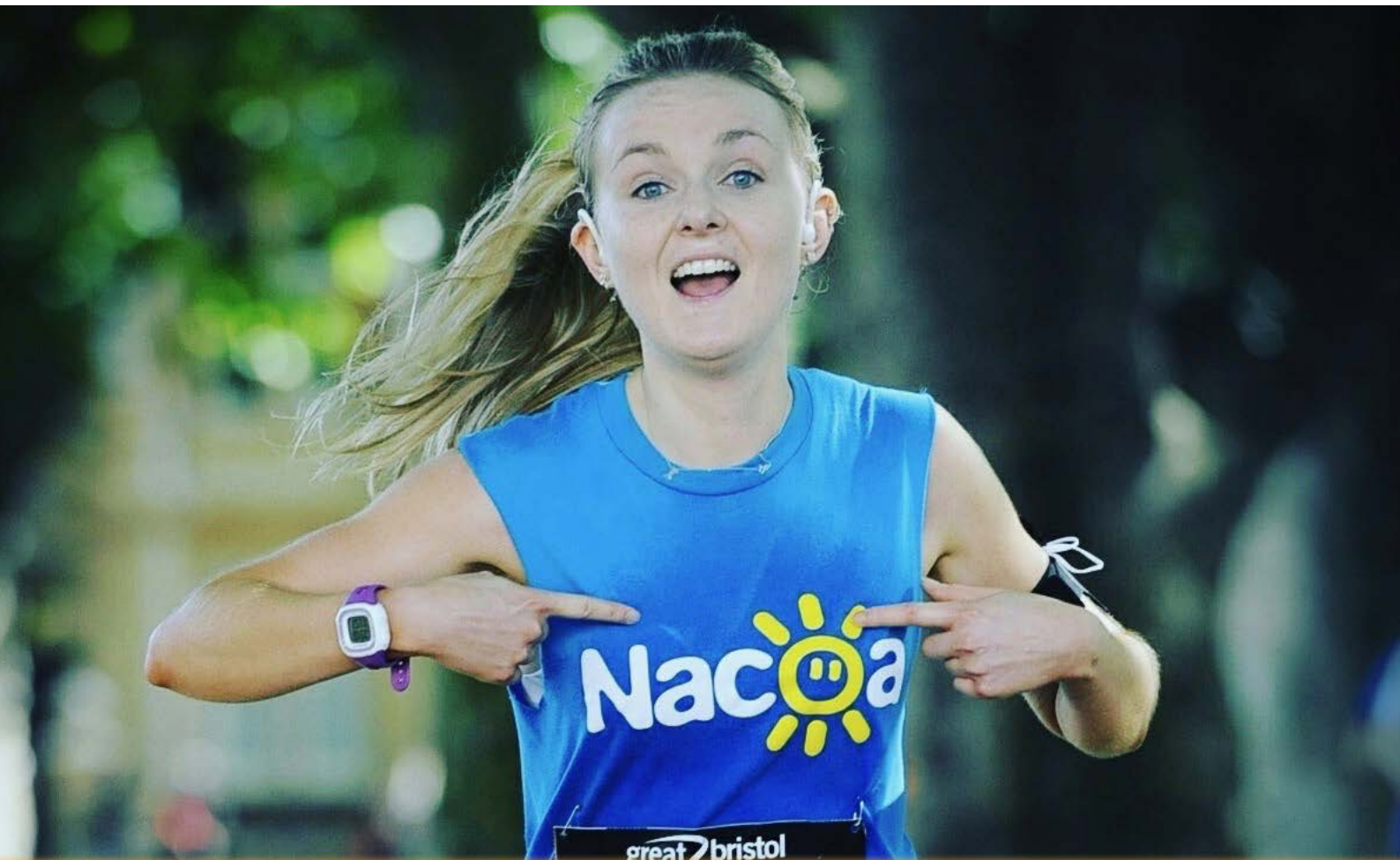




Providing information, advice
and support for everyone
affected by a parent's drinking

2017 Annual Report



#GotTheTshirt

About Us

Our free, confidential telephone, email and letter helpline is at the heart of all we do, providing information, advice and support for everyone affected by a parent's drinking.

