



2018 - 2019 Annual Report

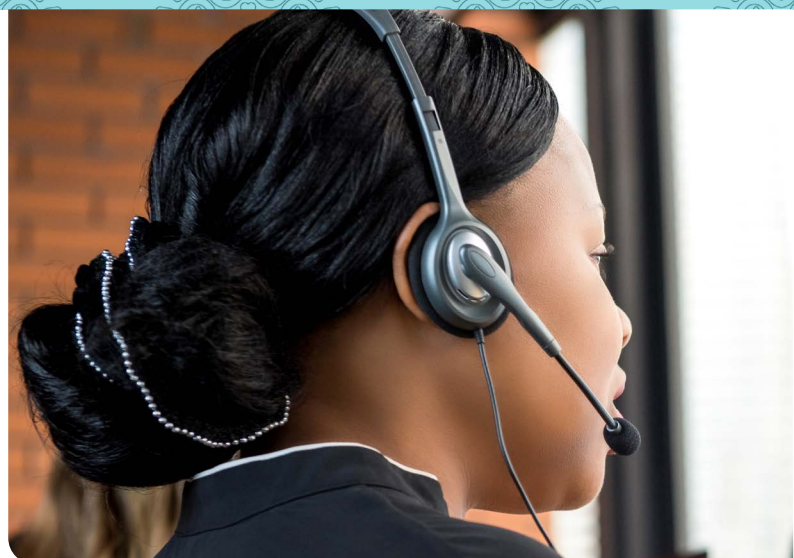
Helping everyone affected by their
parent's drinking



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 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.



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Helpline contacts 2018 & 19

52,233

'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

Nacoo services:

- Free, confidential helpline
- Online message boards
- Website with personal experiences, FAQs, resources and research
- COAisathing.com community blog site
- Information packs
- Publications for a range of ages, situations, and professions
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experience of children affected by parental drinking
- Media and social media advocacy
- Parliamentary representation for children affected

What Nacoa patrons have to say about our work

'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".'

Geraldine James

'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.'

Elle Macpherson



'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. Every one growing up struggling with their parent's alcohol problems should have the chance to talk to someone who understands.'

Tony Adams

'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.'

Liam Byrne MP

Chair's Report

Welcome!

The years 2018 and 2019 provided both challenges and opportunities for Nacoa. Nacoa's public profile has been significantly elevated as a result of a number of important developments at a national level. This has enabled Nacoa to progress its aims and objectives at both UK Parliament and government level.

As a result of being inspired by Nacoa's work the All Party Parliamentary Group on Children of Alcoholics (established in 2017), in April 2018 the UK Government announced a £6 million fund for children of alcohol-dependent parents. This is the first 'strategy for children of alcoholics' of its kind in the world.

Over three years £4.5 million was earmarked for local authorities, commissioning projects and schemes that will provide regional projects to support children and families affected; £1 million was set aside for non-government agencies, for promoting education and awareness projects by children and family charities; and £500k was dedicated to expand an 'existing children of alcohol-dependents' helpline charity, for which only Nacoa was ready and equipped to deliver.

The then Minister for Health and Social Care, Jeremy Hunt MP, said on the day of announcement: 'The consequences of alcohol abuse are devastating for those in the grip of an addiction, but for too long, the children of alcoholic parents have been the silent victims. This is not right, nor fair. These measures will ensure thousands of children affected by their parent's alcohol dependency have access to the support they need and deserve.'

Nacoa has historically been solely funded by private donations. But I have been pleased to see Nacoa rise to its new role at the centre of social policy making for these children, collaborating and working as part of the Alcohol Families Alliance (AFA) alongside friends at charities such as the Children's Society, Alcohol Change, and Adfam.



With the 2.6 million affected by their parent's drinking finally occupying headlines, Nacoa has continued to receive unprecedented levels of media attention. A personal highlight of 2019 was the BBC radio documentary 'The Monster Downstairs'. The programme was presented by Nacoa patron Camilla Tominey and is currently available on BBC Sounds. The Monster Downstairs features intimate stories of young people and adults as they talk about their unpredictable lives living with a parent who drinks. It was partly inspired by Nacoa counsellors who sometimes read bedtime stories to young helpline callers because their parents cannot do so.

We have seen our experts and media volunteers appear frequently in the media to share expertise and often painful personal stories, raising their voice to help others feel less alone. Our online platforms go from strength to strength. With a combined social media following of over 11,000, Nacoa has the largest platform in the world for any service or individual account targeted at children affected by their parent's drinking.

