



PI Service News

*“Easy does it.....
but do it!”*

Shared Service Experience



MARCH 2019

Please pass on this newsletter to your friends in the Fellowship, either by forwarding via email or by printing copies to take to your local meetings. Anyone who wants their personal copy of the newsletter should send us their email address to the address below. You can also drop a line to GSO with any items for inclusion.

Please note the contact address: aainformation@gsogb.org.uk

“THE GINGERBREAD MAN”

South Yorkshire and North East Derbyshire’s PILO Lynne H and Andy W shared their practical experience of **PI in Schools** – “The Gingerbread Man!” – at the Warrington PI Workshop.

“I would like to share my experience with you regarding **PI in Schools**. *Andy* and *I* were invited to go into a **Sheffield School** for the whole day. This was three sessions of 45mins and one of 60mins which totalled 120 pupils in Year 10. Both *Andy* (who is part of our small **PI Team**) and *I*, didn’t know how to go about or how do we approach these pupils. It was a first PI experience in a School for both of us and we really didn’t know what to expect. I had done presentations with our HLO previously with the medical profession but not to young pupils.

I had a conversation with my son who works with young people who suggested doing a ‘**Gingerbread Man**’ session. “What on earth is that?” I asked, and after talking through it and about it with *Andy*, I decided to do it.

The first session, we were both very nervous. The pupils arrived and we placed them in groups of 3 or 4, and gave each group a piece of flip chart paper together with coloured pens. We had introduced ourselves and said that we would be briefly talking about AA, and the perception of an alcoholic.

We then asked them to draw a gingerbread on the paper, and gave the pupils instructions to write on the outside of their **Gingerbread** (one word descriptions) what they thought an alcoholic was and their views. Then we asked them to give the **Gingerbread a name, physical features and personality traits**. Finally we asked them to write inside their **Gingerbread** how they felt emotionally ie shame, guilt etc.

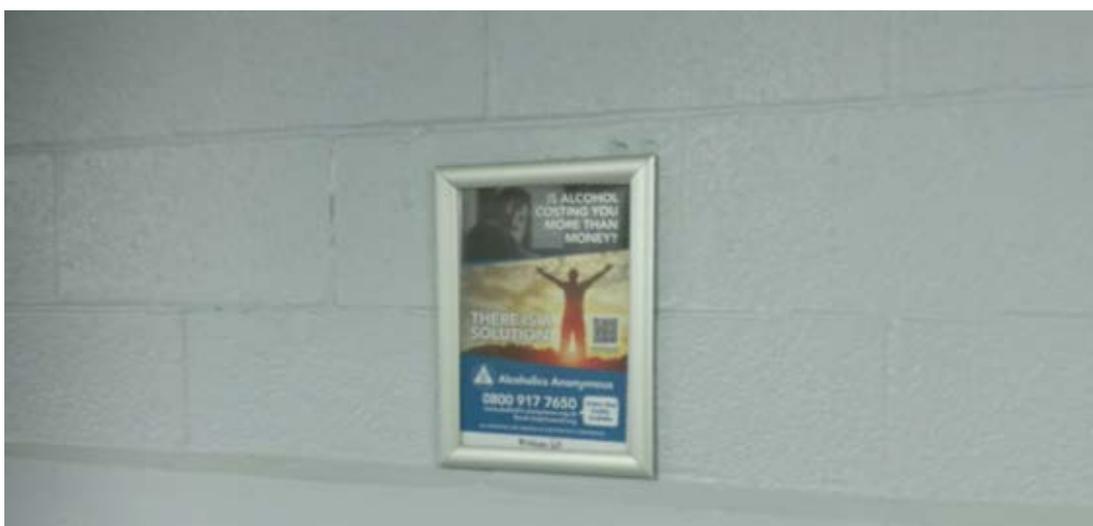
I then rolled down my **Gingerbread Man** and said “My name is *Lynne* and I’m an alcoholic and this **Gingerbread Man** represents me”. Everyone went silent and you could hear a pin drop, I spoke for a while on experience, strength and hope, which then opened the door for **Q & A**.

