

ISSUE 13

APRIL 2025

April is Stress Awareness Month



Stress Awareness Month is an annual event observed every April, dedicated to increasing public awareness about the causes and cures of stress. The Stress Management Society, a non-profit organisation established in 2003, has been at the forefront of this initiative for over two decades.

For Stress Awareness Month 2025, the theme is #leadwithlove. This theme encourages us to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face.

To learn more about how you can get involved in the campaign this year, follow this link: <https://www.stress.org.uk/stress-awareness-month-2025/>

Can you help?

If you can and would like to donate, please scan the QR Code or follow this link: <https://checkout.justgiving.com/c/2923320>



All donations are gratefully received and help us to deliver our services.

Thank you!



Testicular Cancer Awareness Month

April is testicular cancer awareness month. Whether you're directly affected or want to learn more, there is information that can help.

Testicular cancer starts in one of the testicles. It can affect anyone who has testicles, including men, transgender (trans) women and people assigned male at birth. It is most likely to happen between the ages of 25 and 40.



Each year in the UK, around 2,400 people are diagnosed with testicular cancer. The most common symptom is a lump or swelling in a testicle, or a dull ache, pain, or heaviness in the scrotum.

To learn more, find resources and read people's stories, follow this link: <https://www.macmillan.org.uk/cancer-awareness/testicular-cancer-awareness-month>

We want to say THANK YOU!

We just wanted to say thank you so much to all of you who donated to us throughout 2024! A lot of our donations are received through our Just Giving link and we can't thank you individually, so please accept this huge THANK YOU!

