

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

### July/ August

The summer holiday period is a great time for PI.

If you are going away be sure to pack some [Al-Anon Business Cards UK20](#). The distress of those travelling or holidaying with a problem drinker can become quite publicly apparent at the airport or in resort – a kind word (and our Helpline number if appropriate) can make all the difference. If you have an airport in your Area this might be a focus for a PI project to raise awareness of Al-Anon for all those who offer support to passengers, including airline staff. However, do make contact before the summer rush and remember that airports are large employers too. The summer is also an important time for outdoor events. Organisations provide first aid cover at many sporting, music and community events. You may wish to approach your local branch with a poster and a selection of PI literature or just go and have a chat with them about Al-Anon if you are attending an event. Remember – ‘Every contact counts!’.

#### July

**7<sup>th</sup> – 13<sup>th</sup> July is Alcohol Awareness Week** with participation each year by public health teams, workplaces, GP surgeries, pharmacies, hospitals, charities and other community groups. While we do not affiliate with Alcohol Awareness Week or Alcohol Change, the week does provide a great backdrop for a concerted approach to professionals.

**30<sup>th</sup> July is the United Nations International Day of Friendship** which has a focus on reaching out to other communities, nationalities and cultures, particularly by younger people. This might be a good time to reach out with our message to international community associations.

#### August

**August is National Wellness Month in the UK and Eire.** The media are always on the lookout for stories during a time of reduced news. So, this may be an ideal opportunity to offer an article to your local paper or parish newsletter. Local radio will also be

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receptive to stories of the effects of living with problem drinking and how Al-Anon helps and supports those who have been affected. [The Public Information Guidelines – Carrying the Message \(UK14\)](#) has a great section on approaching the local media.

**12<sup>th</sup> August is International Youth Day** intended as an opportunity to draw attention to youth issues worldwide. Check for events in your Area which may provide an opportunity to share information about any local [Alateen](#) Group.

Have a great summer of PI activities and opportunities, whatever you do and wherever you go!

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