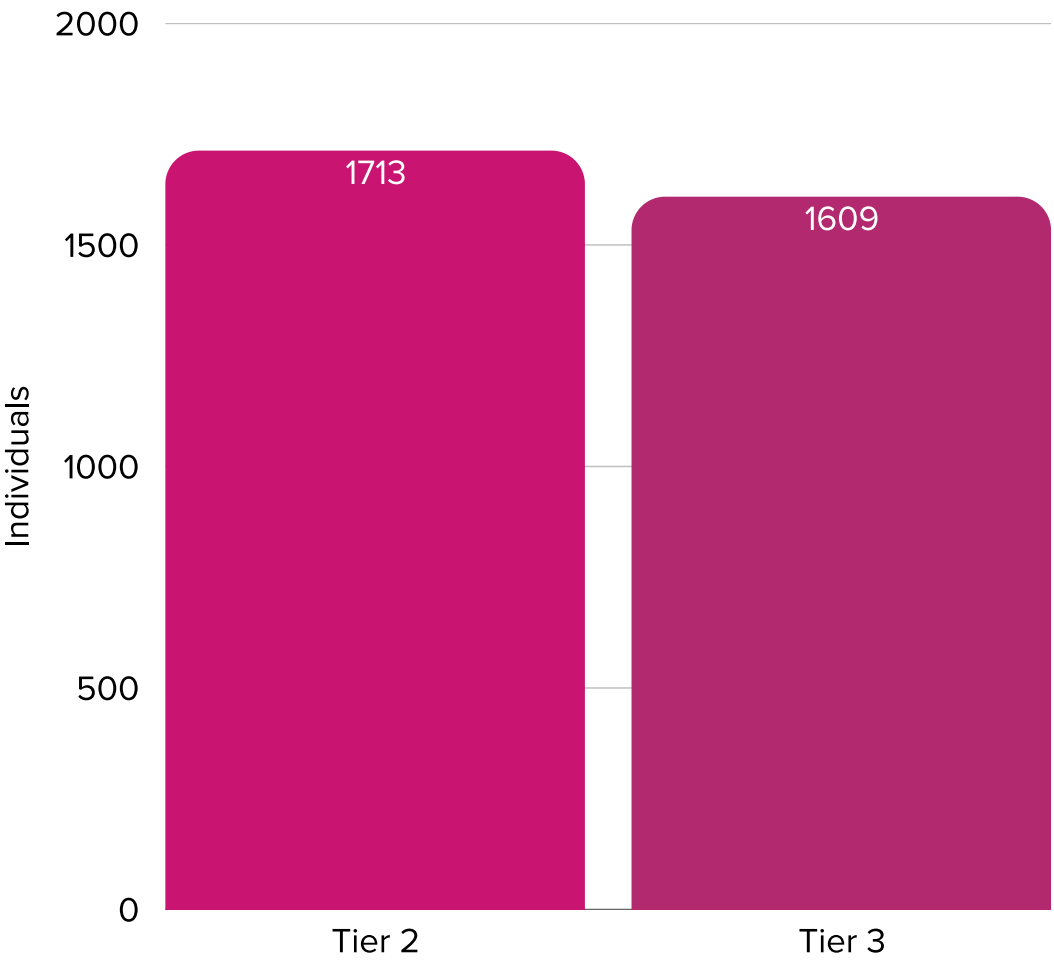
Highlights of the key data that shaped calendar year 2025