We had also given each pupil 3 post-it notes and asked them to write their views/feedback on each one: a) what would they take away from the session, b) what did they like about the session , c) what did they not like or where *Andy* and *I* could improve the session. Three sheets of flip chart paper marked A, B and C were placed individually at the back of the room and pupils were asked to place their comments on each individual sheet.

There were various questions about alcohol and really good questions asked by the pupils. Where some of the pupils were a little bit loud to start with at the beginning of the session, they now wanted to ask questions about themselves or someone they knew. Even their peers asked questions about people they knew who had a drink problem.

East Lancashire I/G's Activity Update - PILO Daniel C reports:-

- **Rishton Groups** Open Meeting attended by local MP Graham Jones, 2 local Councillors (one shared his good AA experience on social media), a Stop smoking clinician from NHS, a Lancashire Co. Co. Public Health team member and 4 Police Officers.
- The **Reflect Police Course**, which provided more effective and sustainable solutions to police related incidents, was covered. At the request of the Police Licensing Sargent, information was given to pub and club Landlords of **Darwen** and **Blackburn Bar U** and **Burnley Pub Watch**. The letter from the Police Licensing Sargent, attributing to the work done with the police over the past 2 years, has been shared in the January edition of P.I. Service News.
- The **Greenbank Custody Suite Inspector** requested, and received literature, including a Big Book, Living Sober and the 'trial 12 step coins' for all 5 wings. 'Drunk and Disorderly' offenders will be given an A.A. meetings list when discharged.
- **Blackburn College** has displayed A.A. posters in their toilets continuously since November.



IS ALCOHOL COSTING YOU MORE THAN MONEY?

THERE IS A SOLUTION

Alcoholics Anonymous

0800 917 7650

www.alcoholics-anonymous.org.uk

Email: help@aamail.org

Online Chat Facility Available

ALL ENQUIRIES ARE TREATED IN THE STRICTEST CONFIDENCE



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- **Burnley Football Club** had a one month Poster campaign, mostly in toilets. Other football clubs are being approached with positive results. The Male and Female versions are seen above.
- **Alcohol Awareness Week** – the **Royal Blackburn Hospital** had an information stand in the Main Corridor. **Haworth house, Blackburn**, requested an extra week attendance. **Change Grow Live Blackburn ‘Detox Day’** had an Information Stand. The Alcohol Awareness Event at **Inspire House** for **GLC** had a stand and 20minute talk.
- **A.A.** Information meetings held with Pastors for **Bury Christian Fellowship**, and 2 ladies from the **Greater Manchester Fire Service**, including attending their “Wellbeing Day” with a stand. Talked to **Papyrus (Suicide Prevention Charity)** and **The Bury Directory**.
- **Greater Manchester Police** received a 1.5hr workshop for Officers responsible for the wellbeing of members of Staff. **East Lancashire I/G** and **Manchester I/G** to work more closely with **Licensing and Custody**.
- **Burnley Football Club** had a one month Poster campaign, mostly in toilets. Other football clubs are being approached with positive results.
- 45 min. presentation given to around 40 members of **Lancashire Co.Co. Children’s Centre Staff**.
- Meeting with **Blackburn’s Go2 Young People’s Drug and Alcohol Service**, and representatives from **Addaction**, providing local information including details of Young Peoples meeting.
- Requirement developing for the on trial “**12 Step Coins**”, previously reported in PI Service News.
- **Bus Stop** and **Digital Advertising** in **Blackburn** and **Darwin** backed by local **Groups**.