Our website, online message boards, social media, and online community blog site COAisathing.com creates a caring online community, providing understanding, support and hope.

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 and that they can make positive choices for themselves.

2017:

Helpline calls: 27, 406

Web contacts: 90,678

'The number of contacts Nacoa achieves is inspiring. The Nacoa community give their time and energy to care for people who feel lost and alone. This is humanity at its finest providing compassionate support which is freely given by people who care.'

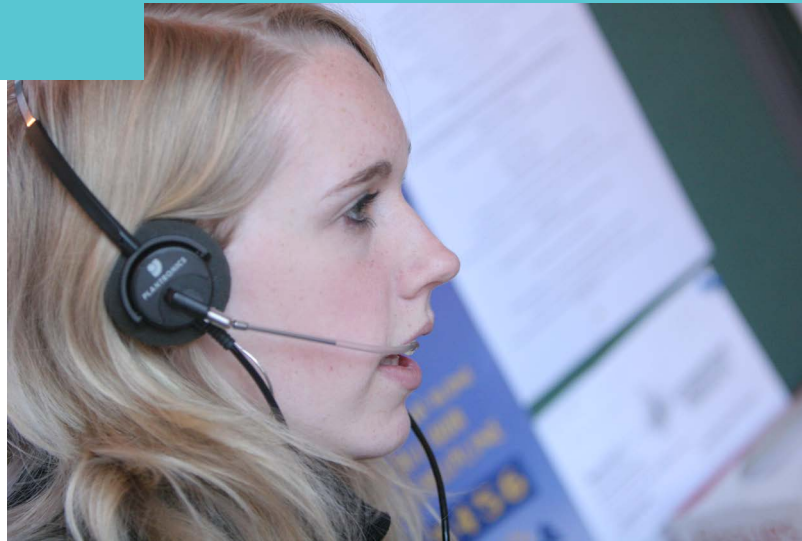
Reverend Katie Watson, Child Protection Officer

'You helped me so many times when life seemed at its absolute darkest; you brought light in a way that nothing else has. You helped me when I thought nobody would and I was certain that nobody could.'

Trevor, Helpline emailer

'Thank you so very much for the inspiring email and for replying so fast. I really feel that I am not alone today. I feel that I am normal and there are words for my feelings. I can understand the way I am and behave and I am friendly towards myself and my experiences.'

Abi, Helpline caller



Our services include:

- Free, confidential helpline
- Online message boards
- Website with personal experiences, FAQs, resources and research
- COAisathing.com community blog site
- Information packs specific to individual callers
- Publications for children, young people and adults
- Publications for professionals
- Volunteering opportunities and training
- Membership scheme
- Lectures, outreach and COA Week
- Research into the experience and prevention of alcoholism developing in this vulnerable group
- Media and social media advocacy

Patrons

'I am a proud patron of this amazing charity which puts people at the heart of all they do and believe in, a charity providing a lifeline for some of the most vulnerable children in the UK today. Nacoa is not a fashionable charity; it dares to talk about what happens to children when their parents drink too much. It takes special courage to speak about these things and Nacoa provides an anonymous and safe space for as long as needed, with a promise to always care.'



Elle Macpherson




'I found Nacoa in 2009 and within a short time I found myself surrounded by people who understood. They said 'me too' a sort of shorthand for what it's like to live with the secrets that surround alcohol and the family. I became a patron because if I'd known there was someone to listen, it would have helped me understand and cope with my dad's illness. I want today's children to have the help and support I did not have.'



Calum Best



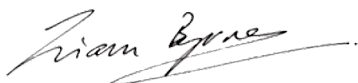
'I know from experience that drink is one of the hidden sufferings in families. As a child I was lonely and frightened and there was no one to turn to because we all conspired to keep 'the secret'. I talk about my mother's drinking today because I want children to know that they are not alone, they are not responsible for their parent's drinking and that they can build happy and successful lives for themselves.'