A Year in Numbers

Celebrating Breakthroughs, Inspiring Recovery

We've supported over

26000+ Individuals



Celebrating Breakthroughs, Inspiring Recovery

★

100%

Were satisfied with the service

👍

100%

Clients that would recommend Breakeven

🕒

2

Average days from assessment to first session

Engagement

21000+ Individuals Engaged

2000+ Professionals Trained

33 New Referral Pathways available through our internal portal

Criminal Justice

756

Addiction Awareness certificates awarded in Prisons

2956

Interventions in Prisons

Support Groups & AfterCare

571 Supported in Aftercare

120 Supported in Green Shoots

1330 Supported in WINGS

External Services

970

Referred to external services

Podcast

2250

Podcast Streams

Celebrating Breakthroughs, Inspiring Recovery

Year On Year Growth

<div>↑ +40%</div> <div>Individuals Engaged</div> <div>Increase of total Individuals Engaged with</div>	<div>↑ +36%</div> <div>Treatment</div> <div>Increase of total Individuals Supported in Treatment</div>	<div>↑ +150%</div> <div>Professionals Trained</div> <div>Increase of Professionals Trained in Gambling Harm Awareness</div>
<div>↑ +20%</div> <div>Green Shoots</div> <div>Increase of total Individuals Supported in Green Shoots Recovery</div>	<div>↑ +266%</div> <div>WINGS</div> <div>Increase of total Individuals Supported in WINGS</div>	<div>↑ +275%</div> <div>External Services</div> <div>Increase of total Individuals referred to External Services</div>
<div>↑ +29%</div> <div>AQA Certificates</div> <div>Increase in Addiction Awareness certificates awarded in Prisons</div>	<div>↑ +23%</div> <div>Criminal Justice</div> <div>Increase in Interventions in Prisons</div>	<div>↑ +71%</div> <div>Criminal Justice</div> <div>Increase in presence in Criminal Justice Settings (Prison/Probation Offices/Nacro)</div>
<div>↑ +117%</div> <div>Podcast Streams</div> <div>Increase in Podcast Streams</div>	<div>↑ +374%</div> <div>Peer Aid</div> <div>Increase of total Individuals referred to Peer Aid</div>	<div>↑ +10%</div> <div>New Referral Pathways</div> <div>Increase of New Referral Pathways available through our internal portal</div>

Breakeven has engaged with a record breaking number of individuals this year through training and events.

It has been an incredible year, reaching new individuals, charities, local authorities and organisations - all of whom have been eager to learn about Gambling Harms and support the work we are doing at Breakeven.

Outreach

Addiction as a Public Health Issue



March 2025
South End on Sea

Our March conference in Southend, “Addiction as a Public Health Crisis,” brought together professionals, organisations, and lived experience speakers from across the sector for a powerful and inspiring day of learning, reflection, and collaboration.

The event served both as a celebration of the incredible work already being done to tackle addiction and gambling harms — and as a clear call to action for continued progress in recognising and addressing addiction as a public health issue.

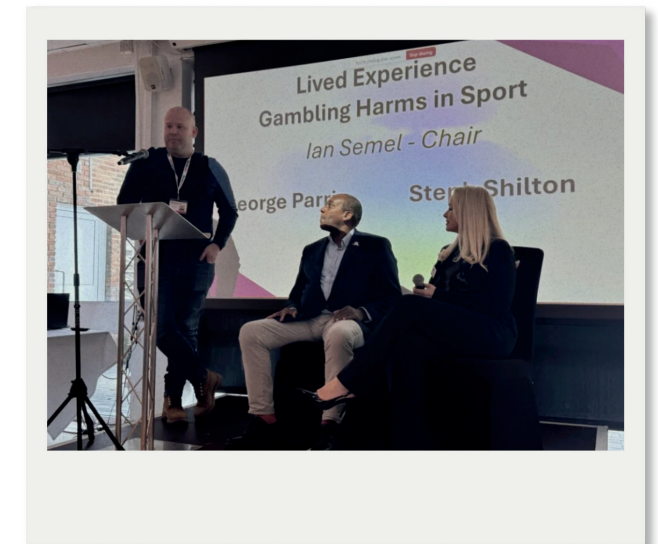
We were delighted to welcome The Forward Trust, who explored the intersection between addiction and the criminal justice system, as well as the broader framing of addiction as a public health concern.

As the National Advisor on Gambling Harms, Prof Henrietta Bowden-Jones OBE DL shared important insights into Harmful Gaming and its emerging impact. Clinical treatment options were discussed in depth by PCGS, Adferiad, and Gordon Moody, highlighting the range of support available to those affected by gambling harms. Betknowmore UK emphasised the vital role of peer support in recovery, while Richie Paxton shared his powerful story on How Lived Experience Can Support Recovery.

Conferences

We also heard from Andrew Stoneley and Nicola Jaques, who addressed Gambling and the Armed Forces Community, and Harj Gahley, who explored The Impact of Stigma on individuals seeking help.

Lived experience is at the heart of everything we do at Breakeven, and we were proud to host a Lived Experience Panel featuring George Parris, former professional footballer, and Steph Shilton, who shared her experience of being affected by her husband, former England goalkeeper Peter Shilton's, gambling harm.



The day was a reminder of the power of collaboration, compassion, and shared experience in driving meaningful change — and of the ongoing need to view addiction through a public health lens, ensuring that support is accessible, inclusive, and stigma-free.

