

Elle Macpherson, Nacoa patron

"I am a proud Patron of Nacoa, a charity which puts people at the heart of all they do and believe in by providing a lifeline for some of the most vulnerable and invisible children in the UK today."

Nacoa provides information, advice and support to children affected by their parent's drinking and those concerned for their welfare.

Our helpline is a safe place where people can talk anonymously about things that are going on in their lives without judgement or time limits.

Nacoa's trained volunteer helpline counsellors have responded to over 375,000 requests for help via phone, email, post, and online message boards. Our website has reached in excess of 1 million people since 2001.

We are a prominent voice in the national consciousness for all children living in the shadow of the problems associated with their parent's drinking.

There are an estimated 2.6 million children living with a parent who drinks too much in the UK today.

A study carried out for Nacoa indicates that 70% try to hide their problems from the outside world. They are:

- 6 times as likely to witness domestic violence
- 3 times as likely to consider suicide
- Twice as likely to experience difficulties at school, and
- Twice as likely to develop an addiction problem themselves

Dev, aged 24

"The personal experiences on the website are the most emotionally valuable resource I have ever come across and I applaud everyone who has laid their soul bare in a bid to self-repair and to help others repair too."

Our services include:

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

Gift Aid and tax relief

If you are a UK tax payer and prepared to sign the Gift Aid declaration, we can claim a further 25% direct from HMRC. If you are a higher rate tax payer you can claim tax relief in your tax return.

Call 0117 9248005 or email admin@nacoa.org.uk for more info.

Emily, aged 14

"You can never really know the relief it is to find there is someone out there who is prepared to listen to what I have been through. You have probably saved my life."

How you can help:

- **Become a Nacoa member:** For as little as £2 a month, you will receive invitations to Nacoa events (including the annual David Stafford Lecture) and influence our activities.
- **Make a donation:** Making a donation to support our work is easy and you can be sure that every penny makes a difference.
- **Do a sponsored event:** Run a 10k, nominate us for a charity day at work, or set yourself a sponsored challenge. See our 'News and Events' at nacoa.org.uk for some inspiration from previous volunteer fundraising activities.
- **Make a bequest in your will:** A gift in your will will make a huge difference to our providing help and support to these vulnerable children.
- **Become a volunteer:** Our service delivery relies on a great number of people who freely offer their time, experience and skills.
- **Be a voice for awareness:** Distribute leaflets and posters, join in with #COAWeek, spread the word through social media (@Nacoauk), or become a media volunteer.

Donating online

Paying via debit/credit card? Visit nacoa.org.uk/donate and select whether you want to make a regular or one-off donation. You can then pay through either PayPal or JustGiving.

Paying online for membership? Just set up a payment (annual or monthly adding up to £25 minimum per year) by either bank payment, or credit/debit card (as above), then send us your completed membership form by email or post. We'll do the rest!



Membership subscriptions, donations and Gift Aid declaration

I wish to:

Become a member of Nacoe (£25 minimum per year)

Make a one-off a donation

Title:	Forename/s
Surname:	
Address:	
Postcode:	
Email:	

Standing order payment

(Tick to pay by standing order)

I wish to pay using my bank details below

Sort Code:	Account No:
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Pay the National Association for Children of Alcoholics (Nacoe) per week / month / year or a one off amount (circle as applicable)

Amount:	Date from: / /
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Signature:

Nacoe Bank Details

To: Lloyds Bank PLC
A/C Name: The National Association for Children of Alcoholics
Sort Code: 30-93-94 A/C No: 00427095

Other payment methods

(Tick preferred method)

I prefer to pay via online bank payment (a/c number above) or credit/debit card (see overleaf for details).

I prefer to pay with an enclosed cheque to 'The National Association for Children of Alcoholics'.

Gift Aid declaration

(Tick to agree to Gift Aid)

I wish my membership subscriptions and/or donations to Nacoe to be treated as Gift Aid donations until further notice.

I understand I must pay an amount of UK income tax or capital gains tax at least equal to the amount reclaimed by Nacoe in the relevant tax year. I am under no commitment to make further donations and may cancel this declaration at any time.

I confirm I am a UK tax payer, resident in the UK for tax purposes and that I will advise Nacoe if this situation changes.

Signature:	Date:
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Nacoe relies solely on the generosity of its donors and every donation is gratefully received. Thank you!



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

Nacoe's aims

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

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we can make a difference.

"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15

Patrons

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

Helpline: 0800 358 3456 helpline@nacoe.org.uk
Post: PO Box 64, Bristol BS16 2UH
Admin: 0117 924 8005 admin@nacoe.org.uk
Website: nacoe.org.uk



Making a difference

How you can help

Helpline

Website

Awareness



Registered Charity No: 1009143



FREE Helpline 0800 358 3456
helpline@nacoe.org.uk