Geraldine James OBE



'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 affected by their parent's drinking. In the months that followed my father's death from alcoholism, 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 with Nacoa as we promote our Manifesto for Change.'



The Right Hon. Liam Byrne MP



Chair's Report

2017 was a challenging year for this small charity which finds it hard to be heard over the clamour of other charities, hundreds of times bigger with colossal budgets.

It was, therefore, hugely gratifying during #COAWeek2017 to launch the first ever 'Manifesto for Children of Alcoholics' alongside Nacoa patron Liam Byrne MP and Nacoa supporter Caroline Flint MP. Especially pleasing was then receiving a letter admiring Nacoa's work from executive director of UNICEF, Anthony Lake.



At a Westminster Hall Meeting with Secretary of State for Health, Nicola Blackwood, Liam Byrne thanked Nacoa 'For every child they have helped, for every life they have saved and for every life they have changed, I want to say thank you on behalf of us all.'

He went on to say:

'I have grown up with that gnawing insecurity that is all too common. I know what it is like to feel that cold nausea when you find the empty bottles. I know about those feelings and I know what the psychological reactions are like. I know about the drive for perfectionism as you try to make the world perfect and impose some kind of order on it. I know what it is like to build up that kind of armour-plating so that nothing can ever hurt you, and I know all about the insecurity and the shame.'

'That is why charities such as Nacoa are so important. When I was in an agony of public shame after the last election, it was Nacoa, who got me back on my feet. What I could not describe at the time was the private shame that I felt, having just lost my father to alcohol. It was Hilary Henriques who helped me

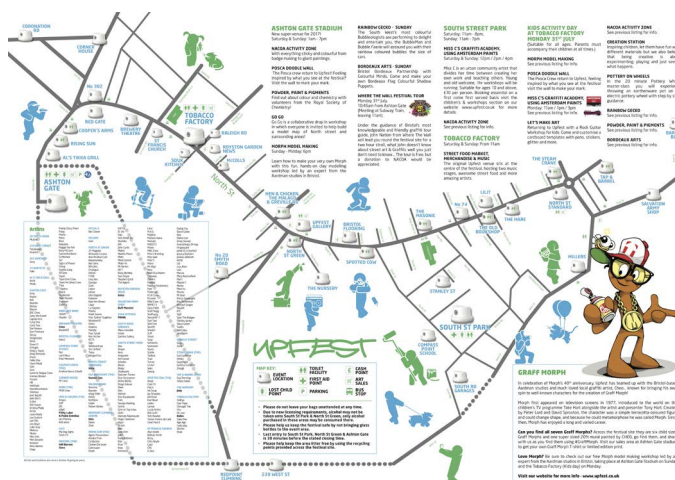
see that there was something constructive and productive that I could do to aid this particular cause.'

His words, and those of the Shadow Secretary for Health, Jonathan Ashworth MP, prompted Nicola Blackwood, Minister for Public Health, to offer cross-party support. As a result, in April, children of alcohol-dependent parents were made a 'priority' by Public Health England.

Throughout the year, we enjoyed a record number of mentions in the media. Our social media volunteers worked tirelessly to ensure we have a strong online presence. Josh Connolly, Piers Henriques, Jo Huey, Cassie Ohlson and Kate Tojeiro all raised awareness appearing in TV, radio and press interviews, including an article in The Sunday Times when Jonathan Ashworth described the helpline as an 'essential' resource.

The website recorded over 6,000 visits during #COAWeek2017 and 2,000 visits during a week-long series by BBC Woman's Hour featuring an in-depth interview with our CEO Hilary Henriques alongside stories from women who had grown up with problem parental drinking. In total, over 61,000 website contacts were recorded in 2017 and we continue to work pro-bono with Modular Digital to enhance the website experience.

