2021 – Issue 2

Public Information Newsletter

Thank you to everyone still doing PI

Since the first lockdown in 2020, it hasn't been easy to do PI. As everything turned digital, many of us haven't been able to give out literature or posters, events have been running online making it difficult to share the Al-Anon message and/or have a one on one conversation. So, thank you to everyone who has persevered in doing PI, and has pushed beyond their comfort zone to raise awareness on the 2021 PI Campaign #TheHiddenEffects - of alcoholism on family and friends.

If you're unsure about how to do PI, or would like to talk an idea through, email pi@al-anonuk.org.uk

PI Notice Board

- Al-Anon was mentioned in an article on the Radio X website (17th July)
- A member was interviewed by Sky News, and an article was posted on their website (25th July)
- Al-Anon was mentioned in the Ask Caroline section of the Daily Mail (1st August)
- Al-Anon was suggested by Dear Deidre, in The Sun (6th October)
- Al-Anon was mentioned on Woman's Hour (1st October)

Some Area PI

- Area 10 held a PI workshop in June.
- Area 3 participated in the AA event Darkness into Light, a Roadshow Exhibition which started in September 2021 and includes the history of Al-Anon. This event will be touring the South East of England in 2022.

Please continue to share your experience of doing PI, and don't hesitate to send in photos at pi@al-anonuk.org.uk

Do you need ideas and tips to do PI?

If so, make sure you read the latest **November/December Monthly Focus**.

The latest Monthly Focus, as well as archives are available on the website.

Reminder

- International Stress Awareness Week 1st-5th November
- Alcohol Awareness Week (UK) 15th-21st November
- 16 Days of Action Against Domestic Violence, starting on 25th November
- National Grief Awareness Week 2nd-7th December

Please inform your Area PI Co-ordinator of any Public Information you have done or email: pi@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.

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NEW PI banner now available for purchase from the shop for only £49



The new PI banner 'The Hidden Effects', is now available for purchase from the shop. It is available with the UK freephone helpline number (UK126) and with the Northern Ireland helpline number (UK127). You can also purchase the banner with the Republic of Ireland helpline number from the Dublin Information Service.

How can I use the PI banner?

Now that many events are running face to face again, you can take the banner with you. The banner can be left at hospitals, at your local library, your local supermarket or even your local university (all with permission of course).

This bold design, reflects the many words that describe the hidden effects of being affected by someone else's drinking and is bound to get some attention!

This year's Alcohol Awareness Week runs from 15th-21st November, and is on the theme of Alcohol and Relationships.

This is an opportunity for you to share about how your relationship was affected by someone else's alcohol abuse.

You can contact public health teams, workplaces, GP surgeries, pharmacies, hospitals, charities, local media outlets, and other community groups across the country with information about your story, and how Al-Anon has helped you.

If you don't want to share your story, there are case studies available on the website which you can use.

If you are unsure about how to contact a journalist, what questions to ask, and how to share your story, there is information on how to approach the media on the website. Don't forget to use the PI resources to help you!