

Our Team

Tracy - Affected Others Lead

"I am a woman impacted by my partner's gambling. For years I struggled in silence before finally finding support for affected others. However, I soon discovered there wasn't any women-only spaces. Being part of 'thrivin' has been a game-changer for me and my recovery, finding a safe space to share my experiences without guilt and shame as a woman choosing to live with an addict. Women supporting women is a powerful thing. I am proud to be part of 'thrivin'."

How do I join?

Easy! Go on our website

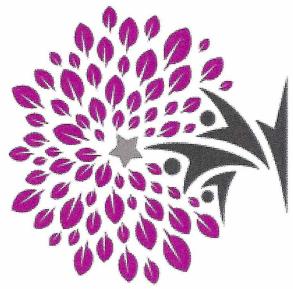
www.thrivintogther.org.uk

Fill out the simple registration form. We don't ask for lots of personal information or details.

"I have over 4 decades of lived experience and fully understand how devastating gambling can be to you and those around you. I never thought I would find recovery and am so grateful to those who supported me along the way. I am dedicated to my recovery and passionate about helping and supporting others in theirs."

Deb - Women & Gambling Co-ordinator

"As an affected other, you live in survival mode. It can be lonely and frustrating, especially when others don't understand your reality. I'm grateful for the safe spaces I've had to unpick the stigma and shame associated with my identity, so I could heal and rebuild myself. My heart's set on supporting women, especially those from the BAME community, so they too can heal and rebuild themselves."



thriuin'
together

Supporting UK women impacted by gambling

We will not bombard you with spam or share your details with other organisations. Your journey forwards with us is as much or as little as you choose.

"Really supportive and happy to give time for whatever we need. They want to know what we think will make a difference and not just deciding for us. Feel very welcome."

Shoohana - Financial Capability Lead

www.thrivintogther.org.uk
hello@thrivintogther.org.uk

Ring/Text/WhatsApp
07732 037813

"Shame dies when stories are told in safe places."

CIC registration number 14235371

About us

thrivin' together cic is a safe, non-judgemental community for women impacted by gambling, whether their own or someone else's. We are a women-only organisation and led by lived-experience.

Whatever your age, background or story; whether you actively gamble, are in recovery or you are impacted by someone else's gambling you are not alone.

We see you.

Nadine - Founder

"I founded 'thrivin' together in 2022 after getting frustrated with the lack of women-specific narratives, research and support in gambling recovery. I've been in recovery myself since 2015 and have worked in gambling recovery since 2019. I am proud to lead the only women's organisation in this space."



Feedback from our members

"'thrivin' together is a supportive environment / can always depend upon. It's been a crucial part of my recovery and it's given me a real sense of purpose to help others. I can always go to them without any judgement. I've learned an incredible amount being a part of this."

"this organisation brings women out of the shadows to understand their needs within the gambling recovery space."

"This is a place for women's voices to be heard, to raise awareness, to participate and to lift and support one another."

"programs have been an eye opener of learning.. but also being an aid to meet others in my position too. The feeling of being less isolated has really helped."

"A safe space for women to ask for non judgmental support. A community of similar stories where you do not feel alone. Services like these can save lives. To know you are not alone and that someone cares about you is so powerful."

What we offer

At thrivin' together, we offer tailored support. Every woman is unique, and every story and situation different. We aim to meet you where you are on your journey, on your terms.

We do this through an approach of choice, voice and change; by supporting women to approach their recovery with dignity rather than apology. We do this through:

- 1 to 1 peer support
- group peer support

- activities & workshops
- information & advice
- counselling & coaching
- newsletters & our WhatsApp groups

Thanks to our Funders

Gamble Aware
COMMUNITY FUND

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