

Monthly Focus Calendar 2026

*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)*

January/Feb

Public Information (PI) Monthly Focus

Monthly Focus Calendar 2026: Jan / Feb

For families affected by problem drinking, the holidays may have been a period of stress and uncertainty. Others may have been concerned by the drinking of friends and colleagues during the holiday season. January is frequently a time of reflection and change - when those struggling with someone else's drinking may most welcome our message of hope.

What's your PI resolution for 2026?

A good starting point may be to refresh your stocks of Business Cards (UK20), purchase some of the new A5 *You Are Not Alone* Campaign posters (UK140) or take advantage of the special offer on the PI Magazine for professionals *Families Surviving Alcoholism* (UK107).

Perhaps you could be your Group's next PI Person? Tune in to the [PI Podcast](#) on the Member's area of the website 'How I started doing PI for my group' to find out about the role. There is also the handy [Information for the Group Public Information \(PI\) Person](#) for you to access.

January

1st January – 31st January is '**Dry January**' led by Alcohol Change UK. If your employer is participating in Dry January perhaps you could draw attention to the plight of families affected by alcoholism. The template letter to your employer contained in the [PI Resources Pack](#) may provide a useful starting point. Look out for Dry January events in your local area that may be willing to receive and display Al-Anon PI resources.

7th January is '**Ireland Lights Up Community Walking**' Day on which Gaelic Athletic Association clubs across the country are encouraged to open their facilities, switch on their floodlights and create safe, well-lit environments for evening walks. The aim is to promote mental wellbeing alongside exercise. A public information display in the foyer may be a great way to raise awareness of AI-Anon.

Do you belong to a gym? Does your yoga, keep-fit or slimming class use a community meeting place? If there is a board for community notices, ask whether you can put up an AI-Anon poster to coincide with that extra January footfall!

February

5th February is '**Time to Talk**' Day led by Rethink Mental Illness in England. Remember, 'every contact counts', and this is a great opportunity to start a conversation about AI-Anon. It's good to have an AI-Anon Business Card to hand. Talking Cafés are starting to spring up everywhere and may be happy to display a small amount of PI literature.

YMCA Ireland highlights the opportunity for 'small talks', 'tea talks' and 'small walks' for mental health. Its sites may be happy to display an AI-Anon banner or welcome an AI-Anon presence at any related event.