Conferences

Listen to our
Speakers



Gambling Harms and Mental Health in the Community



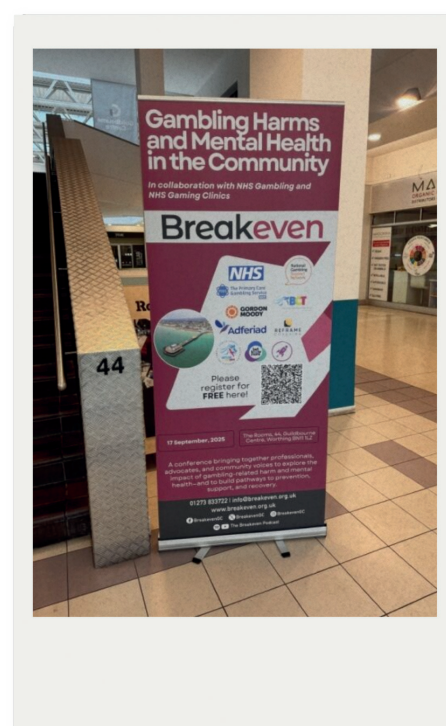
September 2025
Worthing

In September, we were proud to host our second conference of the year in Worthing, focusing on “Gambling Harms & Mental Health in the Community.”

The conference was formally opened by Dr Tim Fooks, High Sheriff of West Sussex, who set the tone for a day of collaboration and reflection.

Later on, we were honoured to welcome Dr Beccy Cooper, MP for West Worthing and a member of the Gambling Reform APPG, who shared her insights into the work being done in Westminster to address gambling-related harms and the importance of local partnerships in driving progress.

We heard from PCGS, who provided valuable updates on GP education, NICE guidelines, and their treatment offer — helping to strengthen the links between primary care and gambling harm support services. The NHS team presented on their Gaming Addiction Service and Trading Harms project, offering a national perspective on emerging issues and innovative interventions.



Two engaging panel discussions highlighted the breadth of work taking place across the sector. Our first panel featured Reframe Coaching and the EPIC Restart Foundation, who discussed the crucial role of local services outside of clinical treatment in supporting recovery and resilience.

No Breakeven conference would be complete without a Lived Experience Panel — and this was a truly powerful one. Former Breakeven clients and two of our Lived Experience Counsellors shared their personal journeys, demonstrating the life-changing impact of compassionate, tailored support and the importance of lived experience in shaping effective services.



The Worthing conference reaffirmed our collective commitment to tackling gambling harms through partnership, awareness, and empathy — and to ensuring that mental health and recovery remain at the heart of community action



