

Providing information, advice and support for everyone affected by a parent's drinking



2013

Annual Report



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

Nac^oa

The National Association
for Children of Alcoholics

About Us



Our work is all about planning for a more positive future. We offer an opportunity for children, young people and adults to see that the world they've always known—struggling with their parent's alcohol problems—can be different. With help they can make positive choices for themselves irrespective of whether their parents continue to drink.

In 2013, 14,975 calls and emails were answered by a dedicated team of volunteers, trained and supported by Nacoa. Without them, continuing to help would not be possible.

"I spent time talking to a teenager whose parents drank too much and she'd begun to drink with them...One day she called to say she was feeling suicidal, but she knew there would be someone at the end of the phone and she would feel better about herself and more positive about her future. Although there are no magic wands, it's these moments which made me realise what a difference Nacoa makes and how powerful talking to someone can be."

Ruth, Volunteer Helpline Counsellor

"My mother and father both get drunk. I don't know how to ask for help. I am so scared to tell anyone what has happened to me. I don't know who to turn to."

Louise, Helpline Caller

"Nobody fills the gap when Nacoa isn't there. I learned that when volunteers told me why they manned the phone and how it changed their lives. I wanted to tell them that each child they counsel, each call they take is a new start, a new life. What they do is so very VERY important."

David Yelland, Patron

Our services include:

- Free, confidential helpline providing information, advice and support for children struggling with their parent's alcohol problems and concerned others, through telephone, email and letter
- Website providing information, help and advice, including personal experiences, ways to help, FAQs, videos, publications, book suggestions and research
- Information, advice and support for professionals working with these children in their everyday work
- Information packs specific to individual callers
- Publications for children, young people and adults, including concerned others and professionals
- Poster campaigns to raise awareness of the problems these children face and the services available to them
- Foundation and ongoing training programmes for volunteers and professionals
- Comprehensive volunteering opportunities
- Membership scheme for individuals and organisations, including a newsletter
- Lectures to raise awareness of the problems and resources
- Research into the problems faced by these children and the prevention of alcoholism developing in this vulnerable group

Patrons

"I know from experience that drink is one of the hidden sufferings in families. As a child I was lonely and frightened. I remember feeling unsafe and unloved. There was literally no one to turn to – we all conspired to keep 'the secret'. And so, I talk about my mother's drinking today because I want children living with this problem to know that they are not alone, that they are not responsible for their parent's drinking and that they can do more than just survive. They can, with Nacoa's help, build happy and successful lives for themselves."

Geraldine James OBE

"It's important to me to be a Patron of Nacoa because if I had known there was someone to listen, it would have helped me understand and cope with my dad's illness. The more we reach out to children, who are suffering, and provide them with help and support, the better their futures can be."

Calum Best

"Supporting children who struggle with their parent's alcohol problems is a cause close to my heart. Nacoa provides understanding and support, so that children and youths are better equipped to deal with challenging lives. This develops their strengths, self-awareness and confidence; and most importantly, provides them with choice. Nacoa is an organisation committed to their well-being where they can be heard and where their opinions are valued."

Elle Macpherson



Chair's Report

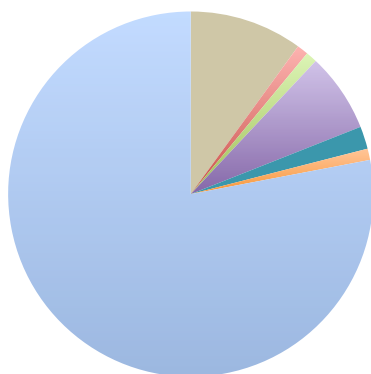
One of the privileges of my position is being able to pay tribute to those who have contributed so greatly to the success of the charity. This year has seen a wealth of people giving their time and skills for free allowing us to respond to some of the most vulnerable children in the UK today.

In 2013, Helpline calls and emails rose to 14,975 compared to 10,517 in 2012, constituting a 42% increase. In addition, time taken with callers rose to 822 hours compared to 303 in 2012. It's heartening to achieve an increase in the number and quality of calls in light of the range of problems many callers experience on a daily basis in their own homes.

