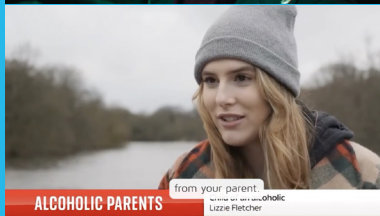




Nacöa 2020 - 2021 Report

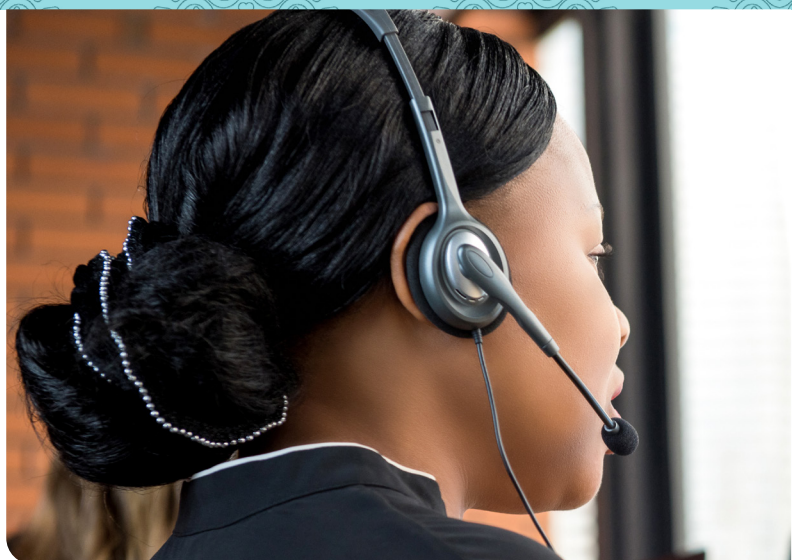
Helping everyone affected by their parent's drinking



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 2020 & 21
52,295

'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.'

Ash, Helpline emailer

Nacoa services:

- Free, confidential helpline
- Online message boards
- Website sharing experiences, resources & research
- Information packs
- Publications for a range of ages, situations, and professions
- Widening access for minority communities
- Volunteering opportunities and training
- Lectures, outreach and COA Week co-ordination
- Research into the experiences of children affected
- Media and social media advocacy
- Parliamentary influence
- Schools outreach

Patrons

Our patrons, our work...

'Being a Patron of Nacoa is important to me because I want to spread awareness about how the disease of addiction affects children and leaves effects which last for life.'

Sophie K

'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 to see that there is hope and they can do more than just survive. It's important for children and young people to understand that they are not alone and are not responsible for their parent's drinking.'

Tony Adams

'If I had known there was someone to listen, it would have helped me understand and cope with my dad's illness. 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.'

Calum Best

Chair's Report

Welcome!

It is no exaggeration to say that the past 2 years have been like no other. The Covid-19 pandemic has taken a terrible toll on the lives of so many people around the world. It is distressing that children are among those who have been most affected by the social and economic impact of the pandemic which has left more children in poverty, while inequalities in education have increased.

Throughout the pandemic Nacoa has continued to support the children of alcohol-dependent parents (COAs). The Nacoa staff and volunteers worked hard to overcome personal and organisational difficulties thrown up by the pandemic to establish new operational procedures and safe working practices. This ensured that the Nacoa Helpline remained open throughout the lockdowns and restrictions, and we were able to respond to all those requiring information and support.

During this time, Nacoa developed the *COVID-19 Online Resource Pack* for professionals and others concerned for young people affected by their parent's drinking during social distancing. The pack remains available online at no cost.

Nacoa supporters also responded to the pandemic by providing additional services. There were two poster campaigns for Nacoa, *We're here to listen* in Bristol (2020) and Brighton (2021). In addition, a book was published online (*Lockdown Nell* by Nacoa Trustee Jane Elson) and several lockdown films were produced. All these initiatives highlighted the particular needs of COAs during a very difficult period.

