



Dear Groups

Autumn has come around again and all our Assemblies are in October when we start to look towards 2019! But first have a look at WSOs initiative in surveying our membership as it is in 2018. The Al-Anon World Service Office (WSO) has presented the results of its 2018 survey involving data from 13,395 Al-Anon Family Group members and some of its findings are:-- having attended Al-Anon meetings, members report improved well-being across the board, in their daily life (83%) and in their emotional state (93%). The majority of members reported that they have been negatively affected by alcoholism that spans two or more generations. 56% of members were between the ages of 24 and 48 when they first attended Al-Anon Meetings. Find the full survey at: <https://al-anon.org/resources-for-professionals/membership-survey/>

VOLUNTEERING AT THE INFORMATION SERVICE

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

- Providing CAL literature sales by post or in person at our office at 5 Capel St. Dublin.
- The Helpline (01-8732699) available 10.am -10pm 365 days p.a. Volunteers cover 4 hour slots.
- The Website (alanon.ie)
- The office at 5 Capel St. (01 8783624)- staffed from 10.30am - 2.30pm Monday – Friday). For the Rota to be full 15 volunteers are needed. There are some vacancies at the moment.
- Coordinating the Meetings list and keeping it up to date.
- Public Information activities.

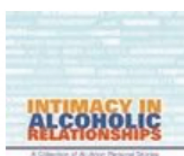
If you live in or near Dublin and would be free to volunteer at the office even for a short while it would help keep the office open 5 days per week. If it suited better there are vacancies at the information helpline and calls can be taken from home anywhere in the country. Training will be available.

Each Area has a Representative who provides an information flow between Areas and the Information Service. Area 29 currently has a vacancy for the Representative role.

OPEN DAY

You are very welcome to drop in to the office by Capel St bridge at 5 Capel St (near the Luas Green line stop at Jervis), on **Saturday November 3rd from 12-2pm**. Have a browse of the CAL literature on sale, have a coffee and chat to other members and generally get a sense of how the Information Service can support Al-Anon membership and be a source of information to those who are affected by others drinking and who are searching for help.

LITERATURE



A new updated pricelist is now available.

New Book is listed as A28: Intimacy in Alcoholic Relationships

New Leaflets:

UK115A Al-Anon Family Groups Welcome Adult Children of Alcoholics

UK116 Welcome Newcomer

UK117 Hope and Understanding for Parents and Grandparents.

A large volume of literature comes through Capel St to be either posted out to members or collected from the office.

The IT package Vend is functioning well in accounting for the finance involved. A copy of the updated literature order form and price list is being sent out to all groups with this newsletter.

PUBLIC INFORMATION

Al- Anon has had an Information stand at many professional conferences (GPs, Counsellors, Psychologists etc.) for the past three years and there seems to have been an increase in referrals to attend Al-Anon from those in a supporting capacity for those of us affected by others drinking. The Information Service needs support with this P.I. work in the various conference locations around Ireland. Let the office know if you might be able to advise or help out with this.

WEBSITE

Our website www.alanon.ie is user friendly and carries information for members based in Ireland. It plays an important part in bringing Al-Anon to younger people. (In a 2016 survey 60% of visitors were under 34 years old and most were male). Do check the website for Meetings, Podcasts, Al-Anon events etc. The Al-Anon UK & Eire website www.alanonuk.org.uk has additional resources including an online magazine 'Al-Anon today' and a link to the new Facebook page. Responding or liking to this Facebook page or any posts on it could compromise your anonymity so if this is a concern be sure to just bookmark the page and 'read only'. Watch out for the new version of the Al-Anon UK & Eire website which will be launched later this year.

GROUP MEETINGS

The number of meeting in our Areas remains at just under 200. The office keeps the Meetings list up to date and distributes it to members via the website and also in print. Eircodes may be added to the Meetings addresses in future. Capel St. holds lists for meetings in Northern Ireland, and English speaking meetings in Spain. The website will have a Christmas notice where all meetings that have temporary changes can be listed. Please contact the office in advance with your information by phone on 01-8783624 or info@alanon.ie

HELPLINE

Can give up 4 hours a week to take helpline calls in your home and do important Step Twelve work? Like last year we are running a series of workshops around the country aided by our local team of three facilitators Tim C, Helen B and Michael B. The workshops last year were a great success and all the volunteers found them very helpful and informative. 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 , email info@alanon.ie or call the office on 01-8783624. To help us plan please return registrations by Saturday December 15th 2018 Registration forms can be downloaded from the members page on www.alanon.ie A copy of the registration form is being sent out to all groups with this newsletter.	Workshop Dates & Locations	
	Sat. Jan 12th 2019	Cork
	Sat. Jan 12th 2019	Dublin
	Sat. Jan 26th 2019	Claremorris
Sat. Jan 26th 2019	Dublin	
Sat. Feb 9th 2019	Limerick	
Sat. Feb 9th 2019	Dublin	

FINANCES + FIGURES

The estimated costs of keeping the Information Service afloat for 2018 is €22 000. As all work is done by volunteer members, this sum must cover office rent, heating, stationary, phone, postage, light, travel costs of volunteers, online services, the website, the helpline (including training), as well as public information and other activities.

Donations of €15 108.89 have been received for the year to the end of September 2018 so there could be a shortfall by years end. The only source of income is contributions from members at meetings, some of which get passed onto the Information Service via District and Area. Thank you for your generosity so far and for keeping the bigger picture in mind when contributing at your meeting. Your support is crucial in keeping the local services available to members and others.

All accounts are now held at Ulster Bank and the Xero IT package is used for all accounting of Information Service office funds. This facilitates clarity and efficiency. In the interest of accountability every year the previous year's accounts are published and distributed to each Area and can also be downloaded from the members page at alanon.ie. The 2017 accounts are now available.

EVENTS

DATE	LOCATION	EVENT
April 26 th – 28 th 2019	Bundoran	62 nd All Ireland Convention with Al-Anon participation
April 13 th 2019	Omagh	Ireland North TEAM Event

Check www.al-anonuk.org.uk and 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