Our outreach activities included delivering hundreds of talks to young people through the National Citizenship Service, providing multiple information and training to concerned professionals at conferences, and working extensively with media outlets around the country to raise awareness.





We continue to work in fantastic partnership with Upfest, Europe's largest urban arts festival: a free 3 day event featuring over 350 artists painting at 38 sites spreading over 2 miles of central Bristol. Throughout the festival, over 50 volunteers donated over 800 voluntary hours to marshall the event and raise funds for Nacoea. This year we raised £14,000.

To celebrate these amazing people, our Volunteers Awards Evening was kindly sponsored by Michelle Nadler. Special awards were won by Abie Laidlow, Mike Ohlson, Liam Byrne, Tom Freeman, Jamie Brett, Piers Henriques and Cassie Ohlson. They have moved heaven and earth to make the world a better place for COAs and we applaud them for sharing their time and skills for free. Nacoea's strength is its people and it is an honour to serve again as Chair of Trustees and to thank our former Chair, Michelle Nadler, for sharing the journey over the past few years.

Volunteers: 275
Combined Hours: 8,500+

I am full of admiration for everyone who picks up the phone, answers an email or responds to a post. Our volunteers who give so much of their time and emotional energy could not do so without the support of staff, trustees, consultative council members and fundraisers. Without their input we would not be able to respond to so many.

Nacoea's work is limited only by funding. Despite wide media interest and winning multiple awards—including Best Vulnerable Persons Helpline in the Social Care Awards, Best for Vulnerable Persons Helpline in the Global Excellence Awards and Best Alcoholism Child Support Service in the UK Enterprise Awards—in the words of Elle Macpherson, we are still an 'unfashionable charity' to fund.

We have survived by doing what we can with what we have and remaining true to our fundamental aims to offer information, advice and support to everyone affected by a parent's drinking. I say this because it's important for people to know just how much we do with a wealth of goodwill, one full time and five part time members of staff, and a turnover in 2017 of just £147,070.

Writing this reminded me of the words from our former patron Fergal Keane:

'Nacoea isn't an organisation that goes out of its way to court the headlines. It prefers to work quietly and patiently creating an emotional and spiritual place of safety for those who grow up with parents who drink too much. For those who know the loneliness, the confusion and pain, Nacoea is a vital resource. It tells people they are not alone.'

This is who we are, this is what we do. We provide a national, free, confidential, inclusive and accessible helpline: a community of people who know that confusion and pain and how to alleviate it. And now in our twenty-eighth year we look forward to a future where every child living with parents who drink too much knows they are not alone.

John Fenston



CEO's Report

Since 1990, Nacoe has responded to over 327,000 requests for help through traditional helpline contacts by telephone, email and letter; in 2017, 27,406 contacts were made from across the UK. In the same year an estimated 90,678 contacts were made through the website, online message boards, Facebook, Twitter, YouTube channel and online community blog site, COAisathing.

Nacoe's visibility on digital platforms has significantly increased and our social media following is now the largest in the world for a service or individual account targeted at children affected by their parent's drinking.

The Nacoe Helpline Review of 2001-2015, produced pro bono by Dr Anne-Marie Barron, was published, reporting that the Nacoe helpline had been contacted a quarter of a million times with three quarters of a million website visits during the fifteen years covered by the study. A third of those who contacted Nacoe were children affected by their parent's drinking, whereas in 2014 and 2015 it was nearer two thirds. One of the most consistent findings is that approximately a third of those contacting Nacoe have told nobody else about their situation. In 2017, Liam Byrne announced these findings at the Westminster Hall debate prompting the Minister to pledge cross-party support for these children.

One million contacts in just 15 of our 28 years cannot be ignored – children of alcohol-dependent parents (COAs) are speaking through their actions and choosing to contact Nacoe to support themselves and other COAs..

The numbers are impressive but only because they represent a growing number of people who now have access to help and support and together we are finding our personal and collective voices. It's people who are important, not the number of times they call or the reasons why. Behind every contact there is a human story needing to be told and needing to be heard.

