

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



2014

Annual Report

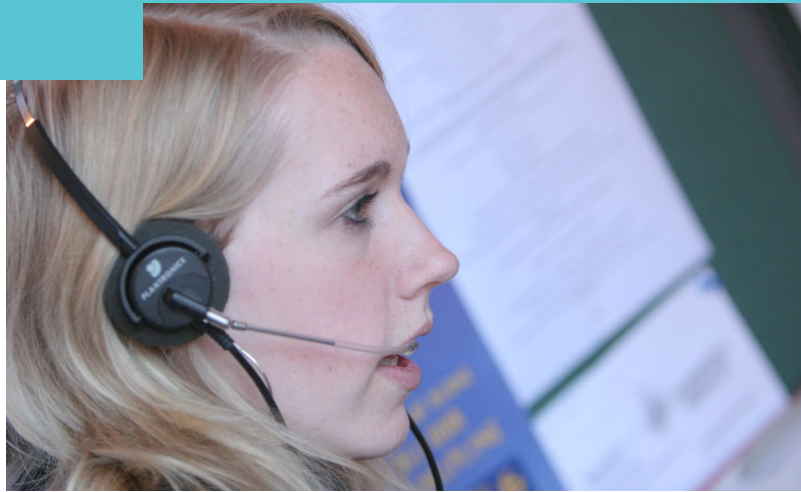


**The Queen's Award
for Voluntary Service**
The MBE for volunteer groups



The National Association
for Children of Alcoholics

About Us



Our work is all about planning for a more positive future, an opportunity for children, young people and adults to see that the world can be different from the one they know struggling with their parent's drinking. With Nacoa's help they can make positive choices for themselves irrespective of whether their parents continue to drink.

In 2014, over 21,000 calls and emails were answered by a dedicated team of volunteers, trained and supported by Nacoa; providing help would be impossible without them.

"I called Nacoa when I was desperate to get some help, advice and reassurance. Nicky provided me with all of the above and more, she opened my eyes and helped me realise I need to look after myself. She was calm, collected, such a good listener and really understood where I was coming from. As a result I now feel better equipped to deal with mum, my family and more importantly me and my feelings. I've managed to make a decision which I feel strong and confident about."

Lucy, Helpline caller

"I came across the Nacoa website a few years ago and sent an email when I couldn't cope. It was helpful just to tell someone how I was feeling without judgement."

Trevor, Helpline emailer

"I owe Nacoa huge thanks for the help I received when I first realised the effects of my father's alcoholism on my life. My son is now dealing with his own drinking and I can offer support based on all I've learned. Whatever the debatable cause, there is definitely a familial aspect to it. When there are signs of out of control drinking, as a family we now talk and share our concerns. This opens up a loving channel for sharing. So thank you Nacoa... the lessons carry on."

Debbie, Helpline caller and emailer

Our services include:

- Free, confidential helpline providing information, advice and support for children struggling with their parent's alcohol problems and for concerned others, by 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 programme
- Membership scheme for individuals and organisations
- Lectures to raise awareness of problems and resources
- Research into the problems faced by these children and the prevention of alcoholism developing in this vulnerable group

Patrons


"I met Nacoa seven years ago when I was making a documentary and since then I get to talk in the media about what it's like having a parent who drinks too much. Nacoa's helpline is free and confidential which is important because lots of people feel ashamed, shy or embarrassed when really they are not alone. You have to talk about these things because that's the only way you are going to heal yourself."



Calum Best



"I am very proud to be a Patron of this great charity. Nacoa's excellent staff and volunteers do so much for Britain's 2.6 million children of alcoholics. In the months that followed my father's death from alcoholism last year, Nacoa gave me the strength to try and make sense of my life as the child of an alcoholic. I am looking forward to another successful year working alongside Nacoa as we take our campaign for change to the heart of government."



