

## 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](mailto:pi@al-anonuk.org.uk))*

### May/ June

#### PI Monthly Focus May and June 2024

During the months of May and June there will be fetes, sporting events and festivals being held up and down the countries. Such cause for celebrations may mean that life can become difficult and that's where we need to start planning now to help our communities become aware of our organisation. Listed below are some of these UK and Eire events, though it would be great if we could look into what is being run locally to support these national initiatives to increase the awareness of what we offer.

#### May

**Mental Health Awareness Week** 2024 will take place from **13<sup>th</sup>** to **19<sup>th</sup>** May, on the theme of "Movement: Moving more for our **mental health**".

This might include requesting a stand at a local event (use a browser search to find one near you). Use our [media release templates](#) available on our website.

**PI Area Co-ordinators:** Ask members to talk to their employers to see if we can either visit and talk to their organisation or leave literature.

**Group Members:** We encourage members to share their story and how they were affected emotionally and mentally by a problem drinker. How can I share my story? Your share can be sent to GSO to use on social media, and/or you could send it to your local newspaper for print.

**International Day of Families:** is celebrated on **15<sup>th</sup> May**. International Day of Families commemorates all families, both traditional and non-traditional, to enforce the fact that there is no family blueprint. A family is simply a group of people who love and support each other and are connected by a strong bond.

Why not go along to your local supermarket and contact their Community Champions to ask if you can place a literature table and/or a banner near or in their entrance. You can visit early to set things up and clear away at the end of the day preserving everyone's anonymity.

Why not contact local solicitors who specialise in family law. The Family Law Association has lists of family lawyers near you.

[Refer to the Government Sure Start Children's Centres near you](#). Contact your local centre to see how we can share our experiences with them.

## **June**

### ***Global Wellness Day: 8<sup>th</sup> June 2024***

The purpose of Global Wellness Day is to ask the question, "How can I live a healthier and better life?" even if for just one day.

Speak to your employers and local shops to see if you can talk to the staff or setup a small literature table providing leaflets such as *Are you troubled by Someone's Drinking* (UK29) and *Did you grow up with a Problem Drinker?* (UK11).

***International Men's Health Week – 10<sup>th</sup>-16<sup>th</sup> June 2024***. The goal is to encourage men and boys to seek early medical advice and treatment for disease and injury. We all know about the disease of alcoholism!

Early planning and contacting mean a higher success rate of providing tables, brochures, banners and stories for us to participate in national and local events. This can help us attract new and younger men to our organisation.

Use the [existing templates](#) to help reach out to these people.

### ***Preparing for July and August 2024***

Why not start preparing for some really big events in the forthcoming months. Here are just a few that will create local gatherings near you.

1. *Emirates FA Cup Final (May)*
2. *Music Concerts (Pink, Jonas Brothers, Taylor Swift to name just a few) or festivals*
3. *Wimbledon (1<sup>st</sup> -14<sup>th</sup> July)*
4. *Paris Summer Olympics (26<sup>th</sup> July – 11<sup>th</sup> August)*

Many local screens will be setup around the countries as well as in pubs and meeting places showing these events. Ask if you can leave posters on the back of toilet doors, a banner at the entrance or a few leaflets. Don't do this once, share the responsibility of doing it constantly for each and every event.