Sometimes we don't need to speak, just be here; a kindly voice in what may seem a hostile world and we never underestimate the power of kindness and providing a safe space. These are human values that we should not forget in our 'outcome measure' driven world. Helpline work has been undervalued but without Nacoe, children would stay under the radar, scarred by trauma, unable to move on other than to repeat the patterns of childhood in adulthood. As the author PL Travers said, without offering this kind of help we are 'sowing the seeds of chaos in the next generation'. At Nacoe, children may not be seen but they are heard.

There are no kits and no quick fixes because the COA experience is both widespread and complex. We work with callers as individuals, not extensions of their parent's problems. We listen and learn from them and respect their rights to anonymity and care.



The reputed psychoanalyst Donald Winnicott wrote that an opening can be created for a "teachable moment" to inspire the belief that "I can do it". In effect, the opportunity to see that they can change how they feel about themselves and get what they need from others'. Simply the presence of caring people can play an important role in their development and success in later life.

Throughout 2017, the Nacoe community continued to reach out and respond to those in need of help and support, making a difference in the lives of everyone struggling with a parent's drinking. When given a voice they are the best exponents of the value of Nacoe's work, including the following words from the Archbishop of Canterbury, Justin Welby:

"I want to send my greetings and gratitude for what you do. I wish you have been around (or if you were, that I had known of you) when I was growing up. You are so important because you can be the source of a real community, that merely by existing and accepting, offers the chance of healing and the hope of purpose to people whose lives have been disrupted and diminished by the effect of alcohol abuse in someone whom they love."

This is what Nacoe has provided over twenty-eight years. We are enlightened witnesses for COAs everywhere by being here when children want or need us. And 28 years on, at the heart of Nacoe there is still a passion to ensure that children do not suffer alone and in fear.

COAs have been crying out to be heard and Nacoe has listened. Their quotes throughout this report are real and tell their own story about life with parents who drink too much. They are testaments to the tenacity of the human spirit and remind us again and again how important it is to listen and how important it is to be heard. COAs are experts in their own lives and have much to contribute to future services and the national voice.

Hilary Henriques MBE



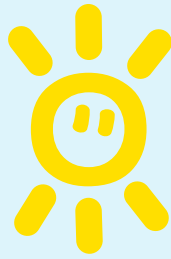
Nacoa Model of Care

You were the very first people I told about Mum's drinking and you gave me so much support during my last years at school.
Bescky

I thought I was the reason he drank. I thought that if I tried harder, was nice enough or clever enough, he wouldn't need to drink.
Dev

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.

Working with other agencies Being heard and having found words to ask for help often leads callers to contact people in their local areas. We share how to research other services, so callers can access information and support for themselves. 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.



Coping with difficulties Callers often feel overwhelmed and use destructive behaviours as a means of surviving difficulties at home. Some children experience family violence and neglect, others may lack confidence and self-esteem. We help these children and young people learn a variety of coping and self-care strategies to help them stay safe.

Ongoing support Callers ring or email for as long as they want. They talk about a wide range of problems. Speaking with a helpline counsellor provides an opportunity for callers to experience forward planning, and to put strategies in place to support themselves in times of stress. Positive experiences lead to higher self-esteem and independence and an ability to perceive experiences constructively.

Who can help We encourage callers to talk about their relationships with teachers, friends and 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 can't change dad's drinking but I can do things for myself, like having a plan when things go crazy. Understanding I am not responsible for his behaviour has given me back my life.
Jaz

When I called the helpline as a child, I received something far more than effective counselling techniques. More than the spoken words, simply knowing there was someone to listen was magical and a feeling of positivity came over me, a feeling I'd never known.
Claire

Finance Report

Income

Nacoa, in common with many small charities, relies entirely on voluntary donations. In recent years and with the help of dedicated staff and volunteers, new funding sources have been introduced with an enormous number of personal donations, many from former callers or people who simply wished they'd known about the charity when they were younger. In 2017, members and regular donors increased their historic support to £40,923 compared to £28,091 in 2016. There has also been a year-on increase in the number of donations from families in memory of their loved ones; we received £4,030 in 2017 compared to £1,827 in 2016.