We should all be very proud of Nacoa's response to the pandemic, as we ensured that this vulnerable group was not forgotten.

The Long View

While Nacoa, along with everyone, has been affected by the pandemic, I believe it is important to take time out to reflect on our work over a much longer timescale. Hilary Henriques MBE has been the Chief Executive of Nacoa since its inception over 30 years ago, and to this day continues to work and campaign for COAs. Allied to her vast skills and experience, she brings huge commitment and dedication to achieving Nacoa's aims and objectives, while leading it through difficult times. One of her major achievements is the continuing contribution of the Nacoa Helpline to COAs.

The Nacoa Helpline Review (2001 – 2020) provided information on those who have contacted Nacoa and received support and guidance over the last 20 years. From its findings, we find that Nacoa has had over one and a half million contacts in the last 20 years (phone,

email, website and social media). The Nacoa Helpline (phone and email) has been contacted directly over 370,000 times and there have been over one million visits to the Nacoa website. Between 2016 – 2020 the Nacoa social media platforms have generated 220,000 additional contacts.



There are many aspects of the Review that are striking, and remind us of the multiple needs of COAs. One of the most significant and consistent findings over the last 20 years is that a quarter to a third of those contacting Nacoa have told nobody else about their situation. However, this situation is gradually changing for the better as it has reduced from almost 40% (2001 – 2005) telling no one to 18% (2016 – 2020).

Another figure to highlight is that approximately 10% of partners were told of the situation (2016 – 2020) whereas the figure was previously only 1 – 2% (2001 – 2015). This suggests that a growing number of people now feel more open about discussing the issue with others. We believe that this has been significantly due to the ongoing work of Nacoa, extensive media campaigns, and the annual COA week. In addition, a significant opportunity arose due to the formation of the All-Party Parliamentary Group (APPG) on Children of Alcoholics.

The impact of the APPG

The APPG was the result of the advocacy of Nacoa and the ongoing support of one of our patrons, Rt Hon Liam Byrne, MP, along with other parliamentary colleagues. We are grateful to them for their leadership of this issue in Parliament. This has been crucial for informing government and media attitudes towards COAs. Following the establishment of the APPG in 2016, the *Manifesto for Change* was launched in February 2017 to support children affected by their parent's drinking. Consequently, a £6 million Innovation Fund was announced by the UK Government in 2018.

The major part of this fund was allocated to local authorities and other organisations. Taking inspiration from Nacoa's work, funding was set aside to expand resources for a national 'children of alcohol-dependents helpline', raising awareness in the public consciousness,

and providing high quality support, advice, and signposting for the growing number of children asking for help in homes where a parent has a drink problem. As a result of the successful tendering of Nacoa for this finance, we are grateful to the UK government for receiving close to £390,000 between 2019 - 2021.

Nacoa used its funding to further develop and expand the Nacoa Helpline in a number of ways. It enabled the recruitment of Helpline Supervisors and the training of additional volunteers. The helpline has evolved before, but during the last few years in particular, Nacoa has had to adapt to changes in the way that people communicate. Helpline services have now been enhanced by 1-2-1 helpline and message boards. Together these developments provide increased accessibility to children and young people for whom using the helpline may be problematic or may feel that making a call is too intimidating.

The new Nacoa website was launched at the beginning of 2021, incorporating new features and links to social media. Following this, a new Nacoa Helpline database became operational in Autumn 2021. This has been designed to monitor and support our understanding of the increased number and mix of communication channels that are now used by people to contact the helpline. These developments enable the helpline to continue to provide a much valued and confidential service to COAs by phone, email, and increasingly via social media.

The funding also enabled Nacoa to work with schools in Innovation Fund Areas (IFAs). Nacoa continues with its outreach work and is keen to secure further funding to develop a cohesive school strategy to support COAs. We hope to provide all schools in the UK with the opportunity to introduce the issue of parental drinking to pupils and ensure that staff and counsellors have the knowledge and benefit of Nacoa's expertise, free publications and online resources.