We are beginning to see storylines on TV soaps focussing on the child's eye view of alcohol problems. We were deeply honoured to be named in children's author Jane Elson's incredible new book, *Will You Catch Me?*, published by Hodder in 2018. A resonant and original story, painting a remarkably sensitive, vivid, colourful, and true-to-life portrait of growing up a child of a mum who drinks.

On the ground, our outreach continues to grow. But it remains our strong ambition in the medium term to create a national schools

project, which could provide all UK schools the opportunity to sensitively introduce the issue of parental alcoholism to pupils and ensure staff and counsellors have the knowledge and benefit of Nacoa's expanding library of free publications and resources.

Nacoa enjoys an amazing partnership with Upfest, Europe's largest urban art festival: a free 3 day event in Bristol featuring over 400 artists and welcoming over 50,000 visitors from across the globe. Throughout the festival, over 50 volunteers donated over 800 voluntary hours to marshall the event and raise funds and awareness for Nacoa.

Nacoa has survived over the years by doing what we can with what we have, and remaining true to our fundamental aims. The impact this charity continues to make on a tiny budget is truly remarkable, and a testament to Nacoa's resilience and determination.

Of course, the helpline is at the heart of everything we do as a charity. I so admire 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 incredible support they receive from our expert team of staff, trustees, and consultative council members.

2019 Volunteers: Hours: 8,000+
Value of donated time: £104,000

On a personal note, I became Chair of Nacoa after the death of our previous Chair John Fenston in January 2020. I became a volunteer at Nacoa in 2010 and a trustee in 2016 and hope to continue to support and promote the work of Nacoa in this new capacity. John was an important member of the Nacoa community for over 25 years. Both John and his advice and leadership are missed greatly by all of us. To conclude, I can do no better than to repeat John's words from his final Chair's Report:

'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. We look forward to a future where every child living with parents who drink too much knows they are not alone.'

Anne-Marie Barron

Dr Anne-Marie Barron

Patron Extraordinaire

Three events organised by Nacoa patron **Calum Best** in 2018-9

My Tribute
Charity Celeb
Football Match
Belfast, 2018



Raise to the Top
Mont Blanc
Climb,
2018

My Tribute
Charity Celeb
Football Match
Dublin, 2019



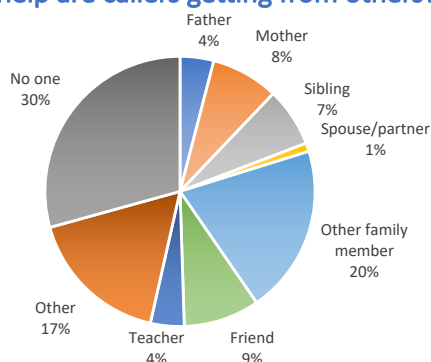
CEO Report

While the preceding report from the Chair of Trustees describes momentous achievements in the wider public sphere around Nacoa, the story of the Nacoa helpline in the day to day is of quiet consistency and steady support for the thousands of people who contact us each year.

Between 2018-9, Nacoa responded to 52,233 requests for help. That is approximately 72 helpline direct engagements per day. Astonishing numbers when considering that behind each statistic is a human being and an act of bravery in reaching out for help for themselves or someone for whom they are concerned.

These new figures show the continuation of the helpline's organic growth in reputation and visibility, and develop on achievements noted in the landmark Nacoa Helpline Review which covers the years 2001 – 2015, published in 2017 by Nacoa and authored by Dr Anne-Marie Barron. It showed that the Nacoa helpline had made over 1 million individual contacts via our helpline and online platforms. A third of those contacting Nacoa have told nobody else about their situation.

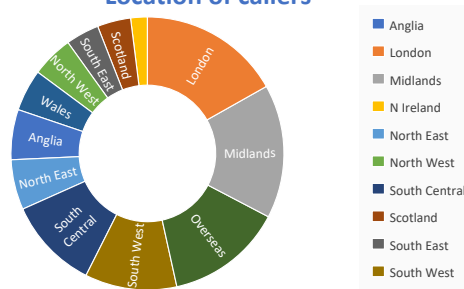
What help are callers getting from others?



One million contacts in just 15 of our 29 years cannot be ignored – children of alcohol-dependent parents (COAs) are speaking through their actions and choosing to contact Nacoa to support themselves and other COAs. The next Nacoa Helpline Review will be published in 2021 and will cover the period 2001 – 2020. This will illustrate the significant extent to which children, young people, and adults affected are starting to feel like the veil has been lifted, and that they deserve to be seen and helped.

