

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)*

September/ October

Autumn is a good time to think about your PI activities for the remainder of the year and plans for the coming year. Does your Group, District or Area have a PI plan? What are your PI goals for the coming year and where are you going to focus your efforts? [UK14 PI Guidelines – Carrying the Message](#) states: “A rolling Public Information Plan can help to spread the work across the year, keeping PI work at the forefront of our minds and enabling us to plan ahead”.

September

In Eire, the **Green Ribbon Ireland Campaign** takes place across the whole of September. The campaign managed by Shine aims to de-stigmatise mental health and foster a more compassionate and supportive society. Look out for Green Ribbon events near you and explore how Shine might be able to help carry our message that alcoholism can affect any family.

9th September is International **Foetal Alcohol Spectrum Disorders Awareness Day**. Its focus will be on Foetal Alcohol Spectrum Disorders (FASD) and the importance of going alcohol free during pregnancy. This could create specific tensions in families affected by a future mum’s problem drinking. FASD is a complex issue and Al-Anon should not be drawn into public controversy, but opportunities may arise to support local family members.

10th September is **World Suicide Prevention Day** organised by the International Association for Suicide Prevention (IASP) and co-sponsored by the World Health Organisation. Consider approaching local representatives of the Samaritans with information about Al-Anon.

30th September is **International Recovery Day** which was established by International Recovery Inc., in 2019. You may wish to look for any associated events in your local community that might be prepared to host an Al-Anon display. Alternatively, you could approach rehabilitation or alcohol treatment centres with information about Al-Anon. [UK128 PI Bundle](#) provides some great resources. Professionals can also be encouraged to purchase further PI materials from our online shop. The [FRANK](#) website has a useful ‘locator’ for relevant organisations in the UK. [DRUGS.ie](#) has a similar, national directory of drug and alcohol services in Eire.

October

1st October sees the launch of **Go Sober for October 2026**, a 31-day alcohol-free challenge that takes place every October to raise funds for Macmillan Cancer Support. Tradition Six applies here and we should avoid affiliation. However, a focus on alcohol during October, could provide a helpful backdrop for the AI-Anon message.

1st October is also the **International Day of Older Persons** and an opportunity to carry our message to grandparents of alcoholics.

10th October is **World Mental Health Day**. The purpose of the Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health. Consider approaching local counsellors or related professionals with a copy of [UK122 Help and hope for families and friends of alcoholics \(PI Magazine\)](#) or our leaflet [UK123 Information For Professionals](#)

18th – 24th October is **Spiritual Care Week** in Eire. The week is hosted by an international body, the COMISS Network: The Network on Ministry in Specialised Settings. The focus of the week is on professional chaplaincy and pastoral counselling. Chaplains in hospitals, prisons, airports and education are well placed to carry our message of hope as part of their pastoral role.

There is a lot to choose from, so do take the time to prioritise and plan your PI activities. And don't forget to co-ordinate with your Group, District and Area. Sharing your plans may even inspire others!