

Monthly Focus Calendar 2024

*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)*

January/ February

Happy New Year to all! If you have started the new year feeling thankful for Al-Anon, this is your time to help others find out about Al-Anon. Let's start 2024 with enthusiasm for PI – find out what opportunities are available and what you can do to help raise awareness of Al-Anon.

The year starts with Dry January, following a very difficult time for many people living with alcoholism, this is our chance to raise awareness of the support available. One effective approach is for you to share your personal stories of recovery with local journalists or by showing support on social media platforms. Encouraging open conversations within your community, both online and offline, can help break the stigma surrounding alcoholism and highlight the importance of family support. If you prefer a more personal approach, why not attend a workshop (in person or online) or drop-in sessions at local hospitals, workplaces, other local charities or universities. If you purchase one of our pop-up banners for only £49, local libraries, hospitals and even certain supermarkets will allow you to leave it there for a certain number of days – you can call this easy PI!

In February, Children of Alcoholics Week (COAW) will run from 11th - 17th in the UK & Eire. In the UK, online Alateen meetings are available for anyone between the age of 12-17. This allows the Areas who don't have in person Alateen Groups to raise awareness of the online meetings. Approach local secondary schools, colleges and universities, and find out if they are holding an event for COAW. You can attend with a banner and some literature. Remember that the PI Bundle (UK128) is still available to purchase from our online shop.