

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)*

November/ December

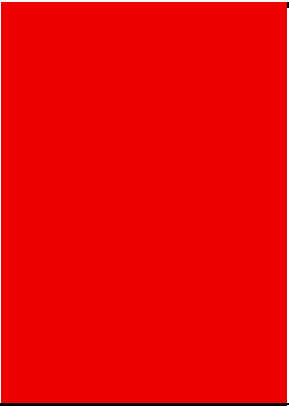
The run up to the festive period in December with its shorter days and high expectations can be a lonely time for anyone affected by someone else's drinking. Family gatherings can expose the consequences of problem drinking and sadly, domestic violence calls to law enforcement services tend to spike during the holidays. This may be an important time to carry the message of our [2025 Campaign](#) 'You are not alone!'

November

November runs for the whole of this month raising awareness of men's health issues including mental health and wellbeing. 19th November is **International Men's Day** which also seeks to draw attention to Men's wellbeing. Consider reaching out to local organisations such as football and other sports clubs, particularly those with a community programme that seeks to promote men's emotional health. [UK8 Al-Anon is for Men](#) is a valuable resource. The A5 poster [UK105 Worried About Someone's Drinking?](#) and [UK11 Did You Grow Up With a Problem Drinker](#) may also be suitable for these settings.

World Children's Day on 20th November focuses on ensuring that all children have access to education, healthcare, and protection from harm. If you have an Alateen Group in your Area, this may be a perfect opportunity to raise awareness of Alateen by arranging a visit and dropping off literature to schools, youth clubs, etc. The new Alateen A5 poster [UK135 Alateen Support for young people](#) and [UK136 Alateen Support for young people roller banner](#) can be purchased from the shop.

25th November is **International Day for the Elimination of Violence Against Women**. The day is intended to raise awareness of sexual and domestic violence perpetrated against women, as well as the scale and true nature of the issue. For details of support services to approach with information about Al-Anon you may wish to check with the [Citizens Information Service](#) in Eire or the Women's Aid Directory of local support services in the UK.



December

December is the season of office parties. As we enter this month and the holiday period the issue of living with problem drinking may come to the fore. Street Pastors operate in the UK and Eire and may come into contact with friends and families who are concerned about someone else's drinking. Consider approaching your local place of worship with information about Al-Anon to inform any Street Pastors who operate in your community.

As the year comes to an end, how will you and your Group offer the gift of Al-Anon?