Sometimes, on the helpline, we don't need to speak, and only just need to be here; a kindly voice in what may seem a hostile world. We never underestimate the power of kindness and providing a safe space. These are intangible values that we should not forget in our 'outcome measure' driven world.

Location of callers



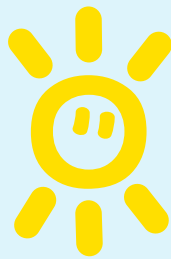
Model of Care

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 has relied, until recently, entirely on voluntary donations by introducing new funding sources to augment funds from personal donations, many from former callers or people who wished they'd known about the charity when they were children.

In 2019, a total of £295,028 was raised including a payment of £105,824 from the Department of Health and Social Care to expand the helpline, with eighteen months funding totalling £387,588. In the same year, total expenditure rose to £198,519 including helpline expansions costs of £77,462 funded by DHSC. In 2018, a total of £146,036 was raised entirely by voluntary donations and costs in that year were £148,381, despite a 68% increase in helpline calls, emails and contacts through the online message boards and social media platforms.

In 2019, members and regular donors increased their historic support to £28,230 (£20,757 in 2018) and donations from families in memory of their loved ones totalled £11,747 (£10,477 in 2018).

The Shadow Health Minister, Jonathan Ashworth MP, ran the London Marathon in 2018 and 2019 wearing a Nacoa t-shirt raising £18,872 and awareness of a problem he shares and about which he has spoken in parliament and the media. His heroic endeavours raised much needed funds, dismantled stigma and opened up the way for other similarly affected people to take part in sponsored events totalling £76,469 in 2019 and £72,120 in 2018.

Nacoa continues to provide an ever-evolving range of services with financial help from multiple sources and with the generosity of companies like Medical Connections who advertise the helpline for free on GP's appointment cards.

Volunteers

Volunteers are Nacoa's strength, so excellence in volunteering is crucial to ensure they benefit from the experience of helping others. They provide significant elements of all 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 8,000 hours in 2019 and 9,000 in 2018. Without these devoted people costs would be significantly higher and the commercial value of their time and skills is estimated at £104,000 in 2019 and £120,000 in 2018.

Property and Premises

Despite being settled in new premises, the trustees consider it prudent to establish sufficient reserves in the medium to long term to purchase secured leasehold or freehold premises.

Reserves Policy

Nacoa aims to hold between six and nine months reserves and to ring-fence funds for future development of the charity including an upgraded helpline database, linked communications system, the development of an Operations Manager post and securing a permanent home for the helpline, as part of Nacoa's sustainability and succession planning.

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 as part of Nacoa's planned expansion.

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. I am especially grateful to have served alongside John Fenston who joined Nacoa as a Trustee in 1994, taking an active role in the life and work of the charity and Chair at the time of his death. He is greatly missed but we are all better people for knowing him and he leaves a lasting legacy and a charity that has found a stability that our callers often lack.

All this would not be possible without our 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. You will see many of them listed in 'Acknowledgements'.

This is a charity that puts people at the heart of all we do and we look forward to expanding our services to reach out to many more of the most vulnerable children in the UK today.

This is a time of renewed hope and we look forward to expanding our services to reach out to many more of the most vulnerable children in the UK today.

Rev. Philip Auden



Financial Statements

Summarised Statement of Financial Activities for the years ended 31 December 2018 and 2019

	General funds £	Designated funds £	Restricted funds £	Total 2019 £	Total 2018 £	Total 2017 £
Incoming resources from generated funds						
Donations and legacies	83,505	1,000	105,824	190,329	53,079	70,296
Membership subscriptions	28,230	-	-	28,230	20,757	40,923
Fundraising events	76,469	-	-	76,469	72,120	53,461
Total incoming resources	188,204	1,000	105,824	295,028	146,036	164,680
Resources expended						
Expenditure on charitable activities						
Providing information, advice and support	120,806	251	77,462	198,519	148,381	147,070
Total resources expended	120,806	251	77,462	198,519	148,381	147,070
Net incoming/ (outgoing) resources before transfers	67,398	749	28,362	96,509	(2,345)	17,684
Gross transfers between funds	(65,000)	65,000	-	-	-	-
Fund balances at 1 January 2019	64,362	3,914	-	68,276	70,621	52,937
Fund balances at 31 December 2019	66,760	69,663	28,362	164,785	68,276	70,621

Independent Examiner's Statement

We have examined the Financial Statements of The National Association for Children of Alcoholics for the years ended 31 December 2018 and 2019. We confirm that the Statement of Financial Activities and Balance Sheet are an accurate extract of those Financial Statements.