Shining a light

In October 2021, the Duchess of Cambridge delivered the keynote speech at the launch of Forward's new campaign *Taking Action on Addiction*. Nacoa was proud to be part of this initiative and to have representatives at the event which took place during Addiction Awareness Week. The aim of the campaign is to promote the recognition of addiction as a serious mental health issue.

In recent years, the experience of being a COA has received increasing prominence. The work of Nacoa has been central here with the helpline, Nacoa publications, the website and other media platforms. More widely, the

experience of being a COA was the basis for the novel *Shuggie Bain* by Douglas Stuart which was awarded the Booker Prize in 2020. The most recent James Bond film, *No Time to Die*, opened with Madeleine Swann providing her alcohol dependent mother with red wine 'medicine'. The increasingly striking narratives demonstrate that society is becoming more aware of this problem and that is helpful for COAs and all members of society. Nacoa has been central to promoting the visibility of COAs for many years.

Finally, on a personal note

I would like to thank all of you who have contributed to the work and achievements of our charity. The past two years have seen many people donating their time and skills freely and supporting Nacoa to respond to some of the most vulnerable children in the UK today.

Until the recent government support (2019 - 2021), Nacoa has been solely funded by private donations. We are keen to increase the Nacoa membership scheme which provides members with access to Nacoa events and materials. In turn it provides Nacoa with much needed revenue. I would encourage you to become a member if you are not already, every penny counts!

Nacoa demonstrates that the world can be different and, with help and support, children of alcohol-dependent parents can live fulfilled lives and break the cycle of addiction so that they can look forward to a more positive future. Nacoa is a lifeline for many children and others affected by alcohol, and it continues to deliver the message to children that their parent's alcohol problems are not their fault and they are not alone.

As always, there will be challenges ahead. Nacoa will face them with courage, compassion and kindness.

Dr Anne-Marie Barron



CEO Report

The Nacoa Helpline was created to empower children with a variety of life skills to help them cope with difficult and ongoing challenges. They can contact whenever needed and sometimes call at the point of crisis. A kindly voice in what might seem a hostile world.

We work with children as individuals and not extensions of their parents' problems. There are no kits and no quick fixes, simply a desire to provide the information and care they need to exist and thrive in today's world.

Our services have been developed over thirty-two years by listening to what people tell us they want and need. One of those needs is to speak to them in the language they understand and use.

Left without help and support, children suffer unconscionably from the stigma which engulfs those who drink too much. These families are scapegoated and shamed. Tackling stigma is a paramount concern.

In 2020 and 2021, lockdown forced families trapped in addiction into isolation. Online and remote services became even more vital, and Nacoa quickly adapted to address new challenges.

The Nacoa Helpline did not close a single day through the pandemic. We saw much high profile coverage on the BBC and elsewhere about the significant and, often alarming, increases in demand for our services.

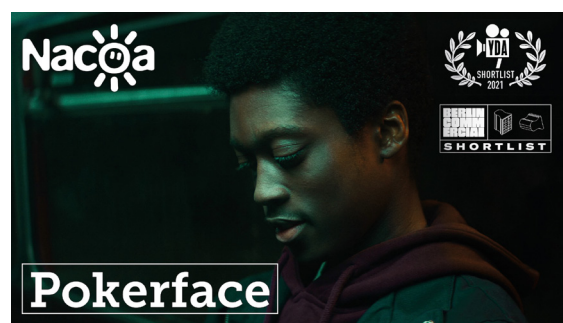


Coming out the other side of the pandemic, we continue to innovate and learn, engaging with COA influencers on social media, developing online training approaches, and ensuring through our Widening Access Project that we understand and provide for the needs of the diverse communities using our services.

Our professional networks grow ever-wider, recently joining the Alcohol Health Alliance. Indeed, the Duchess of Cambridge celebrated Nacoa's collaborative work as a key partner of Addiction Awareness Week.