Although our work is inclusive and accessible to all, our services are primarily intended for children struggling with their parent's alcohol problems. In 2013, 78% of calls were from this group. However, 19% of calls were received from concerned others—carers, family members and friends—as well as people calling about their own problem drinking (2%) and its effect on their children. We strive to provide services both directly and indirectly, including contact with professionals who make up a further 1% of calls in 2013. Calls were received from across the UK with a small proportion from other countries where no similar service exists.

Who Calls

- Family
- Carer
- Friend
- Concerned others
- Problem drinker
- Professional
- Children affected by parental alcohol problems

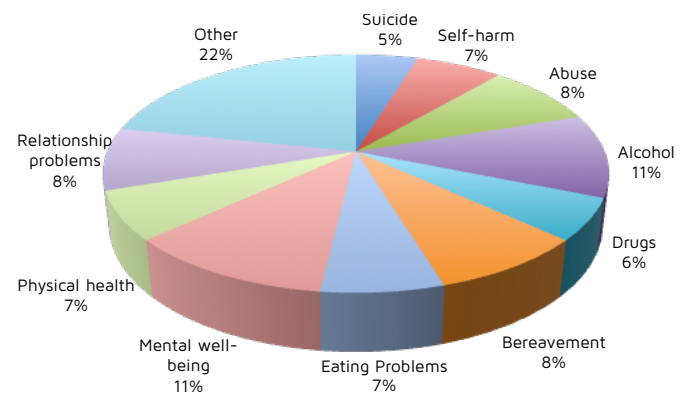


We continue to work with children as young as eight, with the majority of calls received from the 12 to 18 year age group. Working effectively with these young people requires a commitment by volunteers and staff to life-long learning, mutual respect and support and a requirement for supervision and self-care.

The vulnerability of our callers is highlighted by the number of issues they raise. Callers who talked about

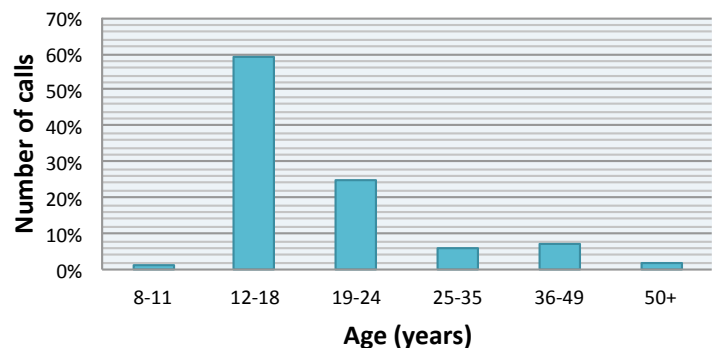
suicide attempts, eating problems, abuse and self-harm were experiencing these problems themselves. These, and other issues with alcohol, drugs, mental wellbeing and relationships, will continue to cause complications in adulthood, if unaddressed. In 2013 problems at school were raised more regularly than in previous years and made up 7% of issues listed under "other".

Presenting Problems



Supporting our volunteers is crucial and in 2013 we employed two new full time members of staff, Martin Williams as Helpline Supervisor and Susan Comley as Administrator. They have contributed greatly to the increase in calls and support available to volunteer helpline counsellors. Their children now volunteer, and special thanks go to Emma and Sascha Comley who created and facilitated the children's area at Upfest—a feat in need of endless energy and enthusiasm!

Age of Callers 2012-13



Very special thanks also go to Megan and Jacob Williams who raised funds at their schools and contributed to our discussions on the content of the children and young people's sections on the new website which was launched on 11 February 2013.



The website was designed, created and built pro bono by Modular Digital with Cassie Ohlson, our Volunteering Manager orchestrating the project this end. Her work included focus groups, discussions with Modular Digital, writing the content, including sections for children, young people, adults and concerned others; each section with age appropriate and relevant help and advice, personal experiences, FAQs, book, video and publications lists, research and ways to help.

This was a huge undertaking and I'm delighted to record my gratitude to Cassie and Modular Digital for taking us into a new website era. Callers have remarked that they found solace in visiting the website prior to picking up the phone or emailing. This new website ensures that fewer people feel alone with their parent's alcohol problems.

Other milestones include the extraordinarily moving BBC Radio 4 Appeal presented by Geraldine James, raising over £5,000 and the twelfth David Stafford Memorial Lecture delivered by Cherie Lunghi. The lecture took place during the fifth Children of Alcoholics Week celebrations when the Archbishop of Canterbury and Nick Bois MP sent messages in support of COA Week and Nacoa.

