

*'I'm afraid for my daughters when I'm away and he's alone with them'*  
Debbie 32

*'I thought being able to make beans on toast at four years old was normal'*  
Tim 16

*'I could only fall asleep, once my father was asleep. That way I knew he was safe.'*  
Jo 22

*'I can't have friends round because I don't know what state she'll be in when I get home'*  
Jessica 14

*'It turned into a game - 'find the bottle' - I would send them out to look for the bottles their mother had hidden.'*  
Jack 42

*'I never thought of the effect their drinking had had on me till I realised I had left home physically, but emotionally and mentally I was still there, trapped in the house with the alcoholic.'*

Hannah 25

## **Alcoholism - a family disease that affects millions of childhoods.**

It is thought that for every alcoholic there are between five and six people who are directly affected by their drinking. From work colleagues to spouses the effects are real and can be devastating. But, for the many millions of children who suffer because of the drinking of a parent, the damage can last well into adulthood.

The impact of alcoholism on the family is the focus of this year's Alcohol Awareness week, 18<sup>th</sup>-24<sup>th</sup> October 2010, and has been Al-Anon Family Group's focus for almost sixty years.

Alateen, for young people aged between twelve and seventeen, is a part of Al-Anon Family Groups, and helps young people to deal with the effects of alcoholism. Official figures indicate that between 50-90% of all children referred to social services are dealing with a parent affected by an addiction to drugs or drink.

Children of alcoholics can be victims of neglect, emotional abuse, and in extreme cases sexual and physical abuse.

Al-Anon Family Groups is a world-wide fellowship. In the UK and Eire around 800 groups meet weekly. Al-Anon provides help and support to the family and friends of alcoholics regardless of whether the alcoholic is still drinking or not.

For further information contact:

Al-Anon General Service Office & Press Enquiries 020 7407 0215

A-Anon Family Groups Helpline 020 7403 0888

Or visit our website [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

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