The community and awareness around our charity and its cause has never been stronger. One recent highlight was the nomination at Cannes for 'Pokerface', a stunning short Nacoa film conceived by Alex Kuhn.

These glimpses of light though come against the gloom of March 2021, when Matt Hancock, then Minister for Health, cut the entirety of the government's children of alcohol-dependents strategy. He scrapped all dedicated local services, national programmes, and the expansion funding to the Nacoa Helpline, with no replacement.



This appalling decision came as news broke that alcohol-specific deaths rose 20% between 2019 and 2021 and problem drinking has spiralled in the UK. Demand for Nacoa is at an all time high and children are bearing the brunt of decisions over which they have no control. We will continue to fight for them through the APPG on Children of Alcoholics.

Despite challenges, I am proud that Nacoa stands strong. Adversity tends to bring out the talent and resilience in our organisation. Symbolised by the rebirth of the new Nacoa and COA Week websites—a substantial modernisation to our digital offering, providing new message boards and potential for online chat into the future.

Sadly, in January 2020, John Fenston died, our then Chair of Trustees, having dedicated twenty-seven years of his life supporting the helpline so that today's children have the support he did not. Our new children's story book 'Jasper's Wish' is proudly dedicated to his memory.

John would always stress the importance of reaching out to the 2.6M children living with parental alcohol problems. In his memory we continue to help young people suffering in silence.

If you have not done so yet, please join as a member of Nacoa and help prevent children suffering alone and in fear. Our callers remind us never to underestimate how important it is to listen and be heard.

Hilary Henriques MBE

Model of Care

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.
Nina

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.



'We know that for every contact made there are countless children who remain isolated, hidden from view. This is a social injustice which must be addressed.'

Hilary Henriques MBE, Nacoa founder and CEO

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 2020, Nacoa received Department of Health and Social Care funding of £227,549 (£105,824 2019) to expand the helpline.

For the year ended December 2020, £163,171 (£189,203 2019) was raised through donations from charitable trusts, corporates and individuals. Members and regular donors contributed £26,655 (£28,230 2019) and despite the cancellation of sponsored events due to Covid-19, volunteers raised £40,418 (£76,469 2019). Legacies and in memoriam donations totalled £7,246 (£11,747 2019).

Helpline expenditure rose to £331,453 including helpline expansion costs of £248,671 funded by the DHSC.

In March 2021 the final instalment of £54,126 DHSC funding was received and the fund for children affected by their parent's drinking ended.

For the year ended December 2021, £132,759 was raised through donations from charitable trusts, corporates and individuals. Members and regular donors increased their contribution to £28,807, and funds raised from sponsored events rose to £52,362, despite ongoing restrictions. Legacy and in memoriam donations rose to £14,801. A list of everyone remembered in this way, is listed in this report.

Helpline expenditure totalled £329,802 including helpline expansion cost of £54,126 funded by the DHSC.

Financial support for Nacoa increased during the Global Pandemic, in response to the increased needs of those affected by parental drinking and the value of online helpline services which were able to remain open throughout lockdowns.

Volunteers

Volunteers are one of Nacoa's super-strengths. They provide significant elements of all services helping to build communities both within Nacoa and in the wider world.

In 2020 and 2021, despite lockdowns, it's estimated volunteers contributed over 8,000 hours. The commercial value of their time and skills is conservatively estimated at over £50,00 per annum.

Property and Premises

Despite being settled, 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 6 and 9 months reserves, exceeding that aim in 2020 and 2021. Funds were ring-fenced for future development of the charity including: an upgraded helpline database and linked communications system; recruiting a Project Co-ordinator 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.

In January 2021, Philip Auden DL died. A Trustee from 2010, he served with compassion and care. He was Hon. Treasurer at the time of his death and he, like John Fenston, mentioned in CEO Report, is greatly missed.

All we do and are, would not be possible without 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'.