It has been an inspiring year with the Nacoa team giving much of themselves in their desire to help those who need our services and in all areas of our work. Our volunteers delivered presentations and training, represented Nacoa at local and national events, responded to media requests and raised funds. This includes the epic Urban Paint Festival when 54 volunteers contributed 781 hours raising £6,000 over a bank holiday weekend.

Volunteers also took part in a new research study "Understanding and responding to those bereaved through their family members' substance misuse". We were delighted to publish a study produced pro bono by Dr Anne-Marie Barron, "Nacoa and its Volunteers: The Contribution of the Nacoa Foundation Training Programme", which states "Nacoa produces outstanding opportunities for its volunteers and has created a community which is greater than the active volunteers delivering its current operational activities."

In 2013, there now appears to be a greater awareness of the impact of problem drinking upon family life. We at Nacoa are only too well aware that the magnitude of the issue will require more funding and resources. As callers become aware of our helpline, the demands upon both staff and volunteers will grow.

I wish to extend the Trustees' gratitude to the many private individuals, Members and companies who have given so generously in the past year, to staff and volunteers who give tirelessly and to our Patrons and Consultative Council for their unwavering support. I would also like to welcome Philip Auden DL who joined us as a Trustee, and extend my grateful appreciation to my fellow Trustees, who have been supportive in all our endeavours. Inspiring though their efforts are, without the leadership and dedication of our CEO and co-founder Hilary Henriques, many children would remain lost in their pain.

And finally, I wish to thank Jenny Palmer for her ten year service to Nacoa and to wish her well in her retirement. I also pay tribute to everyone who over the years has listened so others can be heard. They have been part of Nacoa's organic growth and I can think of no better way to end my report than by thanking Dr Barron and quoting from her findings "Nacoa is indeed impressive for its size, and a model of good practice."

John Fenston



Nacoa Helpline Model of Care

In a family struggling with alcoholism, parenting can be chaotic and inconsistent and is often characterised by secrecy and lies in an effort to keep the family's problems secret from the outside world. This leaves children confused and unlikely to reach out for help; often in fear of not being believed or of betraying the family.

Breaking the Silence: We focus on the individual caller, encouraging them to look at their own practical wants and needs, rather than those of the family. Callers may feel they are putting themselves at risk or being disloyal to their parents. They need to know that they can remain anonymous, that they are calling for themselves and not to betray their families.

"He said you were kind, caring and gave him the opportunity to talk – without you he did not know what would have happened. He'd called other helplines and all they wanted to do was to get him off the phone with another phone number to call. You made all the difference." Anon

Callers tell their stories to more than one Volunteer Helpline Counsellor. Sometimes they've allowed their feelings to build up inside until they feel ready to explode or become ill with symptoms like abdominal pains and headaches. These children need help to identify their feelings and find ways to express them in healthy ways with people they trust.

Working with other agencies: Being heard and having found words to ask for help often leads callers to speak to people in their local areas. We share how to research other services, so callers can access information and support for themselves. We also research on their behalf, including confidentiality issues for younger callers.

Callers can continue to call when they find help elsewhere. There is no time limit and continued support does not depend on contacting other suggested agencies or groups. Engaging with, and becoming involved, e.g. by contributing a personal experience for the website, or becoming a member or volunteer, brings our work full-circle helping others to help themselves.

The Nacoa Helpline was set up to empower children with a variety of life skills to help them cope with difficult challenges. The way we work has been developed by listening and taking account of what children and young people tell us they want and need. They are the true architects of our Helpline Model of Care.

"To the world outside everything was fine, a normal family. To have shared the secret burden that my brother and I carried would have brought shame on the entire family; we were led to believe we would become outcasts." Daisy

By recounting experiences, callers begin a process of looking at difficulties one at a time, tackling life a day at a time, sometimes an hour at a time, or simply between calls.