Milsted-Langdon LLP

Balance Sheet as at 31 December 2018 and 2019

	£	2019 £	2018 £	2017 £
Fixed assets				
Tangible Assets	-	4,314	1,604	5,757
Current Assets				
Stock	153	-	153	153
Debtors	72,580	-	5,083	7,670
Cash at bank and in hand	92,996	-	64,047	66,894
	165,729	-	69,283	74,717
Creditors: amounts falling due within one year	(5,258)	-	(2,611)	(9,853)
Net current assets	-	160,471	66,672	64,864
Total assets less current liabilities	-	164,785	68,276	70,621
Income funds				
Restricted funds	-	28,362	-	-
Unrestricted funds	-	136,423	68,276	70,621
	-	164,785	68,276	70,621

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 23 October 2020 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.

Phillip Auden DL

Achievements and Objectives

Key achievements 2018-9

Helpline

- ✓ Responded to **52,223** helpline requests
- ✓ Achieved funding and began implementing helpline expansion plans with the Department of Health and Social Care.
- ✓ Fast continued growth of **online support platforms**: COAisathing.com, social media, message boards, and website.
- ✓ Extend opening hours to **6 days a week 12-9**

Volunteers

- ✓ Established funding for a **Volunteering Manager**
- ✓ Reinstated the **volunteer training programme** for helpline counsellors

Information Resources

- ✓ Produced new booklet, '**Information for Professionals**'
- ✓ Updated leaflet '**Making a Difference**'

Reaching Professionals

- ✓ Provided key support and steering for the new **£6 million government fund** for children of alcohol-dependents
- ✓ Delivered 50+ 'Nacoe Schools Presentations' through the National Citizenship Service

Raising the Profile

- ✓ Nacoe representatives made **188 media appearances** in press, radio and TV
- ✓ Delivered the 10th and 11th international **#COAWeek**

Promoting Research

- ✓ Contributed to the Parliamentary Office for Science and Technology's 'POST Note: Parental Alcohol Misuse and Children'
- ✓ Delivered annual David Stafford Memorial Lecture in 2018 with Camilla Tominey and 2019 with Tony Adams OBE.

Key objectives 2020

Helpline

- Institute new **instant messaging service**
- Launch **new website**
- Open **7 days a week**
- Upgrade Online Message Boards

Volunteers

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

Information Resources

- Publish '**Jasper's Wish**', a story resource written by Dr Jessica Munafò and read by Cherie Lunghi
- Produce 'Volunteering' leaflet
- Produce '**Information for CAMHs Professionals**'

Reaching Professionals

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

Raising the Profile

- Widen international engagement in **#COAWeek2020**
- Organise 2020 David Stafford Memorial Lecture in the Houses of Parliament
- Launch brand new **COA Week website**
- Respond to the hugely increased demand from national media to raise profile of COAs

Promoting Research

- Respond to requests for help through Research Panel
- Prepare and publish Dr Anne-Marie Barron's '**2015-2020 Nacoe Helpline Review**'



#BigNacoeWalk

In 2019, volunteer McKenzie Snape organised the first Big Nacoe Walk: 18 people, 28 miles, 1 day, walking the 6 Dales Circuit.

The Big Nacoe Walk 2020 is set to welcome 50 people in the second for this regular big walking fundraising event.

Acknowledgements and Organisation

Acknowledgements

Funders including

The 7 Stars Foundation
The 29th May 1961 Charitable Trust
Barton Willmore
A Bousquet-Parisis
Clarke Wilmot
David Brownlow Foundation
J Davies
G Dean
DHSC
The Duke of Devonshire's Charitable Trust
N-M Edwards
Erpios Trust
J Fenston RIP
T Freeman
Fuller Smith & Turner PLC
R Gholap
JCR Charity St
Peter's College
P & F Irwin
B Kenton
McGrath Charitable Trust
F Page
M Parker
D and JL Power and Camilla-Falls
W Pratt
J and M Prior
Relief Chest Scheme, Lodge of Grand Design
Serve All Trust
UPFEST
Vintners Charitable Trust
K and E Watson
C Wilmot
D Witman
Yeo Valley Lions Club

In Memoriam

S Adams
D G Addis
J G Angus
S F Arding
A Armstrong
L Baines
J Barker
A Bishop
V Crush