I am a proud co-founder of this charity that puts people first and look forward to reaching many more young people in need of information and support.

Maya Parker



Financial Statements

Summarised Statements of Financial Activities for the years ended 31 December 2020 and 2021

	General funds £	Designated funds £	Restricted funds £	Total 2021 £	Total 2020 £	Total 2019 £
Incoming resources from generated funds						
Donations and legacies	125,060	-	-	125,060	170,413	84,394
Membership subscriptions	28,807	-	-	28,807	26,665	28,230
Fundraising events	52,362	-	-	52,362	40,418	76,469
Investment income	15	-	-	15	4	111
Helpline expansion income	206,244	-	-	206,244	237,490	189,093
	-	-	76,626	76,626	227,549	105,824
Total income	206,244	-	76,626	282,870	465,039	295,028

Resources expended

Expenditure on charitable activities

Providing information, advice and support	257,954	355	61,366	319,675	329,802	188,934
Raising funds	8,409	-	-	8,409	1,651	9,585
Total resources expended	266,363	355	61,366	328,084	331,453	198,519
Net incoming/ (outgoing) resources before transfers	(60,119)	(355)	15,260	(45,214)	133,586	96,509
Gross transfers between funds	15,000	(15,000)	-	-	-	-
Fund balances at 1 January 2020	220,801	70,330	7,240	298,371	164,785	68,276
Fund balances at 31 December 2021	175,682	54,975	22,500	253,157	298,371	164,785

Independent Examiner's Statement

We have examined the Financial Statements of The National Association for Children of Alcoholics for the years ended 31 December 2020 and 2021. 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 2020 and 2021

	£	2021 £	£	2020 £	£	2019 £
Fixed assets						
Tangible Assets	-	4,942	-	7,855	-	4,314
Current Assets						
Stock	153	-	153	-	153	-
Debtors	6,368	-	62,284	-	72,580	-
Cash at bank and in hand	250,141	-	236,260	-	92,996	-
	256,662	-	298,697	-	165,729	-
Creditors: amounts falling due within one year	(8,447)	-	(8,211)	-	(5,258)	-
Net current assets	-	248,215	-	290,486	-	160,471
Total assets less current liabilities	-	253,157	-	298,371	-	164,785
Income funds						
Restricted funds	-	22,500	-	7,240	-	28,362
Unrestricted funds	-	230,657	-	291,131	-	136,423
	-	253,157	-	298,371	-	164,785

Hon. Treasurer's Statement

The Statements 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 20 October 2021 and 6 June 2022 respectively and copies have 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 at nacoa.org.uk/about and from Nacoa.

Maya Parker

Achievements and Objectives

Key achievements 2020-21

Helpline

- ✓ Responded to 52,295 helpline requests
- ✓ Launched 1-2-1 Helpline Chat
- ✓ Launched landmark upgrades to websites nacoa.org.uk and coaweek.org.uk
- ✓ Created Lunchtime Lives, an interview series with COA influencers on social media
- ✓ Delivered new Helpline Data Management System

Volunteers

- ✓ Moved online for training of volunteers, including volunteer helpline counsellors
- ✓ Re-instated ongoing training and monthly meetings for volunteers
- ✓ Worked extensively promoting speaker volunteers in the media, schools and front-line services

Information Resources

- ✓ Produced new booklet 'Information for CAMHS professionals'
- ✓ Responded to Covid with 'Lockdown Nell'
- ✓ Produced 'Jasper's Wish', a print and online story book for children
- ✓ Formed working group for Widening Access Project

Reaching Professionals

- ✓ Created Covid-19 Online Resource Pack for professionals
- ✓ Delivered presentations to Innovation Fund Local Authorities
- ✓ Work together with Alcohol Harm Alliance and other organisations

Raising the Profile

- ✓ Delivered UK 'Children of Alcoholics Week' 2020 and 2021
- ✓ Online events including international panel from around the world
- ✓ Delivered annual Stafford-Ward lectures during COA Weeks
- ✓ Launched 'Pokerface', a short film by Alexander Kuhn

