

Membership subscription, donation and Gift aid declaration

I wish to become a member of NACOA and enclose my annual subscription of £25.00

I wish to support NACOA's work and enclose my donation of

£

Title: Forename(s):

Surname:

Address:

Postcode:

Gift Aid declaration

I wish my membership subscriptions and/or donations to NACOA 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 NACOA 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 NACOA if this situation changes.

Signature: Date:

If you wish to pay your membership subscriptions or donations by standing order, please complete the following:

To: The Manager Bank/Building Society

Address:

Sort Code:

Account No:

Please pay the National Association for Children of Alcoholics (NACOA) each month / quarter / year (please delete as applicable)

Amount: £ Commencing on: / /

To: LLOYDS TSB Shottermill Branch, 99 Wey Hill, Haslemere, Surrey, GU27 1HT

Sort Code: 30-93-94 A/C No: 0427095
A/C Name: The National Association for Children of Alcoholics

Name:

Signature: Date:

Address:

Postcode:

Please detach and return to: NACOA PO Box 64, Fishponds, Bristol BS16 2UH



NACOA was founded in 1990 to address the problems faced by children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem.

This includes children of alcoholics of **all ages**, many of whose problems only become apparent in adulthood.

NACOA has adopted four broad aims:

- To offer information, advice and support to children of alcoholics
- To reach professionals who deal with children of alcoholics in their everyday work
- To raise the profile of children of alcoholics in the public consciousness
- To promote research into:
 1. the particular problems faced by those who grow up with parental alcoholism
 2. the prevention of alcoholism developing in this vulnerable group of children

Patrons:

Mr Tony Adams MBE
Ms Geraldine James OBE
Mr Fergal Keane OBE
Ms Elle Macpherson
Dr D Samways MB BS
Mrs S Stafford-Nolan CQSW

THE NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS (NACOA)
PO Box 64, Fishponds, Bristol BS16 2UH
Helpline: 0800 358 3456
Tel (Admin): 0117 924 8005 Fax: 0117 942 2928
Email: admin@nacoa.org.uk
Website: www.nacoa.org.uk



Making a difference...

how you can help



Thank you for your support

Registered Charity No. 1009143

visit our website
www.nacoa.org.uk

“ Drink is one of the hidden sufferings in families in the UK today ”

- Mo Mowlam, Patron 1996 to 2004

Research carried out for **NACOA** indicates there are:

- 920,000 children and young people living with parental alcoholism in the UK today
- 2.8 million adults in the UK grew up with parental alcoholism
- 70% will try to hide the problem from the outside world

Children of alcoholics are:

- three times as likely to develop alcoholism
- twice as likely to develop drug addiction
- five times as likely to develop eating disorders as children
- three times as likely to consider suicide both as children and adults

Problems include:

Aggression and violence

Aggression within the family is six times more common when one or both parents suffer from alcoholism. Children are six times as likely to feel responsible for conflict within their homes and are seven times as likely to try to resolve arguments within the family.

Silent withdrawal, anxiety and depression

Children of alcoholics are four times as likely to suffer from depression in adulthood.

Unpredictable behaviour, wild mood swings

Irrational behaviour is five times more prevalent in homes with parental alcoholism – 89% of adult children of alcoholics claimed that their household was ‘not a place to be proud of’.

Lack of money

64% of adult children of alcoholics reported there was a shortage of money, over four times higher than the control group.

“ I talk about my mother’s drinking today because I want children living with alcoholic parents to know that they are not alone and that they can do more than just survive, they can, with help, build successful lives for themselves ”

- Geraldine James, Patron

NACOA’s services include:

- Free, confidential telephone, email and letter helpline providing information advice and support for children of alcoholics and people concerned for their welfare – since 1990 we’ve responded to over 60,000 requests for help. In 2005 we received 14,404 calls, 75% from children and young people under the age of 18.
- Website providing information and advice, including personal experiences, training materials, factual and resource information, research and links to other organisations – in 2005 there were just under 40,000 visits to the site.
- Information packs specific to individual callers
- **NACOA** UK Resource Database listing local and national organisations and agencies
- Publications for children of alcoholics and people concerned for their welfare
- Poster projects to advertise the **NACOA** helpline and website
- Foundation and ongoing training programmes for volunteers and professionals
- Comprehensive volunteering programme
- Lectures to raise awareness of problems faced by children of alcoholics

“ 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, aged 15

NACOA is committed to providing services for children of alcoholics. This important work is funded entirely by voluntary donations and with the help of our volunteers.

You can help by:

- Becoming a member of NACOA. Membership costs £25.00 per year. You will receive newsletters and an invitation to take part in the governance of the charity
- Making a donation. As a small charity every donation is put to good use providing services, with only a very small proportion used in administration
- Taking part in sponsored events, which can be advertised on our website and www.justgiving.com
- Making a bequest to NACOA in your will
- Becoming a volunteer. Gifts of time are an important element of our work

Membership subscriptions and donations can be made by:

Sending a cheque made payable to **NACOA** (see overleaf), or by debit or credit card by visiting www.nacoa.org.uk and selecting DONATE ONLINE.

If you are a UK tax payer, and are prepared to sign a Gift Aid declaration, we can claim a further 28% direct from the Revenue. If you are a higher rate tax payer you can claim tax relief in your self-assessment tax return.

If you wish to know more about any of the above please call **0117 924 8005**

or email admin@nacoa.org.uk

or visit our website www.nacoa.org.uk.

www.nacoa.org.uk

e: admin@nacoa.org.uk

t: 0117 924 8005