The Right Hon. Liam Byrne MP



"I know from experience that drink is one of the hidden sufferings in families. As a child I was lonely and frightened and I remember feeling unsafe and unloved. There was literally no one to turn to because we all conspired to keep 'the secret'. 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



"I am a proud Patron of this tiny but effective charity which puts people at the heart of all they do and believe in, a charity which provides a lifeline for some of the most vulnerable children in the UK today. Nacoa is not a fashionable charity; it dares to talk about problems faced by children when their parents are unable to care for them. It takes special courage to speak about these things and Nacoa provides an anonymous and safe place for as long as needed, with a promise to always care."



Elle Macpherson

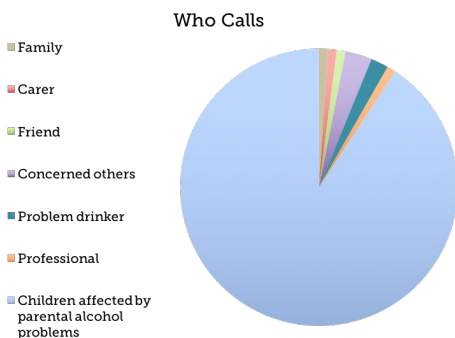


Chair's Report

Since 1990 the Nacoa Helpline has responded to over 267,000 requests for help and the website provides a source of comfort, a sense of being connected to others who know how it feels to struggle with a parent's drinking. The original five founders wanted today's children to have the help and support they did not have, and today help is here. Nacoa is the only national organisation providing free, inclusive and accessible help and support, where the needs of callers are always at the forefront of activities.

In 2014 Volunteer Helpline Counsellors responded to 21,074 helpline calls and emails from children as young as 5 years old. Responding and reaching out to this vulnerable group would not be possible without the extraordinary commitment and passion of our volunteers.

To acknowledge their epic contribution, we created a new annual award 'The Maya Parker Award' recognising both the heroic efforts of co-founder Maya Parker and volunteers who provide help and support for everyone affected by a parent's drinking.



Calls and emails were received from across the UK from children, young people and adults of all ages, the vast majority of them struggling with parents who do not acknowledge or seek help for their problems. Some contact once, others over a period of time and sometimes on a daily basis. They talk about wide-ranging issues and we help them to find healthy ways to cope with challenging lives and to recognise positive experiences.

The Nacoa Promise offers a place of safety for children who often feel isolated and alone, a friendly voice in what might seem a hostile world. In effect, the opportunity to see that they can change how they feel about themselves and get what they need from others, the knowledge that the world can be different from the one they've known.

We may not have a magic wand but we do have the means to help children turn their lives around. It is magical to share a child's delight when they report something which may seem ordinary to others: 'Guess what, I stayed at school all day today'. This is a triumph of hope over experience, that leaving school early is unlikely to stop

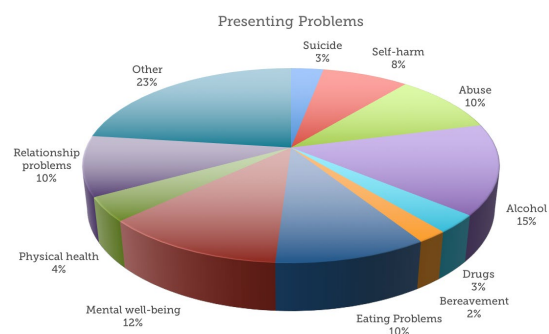
mum or dad drinking and staying will help with school work. And when a child who has felt responsible for their parent's problems, being abused, carrying a lifetime's worth of un-deserved guilt and shame, says the words 'it's not my fault'. This is real life magic.

In January, fire destroyed a large portion of Nacoa's premises including the IT server. The remainder of the premises were smoke damaged and were untouched until, with legal help in August, the landlord was forced to take responsibility to restore the offices, by which time anything which could have been saved was ruined by smoke and water damage.

