



AL-ANON INFORMATION SERVICE

Newsletter : Éire - Spring - Summer 2019

Dear Groups

As we make our way to sunnier days in 2019 we are happy to announce that the Al-Anon Information Service name has been officially adopted by the six areas that set it up and support it in our region. GSO has been advised of this change. **Thank you** to all of you in your Groups and Areas for your contributions to keeping our Service open and available to members by:

- giving what you can afford at meetings
- by volunteering from your homes on the Helpline 365 days a year
- by volunteering in our office in Capel Street weekdays 10:30-2:30 to support PI work and the sale of literature

PUBLIC INFORMATION

Through Public Information initiatives the Information Service informs people whose lives are affected by others drinking that Al-Anon exists and offers them a safe haven. We all remember how glad we were to find Al Anon when we needed it.

“When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and Let It Begin with me”

GSO UK issues a Monthly Focus Calendar of Ideas and suggestions for ongoing PI activities. The focus for their current PI campaign is “The untold Story” of those affected by others drinking. See the relaunched Al-Anon UK & Eire website www.al-anonuk.org.uk/members-area where you can also sign up for the regular newsletter. Links can also be found on the members page of the local website at www.alanon.ie. There is a now a vacancy for a P.I. volunteer at the Information Service. Do email info@alanon.ie or call the office on 01-878 36 24 if you are interested in helping with this.

LITERATURE

Over €21 311.74 was spent on the purchase of Al-Anon CAL literature from GSO UK in 2018, a decrease from the €23 882.14 spent in 2017. This shows a considerable demand from members and groups for CAL literature. It indicates what an important task the Information Service provides to members and Groups. Literature can be purchased at the Capel Street office Monday to Friday 10:30-14:30 or by post.

Do you think that some of our literature needs updating? If you have computer skills you could consider joining the literature task force. Are you interested? If so email GSO at: enquiries@al-anonuk.org.uk putting HELP WITH LITERATURE in the subject line and they will send you more details.

The literature service requires stock taking, ordering, book-keeping, and parceling. For these and other tasks, the office needs 15 volunteers per week. If you would like to help out even for a short time in the office please email info@alanon.ie or phone 01-8783624 from 10.30am to 14.30pm, Monday to Friday or go to the Members section on our website. You don't have to have any special training to volunteer for the office, just the will to contribute.

EVENTS

If your Group, District or Area are organising any events please be sure to give us lots of notice and send us an email to info@alanon.ie. Be sure to include a copy of your poster. We'll put the information on the Members page www.alanon.ie and list it in our next newsletter.

Event	Date	Location
March 8th-10th 2019	AA Convention - Al-Anon participation	Blarney, Co. Cork
April 13 th 2019	Ireland North TEAM Event (Area 13 & 30)	Omagh, Co.Tyrone
April 26 th -28 th 2019	AA 62 nd All Ireland Convention – Al-Anon participation	Bundoran, Co.Donegal
May 10th-12th 2019	14 th Greek Al-Anon Convention	Porto Heli Greece
May 31st – June 2nd 2019	AA County Convention - Al-Anon participation	Killarney, Co kerry
September 27th-29th 2019	2019 Al-Anon Convention	Corfu, Greece
November 1st to 3rd 2019	18 th European Danish Al-Anon Convention	Copenhagen, Denmark

WEBSITE

The Website continues to be an essential part of communication in the Information Service. Please look at the user-friendly Members section of www.alanon.ie for Al-Anon resources and events. The most recent Al-Anon UK & Ireland Insurance letter for March 2019-2020 can also be downloaded from this page.

HELPLINE

Volunteers attended the annual Helpline workshops that took place from January to March in Claremorris, Cork, Dublin and Limerick. By using experienced local Al-Anon volunteers and local Al-Anon venues, training costs were reduced to €145 in 2018, and will be similar in 2019. The forty volunteers needed to operate the helpline have to be continuously replaced by new volunteers. To volunteer for the helpline see the Members page at www.alanon.ie.

FINANCES + FIGURES

Donations from Areas in 2018 have decreased slightly to € 20,341.45 while operating costs have also decreased and totaled €20,897. Thanks to the Trojan efforts of all members but especially those in Areas 14 and 15 in maintaining donations, and by Information Service volunteers going the extra mile in keeping costs down we have made ends meet. Our Prudent Reserve has been restored to 50% of annual operating costs, so our Information Service continues to be on a secure footing. Reflecting the established policy of not keeping more funds than is required, a contribution of €280 has been made to GSO UK for 2018.

Expenses <small>[excludes literature bought and sold at no profit]</small>	2018 Financial Statements	2019 Budget
Audit & Accountancy	731	731
Bank Fees	284	300
Bank Fees Literature	140	150
Cloud Software Services	677	1100
Depreciation on Equipment	678	677
Electricity	1,580	1400
Helpline Telephone	2,553	2500
Helpline Training	145	150
Insurances	653	650
Literature Expenses	509	200
Maintenance	259	200
Meeting Expenses	172	200
Office Expenses	11	50
Office Telephone	1,276	1300
Other Postage	69	70
Pettycash - Bus Fares	1,724	1700
Pettycash - Food	247	200
Pettycash - Household	109	100
Pettycash - Miscellaneous	11	10
Pettycash - Office Supplies	168	200
PI Expenses	82	200
Postage	419	200
Printing & Stationery	339	400
Rent	8,064	8,064
TOTAL	€20,897	€20,752

AREA figures 2018

2018 Jan - Dec	Area 14	Area 15	Area 16	Area 19	Area 23	Area 29	Total
Group Meeting	33	28	32	16	22	37	168
Service Contributions	€6,936.50	€4,800 *	€3,200	€2,355	€1,958	€1,082	€20,341

* Total includes Area 15 donation of €800 received in December 2017 but cashed in January 2018

The full financial statements of Family Groups Information Centre Ltd. the registered charity that operates the Al-Anon Information Service can be viewed on line at the members page at www.alanon.ie. The accounts are prepared by an independent auditor and submitted to the Companies Registration Office on an annual basis.