The Shadow Health Minister, Jonathan Ashworth MP, ran the London Marathon wearing a Nacoa t-shirt, raising both £7,471 and awareness of a problem he shares and about which he had spoken in parliament and the media. His heroic endeavours raised much needed funds, challenged stigma, and opened up the way for other similarly affected people to take part in sponsored events raising a total of £53,461 in 2017 compared to £27,780 in 2016.

In 2017, a total of £164,754 was raised, compared to £101,417 in 2016, resulting in a surplus for the year of £17,684 compared to a deficit of £31,828 in 2016. This was achieved whilst also responding to a record number of requests for help, across a wider range of platforms, and managing the attendant costs of a second forced move of office accommodation in two years. In spite of this, costs totalled £147,070 compared to £133,245 in 2016.

Nacoa continues to provide services with limited funds with the generosity of companies like Medical Connections who have voluntarily advertised the helpline on over 1 million GP appointment cards and Modular Digital who work pro bono on maintaining and developing our website.

Volunteers

Volunteers are Nacoa's strength and maintaining excellence in volunteer training and experience is crucial to ensure they benefit from helping others. They provide significant elements of all our services helping to build communities both within Nacoa and in the wider world. Responding and reaching out to this vulnerable group would not be possible without the extraordinary commitment and passion of volunteers who contributed over 8,500 hours in 2017, which equates to five full time



employees. Without these devoted individuals, costs would be significantly higher and the commercial value of their time and skills is estimated at over £120,000.

Property and Premises

Despite being settled in our new premises, 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 2010, and it has been a great personal pleasure to be part of a team who work together to bring about positive change. This is made possible by volunteers and the financial assistance of the charity's funders, including people who take part in sponsored events and charitable activities, our members and regular donors who provide stability for Nacoa that our callers often lack.

This is a time of renewed hope as finances stabilise and we look forward to providing services long into the future for some of the most vulnerable children in the UK today.

Rev. Philip Auden



Financial Statements

Statement of Financial Activities for the year ended 31 December 2017

Balance Sheet as at 31 December 2017

	Unrestrict- ed funds £	Designated funds £	Restricted funds £	Total 2017 £	Total 2016 £
Incoming resources from generated funds					
Donations and legacies	69,296	1,000	-	70,296	45,239
Membership subscriptions	40,923	0	-	40,923	28,091
Fundraising events	53,461	-	-	53,461	27,780
Investment income	74	-	-	74	316
Total income	163,754	1,000	-	164,754	101,417

Resources expended

Expenditure on charitable activities

Providing information, advice and support	146,707	363	-	147,070	133,245
Total resources expended	146,707	363	-	147,070	133,245
Net income/ (expenditure) for the year	17,047	637	-	17,684	(31,828)
Fund balances at 1 January 2017	50,513	2,424	-	52,937	84,765
Fund balances at 31 December 2017	67,560	3,061	-	70,621	52,937

	2017 £	2016 £
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Fixed assets

Tangible assets	5,757	9,912
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Current Assets

Stock	153	153
Debtors	7,670	10,713
Cash at bank and in hand	66,894	34,100
Total	74,717	44,966

Creditors: amounts falling due within one year	(9,853)	(1,941)
Net current assets	64,864	43,025
Total assets less current liabilities	70,621	52,937

Income funds

Restricted funds	-	-
Unrestricted funds	70,621	52,937
Total	70,621	52,937

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 October 2018 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.

Rev Philip Auden

Independent Examiner's Statement

We have examined the Financial Statements of The National Association for Children of Alcoholics for the year ended 31 December 2017. We confirm that the Statement of Financial Activities and Balance Sheet are an accurate extract of those Financial Statements.