Listen to our
Speakers

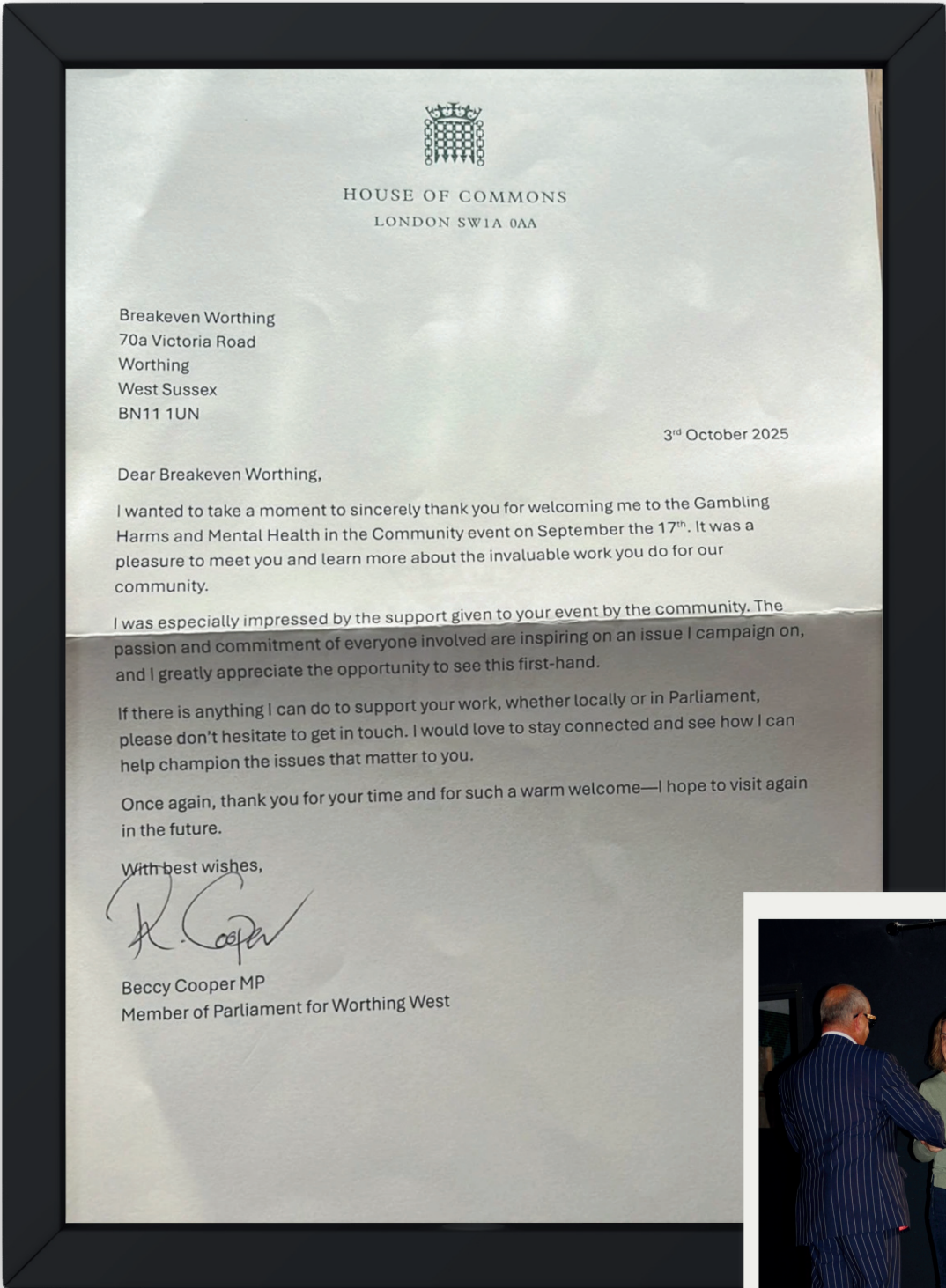


Conferences

Conferences

We were honoured to receive this letter from Dr Beccy Cooper MP following our “Gambling Harms & Mental Health in the Community” conference in Worthing. Her recognition of our work and the dedication of everyone involved is something we are extremely proud of.

Conferences



One of our standout achievements of 2025 has been our record-breaking engagement with students and staff during September Freshers events. This year, our team came together in tremendous force to expand our reach with young people and educational facilities across the East and Southeast of England. Armed with leaflets, pens, sweets and information, our Engagement Leads, Assessment teams and Counsellors all set off to be as visible as possible at campuses in the region

32 Events

19,170 Individuals engaged

Across dozens of events - some spanning multiple days and drawing huge numbers of attendees, we connected with nearly 20,000 students and staff. With countless conversations, our teams helped raise awareness of gambling and gaming harms, spoke about signs to look out for, and, most importantly, where to turn for help. The response has been overwhelming - students engaged with curiosity and honesty and staff welcomed our presence. As a result of this outreach effort, we have seen a significant rise in educational institutions inviting us back to deliver targeted workshops, recognising both the need, and the value in proactive and preventative support.

This was a true team effort and a testament to the passion and dedication of everyone at Breakeven - Thank You All!

Freshers





We are extremely proud of the continued growth and impact of the Breakeven Podcast over the past year. The podcast has become an important platform for sharing real stories of hope, recovery, and resilience, helping to raise awareness of gambling-related harms and the support available.

This year, we’ve featured a diverse range of voices — from gamblers in recovery and affected others, to individuals from South Asian communities, veterans, women gamblers, and those with experiences linked to the criminal justice system. Each episode has offered powerful insight into the many ways gambling harm can affect lives, families, and communities.

We were especially honoured to hear from former professional footballers Peter Shilton and Matty Etherington, who both shared their personal journeys with honesty and courage, inspiring listeners and opening up vital conversations around gambling in sport.


We’re also delighted to have expanded our reach this year, launching on Apple Podcasts — meaning the Breakeven Podcast is now available to stream on YouTube, Spotify, and Apple Podcasts. This growth allows us to connect with even more people, spark more conversations, and continue breaking down the stigma surrounding gambling harm.

2250


Podcast Streams




2025 Guests and Themes




Theme: Gambler/Criminal Justice




Theme: Gambler/Armed Forces/Criminal Justice



Theme: Gambler/ Professional Footballer



Theme: Gambler/Criminal Justice/NGSN




Theme: Criminal Justice Programme




Theme: Gambler/ Professional Footballer/Affected Other




Theme: Gambler/South Asian Communities/ Stigma



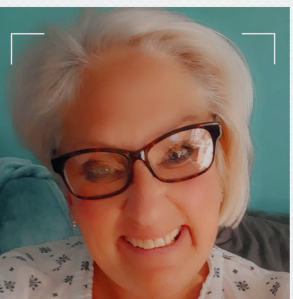
Theme: Gambler / Green Shoots User




Theme: Gambler/ WINGS User



Theme: Gambler/Armed Forces/Criminal Justice



Theme: Affected Other/ Bereaved by Suicide



Theme: Gambler/ Suicide/ NGSN



Available on YouTube, Spotify & Apple - @The Breakeven Podcast

We have worked with an incredible range of organisations this year. Below is just a selection of some of the fantastic places we have engaged and collaborated with this year. Thank you to everyone that supports the work we do at Breakeven.