J M Dowling
S Duncan
M D Edwards
G Fletcher
M Harnett
T Hodges
R Hopewell
W J Jones
R Kerrison
R B Lang
E Levy
B Lovett
I Mann
A Marks
M Mason
I McCartney
S S Moore
J Oliver
T Orton
S Pollard
D Poole
F E O Porter
W Pratt
C Roberts
J Davis Robertson
E Sadler
N P Small
T B Smith
I W Sutton
M Thompson
E Tuffrell
P Washbourn
N Webster
P Wellington
R A Wiggins
B Woodcock
M Wray

Volunteers and Eventers

T Al Chalabi
A Asadullah
J Ashworth
D Asthouart
L Attu
M Baines
E Barlow
C Best and friends
N Blackhouse
R Bonfield
N Bowman
J Brett
H Brown
M Buck
A Chapman
K Chappell
C Cherry
E Chinn

L Claxton
K Cunningham
D Curry
B Dawson
C Dawson
S D'Cruz
G Dehasse
N and S Dickenson
L Doherty
C Doran
A Duncan
E and K Eccles
J Edwards
N Edwards
J Elson
K Flannery
L Fletcher
T Freeman
N Gates
R Grieves
S Haddi
F Hall
A Harris
E Hatfield
K Hebbert
C Hodge
J Huey
C and B Kent
B Kenton
H Larcombe
Dr A Leigh
J Luther
E Malinowski
T Mallard
A McArthur
A McQuaide
A Miell
A Mokrzycha
M S Monzo
W Morris
M Nadler
E Nelson
P Newton
A Obrien
M Ohlson
J Patterson-Fields
E Peacock
P Philips
F Presence
S and S Pryke
N Roberts
H Robinson
R Russell
J Sadler
M Sawyer
F Shaw
D Sherrington

E Shrapel
P Smart
A Sohlman
S Somers
C Spicer
L Starkey
T Sullivan
C Tite
K Tojeiro
B Upton
M Walkowiak
J Wallis
O Waxman
M White
A Whitfield
C Whyte
K Williams
S Williams
M Wright
D Wrigley

Organisation

Patrons

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

Ambassadors

Josh Connolly
Maya Parker
Ceri Walker

Trustees

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

Consultative Council Lead

Dr Katy Lobley
Child and Vulnerable Adult Protection
Clare Adams

Clinical Advice

Clinical Psychology and Family Therapy

John Friel
Jerry Moe
Suzanne Stafford

Communications and Media

Virginia Ironside
Deidre Sanders

Fiscal Probity

Keith Hall

GP Liaison

Dr Jacqueline Chang

Helpline

Dr James Galloway
Dr Jessica Munafò
Cassie Ohlson

Legal

Alex Little

Research

Martin Callingham

Chief Executive

Hilary Henriques MBE

Administrator

Amanda Brett

Communications

Dr Piers Henriques

Evaluation

Administrator

Frances Irwin

Helpline Supervisors

Evie Halliwell
Abie Laidlow
Laura Leadbeater-Morris

Membership

Administrator

Carolyn Jones

Volunteering

Manager

Steph Page

Bankers

Lloyds Bank plc

Accountants

Milsted-Langdon LLP



The Queen's Award for Voluntary Service

Awards 2018/9

Above and Beyond Award

2018: Steph Page

Fundraisers of the Year 2019

Lizzie Griffiths
Julie Hughes
Tara McInnes
Alison March
Lucy Nichols
R Thomas
Sarah Williamson

Long Service Award

2018: Frances & Peter Irwin
2019: William Pratt

New Volunteer of the Year

2018: Margaret Taylor
2019: Evie Halliwell

Outstanding Achievement Award

2018: Jason Anderson & Rebecca Rock
2019: McKenzie Snape & Laura Reynolds

Maya Parker Award

2018: Georgia Enders
2019: Ceri Walker

Upfest Volunteer of the Year

2018: Lloyda During
2019: Kim Chilcott

Volunteer of the Year

2018: Martin Ubank
2019: Kate Jones





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
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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

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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

'Everyone knows a bit of my story: I drank too much, particularly after my dad died but I came out the other side. I've been a Nacoa Patron for eleven years and I love being able to help children find the help I didn't have. I'm no guru, but if I can help I will. In fact, in a weird way, I feel it is my duty.'

Calum Best

Media Star and Nacoa Patron

Helpline



0800 358 3456

helpline@nacoa.org.uk



Message Boards

nacoa.org.uk/messageboards

Social Networks



@NacoaUK

nacoa.org.uk