Milsted-Langdon LLP

Achievements and Objectives 2017-18

Key achievements 2017

Helpline

- ✓ Responded to 27,406 helpline requests
- ✓ Facilitated 2,528 online message board posts
- ✓ Increased followership and awareness through social media
- ✓ Received 61,949 unique visits to Nacoa.org.uk
- ✓ Recorded 19,942 unique visits to community blog site COAisathing.com
- ✓ Received numerous political endorsements for the Nacoa helpline

Volunteers

- ✓ Established voluntary role for fundraising activity co-ordinator
- ✓ Provided over 800 volunteer hours to raise funds and awareness at Upfest 2017
- ✓ Reinstated one-to-one volunteer training programme for helpline counsellors

Information Resources

- ✓ Produced new booklet, 'Information for Professionals'
- ✓ Produced new information sheet, 'Taking care of ourselves'
- ✓ Updated leaflet 'Some mums and dads drink too much'

Reaching Professionals

- ✓ Delivered 50+ 'Nacoa Schools Presentations' through the National Citizenship Service
- ✓ Collaborated to facilitate the Recovery Plus Conference 2017

Raising the Profile

- ✓ Delivered ninth international #COAWeek
- ✓ Hosted the launch of the world's first 'Manifesto on Children of Alcoholics' produced by the All Party Parliamentary Group on Children of Alcoholics
- ✓ Established cross-party Parliamentary support to address the lack of support for COAs
- ✓ COAs made a priority for Public Health England
- ✓ Collaborated with our volunteer Media Panel to raise awareness of COAs in the national media

Promoting Research

- ✓ Published 'Nacoa Helpline Review of 2001-2015'
- ✓ Contributed as a reviewer to the Parliamentary Office of Science and Technology's 'Parental Alcohol Misuse and Children'
- ✓ Responded to requests for help through Research Panel

Key objectives 2018

Helpline

- Continue to provide the only national free, confidential helpline for everyone affected by a parent's drinking
- Raise funds to expand helpline reach
- Enhance online message boards
- Work to update website
- Continue to promote COAisathing.com
- Develop social media campaigns #COAWeek and #AdventCare

Volunteers

- Deliver and evaluate training programmes
- Recruit additional helpline volunteers
- Support volunteering activities growing consciousness of our services

Information Resources

- Publish 'Jasper's Wish', an animated audiobook read by Cherie Lunghi
- Produce 'Volunteering' leaflet
- Update and redesign 'Making a difference, how you can help' leaflet

Reaching Professionals

- Raise funds for UK schools campaign
- Increase participation for Nacoa schools, FE colleges and universities presentations
- Exhibit at conferences

Raising the Profile

- Lead #COAWeek2018
- Organise 2018 David Stafford Memorial Lecture
- Support celebrity patrons raising awareness in the media
- Continue supporting work of Parliamentary Groups on COAs
- Widen engagement with the national press through Volunteer Media Panel

Promoting Research

- Publish 'Nacoa Helpline Review of 2016-2017'
- Recruit participants for UCL research on 'Adverse Childhood Experiences'
- Respond to requests for help through Research Panel

Acknowledgements and Organisation



Acknowledgements

Funders including

Claire and Robert Beecham Charitable Trust
J&M Britton Charitable Trust
Clifton College
Erpios Trust
J Fenston
T Freeman
Fuller Smith & Turner plc
R Gholap
M Hurst
F and P Irwin
B Kenton
M Nadler
M Parker
W Pratt
The Serve All Trust
Somerville College, Oxford
K and E Watson

In Memoriam

Mr Brown
B Enders
J Hanson
A Jones
C Lewis
A Livesy
A McNally
G Murray
E Neal
R Parrott
Mrs Pratt
C Riley
C Van Riel
D Walker
D Wallace
S Winship
L Westbury
Mr White
D Wynne
S Woodhouse

