Public Information Newsletter

2019 - Issue 3

Thank you...

...to everyone who has shared their story for our social media posts. We launched the Al-Anon Instagram and Twitter channels in November 2018 and with your help we have been able to keep the posts going. Our followings are constantly growing!

In order for Al-Anon to grow, PI is crucial. Have you done enough to spread the word? Is your Group doing enough PI?

Check out the September/October Monthly Focus for more information on how to get involved in a few easy steps.

Check out our social media pages!

@AlAnonUKandEire

@AlAnonFamilyGroupsUK

If you have any questions prior to following, liking or sharing any post, please read our FAQs about Social Media available on the members' section of the website.

REMINDER

16 days of action against domestic violence starts ***25th November – 10th December 2019***. Sign up to the GSO eNewsletter to receive all the latest information.

Freshers' Week in the UK & Eire will be coming up this Autumn!

Whilst many new students will be celebrating, some will feel isolated and confused, and some may have an alcoholic parent, partner or friend.

Use this opportunity to contact your local university and ask if you could man a stand, give out some literature or ask if they could put an Al-Anon poster on their noticeboards. Contact the Student Union of your local university and college as they focus on the welfare of the students and are more likely to help you raise awareness.

Remember that helping just one person affected by someone else's drinking makes a difference.

PI Notice Board

- Al-Anon mentioned in 'Ask Fiona' Irish News (The Times) 28/04/19.
- Al-Anon referred in The Guardian Life and Style section 03/05/19
- Al-Anon referred in The Guardian, Family section 17/05/19.
- Al-Anon was mentioned in The Guardian 03/06/19.
- Al-Anon mentioned in a piece on WalesOnline 11/06/19.
- Al-Anon mentioned by Tanya Byron (The Times) 17/06/19.

REMINDER

Alcohol Awareness Week ***runs 11th-17th November*** this year!

More information will be available on the Public Information section of the website in due course.

Please inform your Area PI Co-ordinator of any Public Information you have done or email: enquiries@al-anonuk.org.uk

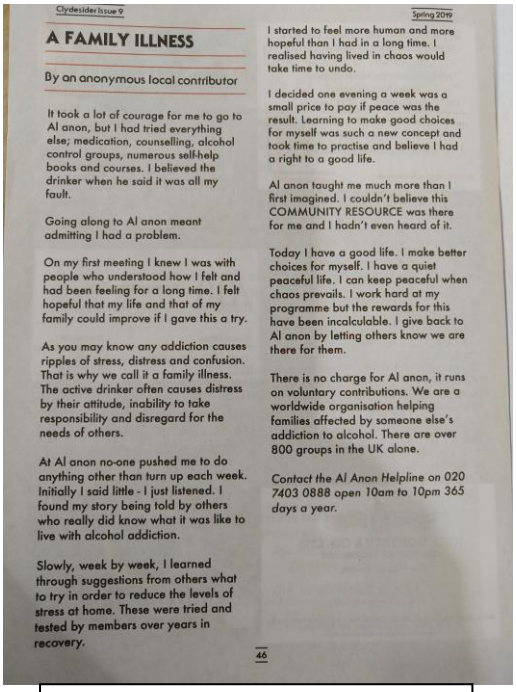
Area PI Co-ordinators: Please keep GSO informed, even if you are unable to take up PI opportunities that we send you.

Public Information Newsletter

Your PI activities…



Buckland Hospital foyer in Dover.



Clydesider Issue 9 Spring 2019

A FAMILY ILLNESS

By an anonymous local contributor

It took a lot of courage for me to go to Al anon, but I had tried everything else; medication, counselling, alcohol control groups, numerous self-help books and courses. I believed the drinker when he said it was all my fault.

Going along to Al anon meant admitting I had a problem.

On my first meeting I knew I was with people who understood how I felt and had been feeling for a long time. I felt hopeful that my life and that of my family could improve if I gave this a try.

As you may know any addiction causes ripples of stress, distress and confusion. That is why we call it a family illness. The active drinker often causes distress by their attitude, inability to take responsibility and disregard for the needs of others.

At Al anon no-one pushed me to do anything other than turn up each week. Initially I said little - I just listened. I found my story being told by others who really did know what it was like to live with alcohol addiction.

Slowly, week by week, I learned through suggestions from others what to try in order to reduce the levels of stress at home. These were tried and tested by members over years in recovery.

I started to feel more human and more hopeful than I had in a long time. I realised having lived in chaos would take time to undo.

I decided one evening a week was a small price to pay if peace was the result. Learning to make good choices for myself was such a new concept and took time to practise and believe I had a right to a good life.

Al anon taught me much more than I first imagined. I couldn't believe this COMMUNITY RESOURCE was there for me and I hadn't even heard of it.

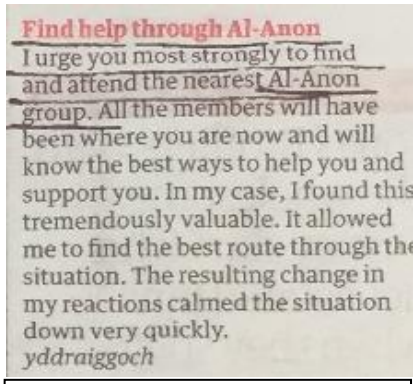
Today I have a good life. I make better choices for myself. I have a quiet peaceful life. I can keep peaceful when chaos prevails. I work hard at my programme but the rewards for this have been incalculable. I give back to Al anon by letting others know we are there for them.

There is no charge for Al anon, it runs on voluntary contributions. We are a worldwide organisation helping families affected by someone else's addiction to alcohol. There are over 800 groups in the UK alone.

Contact the Al Anon Helpline on 020 7403 0888 open 10am to 10pm 365 days a year.

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A piece written by a member for mental health week (local free mag). Clydesider April 2018

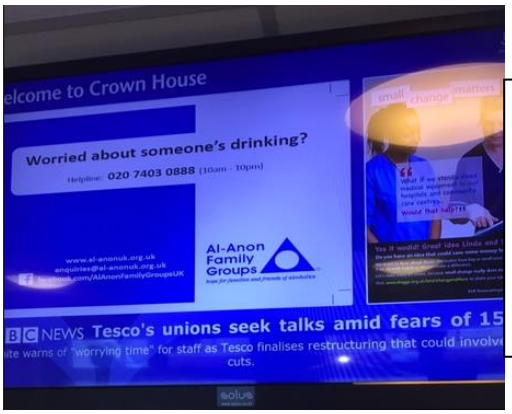


Find help through Al-Anon

I urge you most strongly to find and attend the nearest Al-Anon group. All the members will have been where you are now and will know the best ways to help you and support you. In my case, I found this tremendously valuable. It allowed me to find the best route through the situation. The resulting change in my reactions calmed the situation down very quickly.

yddraiggoch

The Guardian Monday 3rd June 2019.



A member of Area 24 contacted the head of social services in Inverclyde, Scotland and the Al-Anon card is now displayed on every screen in all health centres in the region.



Al-Anon stand at Tesco for mental health week. Area 8