We are also incredibly proud to be supporting Local authorities work towards the Workplace charter for Gambling Harms

We are grateful for the unwavering support of GambleAware and other partners, whose contributions and collaborations have been instrumental in our success. Together, we continue to build a stronger community that tackles gambling harms.

Programmes

Education, prevention and early intervention is a key focus of our outreach at Breakeven. partnering with other organisations across the NGSN we work to deliver the ‘Bet You Can Help’ Programme, aimed at reducing stigmas, increasing awareness and building confidence for professionals to talk about gambling harms an signpost to support.

In addition to accredited training, we support organisations to develop policies and embed long term protections for staff and clients across industries. Encouraging organisations to sign the Workplace Charter for Gambling Harms helps organisations demonstrate their commitment to reducing stigmas, and signposts them as a safe place to discuss concerns.



Or most recent sign up, Wealden District Council, developed its own internal policy to help staff recognise and respond to gambling harms among colleagues, residents and service users. The initiative, supported by Breakeven, included training across departments – including housing, revenues and benefits, and customer services – equipping staff to identify and refer people experiencing financial vulnerability.

Training

The staff who read that policy, if they have clients who might be affected by gambling, then they have a greater awareness of those mechanisms and other groups who can provide support to people being impacted by gambling or having gambling harm.

Clare Buckle, Human Resources Lead Wealden District Council



Supporting
9
Local authorities work towards the charter

Criminal Justice



The continued success of the Criminal Justice Programme has seen us welcome a new team member, expand into more institutions, and deliver training through more elements of the criminal justice system than ever before.

We have delivered record interventions in prisons across the East and Southeast, with large cohorts of staff and inmates additionally completing our AQA accredited training. This training course on addiction, that focuses on gambling related harms is delivered by specialist staff experienced in working in the sector and helps improve confidence amongst staff and inmates to identify and respond to harmful behaviours. With additional resources available, including in-cell workbooks that can be completed independently, we have been able to provide education round addiction, coping strategies and how to access wider support.

756 Addiction Awareness certificates awarded	2956 Interventions in Prisons	Present in 24 Criminal Justice Settings
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Outside of prisons, we have been delivering ‘Bet You Can Help’ Training to a variety of teams within the criminal justice system, including probation workers across the East and Southeast and witness support teams within Crown Courts.

Battling the Odds



The Battling the Odds Programme continues to expand, and we are proud to work with our partners across the Armed Forces Gambling Support Network to raise awareness of gambling harms within the armed forces community.

As year 1 came to an end in March, we celebrated having engaged with 2307 individuals across various events, presentations and workshops and training 314 individuals in gambling harms awareness. We are already looking to exceed these numbers in year 2.

In February, we hosted the screening of the Unseen Enemy in Kings Cross, London. A short film, 'The Unseen Enemy' explores gambling related harms within the armed forces and veterans community.

We are incredibly proud of our Breakeven team member Andy Stoneley who shared his own lived experience as part of the film. To watch the full film, scan the QR code



South Asian Programme

At the start of the year, Harj Gahley joined the Breakeven team as part of the 'Breaking the Sharam' programme, striving to reduce stigmas associated with gambling harms in South Asian communities.

Addiction remains a taboo topic within South Asian culture, with a fear judgement, loss of reputation, or bringing shame upon families if individuals admit to struggling. Barriers to support can include a lack of culturally relevant support materials, language barriers, and low awareness that gambling is a recognised health harm.



Engagement across the year has included running workshops within these communities to open up safe conversations around gambling harms and mental health, where these issues are often silenced due to cultural stigma and still being recognised as a taboo topic. South Asian communities across the region, particularly Sikh, Hindu and Muslim faith groups have all been receptive to the programme aims.

The approach has led to a noticeable rise in self-referrals from South Asian men and families, improved understanding among faith leaders, and strengthened local partnerships for prevention and early intervention. Councils and public health teams such as Slough, Reading, and Hounslow have since committed to supporting targeted outreach and awareness work.

The initiative has also inspired other community groups to begin conversations about addiction and mental health from a culturally competent standpoint. In the last 12-months Harj has delivered approximately 100 workshops online and in-person to over 1,000 delegates.