Fundraising and Sponsored Eventers

J Anderson
J Ashworth MP
P Askew
K Canavan and team

L Claxton
G Dehasse
G Enders
S Flanders
E and S Hayles and Upfest
M Horsgood
C Inglis
B O'Donnell
S and N Phillips
Police Training College, Exeter
M Pratt
L Reynolds
R Rock
A Scott Fairley
D Sherrington
N and Mc Snape
TSB Bristol HR team
J Webster
E Woodhouse

Gifts in Kind including CTO and HSO

P Irwin
Child Protection
Dr C Adams
Rev K Watson
Communications including

L Attu
J Connolly
G Dehasse
P Henriques
B Kenton
M Nadler
K Nelson
C Ohlson
M Ohlson
S Page
T Sullivan
K Tojeiro
C Walker

Helpline Counsellors including

A Asadullah
A-M Barron
J Brett
A Brett
H Brown
J Broome
N Bowman
A Clementson

J Connolly
N Doig
A Harris
H Henriques
J Huey
T Freeman
A Laidlow
K Lobley
C Ohlson
S Page
K Watson
A Whitfield

Helpline Evaluation

F Irwin
Helpline Supervision
H Henriques
M Parker

Internet Research

A Sohlman
Research
A-M Barron
A Leigh
Social Media
J Connolly
N Doig
P Henriques
C Ohlson
Website Management
P Henriques
P Irwin
A Millington
C Ohlson
W Raybould

Organisation

Patrons

Tony Adams MBE
Olly Barkley
Calum Best
Lauren Booth
Right Hon. Liam Byrne MP
Cherie Lunghi
Geraldine James OBE
Elle Macpherson
Suzanne Stafford
CQSW
David Yelland

Ambassadors

Josh Connolly
John Fenston
Maya Parker
Emma Spiegler

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John Fenston, Chair of Trustees
Rev Philip Auden DL, Hon. Treasurer
Laurence Alleyne
Dr Anne-Marie Barron
Peter Irwin
Maya Parker MA
Katy Stafford
Kate Tojeiro

Consultative Council Lead

Katy Stafford
Child and Vulnerable Adult Protection

Clare Adams
Katie Watson
Clinical Advice
Dr Peter Taberner
Clinical Psychology and Family Therapy

John Friel
Jerry Moe
Counselling & Therapy

Lois Evans
Fiscal Probity

Keith Hall
GP Liaison
Dr Jacqueline Chang
Helpline

James Galloway
Jessica Munafo
Legal
Valerie McGee
Press and Communications

Julia Goodwin
Virginia Ironside
Deidre Sanders
Research
Martin Callingham

Chief Executive

Hilary Henriques MBE

Administrator

Amanda Brett

Evaluation Administrator

Frances Irwin

Helpline Supervisor

Steph Page

Communications

Piers Henriques

Bankers

Lloyds Bank plc

Accountants

Milsted-Langdon LLP

Registered Charity No. 1009143

Awards 2017

New Volunteer of the Year

Abie Laidlow



Upfest Volunteer of the Year

Mike Ohlson



Outstanding Achievement Award

Liam Byrne MP



Long Service Award

Tom Freeman



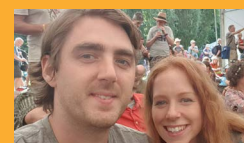
Maya Parker Award

Jamie Brett



Volunteer of the Year

Piers Henriques and Cassie Ohlson





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

Administration	admin@nacoa.org.uk
Chief Executive	ceo@nacoa.org.uk
Communications	communications@nacoa.org.uk
COA Week	coaweek@nacoa.org.uk
Fundraising	fundraising@nacoa.org.uk
Membership	members@nacoa.org.uk
Research	research@nacoa.org.uk
Training	training@nacoa.org.uk
Volunteering	volunteering@nacoa.org.uk
Webmaster	webmaster@nacoa.org.uk

Address

PO Box 64
Bristol
BS16 2UH

Tel: 0117 924 8005

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 felt very low, alone and enormously sad 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



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