Important messages include:

You are not alone

You are not responsible for your parent's drinking

You did not cause it and you can't control it

You are not responsible for your parent's behaviour

"Everything you said and the stuff on the website is exactly what we're going through – it's great to know and so helpful." Tom

"Growing up with an alcoholic parent was not easy. When it was 3am and my mother was screaming at us, I felt responsible and needed to do something to stop it— with nowhere else to turn I would phone 999. This didn't help and in fact made things worse. Years later, I found Nacoa and I was sad that they didn't exist when I was younger and decided to get involved. I've completed the training and it's great to know that any time I spend at Nacoa means more people are heard. They may have a little more hope and start to believe that it isn't, never was and never will be their fault. That's why I volunteer. I know how important being listened to is."

Katy, Volunteer Helpline Counsellor

Coping with difficulties: Callers often feel overwhelmed and use drink, drugs, eating disorders and self-harm, as a means of surviving difficulties at home and problems at school and other social situations. These seemingly destructive behaviours become a way of coping with their problems.

"This young boy told me he sat down at the breakfast table and cried. He said, "I'm turning into my mother. I've lived with it all these years, and today I had to have a drink to start my day." Anon

Callers tell us they drink because "It numbs the pain", "I want to forget what's happened", "I drink with mum, it's the only good times we have", "The only time I'm happy is when I'm out of it."

Some children experience family violence, neglect and other problems, others may lack confidence and self-esteem. These children can learn a variety of coping and self-care strategies to stay safe and to respect themselves through experiences in which they have opportunities to succeed and thrive.

Who can help: We encourage callers to talk about their relationships with teachers, friends and other family members. These relationships may be difficult because they fear being taken away from home or of "telling" on their parents. Anxiety leads to further isolation as they maintain what is often a painful silence. For some callers there is no one to confide in, for others they simply need help to rehearse what to say and how to ask for help.

"I rang your Helpline last year, when I could not take it any longer and I will never forget the lady who chatted

to me for two hours, and calmed me down by actually understanding where I was coming from - as my friends and family never did." Sarah

We are often the only people callers feel able to ask for help about growing up in today's world. We help them to make informed choices without feeling that they have to be an adult. We provide age-appropriate information so they can explore their options. The call is always about the caller, relevant to their individual situation, directed by the caller and at his or her own pace.

Ongoing support: Callers ring or email for as long as they want. The work revolves around what the caller wants to discuss, providing help when needed and sometimes at times of crisis.

Regular callers are supported in ways which might ordinarily come from parents or carers. No two calls are the same. Callers talk about a wide range of problems and sometimes are concerned about younger siblings. The roles of child and parent have become blurred adding to the caller's sense of responsibility for what's happening.

"One night my mum locked him out but I got upset thinking he would break the door down so my mum let me unlock it. I know a girl who lives at the pub where dad drinks. One night he fell down some stairs and cut his face. My friend knew and I was embarrassed. When he's drunk he's not violent or abusive but he scares me. He has no concern for us at all and my mum suffers most. If my mum divorces him we would lose our house but we are unhappy so what should we do? I wonder if

it's us, having a family seems to pressure him." Claire

Establishing what callers can change, what they can do for themselves and what is not within their power, is often a relief when they've been battling against impossible odds.

"You know at Nacoa you are always telling me that I'm important, well it's true! I am important! I still want my dad to stop drinking but I've stopped running around trying to get through to him. He still drinks but I feel less of a failure now. A lot of what I've achieved is thanks to you for sticking by me through the bad times." Max

Learning to manage change, e.g. when our volunteers leave, is an opportunity for callers to experience forward planning, and to put strategies in place to support themselves in times of stress. Our work is about planning for a more positive future. Positive experiences lead to higher self-esteem, a sense of autonomy and independence and the ability to perceive experiences constructively while being supported by Nacoa.

Financial Statements

Statement of Financial Activities for the year ended 31 December 2013

	Unrestrict- ed funds £	Designated funds £	Restricted funds £	Total 2013 £	Total 2012 £
Incoming resources from generated funds					
Donations and legacies	51,921	1,000	72,040	124,961	322,187
Membership subscrip- tions	25,830	-	-	25,830	25,405
Fundraising events	36,492	-	-	36,492	16,711
Investment income	4,452	-	-	4,452	195
Total incoming re- sources	118,695	1,000	72,040	191,735	364,498
Resources expended					
Charitable activities					
Helpline fund expend- iture	69,003	-	72,040	141,043	148,766
Research fund ex- penditure	18,018	-	-	18,018	4,606
David Stafford memo- rial fund	33	2,000	-	2,033	-
Charity support costs	(3,678)	-	-	(3,678)	89,543
Total charitable ex- penditure	83,376	2,000	72,040	157,416	242,915
Governance costs	1,250	-	-	1,250	2,402
Total resources ex- pended	84,626	2,000	72,040	158,666	245,317
Net income/(expendi- ture) for the year					
Net movement in funds	34,069	(1,000)	-	33,069	119,181
Fund balances at 1 January 2013	151,540	1,000	-	152,540	33,359
Fund balances at 31 December 2013	185,609	-	-	185,609	152,540