Northamptonshire I/G’s –G.P.s Meeting. PILO Tom McD reports :-

“Our presentation to the **Nene Clinical Care Group**, was attended by over **100 GP’s** in **Kettering** on the 13th of February. The Health Liaison showed the new **health video** and followed this with a short power point (preamble, facts and figures, etc). I then shared what they call a case history, what we call experience, strength, and hope, and we have had some good feedback. One **GP** from **Corby** organises **Training Webinars online for GPs Nationally**, and has asked if we can do something with him on this front. Another GP also lectures at **Leicester University**, and wants us to do something there (I will liaise with the local PILO there as this is outside our area). GP’s were encouraged to invite us in to do a further presentation at their in-house training session, and were also invited to come to an open meeting with either the HLO or myself happy to meet them there. Lists of local meetings, with open meetings details highlighted, were included in **AA packs** that most GP’s took away. **Packs** also included "AA as a Resource for the Medical Profession" and "If You Are a Professional" leaflets, A4 & A5 contact posters, contact cards, some "AA at a Glance" leaflets for waiting rooms and a letter with AA contact details for the Health Liaison and PI Liaison. One GP told me that she had never considered talking to a patient about AA, but that she would certainly be doing so henceforth.

Working Together for Public Information

Mid Surrey I/G Chair *Alice N.* writes:- **Public Information Liaison Officer (PILO) (Chapter One of Service Handbook)**

PI work is carrying the message of recovery from alcoholism in AA, to the **General Public**. Most of our Liaisons do PI Service Work.

In MSIG, our PI Liaison passes on requests for information/literature/talks to the relevant Liaison officer such as Employment, Health, Probation and Criminal Justice or Armed Services etc and offers support to other liaison officers.

Liaison officers may choose to work on certain projects together. Others they may work on separately and get their **own team** together to assist them.

Some requests – such as for a radio interview, could either be filled by our PILO, or they could delegate the service to the most suitable person. Our PILO will also instigate new contacts with the community.

Northdown I/G PILO *Chrissie B* reports the Fellowship working together locally, and taking help from further afield.

Northdown Feb 2019 Activities

On 16th February we ran a PI Day for Members. A joint venture with **Southdown and Solent I/Gs**.

Though numbers were low - we had around 30 attendees, it generated discussion and awareness around groups, and gave us an opportunity to make and distribute some A5 flyers with ideas for members [PDF attached]. This included simple things like bringing people to open meetings and looking out for notice boards or places we can put literature. We talked about not worrying about finding the "right" people to tell but giving information to anyone who was interested, and the best quote of the day was the lady who said "I was more likely to take advice from my hairdresser than my doctor"

For me meeting the *Young Person's Liaison Officer* from **Bournemouth** was just what I needed as **Northdown** is currently talking to students at **Winchester University** about placing AA information and giving talks to **Students**. Since the courses cover many career paths where an understanding of alcoholism and AA will be of use to them in the future we are talking about appealing to Students on this basis. The **Students** are keen, but are also juggling course work so it's not moving as quickly as I'd like! They have been to an open meeting, which they enjoyed, the share was a solid **ESH** but sharing covered many aspects of life in recovery and they went away with a good grasp of **AA** as a support for continued sobriety.

'**Inclusion**', our local **Drugs and Alcohol Advisory Centre** now have 9 pull up Information Stands, one for each of their hubs, which they're displaying in their reception areas. We are aiming to get round to offer these to more places, and one of the team is currently talking to Daniel C about using the Animated Display he used at bus stops, and for surgeries who are no longer interested in paper leaflets.



PI – How can I help?

***"To reach more alcoholics, understanding of AA and public goodwill towards AA must go on growing everywhere."* Bill W. 1951**

Sadly almost everyone will at some time meet a person for whom alcohol is making life difficult, unpleasant, or even secretly unbearable. Understanding a little about AA and what it offers is like knowing a bit about CPR, or remembering the 999 emergency number. It's information which anyone can carry at the back of their minds – and one day mentioning AA could make a huge difference to someone looking for help.

Open Meetings

Inviting people to an Open meeting is an excellent way for them to experience what AA offers. If a meeting is 'Open' anyone with an interest in AA and recovery is welcome to attend - it's a simple but effective PI tool for any member to use.

Posters / Stands / Talks

If you see a place where AA literature, or a stand, or our exhibition might be placed please contact your local Liaison officer with details. Likewise if you hear of a group – school – social club - or business looking for speakers please let your Liaison officer know.

