

# AL-ANON INFORMATION SERVICE

Newsletter : Éire - Autumn - Winter 2019

## Dear Groups

Autumn is a busy time in Al-Anon as we refocus on our program and get ready for the meeting of Group Representatives at the Autumn Area Assemblies. Each of the six local Areas nominates a Representative to the Information Service [ISR] who acts as the vital link between the Area Groups and the Information Service. They will be bringing our news to the Area Assemblies and this newsletter to your Group Representative to bring to your Group. The members who volunteer for these roles provide a vital service that keeps our local Al-Anon healthy while also contributing to their own recovery and growth.

## VOLUNTEERING AT THE INFORMATION SERVICE

The Information Service was set up in 1975 by six Areas 14,15,16,19,23 & 29 to support Al-Anon members by providing:

- Literature sales by post, by phone (01-8783624) or in person at the Capel Street office
- Public Information support by post, by phone (01-8783624) or in person at the Capel Street office
- Helpline (01-8732699) available 10.am -10pm 365 days a year. operated by pairs of volunteers doing four hour slots.
- Website [www.alanon.ie](http://www.alanon.ie)

The 5 Capel Street office is open Monday to Friday 10.30am - 2.00pm. It requires three volunteers a day - 15 volunteers a week to open. Currently we need three new volunteers. The Service pays for any travel expenses that volunteers incur. If you live elsewhere in Ireland you can still volunteer by operating the helpline from your home. See helpline details on page 2

We also have vacancies for three specific roles

- Meetings List Coordinator
- Public Information Coordinator
- Director [replacing part of the old Chairperson role along with the new Volunteer Coordinator role]

Members who take these roles do not need to work a regular day at the office and can operate remotely from their home. They are required to attend six meetings a year on Saturdays. Sponsorship is provided to help members grow into their roles. Anyone who takes on service always gets as much out as they put in. Service is a great opportunity to grow, learn new skills and make new friends and is an essential aspect of our recovery in Al-Anon.

## VOLUNTEERS NEEDED! We urgently needed new volunteers to keep the office open

All members are welcome to volunteer one day a week from 10:30 am to 2:30 pm in the Information Service Office. The office is very central and is beside the bridge at Capel St near the Luas Green Line stop at Jervis. Please call in any weekday and meet the volunteers. You can buy Al-Anon literature and leaflets for your group or have a look at our shelves for books to help your recovery. If you just want a chat and a tea or coffee then that we'll provide that as well. We look forward to seeing you all.

## LITERATURE



The literature pricelist was updated in July and is valid to the end of June 2020. It is available on the [www.alanon.ie](http://www.alanon.ie) Store page. Card payments through PayPal have now been introduced to make literature purchases easier for members. Any credit or debit card can now be used to pay online. The PayPal link can be found on the [www.alanon.ie](http://www.alanon.ie) Store page or by typing <https://paypal.me/AISIRELAND> into your web browser. It will still of course be possible to pay by post, by cheque or by money order.

Groups are finding the Welcome Newcomer no.116 blue pamphlet to be a great way to provide new members with useful information on Al Anon. It contains various leaflets stapled together and costs €1.30. The good news is that the Newcomer Pack [leaflets 15, 26, 29 & 33] is still available and costs €1.00.

## PUBLIC INFORMATION

Many Groups will carry out Public Information activities in their areas over the next few months. The Information Service carries a large selection of public information leaflets and posters that can be used by Groups. We now also carry a range of new colour banners. On the [www.alanon.ie](http://www.alanon.ie) Members' page are links to numerous PI resources. The [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) Members' area also contains many Public Information tools and resources. Unfortunately as the PI Coordinator vacancy has not been filled yet there are no Al-Anon stands at teacher or GP conferences this year. Hopefully we can resume this critical work next year.

## WEBSITE

The [www.alanon.ie](http://www.alanon.ie) website is user friendly and carries information for members in Ireland. It plays an important part in bringing Al-Anon to newcomers. Do check the website for Meetings, Podcasts, Al-Anon events etc. The relaunched Al-Anon UK & Eire website [www.alanonuk.org.uk](http://www.alanonuk.org.uk) has additional resources including an online magazine 'Al-Anon Today' and is also a great source for up to date support and information.