Promoting Research

- ✓ Commissioned 'Nacoa Helpline Review of 2001-2020'
- ✓ Extensive research panel contributions - including to Alcohol Health Alliance 'Alcohol Commission'

Key objectives 2022

Helpline

- Continue to provide the only free, national, confidential helpline for everyone affected by a parent's drinking
- Continue to develop online message-boards and 1-2-1 helpline chat
- Raise funds to expand helpline reach
- Publish helpline data for 2020 and 2021

Volunteers

- Develop online training programmes, including speaker training
- Deliver and evaluate training programmes
- Provide support for volunteers with personal experience

Information Resources

- Produce 'Volunteering' leaflet
- Deliver presentations with partners from Punjabi Sikh communities
- Raise funds to expand Widening Access programme

Reaching Professionals

- Raise funds for UK schools campaigns
- Deliver Nacoa schools' presentations
- Exhibit at Recovery Plus and other conferences
- Continue to collaborate with AHA and other organisations

Raising the Profile

- Lead Children of Alcoholics Week 2022
- Present 2022 Stafford Ward Memorial Lecture online
- Contribute to APPGs
- Parliamentary reception for Widening Access programme
- Respond to press and media enquiries through Media Panel

Promoting Research

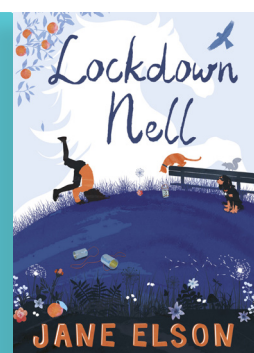
- Publish 'Nacoa Helpline Review of 2001-2020'
- Respond to requests for help through Research Panel

Lockdown Nell - by Jane Elson

A Nacoa story resource for everyone affected by their parent's drinking in lockdown.

A gripping short story about the resigned but frustrated emotions of living through lockdown with an addicted parent. Based on true stories.

Audiobook introduced by Geraldine James.



Acknowledgements and Organisation

Acknowledgements Funders including

Alphabiolabs
The Astor
Foundation
Lord Barnby's
Association
The J and M Britton
Charitable Trust
T Cagney
The Casey Trust
Charities Aid
Foundation
Coronavirus
Emergency Fund
D Coldwell
The David Family
Foundation
Department of
Health and Social
Care
Facebook PA
C Flint
Fuller Smith and
Turner plc
Garfield Weston
Foundation
Glencore, I Sharman
and M Hearn
Martin Geddes
Charitable Trust
The Edward Gostling
Foundation
The Haremead Trust
The Albert Hunt
Trust
The Anton Jurgens
Charitable Trust
The Leigh Trust
K Lobley and A
Spooner
Sidney Ivor Luck
Counselling Trust
The McGrath Family
Trust
National Lottery
Community Fund:
Awards for All
Postcode
Neighbourhood Trust
W Pratt
D Quick
The Rainford Trust
Rhododendron Trust
E Richardson
SMB Trust
The Serve All Trust

Souter Charitable
Trust
WF Southall Trust
Swindon BC
C Thomas
C Tominey
D Wittman

In Memoriam

N Alley
P Auden
M Bagley
J Baxter
J Browne
M Cameron
D Clifford
O Coothoopermal
A Corcoran
D Crossley
A Croughton
J Davis
C Dozey
M Edmonds
T Faulkner
J Fenston
B Glassey
A Glove
S Goodenough
M Grifett
S Johnson
M Jones
V Kingston
H Lumb
F McWilliams
A Malcolm
S May
S Mistry
R Moss
T Murphy
Nancy
M O'Haire
R Pegg
A Peters
K Phillips
N Rogers
J Russet
J Sharkey
N Sherriff
M Sierp
D Sinfield
S Sloka
L Smith
M Taylor
D Tivendale
J Wilkins
J Woodward