Independent Examiner's Statement

We have examined the Financial Statements of The National Association for Children of Alcoholics for the year ended 31 December 2013. We confirm that the Statement of Financial Activities and Balance Sheet are an accurate extract of those Financial Statements.

Baker Tilly LLP

Balance Sheet as at 31 December 2013

	2013		2012	
	£	£	£	£
Fixed assets				
Tangible Assets		16,667		-
Current Assets				
Stock	153		153	
Debtors	3,447		601	
Cash at bank and in hand	231,568		246,391	
	235,168		247,145	
Creditors: amount falling due within one year	(66,226)		(94,605)	
Net current assets		185,609		152,540
Total assets less current lia- bilities		185,609		152,540
Income funds				
Restricted funds		-		-
Unrestricted funds		185,609		152,540
		185,609		152,540

Hon. Treasurer's Statement

The Statement of Financial Activities and Balance Sheet are a summary of the information contained in the full accounts which have been subjected to an Independent Examination, resulting in an unqualified report. The Trustees approved the full accounts on 19 September 2014 and a copy has been submitted to the Charity Commission.

The summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information the full annual accounts, including the Independent Examiner's Report, may be obtained online nacoa.org.uk/about.htm and from Nacoa.

Peter Irwin

Finance Report



Income

Nacoa, in common with many small charities, relies entirely on voluntary donations. In recent years with the help of dedicated staff and volunteers, funding sources have been diversified and increased income has been raised from fundraising activities and membership subscriptions from regular donors. Although it is hard to predict if regular donors will sustain their historic Contribution in the continuing global financial difficulties, a surplus of £33,069 was achieved.

Following the receipt of an anonymous legacy of £271,632 in 2012 and the request to return £82,442 later that year (accrued in the 2012 Accounts), after legal advice it was agreed to return 75% (£61,832), with Nacoa retaining £20,611. £61,832 is shown as a creditor in the Balance Sheet and £20,611 is shown reversing the 2012 expense under support costs.

Volunteers

Volunteers are Nacoa's strength so excellence in volunteering and managing volunteers is crucial to ensure they benefit from the experience of helping others. Volunteers provide significant elements of all services helping to build communities both within Nacoa and in the wider community. In 2013, 334 volunteers contributed over 8,000 hours to all areas of work to support 52 trained Volunteer Helpline Counsellors and Researchers. Without these devoted people costs would be significantly higher and in 2013 the commercial value of their time and skills is estimated to be in excess of £172,000.

In addition to time given by volunteers, Modular Digital completed their design and build of the new website provided pro bono at a value of £40,000. Nacoa also received IT equipment and the installation of a new computer system, plus IT support provided pro bono by Subtech at an estimated value of £25,000. These goods have been included in the year under fixed assets.

A new research study 'Nacoa and its volunteers: The Contribution of the Nacoa Foundation Training Programme' which identifies Nacoa as "a model of good practice" was conducted pro bono by Research specialist Dr Anne-Marie Barron at a commercial value of £17,250.

Property and Premises

Nacoa benefits from an economic rent from our landlord. The Trustees consider it prudent to establish sufficient reserves in the medium to long term to purchase secured leasehold or freehold premises.

Management

The charity relies on the personal commitment of CEO and Co-founder, Hilary Henriques. If she were unable to continue, the charity would be impacted significantly in the short to medium term. The Trustees continue to discuss contingency and succession arrangements.

I've served as a Trustee since 2000 and it has been a great personal pleasure to be part of the Nacoa team who make a positive difference in the lives of people who may have no one else to turn to ask for help. This would not be possible without the financial assistance of the charity's funders, people who take part in sponsored events and organise charitable activities, our Members and regular funders who provide stability for Nacoa that our callers often lack.