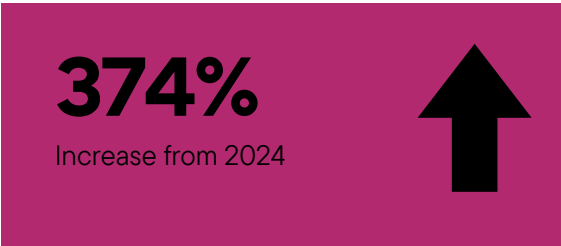




The Peer Aid service operates nationwide through all NGSN partners and beyond, helping people sustain a long standing recovery and different way of life from gambling.

Gambling harm and dependency can create challenging and complex issues in someone’s life, they may experience mental, emotional, and physical health issues, relationship breakdown and financial difficulties. Many clients have fed back that a key part of their journey of recovery is connecting with others in similar situations in order to share experiences and support one another. Peer Aid is designed, developed, and delivered by individuals with lived experience of gambling harms to help this happen, creating relatability in the relationships.

At Breakeven, we are proud to be the leading partner in the network, referring over 300 people so far in 2025 to the Peer Aid service. This is done through assessment, treatment and aftercare interventions and our specialist team, many of whom have lived experience. They identify the needs of the client to ensure they receive adequate support to maintain and enhance their journey of recovery, and the Peer Aid service is a key part of that.



Initiatives

We are incredibly proud to support our colleagues who run initiatives to help support clients in a variety of ways.

Breakeven staff are always going above and beyond to build engaging options to support client recovery.



Women in Need of Gambling Support (W.I.N.G.S) is an online platform, facilitated by a counsellor – Sally, where women can talk with other women that continues to go from strength to strength.

WINGS has continued to grow over the last year, and we are incredibly proud to now hold 7 groups a week, giving women a safe space to talk about their own, or someone else’s, gambling harm.

1330

Supported in WINGS

266%

Increase from 2024



WINGS

MON	8PM	Women affected by a family members gambling harm
TUE	1PM	Women affected by someone else’s gambling (families /partners /ex-partners)
TUE	6:30 PM	Women affected by a partners or ex partners gambling harm
TUE	8PM	Women affected by a partners or ex partners gambling harm
WED	1PM	Women in need of gambling support
WED	6:30 PM	Women in need of gambling support
WED	8PM	Women in need of gambling support



Since the aftercare project was launched in October 2024, Breakeven have supported and helped hundreds of clients after finishing their treatment. Although many clients have stopped gambling, many have needed support in terms of debt, isolation, self-esteem, and motivation, amongst others. Through working with our partner agencies, we have been able to refer them to the sufficient organisation for a long-standing recovery. It has also allowed some clients to return to Tier 3 treatment rather than being spoken to at the 3 month follow up stage. The dedication and commitment from Jo and the Breakeven aftercare team, along with entire clinical team has allowed this project to be a success and is continuing to grow.

571

Supported in AfterCare

54

Referred to external services through AfterCare

10

Re-entered treatment through AfterCare

AfterCare

Break**even**



The Greenshoot recovery course is a structured journey that allows individuals to explore their gambling relationship in greater detail through an abstinence-based programme. Exploring 7 different modules on a weekly basis clients will look at how these can be implemented in life to create a sustained recovery. Since it was launched, the programme has been hugely successful, so much so that an extra group has been facilitated to match the demand of the clients coming through the service.

It has also seen an ongoing support group called the Growth Hub been created to allow people to build connections and enhance their recovery on a long-term basis, following completion of the Greenshoot recovery programme.

120

Supported in Green Shoots

20%

Increase from 2024

↑

Keep up the excellent work. Your efforts are truly appreciated, and the impact you're making is clear. Continue with the great work, as it's clearly making a difference.

Green Shoot Recovery Course User

A Year in Pictures

Take a look at some of our favourite moments from 2025



The AFGSN hosted by Alex Ballinger MP at the Houses of Parliament



Harj speaking at Unite the Union in Slough as part of Black history Month



Mark supporting at one of the many events we have attending with Reed in Partnership - helping people back into sustainable work



Working with partners Betknowmore to deliver training to Reading Borough Council



Supporting Tony Adams MBE, as the chair of Forward Trust at Margate F.C



Ian Speaking on a Panel at the Ethical Gambling Forum



Gordon Moody conference showcasing how Lived Experience plays a huge part in everything we do