Volunteers and Eventers

K Allen
S Allen
D Asthouart
C Baker
S Baker
L Best
E Bishop
A Bousquet
J Brett
A Burgan
E Calhaem
V Charland
Clay family
T Cartwright
A Chapman
A Clemenstone
S D'Cruze
C Cretu
L Darbyshire
J Dawson
A Dickson
L Doherty
C Doran
S Drage
C Draper
A Duncan
S Ebrahim
R Elliot
R Ellis-Hamilton
L Elsworth
A Evans
K Farrell
L Fletcher
D Fox
T Freeman
V Glassey
J Goldschmidt
E Graham
A Guy
E Halliwell
A Harrison
E and S Hayles
C Haspel
L Hill
P Hogan
R Hogg
L Horwood
J Hughes
K Jones
K Kaur
R Kaur
I Kelcher
L Kirby-Garton
S Kneis
H Larcombe

S Lea Kent
O Lennon
J Little
S Loupe
S Lynch
A Masterman
A Matthews
R Mead
V Meal
G Midgley
R Miles
D Noott
L Monzer
T Murphy
S Neary
S Page
S Palmer
J Payne
J Perrins
P Philips
D Ridgeway
P Robinson
C Rogers
C Rourke
E Ryan-Saha
A Sawyer
L Sharkey
A Sherriff
N Sloka
M Snape
A Sohlman
M Ubank
S Vaughan
S Vian
F Viney
M Wilde
A Walker
T West
J White
A Whitfield
C Whyte
T Williams
S Wurml

Organisation

Patrons

Tony Adams MBE
Calum Best
Lauren Booth
Liam Byrne MP
David Coldwell
Geraldine James
OBE
Sophie K
Cherie Lunghi
Elle Macpherson
Vicky Pattison

Suzanne Stafford
CQSW
Camilla Tominey
David Yelland

Ambassadors

Josh Connolly
Maya Parker
Ceri Walker

Trustees

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Barron, Chair
Maya Parker MA,
Hon. Treasurer
Laurence Alleyne
Jane Elson
Euan Graham
Katy Stafford

Consultative Council Lead

Dr Katy Lobley
**Child and
Vulnerable Adult
Protection**
Clare Adams
Rev Katie Watson
Clinical Advice
Dr Peter Taberner
**Clinical Psychology
and Family Therapy**
John Friel
Jerry Moe
Suzanne Stafford
**Communications
and Media**
Virginia Ironside
Deidre Sanders
GP Liaison
Dr Jacqueline Chang
Helpline
Dr James Galloway
Dr Jessica Munafu
Cassie Ohlson



The Queen's Award
for Voluntary Service

Legal

Alex Little
Amy Marwood

Research

Dr Martin
Callingham

Chief Executive

Hilary Henriques
MBE

Administrator

Amanda Brett

Director of Communications

Dr Piers Henriques
Helpline Supervisor
Abie Laidlow

Membership

Administrator

Carolyn Jones

Volunteer and Training Manager

Laura Morris-
Leadbeater

Project co-ordinator

Huseyin Djemil

Accountants

Milsted-Langdon
LLP

Bankers

Lloyds Bank plc





The National Association
for Children of Alcoholics

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

Nacoe 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.

Nacoe'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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Registered Charity No: 1009143

'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 living with this problem to know Nacoe is here for them so that they can build happy and successful lives for themselves.'

Geraldine James

Actor and Nacoe Patron

'I wish Nacoe had been around when I was growing up with an alcoholic mother. Just to be able to speak to people who could understand how unsettling it was as a child to see someone you loved so much slowly destroying themselves.'

Camilla Tominey

Journalist and presenter

Helpline

0800 358 3456

helpline@nacoe.org.uk

1-2-1 online chat



Message Boards

nacoe.org.uk/messageboards

Social Networks

 @NacoeUK

nacoe.org.uk