Co-ordinator Roles

Many Intergroups have dedicated talk co-ordinators. They don't go out to speak themselves but arrange talks and speakers, either specialising in one area such as schools or covering a number of different areas. This aspect of PI is satisfying and rewarding – it doesn't take up too much time and there's no need to go to lots of meetings. There are also roles for people who would like to specialise in areas such as Employment and Health.

Prison Service

Around 80% of prison inmates are there because of alcohol or drug-related crimes - often they don't even remember what they did. So prisons are an important place to carry our message. You can get involved by post, or by attending the meetings we hold in Winchester prison on Monday and Tuesday evenings (6 till 7:15) or Wednesday (2 till 3:30). **For more information contact Brian on 07810092584.**

Armed Services

AA has a dedicated Armed Services Liaison Officer, but we need more people with service backgrounds to reach out to veterans and those still serving. **If you have relevant experience please contact Jamie P at aservices.northdown@aamail.org**

Passing it on

The 02380 223198 number is on PI literature, as well as for that of the suffering alcoholic. But you can contact your Information Liaison Officer direct by calling or e mailing – so if you see an opportunity get in touch with :-

NORTHDOWN:
Chrissie: pi.northdown@aamail.org on 07710 374 186

SOLENT:
Vernon: vernon1961.uk@gmail.com on 07931 846294

SOUTHDOWN:
Ellie: pi.southdown@aamail.org on 07899796274



South London I/G's *PILO Ann Marie Mc.* sends this submission by *Jonathan F*

South London Intergroups PI Committee joined forces with **South West London Intergroup** to host a joint **PI half day Workshop** on Saturday 16th Feb 2019.

“The event took 5 months to put together. The PI committee were responsible, putting the plan together and executing with the backing of AA in terms of budget. A venue was selected that was near to a transport hub with free on street parking. Catering was supplied in the form of good quality tea and coffee and a lunch was provided afterwards in the form of a buffet lunch. We had a registration desk so we could follow up on those that attended and also sent out an email afterwards to collect feedback.

The format of the event took the form of four top table shares including some role play, which added a some humour and interest to proceedings. The panel was made up of members with PI experience, sharing how they have enjoyed PI work, and specifically taking the message that AA is a resource to organisations and individuals.

What was clear is that there is no set way to run your PI. In most cases you have a blank canvas. Some planning is important to any PI activity and forming a **Committee** and getting a **Budget** from your Intergroup is necessary. Communication is really important and using the **AA Service Handbook** to guide activity prevents many mistakes being made.

The event drew together old and new to PI across London and beyond. We hope that we have made PI seem like a great piece of service that can happen at **Group, Intergroup or Regional Level**. Delegates left with a pack of Literature and Information to take away and help on their onward PI Journey.

Final Reminder.

GLASGOW P.I. Information Event - Sunday 17th March, 2019.

Venue – Radisson Red Hotel, Finneston Quay, 25 Tunnel Street, Glasgow, G3 8HL

Time – 11am (prompt) – to around 4.00 pm. Welcome, Tea and Coffee will be served from 10.00 am and LUNCH will be provided.

A chance to swap ideas on how to carry the message of AA including:

- Dealing with all forms of media.
- How to NOT go it alone.
- Forming a PI group of service helpers.
- PI Service News and how it can help you.
- How to access and use the FREE resources from AA.
- Pick up a PI Materials pack.

Invitations and Details are being sent by our **G.S.O of A.A.** to **Northern Regional and Intergroup Secretaries and P.I.L.O's**. Any other interested L.O's being welcome. Registration, and any suggestions to contribute to the event, requested. Please **confirm attendance** if possible by contacting the General Service Office of Alcoholics Anonymous on 01904 644026 or by e-mail to jennypryke@gsogb.org.uk

PLEASE pass on your experiences to the address below. PI Service news is fortunate to receive a great deal of information from throughout Great Britain and Continental European Region.

If anything you have sent hasn't appeared, please try again.

INTERGROUP SECRETARIES – please pass on **Public Information Service News** to **Group Service Representatives, by e-mail or hard copy.**

Please note the contact address: aainformation@gsogb.org.uk