In conclusion I would like to thank our volunteers, with very special thanks to our 2013 Volunteer of the Year, Dr Anne-Marie Barron, whose research study highlighted the importance of providing help and support for our volunteers so they can provide the same for our callers. I am confident that, with the help of our Patrons, Consultative Council Members, Trustees, Members, funders, staff, friends and volunteers we will long continue to provide the help and support these children deserve.

Peter Irwin



Achievements and Objectives

Key Achievements 2013

Helpline

- ✓ Responded to 14,975 Helpline calls, emails and letters
- ✓ Nacoa promise published on nacoa.org.uk
- ✓ Raised awareness through Twitter, Yahoo Answers and Facebook
- ✓ Applied for funding to establish online messaging and SMS helpline

Volunteers

- ✓ Delivered two Foundation Training Programmes
- ✓ Provided up to date information on key issues for all volunteers
- ✓ Continued work on "Nacoa and its Volunteers"

Information Resources

- ✓ Launched new website providing information, help and advice, including personal experiences, FAQs, publications lists, research and ways to help for children, young people, adults and concerned others
- ✓ New leaflet produced "Information for people affected by their parent's drinking"

Reaching Professionals

- ✓ Created area for Concerned others and Professionals on new website
- ✓ Raised funds and preparation for School's Campaign
- ✓ Local school visits to raise awareness and thank students for raising funds
- ✓ Delivered presentations at Bristol Children's Hospital, UWE and Intouch Awareness Day

Raising the Profile

- ✓ Delivered fifth UK "Children of Alcoholics Week"
- ✓ Geraldine James presented BBC Radio 4 Appeal
- ✓ Cheri Lunghi presented David Stafford Memorial Lecture
- ✓ Responded to media enquiries through Media Panel
- ✓ Nacoa volunteers contributed 781 hours at Upfest raising awareness and funds

Promoting Research

- ✓ Publish research study "Nacoa and its Volunteers"
- ✓ Nacoa volunteers participate in new study "Understanding and responding to those bereaved through their family members' substance misuse"
- ✓ Responded to requests for help through Research Panel

Key Objectives 2014

Helpline

- Respond to Helpline calls, emails and letters
- Continue to raise awareness through Twitter, Yahoo Answers and Facebook
- Establish online messaging and SMS Helpline
- Complete Helpline Evaluation 2013

Volunteers

- Deliver three Foundation Training Programmes
- Create and deliver Training for SMS and online messaging
- Respond to study "Nacoa and its Volunteers"

Information Resources

- Launch Schools Campaign to provide 3 million pupils with information to help and support children struggling with parental alcohol problems
- Produce new "Some mums and dads" leaflet and "Information for Teachers" booklet

Reaching Professionals

- Produce information booklets for professionals and concerned others
- Launch Schools Campaign to provide teachers with information to recognise and support children struggling with parental alcohol problems
- Deliver Nacoa Schools Presentations

Raising the Profile

- Lead sixth "Children of Alcoholics Week"
- Present 12th David Stafford Memorial Lecture
- Contribute to the Office of the Children's Commissioner's Participation Network Forum
- Respond to media enquiries through Media Panel

Promoting Research

- Continue to participate in study "Understanding and responding to those bereaved through their family members' substance misuse"
- Recruit and participate in new study "Life histories, families and alcoholism"
- Respond to requests for help through Research Panel

Acknowledgements and Organisation



Acknowledgements

Funders including

Allied Irish Bank (GB)
Alto Digital Networks
The Astor Foundation
BBC Radio 4 Appeal
Bargain Booze
Clothworkers' Company
Comic Relief
E Crane
Great Orme Brewery
Limited
Ethicall
J Fenston
T Freeman
R Gholap
H Henriques
Las Iguanas
John Lewis Partnership
Nisbets plc
F and P Irwin
B Kenton
H and S McCormick
M Parker
NM Rothschild & Sons Ltd
Joseph Rowntree Trust
The Serve All Trust
SimplyHealth People LTD
Subtech
Travolution Awards
Vintners' Company
Charitable Trust
Upfest
Waitrose plc
S Ward
K and E Watson