We're pleased to attend The Pantry Foodbank, every fourth Wednesday of the month



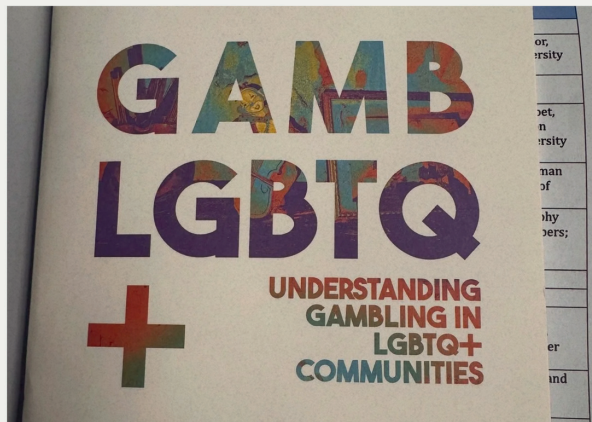
Proud to celebrate 10 years of GamBan



Reception with Chris Bloore MP, organised by Gordon Moody



Delivered our Criminal Justice programme to our colleagues at Beacon so that we can work collaboratively on this project going forward



Attending a powerful exhibition looking at gambling harms LGBTQ+ Communities



Afternoon tea honouring Worthing's veterans as part of a special event for VJ Day



Meeting with Clarke Carlisle at the London Gambling Harm Conference



Collaborating with our partners in the AFGSN at the Union Jack Club



Harj Gahley won the 'Highly Commended' Award at the Local Hero Awards, which was a prestigious award which showcased his resilience and turning pain into purpose.



Breakeven hosted a screening of The Unseen Enemy, a short film that explores gambling related harms within the armed forces and veterans community



AFGSN partners representing the 'battling the odd's programme in Parliament



Breakeven staff and trustees Golf Day



Speaking to Ex Footballers, Matty Etherington and George Parris, comparing their experiences with gambling in the football industry



Celebrating with Neil Platt, CEO of BCT, and Andy Todd, CEO of RCA, at the Charity Event for Paul's Place, a great charity close to our hearts

Celebrations

With so much incredible work this year, we want to take some time in the last few pages to celebrate a variety of personal and professional achievements from our team, clients and families.

We could have created a separate report just with feedback for our counsellors - we are incredibly proud of everyone in the Breakeven team. Here is a collection some of our favourite pieces of feedback from the year that highlights the incredible work they do.

I felt extremely hopeless and had absolutely no knowledge of gambling when I started. I didn't know if my marriage would survive. Sally has been absolutely incredible, so supportive, a fantastic listener and really makes you feel like she truly cares. She provided me with all the knowledge I needed and allowed me to ask and explore a range of questions and scenarios. Thank you so much Sally!

I really appreciated how fast and responsive Breakeven have been in offering support and counselling, minimal wait time and super efficient.

Tracy was super supportive, I didn't think I could ever talk to someone, she made me feel very comfortable, I was able to open up, and really speak. I would like to thank Tracy for the amazing support she has given me through my journey.

I had no idea so many other women were dealing with the effects of living with a gambling addict. The group made me realise I am not alone.

Was such a quick response from the evening I applied, the following morning I was contacted by someone and then roughly a week later I was provided with a counsellor.

I can't find the words to articulate quite how positive an impact Ian has had in my life. I was in a dark, low place when I reached out for help and the guidance Ian has given me has helped transform my life. After 18 years of solid gambling, I am now 6 months free and armed with everything I need to continue to beat this disease on a daily basis. Thank you so so much to Ian who is amazing.

I came to breakeven with a head full of uncertainty, guilt, anxiety and serious stress about gambling. Now 7 months on I leave it behind a brand new man having conquered my whole mind set and way of thinking. I'm nearly out of debt, I have sorted things out in my personal life and feel all round a different man. I couldn't speak highly enough of Rachael she has been a real shining light in my life and I don't know where I would be at this point in my life if I hadn't of met her. i can't thank her and breakeven. I couldn't recommend enough!

Very prompt with no wait time which I believe is vital.

I completed the green shoot program. I can honestly say that Breakeven & Green shoots saved my life. Neil is an amazing person & deserves so much praise. I am currently 337 days gamble free. Thank you so much.

Tracy was unbelievable at her job and i feel like she has really improved me enhanced my life, i was very fortunate to have such an incredible counsellor
It's life changing

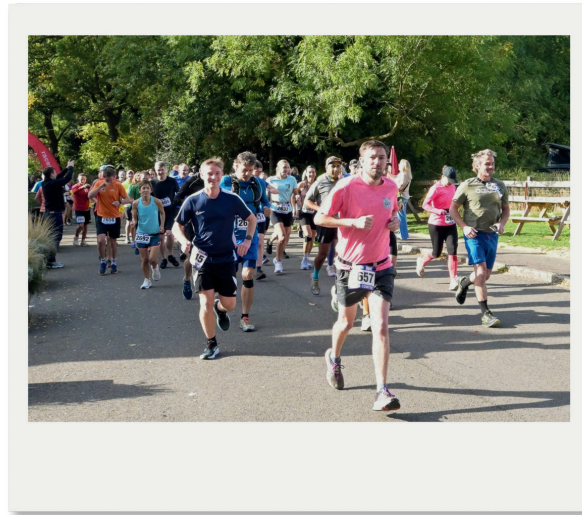
The sessions have been the best thing I have done for self help. It felt like a safe, non judgemental space where I could talk about anything and everything. This was atmosphere created by the counsellor in this environment and cannot thank Sam enough for the support i have received over the last 5 months.
Life changing.

