

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)*

September/ October

Freshers' Week UK and Eire

Like every year Freshers' Week usually runs between the last week in September to the first week in October in the UK and Eire. This event is specifically for university students, so that they are aware of services available should they need it. This is a perfect opportunity to highlight the support that Al-Anon provides to those affected by a loved one's drinking.

Most events are not back to in-person, although some may continue online. For Fresher's week, many universities will invite organisations to hold a stall and give out literature or talks. Contact your local university and ask if you could man a stall. Don't forget to bring an Al-Anon banner and some useful PI literature. Some appropriate literature could include [UK 29 Are You Troubled by Someone's Drinking? \(20 Questions\)](#), [UK107 Families Surviving Alcoholism](#), or you could just go for [UK128 PI Bundle](#), which will get you a range of leaflets and posters. You can also print the campaign 2023 poster from the campaign page on the website. When talking to a student, you could even suggest that they listen to some of our [podcasts](#).

If you are unable to hold a stall, ask if you can provide them with some literature for students to pick up themselves.

Let's not forget Go Sober October, where the focus will be on giving up drinking. During this month, we can focus on the negative impact of excessive drinking and how it affects others. Local businesses and offices may offer talks to their staff. Ask if you can come in and share your story. This is now often done online.

For members in the Republic of Ireland, Mental Health Awareness Week will run from the 4th-10 October this year. With so much focus on mental health and a direct link to our recent campaign, this is an opportunity for you to raise awareness. Contact your local newspaper, magazine or radio station and offer to share your story anonymously for the week of Mental Health Awareness. Feeling less adventurous? Contact your local health professional and offer to send them some Al-Anon literature with details on how to find a local meeting.