

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)*

September/ October

Autumn

Autumn is a time of new beginnings. Children go back to school. Students make the transition into college or higher education. Families go back to their normal routine after the summer.

Why not make a new start on PI, harnessing our 2025 Campaign ['You are not alone!'](#)?

Perhaps you are an individual member taking your first steps into PI or you are a Group contemplating your next PI project - now is a great time to get going with PI.

Local further education colleges offer pastoral care to their students and are likely to be receptive to information about Al-Anon. Many youngsters will also be going to university and living away from home for the first time. Some may be moving out of an alcoholic home -others may witness problem drinking in their close peers. Student unions, pastoral care / counselling services and 'Freshers' Week' are great places to start in carrying our message.

Some appropriate literature could include [UK 29 Are You Troubled by Someone's Drinking? \(20 Questions\)](#), [UK107 Families Surviving Alcoholism](#), or you could just go for [UK128 PI Bundle](#), which will get you a range of leaflets and posters.

September

International Recovery Day is on 30th September and you may wish to approach local alcohol treatment centres with literature for family members. Some treatment centres organise sessions for families which might welcome an Al-Anon speaker.

October

International Day of Older Persons is on 1st October. Grandparents can find themselves deeply affected by a son or daughter's drinking either directly or arising from concerns about grandchildren growing up in an alcoholic home. Charities such as ALONE, Age Action and Third Age in Eire and Age UK may be receptive to our message.

World Mental Health Day is on 10th October and provides a great opportunity to approach local [counsellors](#) / counselling services with our information for professionals.

Spiritual Care Week / Pastoral Care Week in Eire is between 19th – 25th October. The week is hosted by the COMISS Network (The Network on Ministry in Specialized Settings) and as such is multi-faith in its approach. Consider contacting local faith organisations with a selection of our PI literature (including a bunch of our business cards). And don't forget hospital chaplains!

Good luck in your new beginnings!