I was at a pretty low point in my life & desperate when I contacted Breakeven. They took me under their wing so to speak & immediately I was assigned a Counsellor, I haven't looked back. I felt Jamie understood my situation & my hesitancy. He was patient & understanding & I was helped to feel comfortable sharing such a delicate (& somewhat shameful) situation.

My counsellor, Ian, was in touch with me only a couple of days after my initial assessment, he offered several appointment times and days to suit me. I had several sessions with Ian, at first I didn't know what to expect, how much he could help or how much I would be able to take away from the sessions. Each week Ian made me understand my thoughts, feelings, life connections that led me to gambling and he helped me gain the knowledge and tools I will need moving forward in my recovery. It sounds dramatic but Ian and breakeven have helped save my life in more ways than I can express. If you are struggling I urge you to reach out to these amazing people, no judgement just understanding, guidance and support

The course really gave me a reality check, especially being surrounded by people who are going through similar experiences to mine. It was reassuring to realise that I'm not alone in facing these challenges, and it provided a sense of shared understanding and support.

Sue WAS ABSOLUTELY SUPERB 125%. She was so helpful, knowledgeable, kind, sympathetic, patient, people focussed, I've almost run out of superlatives to describe her. She cured my "gambling" habit (which was rather unusual to say the least) and I looked forward to all my sessions as did my wife with Pavlos, who helped her cope with me so amazingly well. . I also look forward to our 3 monthly "follow-up" sessions. Thanks so much Sue



We were honoured to be nominated as two Charity Partners this year, one for the Backyard Ultra, hosted by the Endless Garden at The Waggoners, Welwyn Garden City. 94 runners gave their all, covering up to 100 miles over 24 hours, what an achievement!

Our Second charity partner fundraiser was the Autumn Concert, by Caprice - the Essex Wind Orchestra.

Well done and thank you to everyone who participated, whether it be running, organising, playing or spectating - the efforts were amazing and truly appreciated by everyone here at Breakeven!

Our Brighton team got out in the community on a wet & windy Septembers day, to clean the beaches of Brighton



Breaking Free ART EXHIBITION

Opens:
6th May 2026

Breakeven are pleased to showcase the theme of **Recovery**, through different works of Art.

Whether this be paintings, poems, lyrics, book extracts, animation, or something else, **we want to see how you express your recovery journey.**

► **SUBMISSIONS OPEN**
1st July 2025

► **SUBMISSIONS CLOSE**
1st March 2026

► **DURATION**
The exhibition will end on 25th July 2026

► **LOCATION**
Beecroft Art Gallery,
Southend-on-Sea

► **MORE INFORMATION**
events@breakeven.org.uk



Looking to the Future

A Message from our Trustees

Looking over this report, and reflecting on 2025, it is clear that this year at Breakeven has been nothing short of remarkable. We have seen record growth in all areas, a testament to hard work, dedication and passion of the entire team.

Across our outreach and engagement programmes we have reached more individuals than ever before. There has been a record number of professionals trained through the 'Bet You Can Help' course, all of which has spread vital awareness of gambling related harms across the East and Southeast of England. As a veteran myself, it has been additionally encouraging to see the continued success of the Armed Forces Gambling Support Network.

In my message last year I echoed the mission of Breakeven leadership to support more people than ever before. Across assessment and counselling teams, this challenge was met with incredible drive. The commitment of Breakeven staff has

meant that Breakeven has not only seen more clients than ever before, but simultaneously kept wait times down, allowing all those that reach out for support to receive quick and client focused treatment.

As we head towards a new commissioning landscape, I am inspired by the resilience and vision of the entire Breakeven family. Whilst change can bring uncertainty, the strong collaborations with NGSN partners, local authorities and NHS boards that have been highlighted across conferences this year leave me with confidence that we are laying foundations for greater impact in the years to come.

On behalf of all the trustees, I extend our heartfelt thanks to the entire Breakeven team and wish you a warm festive period and a happy New Year.



Wayne Keane

Chairman of Trustees

Break**even**



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