



Al-Anon at Westminster

On 1st November 2016, we held our first parliamentary event at Portcullis House, hosted by Liam Byrne MP (see photo).

This event was a great success and led to invitations for Al-Anon to attend two other conferences.

A media release is available on our website at [Al-Anon at Westminster - media release](#)



New Template for letter to GPs/Health Professionals

Now available on the PI Resources section on the members' website. Why not use it to **send to your local Health/Medical centre or GP.**

The PI Monthly Focus Calendar has been updated with February and March including lots of ideas to help with PI.

Available on the **members' website** at [PI Monthly Focus](#)

Do you have any experience as a speaker?

If you would like to volunteer as a speaker either for the media or local events, please email pi@al-anonuk.org.uk with your name, Area and contact number.

Right to Reply Success

Thank you to everyone who contacted BBC Radio 4's programme, '**Broadcasting House**' which was covering Dry January. It culminated in us holding an 'Open' meeting at GSO for Paddy O'Connell and his producer. Members were recorded and the item aired on 29th January 2017. A podcast will be available soon on the website.

MEMBERS' SURVEY

We were very pleased that 900 of you completed our online members' survey.

Thank you to everyone who took time to participate. The results will be available on the members' website later this year.

Media coverage

- Al-Anon was mentioned in *The Sun's Dear Deirdre* column of 11th November and 2nd December 2016.
- A member spoke with AA on Finn Valley Community Radio, Castlefinn, Co Donegal on 4th December 2016.
- BBC 5 Live Radio interviewed a member of Al-Anon on 21st December 2016. The theme was 'drinkers feeling that Christmas festivities justify their excessive drinking'.
- Al-Anon was mentioned on Woman's Hour on 10th January 2017.
- Al-Anon was mentioned on Broadcasting House on 22nd January 2017 (see Right to Reply Success story).

Public Information Newsletter

A member from Area 11 had this letter published in three Scottish newspapers during December. Have you a similar story you could send your local newspaper?

Dear Editor

This time of the year is very often the worst time for anyone living with a problem drinker. Others can appear to be so happy, but if you happen to be living with someone who drinks excessively, every aspect of life can seem horrendous. Mine certainly was. My husband's drinking was out of control and my sole aim in life was to stop him drinking. The harder I tried to stop him, the more confused, angry, and miserable I became. I put all the blame of my utter misery on him as I was doing everything humanly possible to keep our family's heads above water, and all to no avail.

I had never heard of Al-Anon Family Groups although I had heard of Alcoholics Anonymous (AA) but I thought that alcoholics were the down and outs who had the bottle in the brown paper bag, the dirty rain coat and lived on the street. My husband was a professional person as was I, so there was no way he could be an alcoholic!! Eventually I heard of Al-Anon Family Groups through AA and went to my first meeting thinking that I did not need any help and not sure why I was going there.

As I entered the meeting place I heard laughter and assumed I was in the wrong room but no, this was the Al-Anon Meeting Room.

The fact that these people could actually laugh kept me going back every week until I had stopped crying and was able to listen to what was being shared in that room. These Al-Anon members were living their lives and living with problem drinkers but they were supporting each other by sharing their experience, strength, and hope. They were happy at their meeting no matter what was happening at home. They knew that whatever was happening they would be able to handle it, as they had their Al-Anon support to fall back on.

There are so many ways Al-Anon can help. There are slogans to use when things get tough, eg One day at a time, Easy does it, How important is it? to mention just a few.

There are many books, written by members, which all helped me get better. The whole ethos of support, information, kindness and identification has made me a whole person. I can cope with life's problems now in a sensible manner and look at each different situation for what it really is and not make mountains out of mole hills. If you are affected by someone else's drinking there is hope of a better way of life if you go to Al-Anon Family Groups.

All meetings are on our website at www.al-anonuk.org.uk or contact enquiries@al-anonuk.org.uk

Our Helpline is available 365 days a year, 10am-10pm, on 020 7403 0888.

Signed: A Grateful Member of Al-Anon Family Groups.

**Please inform your Area PI Co-ordinator of any Public Information you have done or email: pi@al-anonuk.org.uk
Area PI Co-ordinators: Please keep GSO informed even if you are unable to take up PI opportunities that we send you.**