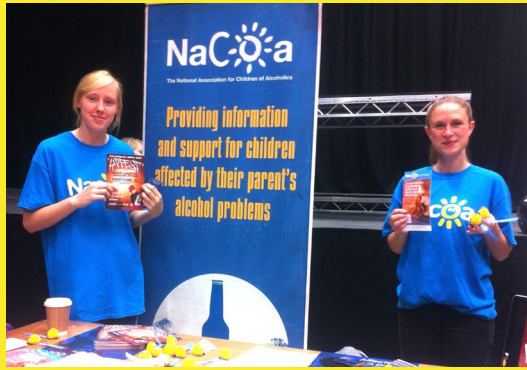
It was a challenging time, working in cramped and dirty conditions, without funds to move. However, on the day of the fire, seven volunteers and staff refused to leave, continuing to take helpline calls. The helpline telephone lines had escaped damage whilst all other lines had been destroyed. It was a moment never to be forgotten and one which illustrates the loyalty and commitment of Nacoa's extraordinary team who won Voscur's Volunteer Team of the Year Award 2014 in recognition of their stoicism.

Very special thanks also go to Peter Irwin who worked tirelessly to restore the IT system in the short term and masterminded the installation at our new offices.

The date of the fire coincided with the departure of our Volunteering Manager, Cassie Ohlson, after ten years loyal and dedicated service as a volunteer and employee. The loss of Cassie would always have been felt profoundly, but the combination of losing a key member of staff on the day of the fire was the lowest point in Nacoa's history.

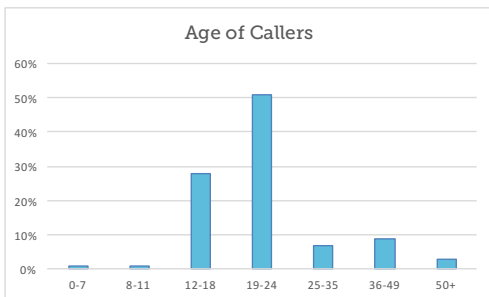


However, we successfully responded to a significant increase in the number of calls and emails, in part due to the generosity of Medical Connections who display Helpline details on every GP appointment card they print. We also produced two new publications 'Some mums and dads drink too much' and 'Information for Teachers', created by Piers Henriques working pro bono.



Since moving to new premises in December, many more volunteers have been recruited and trained and there are currently 45 applications to join future training programmes. We also have the expert help of volunteers who work in marketing, raising funds and awareness through fundraising events and social media.

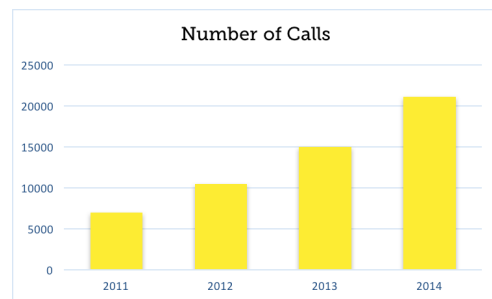
It is with deep sadness that I report the death of one of our Trustees, Simon Ward who for twenty-three years provided wise counsel and the voice of reason in what was often a disparate and diverse group of Trustees. One of his last emails talked about how outstanding it was to attract the interest of The Right Honourable Liam Byrne MP, and wondering if he might consider setting up an All Party Parliament Group.



At the time of writing, I am delighted to welcome Liam as a Patron. He introduced himself in one of his 'famous notes' promising to do all he could to raise the profile and provide help for the 2.6 million children of alcoholics in the UK. He went on to make 'the most difficult speech' of his life, asking us to forget demons and learn to talk properly about alcoholism. This resulted in the setting up of an All Party Parliamentary Group on Children of Alcoholics. All who knew Simon will know how happy he would be to see his dream come true.

At our 25 year anniversary Gala last year, Liam spoke about Nacoa's work and thanked CEO and co-founder Hilary Henriques for every child she'd helped. She later remarked that at the time a line from 'Evita' sprang to mind: 'I'm undeserving of such attention.' And then she remembered the rest: 'Unless we all are, I think we all are'. So it is with enormous gratitude that we thank Liam, who in five short months has shone the light on this secretive problem providing the attention these children desperately need and deserve.