## GROUP MEETINGS

The number of meeting in our Areas remains at roughly 177. The Information Service keeps the Meetings List up to date and distributes it to members via the website and printed lists. We sometimes get calls from newcomers who report finding meetings that are closed. If for any reason a meeting cannot take place at the usual time please if possible place a notice in a visible location explaining this. The website will have a Christmas notice where all meetings that have temporary changes can be listed together. Please inform the Service by phone on 01-8783624 or [info@alanon.ie](mailto:info@alanon.ie) of your temporary changes. The meeting lists will soon display Eircodes to help newcomers locate meetings. Please check your meeting's Eircode to ensure it is correct.

## HELPLINE

Can give up 4 hours a week to take helpline calls in your home and provide information to people new to Al Anon? Training is available. This year again, we are running a series of smaller workshops of 8-12 people in Dublin and around the country aided by our local team of three facilitators. If you are interested in volunteering please ask your Group Rep for a registration form, download the application form on the members page of [www.alanon.ie](http://www.alanon.ie), email [info@alanon.ie](mailto:info@alanon.ie). or call the office on 01-8783624

### Workshop Dates & Locations

Sat. Nov. 9<sup>th</sup> 2019 Dublin

Sat. Feb. 15<sup>th</sup> 2020 Cork  
Sat. Feb. 22<sup>nd</sup> 2020 Dublin

Sat. Mar. 14<sup>th</sup> 2020 Claremorris  
Sat. Mar. 28<sup>th</sup> 2020 Limerick  
Sat. Mar. 28<sup>th</sup> 2020 Dublin

## FINANCES + FIGURES

The estimated cost of providing the Information Service in 2020 is €21,000. As all work is done by unpaid volunteer members, this sum covers office rent, heating, stationary, phone, postage, light, travel costs of volunteers, online services, the website, the helpline (including training), as well as PI and other activities. Rising costs, especially insurance, are an issue.

Members can now also make donations with their debit and credit card using PayPal. The PayPal link can be found on the [www.alanon.ie](http://www.alanon.ie) Members page Donate section or by typing <https://paypal.me/AISIRELAND> into your web browser.



Donations of €15,900 were received so far this year by the end of August. As literature is sold on a no profit basis, our main source of income is the contributions from Areas using funds provided by Groups. Thank you for your generosity and for keeping the bigger picture in mind when contributing at your meeting. Your support is crucial to keep local services available to members, newcomers and the public. All funds surplus to requirements are passed onto GSO. For transparency every year the previous year's accounts are provided to each Area. They can also be downloaded from the Members page at [www.alanon.ie](http://www.alanon.ie). The 2018 accounts are now available.

## EVENTS

DATE	LOCATION	EVENT
Sat. October 19 <sup>th</sup> 2019	Ennis	30 <sup>th</sup> Clare Area AA Convention with Al-Anon participation
Sat. October 26 <sup>th</sup> 2019	Dublin	AL-Anon Information Service Open Day 12am-2pm [5 Capel St]
Sat. November 9 <sup>th</sup> 2019	Navan	Area 29 Al-Anon Day – Theme 'Serenity'
Fri. 3 <sup>rd</sup> – Sun 5 <sup>th</sup> January 2020	Galway	AA Convention with Al-Anon participation
Fri. 28 <sup>th</sup> February – Sun. 1 <sup>st</sup> March 2020	Knock	Al-Anon Convention
Fri. 17 <sup>th</sup> - Sun. 19 <sup>th</sup> April 2020	Mullingar	63 <sup>rd</sup> All Ireland AA Convention with Al-Anon participation

Check [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) and [www.alanon.ie](http://www.alanon.ie) members pages for up to date details of all events. If you are aware of any events of interest to Al-Anon membership do let us know by phoning the office at 01-8783624 or email [info@alanon.ie](mailto:info@alanon.ie)