

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)

Monthly Focus Calendar 2025 May/June

In the run up to the summer holiday period there are some great opportunities to carry our message of hope. The UK & Eire Public Information campaign *You are not alone!* provides some useful tools and resources – and let's not forget our 'right to reply' to media articles and broadcasts that highlight the events listed below.

May

5th May – 11th May is '**Maternal Mental Health Week**' and '**World Maternal Mental Health Day**' is on 7th May. Maternity is often a joyful time, but the stress of living with an alcoholic partner can overshadow this special time. Both our in-person and online meetings can offer a valuable lifeline in such circumstances.

13th May – 19th May is '**Mental Health Awareness Week**'. This year's theme is 'Community' which ties in well with our campaign message that you don't have to struggle with the effects of someone else's drinking on your own.

One way to build on these events in England might be to reach out to your local [Healthwatch](#). There are 150 of these organisations across the country and part of their remit is to help people get the information and advice they need to make appropriate decisions and get support. However, if you do provide feedback to Healthwatch - as in all PI work - it's important that you offer your own experience and not present yourself as a representative of Al-Anon. Contacting Family Support Hubs, or Family Resource Centres in Eire is another way to build upon these events. In Scotland SAMH (Scottish Action for Mental Health) or Breathing Space provides information and support on mental health issues, members in Scotland may wish to inform them about Al-Anon.

MAY/JUNE

JUNE

Finally, don't forget the 15th May is the '**International Day of Families**'! You might wish to approach lawyers who specialise in family law or your local family court with information about Al-Anon.

June

In June the spotlight falls upon men with '**Men's Health Week**'. This international event is observed during the week leading up to Father's Day between 9th – 15th June. During 2025, the theme for the island of Ireland will be 'Shoulder to Shoulder: Connecting for Health. Great Britain has adopted the theme 'The Lives of Men in Our Communities'.

Some sports clubs have supported campaigns to raise awareness of men's mental health – if there is a stadium near you (football, rugby league or rugby union, etc.) make contact with their Head of Community to offer some Al-Anon literature or perhaps a speaker.

The theme for '**World Wellbeing Week**' 24th June – 30th June this year is 'Connections' and '**National Carer's Week**' takes place on 9th – 15th June.

No matter what your plans are to raise awareness of our fellowship during May or June, take action and enjoy "People Informing".