I am also delighted to welcome long-term supporter, Miss Cherie Lunghi, as a Patron. We also welcome the Founder and CEO of DB Resources, Recovery Plus and Interventions Conferences, Deirdre Boyd, as a trustee.



Although recovering from the fire, and moving after ten years in our previous offices took longer than hoped, despite many challenges for a small charity relying entirely on voluntary donations, we look forward to our next twenty-five years with renewed hope. Nacoa will continue to provide services freely given by people who truly care to some of the most vulnerable children in the UK today.

Michelle Nadler



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 2014

	Unrestrict- ed funds £	Designated funds £	Restricted funds £	Total 2014 £	Total 2013 £
Incoming resources from generated funds					
Donations and legacies	33,468	1,000	-	34,468	124,961
Membership subscrip- tions	25,045	-	-	25,045	25,830
Fundraising events	19,059	-	-	19,059	36,492
Investment income	2,818	-	-	2,818	4,452
Other Income	4,500	-	-	4,500	
Total incoming re- sources	84,890	1,000		85,890	191,735

Resources expended

Charitable activities					
Helpline fund expend- iture	136,728	-	-	136,728	141,043
Research fund ex- penditure	-	-	-	-	18,018
David Stafford memo- rial fund	-	-	-	-	2,033
Charity support costs	10,102	-	-	10,102	(3,678)
Total charitable ex- penditure	146,830	-	-	146,830	157,416
Governance costs					
	1,500	-	-	1,500	1,250
Total resources ex- pended	148,330	-	-	148,330	158,666

Net income/(expendi- ture) for the year Net movement in funds	(63,440)	1,000	-	(62,440)	33,069
Fund balances at 1 January 2014	185,609	-	-	185,609	33,069
Fund balances at 31 December 2014	122,169	1,000	-	123,169	185,609

Independent Examiner's Statement

We have examined the Financial Statements of The National Association for Children of Alcoholics for the year ended 31 December 2014. 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 2014

	2014		2013	
	£	£	£	£
Fixed assets				
Tangible Assets		13,118		16,667
Current Assets				
Stock	153		153	
Debtors	9,949		3,447	
Cash at bank and in hand	103,783		231,568	
	113,885		235,168	

Creditors: amount falling due within one year	(3,834)		(66,226)	
Net current assets		110,051		168,942
Total assets less current lia- bilities		123,169		185,609

Income funds

Restricted funds		-		-
Unrestricted funds		123,169		185,609
		123,169		185,609

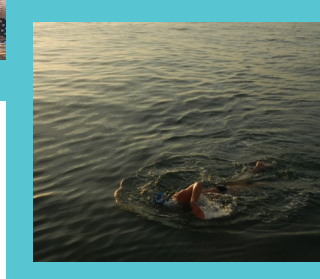
Hon. Treasurer's Statement

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 18 September 2015 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.

John Fenston

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.

Sadly, the price for managing the problems caused by the fire was a loss in the year of £62,440. Too much time trying to turn the situation around without wasting funds resulted in too little time spent in raising funds. This is the first loss since 2009 but with a small staff team with an enormous job to do, there is little lee-way to manage the unmanageable.

However, Members and regular donors continued their historic support totalling £25,045 (£25,830 in 2013). Fundraising activities included a colossal effort by Jeremy Irvine who swam the channel alone and in dire circumstances and raised £9,246. Our main fundraising event as charity partner of Upfest took a break in 2014 which makes up some of the difference in funds raised of £19,059 in 2014 compared to £36,492 in 2013. An increased number of in memoriam donations were also received in the year.

MTM Capital Partners Limited replaced furniture damaged by the fire pro bono at a commercial value of £5,314. Working on clean desks never felt so good and provided a welcome source of optimism and renewal in what often seemed an impossible situation.

An increase in the number of helpline calls and emails were received: 21,074 in 2014 compared to 14,975 in 2013 and this was achieved whilst cutting helpline costs to £136,728 in 2014 compared to £157,416 in 2013.

