

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)*

September/ October

Monthly Focus Calendar 2024 : Sept/Oct (Autumn Edition)

Phew – what a busy time! So much has happened over the height of the summer holidays. Many celebrations and events held over the last couple of months may well have highlighted problems regarding over-drinking. We need to allow the families and friends who have experienced this new problem to find our wonderful and kind programme easily.

This month we need to re-fresh, re-focus, re-plan and re-act for the coming months.

September 2024

FRESHERS Week; UK and Eire

This generally runs between the last week in September into the first week in October and is a huge opportunity for us. Freshers Week is aimed at new university students, allowing them to learn more about the university and the services available for them, should they need it.

Many universities will hold their Freshers' Week face to face whilst some may run online. Contact your local university and/or college **NOW** and find out how you can get involved. Ask if you can have a table, with CAL literature available and erect one of our [banners](#). If they are holding online sessions, provide them with information about our website, free helpline, and social media channels.

Local Food Banks

We encourage members to contact their local Food Bank/s with details of Al-Anon. Food banks not only provide food and services for homeless people but also communicate details of local helping organisations. Visit these centres every month to ensure that our CAL literature is available and talk with the local organisations that are assisting on those days.

National Suicide Prevention Month (UK)

This year's theme, 'Creating Hope Through Action,' is a reminder that suicide is preventable, not inevitable. We also know that suicide and alcohol go hand in hand. Why not request to do a 'Share' with your local AA meeting (or be brave and go to an AA Open Meeting outside your area) and bring into your 'share' the understanding of the depression that many alcohol depended people feel. Share how our Al-Anon members can understand and support them through this difficult time.

13th September Positive Thinking Day (UK)

Positive Thinking Day is a day to promote the power of positivity and the impact this simple act can have on your life.

Tips for Staying Positive in Difficult Times

1. Keep an open mind. ...
2. Create a Gratitude list for the day. ...
3. Easy does it. ...
4. Keep it simple. ...
5. You are not Alone. ...
6. One day at a time. ...

Sound familiar??? Why not talk to your employer and see if you (or someone from your local group) can talk to your Wellness team regarding AI-Anon and being positive during difficult or distressing times.

21 September [World Gratitude Day \(UK and Eire\)](#)

Today, tell the people in your life how much you appreciate them, but also don't forget to thank yourself for all your good qualities. Self-care is very important on World Gratitude Day. Share this day with your friends and family and share the joy you have found in AI-Anon! "Let it begin with me".

27th - 29th September [Galway International Oyster & Seafood Festival \(Eire\)](#)

A weekend of much fun and laughter. Why not contact the organisers of this event to request a list of supporters (medical, lost and found etc.) to see if you can provide them with literature? I'm sure many families would welcome the knowledge that there is a safe and secure place to visit on their doorsteps. Check out what other festivals are being held during this time – I'm sure there will be plenty of others.

October 2024

1-31st October [Sober October \(UK\)](#)

A MacMillan Cancer Research and NHS supported appeal to request people to go sober for the month of October. Speak to your local MacMillan hospice to see if a banner and literature can be placed near their own awareness campaign material. This is the perfect opportunity to highlight the effects of alcoholism in many families. Contact your local newspaper, magazine, and radio, and ask if you could share your story.

Living with a problem drinker has an impact on mental health, so it's important to highlight this.

NHS – Mental Health - www.nhs.uk/mental-health/

HSE- Mental Health Services - www.hse.ie/eng/services/list/4/mental-health-services/

Choose the relevant support services from the above links. Offer to send literature, ask if the AI-Anon banner can be displayed on their premises, and suggest an AI-Anon member share online or face-to-face at one of their staff meetings.



Christmas is Around the Corner

Now is a good time to start reaching out to GPs, Health Centres, religious institutions etc., to prepare them for the festive period when they are likely to see the effects of alcohol indulgence. Look to Social Prescribers to enable them to be aware of our material and facilities within your areas.