In Memoriam

W Erichsen
E Griffin
P McMahon
M Roberts
A Shore
P Smith

Sponsored Eventers including

M Dorrington
L Holmes
J Houghton
C McKee
A Mellors

L Pattison
H Richardson
R Schreiber
C Stevens
B Smith
M Taylor

Gifts in Kind including

Administration

J Walker
S Ward

CTO and HSO

P Irwin

Child Protection

K Watson

Communications including

P Auden DL
J Fenston
P Henriques
S Hexter-Andrews
J Reid
T Freeman
T West

Helpline Counsellors including

K Argustaite
A-M Barron
K Canavan
L Chambers
S Comley
C Cunnick
N Doig
E Febry
J Fifield
A Gane
S Goldsbury
L Holmes
S Horton
Z Johnson
J Lee
T Legg
R Martin
S Mitchell
C Nattrass
C Ohlson
X Qu
M-C Ryan
S Schwarz
J White
M Williams

Helpline Evaluation

F Irwin

Helpline Supervision

H Henriques
M Nadler Roffe
M Parker

Internet Research

A Sohlman

Research

A-M Barron
K Canavan
N Doig
S Mitchell
Z Johnson

Upfest including

A Bourton
L Camargo
E Comley
S Comley
S Comley
N Doig
P Henriques
H Henriques
G Keen
T Legg
C Ohlson
M Ohlson
M Ohlson
S Wilcox
C Williams
M Williams
M Williams

Website Management

P Irwin
C Ohlson

Organisation

Patrons

Mr Tony Adams MBE
Mr Olly Barkley
Mr Calum Best
Ms Lauren Booth
Ms Geraldine James OBE
Miss Elle Macpherson
Mrs Suzanne Stafford
CQSW
Mr David Yelland

Ambassadors

Mr John Fenston
Mr Simon Ward

Trustees

Mr John Fenston, Chair
Mr Peter Irwin, Hon. Treasurer
Mr Laurence Alleyne
Revd Philip Auden DL
Mr Simon Ferguson
Mrs Michelle Nadler Roffe
Mrs Maya Parker
Mr Jeff L Walker
Mr Simon J Ward
Mrs Tracey West

Consultative Council

Child and Vulnerable Adult Protection

Dr Clare Adams
Revd Katie Watson

Clinical Advice

Dr Peter Taberner

Clinical Psychology and Family Therapy

Mr John Friel
Dr Tony Humphreys
Mr Jerry Moe

Counselling & Therapy

Ms Lois Evans

Fiscal Probity

Mr Keith Hall

GP Liaison

Dr Jacqueline Chang
Dr Gordon Ridding Morse

Helpline

Dr James Galloway
Dr Jessica Munafò

Legal

Mrs Valerie McGee

Press and Communications

Mr William Ayot
Ms Julia Goodwin
Ms Virginia Ironside
Ms Deidre Sanders

Research

Professor Martin Callingham
Dr Catherine Gilvarry

Administrator

Ms Sue Comley

Chief Executive

Ms Hilary Henriques MBE

Evaluation Administrator

Mrs Frances Irwin

Helpline Supervisor

Mr Martin Williams

Volunteering Manager

Miss Cassandra Ohlson

Bankers

Lloyds Bank plc

Accountants

Baker Tilly LLP

Registered Charity No. 1009143

Awards

Upfest Volunteer of the Year

P Henriques

New Volunteer of the Year

S Goldsbury

Outstanding Achievement Award

K Argustaite

Long Service Award

F Irwin

Volunteer of the Year

A-M Barron





The National Association
for Children of Alcoholics

Providing information, advice and support for everyone affected by a parent's drinking

Nacoa was founded in 1990 to address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

Nacoa's aims

1. To offer information, advice and support to children of alcohol-dependent parents
2. To reach professionals who work with them
3. To raise their profile in the public consciousness
4. To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

"Nacoa isn't an organisation that goes out of its way to court the headlines. It prefers to work quietly and patiently. But it does the most extraordinary job creating an emotional and spiritual place of safety for those who grow up in alcoholic homes... Nacoa is a vital resource."

Fergal Keane OBE

BBC Foreign Correspondent

"I support Nacoa because it's important for children and young people to know that they are not responsible for their parent's drink or drug use."

Tony Adams MBE

Football Manager and Nacoa Patron

Contact

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