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. Responding and reaching out to this vulnerable group would not be possible without the extraordinary commitment and passion of 355 volunteers who in 2014 contributed over 7,000 hours in all sorts of ways to support trained Volunteer Helpline Counsellors. Without these devoted people, costs would be significantly higher and in 2014, the commercial value of their time and skills is estimated at £136,000.

Property and Premises

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

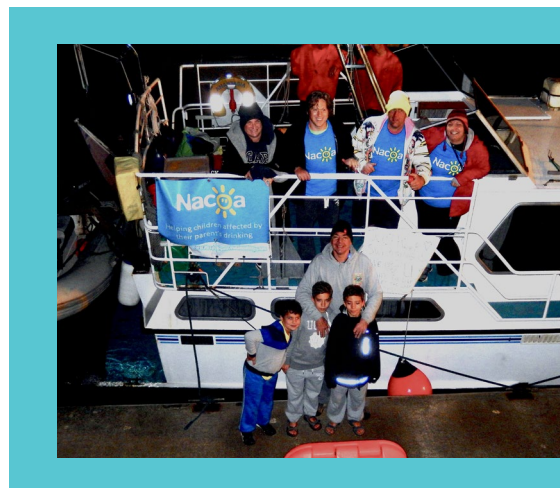
Management

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 1995 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 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.

Finally I would like to thank our volunteers, with very special thanks to our 2014 Volunteers of the Year, Frances and Peter Irwin, who jointly have contributed 7,077 voluntary hours since joining us in 2000. With the help of people like Peter and Frances, and many others who go to heroic lengths to help the charity, I am confident that, we will long continue to provide the help and support these children deserve.

John Fenston



Achievements and Objectives

Key Achievements 2014

Helpline

- ✓ Responded to 21,074 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

Volunteers

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

Information Resources

- ✓ New leaflet produced 'Some mums and dads drink too much'
- ✓ New booklet produced 'Information for Teachers'
- ✓ New publication 'Taking care of ourselves'

Reaching Professionals

- ✓ 5,000 Schools' Campaign packs dispatched
- ✓ School visits to raise awareness and thank students for raising funds for Nacoa

Raising the Profile

- ✓ Delivered sixth UK 'Children of Alcoholics Week' 9 to 15 February 2014
- ✓ Delivered Nacoa Schools Presentations
- ✓ Attended lectures, conferences and open days throughout UK
- ✓ Responded to media enquiries through Media Panel

Promoting Research

- ✓ Contributed to 'Understanding and responding to those bereaved through their family members' substance misuse'
- ✓ Recruited participants for 'Understanding the Experiences of Bereaved Children of Alcoholics'
- ✓ Recruited participants for 'Life histories, families and alcoholism'
- ✓ Responded to requests for help through Research Panel

Key Objectives 2015

Helpline

- Respond to Helpline calls, emails and letters
- Continue to raise awareness through Twitter, Yahoo Answers and Facebook
- Establish online messaging
- Complete Helpline Evaluation 2014

Volunteers

- Create new Foundation Training Programme
- Deliver and evaluate new Foundation Training Programme
- Create new roles for volunteers

Information Resources

- Produce 'U R not alone' poster
- Produce 'Nacoa Volunteering' leaflet
- Nacoa helpline advertised pro bono on GP appointment cards

Reaching Professionals

- Continue to dispatch Schools' Campaign packs
- Deliver Nacoa Schools Presentations
- Exhibit at Recovery and Intervention Plus conferences

Raising the Profile

- Lead seventh 'Children of Alcoholics Week', 8 to 14 February 2015
- Contribute to the Office of the Children's Commissioner's Participation Network Forum
- Respond to media enquiries through Media Panel

Promoting Research

- Contribute and publish new study looking at the effects on children and young people of the early death of a parent from alcoholism 'Understanding the Experiences of Bereaved Children of Alcoholics'
- Attend launch of 'Understanding and responding to those bereaved through their family members' substance misuse'
- Respond to requests for help through Research Panel

