

Monthly Focus Calendar 2023

*We're asking the membership to get involved in PI. The following Monthly Focus will provide you with a theme and ideas for each month.
(Any queries email pi@al-anonuk.org.uk)*

July/ August

Embrace the summer spirit! Whether you're embarking on a holiday adventure or enjoying a staycation, remember that there are endless opportunities to engage in public information (PI) activities and make a difference. Let's continue to spread awareness of the new 'Are You Troubled by Someone's Drinking' campaign.

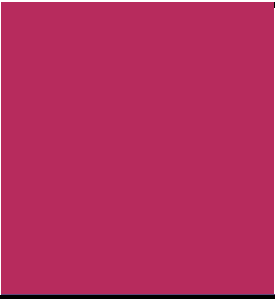
If you're jetting off to new horizons, take a moment to explore the noticeboards or waiting rooms at the airport. Consider leaving behind some helpful resources such as [Business Cards \(UK20\)](#), [Postcards \(UK93\)](#), or the informative [Are You Troubled by Someone's Drinking leaflets \(UK29\)](#). You can even print the new campaign poster and give them out. Anyone above the age of 18 can access an online meeting, so meetings are now more accessible abroad. Going on holiday with individuals struggling with alcohol-related issues can be challenging so let others know that support is available. While you may be aware of local Al-Anon meetings, others may be silently suffering. Extend a helping hand and inform them about the available support systems.

Are you staying in the UK? This year **Alcohol Awareness Week runs from the 3rd - 9th July in the UK**. The theme will be 'Alcohol and cost' and although this is not something Al-Anon would directly comment on, you can talk about what alcohol has cost you. Has it cost you your relationship? Your financial stability? There is always a way to make the theme relate to your own story.

If you are travelling in the UK and staying at a hotel or guesthouse, ask if you can leave a poster or leaflet in their local information racks.

Are you using public transport? Approach the staff and inquire if you can display our leaflet [Are You Troubled by Someone's Drinking UK29](#) on their noticeboards. This way, you'll reach a broader audience and raise awareness about the support Al-Anon provides.

If you're opting for a relaxing staycation seize the numerous opportunities to engage in PI activities. Tune in to local radio stations for chances to call in and mention Al-Anon. Listen in for anything that can relate to being affected by someone else's drinking, whether it's health, financial difficulties or violent behaviour. This will be your chance to share your own story and shed light on the impact alcoholism has on families. If you're apprehensive about calling, remember that you can always text or email your message instead. (Feel free to use a



pseudonym if anonymity is a concern but only provide a first name whilst speaking.) Remember that your personal story holds tremendous power and can inspire and encourage others to seek support.

No matter where your summer takes you, there are endless opportunities to engage in public information. Let's work together to ensure that support and resources reach those who need them. Together, we can make a positive impact and bring hope to individuals and families affected by alcoholism.
