

Monthly Focus Calendar 2025

*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)*

March/ April

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Spring is beckoning and these months are a great time to build upon the UK & Eire Public Information Campaign *You are not alone!*

March

March 4th – March 10th is 'No More Week' 2025 when there will be a focus across the UK on domestic abuse and sexual violence. This is an opportune time to approach your local domestic violence services and women's refuge with information about Al-Anon and the local / online support we provide.

March 14th is University Mental Health Day organised by Student Minds and UMHAN. Is there a higher education provider in your local area? Maybe consider writing to the student union education and welfare officer or the university student counselling service with information about Al-Anon. Student newspapers are always eager for articles – if you have experience of coping with the effects of someone else's drinking while you were studying perhaps you could offer an interview.

March 16th is Young Carers' Action Day when the focus will be upon young carers and young adult carers. You may wish to approach one of the growing number of [Family Hubs](#) or Family Centres in the UK. Similarly, there are 121 [Family Resource Centres](#) across Eire that work with local communities.

April

April is Stress Awareness Month which offers a perfect backdrop for an approach to local employers, small or large. The resources supporting the 2025 UK & Eire PI Campaign include a template letter for contacting employers that you may wish to use. The stress of living with a problem drinker can affect an employees' ability to work effectively.

Counsellors can also be very receptive to our message. Perhaps draw up a list of local counselling services and prepare a simple email setting out the help available through Al-Anon – you can draw from the existing template letter for professionals. Open meetings offer a great opportunity for counsellors or other therapists to see our programme in action.



And don't forget your 'right to reply' over this period to any media article or broadcast that picks up on the events in March and April. A simple email, just a couple of sentences about loneliness in the alcoholic situation and how Al-Anon has helped break the isolation could unlock a PI opportunity!