Acknowledgements and Organisation



Acknowledgements

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E Crane
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Evangelical Church
J Fenston
T Freeman
R Gholap
Great Orme Brewery
H Henriques
E Hruzik
Investec Wealth and Investments Ltd
F and P Irwin
B Kenton
H and S McCormick
MTM Capital Partners Ltd
M Nadler
M Parker
The Serve All Trust
The Joan Strutt Charitable Trust
S Ward
K and E Watson

In Memoriam

D Beaumont
N Carr
R Crowley
L Grimshaw
A Hemmings
R Holden
T James
J Jones
S Laughton
R Pound
S Ward

Sponsored Eventers including

M Dorrington
E George
V Hutt
J Irvine
O Jennings
A McTrusty

C Redfren
H Richardson
C Stevens
L Ventin
J Walker

Gifts in Kind including

Administration

S Ward

CTO and HSO

P Irwin

Child Protection

K Watson

Communications including

J Fenston

T Freeman

P Henriques

L Holmes

S Hexter-Andrews

J Munafa

C Ohlson

S West

T West

Helpline Counsellors including

K Barnett

A-M Barron

R Coats

A Coombs

N Doig

S Dorgan

H Duffie

J Fifield

T Freeman

A Gane

E Gomez Cicuendez

V Gornicki

C Greenidge

C Heffernon

Z Johnson

J Lee

T Legg

C Ohlson

C Pipkin

X Qu

G Reid

S Sabatella

M Williams

Helpline Evaluation

F Irwin

Helpline Supervision

H Henriques

M Nadler

M Parker

Internet Research

A Sohlman

Research

A-M Barron

N Doig

T Legg

Website Management

P Irwin

C Ohlson

Organisation

Patrons

Mr Tony Adams MBE

Mr Olly Barkley

Mr Calum Best

Ms Lauren Booth

The Rt Hon Liam Byrne

MP

Miss Cherie Lunghi

Ms Geraldine James OBE

Miss Elle Macpherson

Mrs Suzanne Stafford

CQSW

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Mr Keith Hall

GP Liaison

Dr Jacqueline Chang

Dr Gordon Ridding Morse

Helpline

Dr James Galloway

Dr Jessica Munafa

Legal

Mrs Valerie McGee

Press and

Communications

Mr William Ayot

Ms Julia Goodwin

Ms Virginia Ironside

Ms Deidre Sanders

Research

Professor Martin

Callingham

Chief Executive

Ms Hilary Henriques MBE

Evaluation Administrator

Mrs Frances Irwin

Helpline Supervisors

Miss Nicky Doig

Miss Vicky Gornicki

Ms Tessa Legg

Publications Manager

Mr Piers Henriques

Bankers

Lloyds Bank plc

Accountants

Baker Tilly LLP

Registered Charity No.
1009143

Awards 2014

New Volunteer of the Year

X Qu



Outstanding Achievement Award

J Fifield



Long Service Award

A Gane



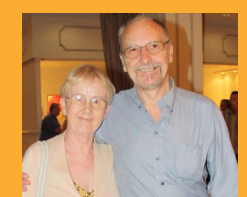
The Maya Parker Award

M Parker



Volunteers of the Year

F and P Irwin





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

Contact

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Address

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Registered Charity No: 1009143

"I support Nacoa because I know childhood is not easy for children when their lives are taken over by their parent's drink problem. Imagine coming home from school and not knowing what you'll find and having no friends because you can't bring them home. My message to them is there is hope and help from people at Nacoa."

Cheri Lunghi

Actor and Nacoa Patron

"I used to have so much self-loathing inside and one day I said to Paul Merson, 'I've got a drink problem'. He said 'Join the club'. I guess that's what it's all about not feeling alone. That's why I'm a Nacoa Patron because Nacoa is there for everyone affected by a parent's drinking, the way Paul was there for me."

Tony Adams MBE

Football Manager and Nacoa Patron

Helpline

 **0800 358 3456**
helpline@nacoa.org.uk

Social Networks

 [@NacoaUK](https://twitter.com/NacoaUK)

 facebook.com/nacoauk

nacoa.org.uk