

AWARENESS MONTH

APRIL
2025

1st – 30th APRIL



BOWEL CANCER AWARENESS MONTH

Every 30 minutes someone in the UK dies from bowel cancer. Almost 44,000 people are diagnosed with bowel cancer every year in the UK. More than nine out of ten new cases (94%) are diagnosed in people of 50. Four in ten people can't name a single symptom. Know the #high 5 campaign to raise awareness of the symptoms.

[Bowel Cancer Awareness Month](#) | [Bowel Cancer UK](#)



DOWN LOAD THE SYMPTOM DIARY

<https://www.bowelcanceruk.org.uk/about-bowel-cancer/our-publications/symptoms-diary/>

Know the high 5 signs of bowel cancer, share and watch the video

https://www.youtube.com/watch?v=Jn_xplq7yUs

Be Bowel Smart
#KnowTheHigh5

Knowing the 5 key symptoms of bowel cancer could save your life

-  Bleeding from your bottom and/or blood in your poo
-  A persistent and unexplained change in bowel habit
-  Unexplained weight loss
-  Extreme tiredness for no obvious reason
-  A pain or lump in your tummy

If you have any of these 5 symptoms or if things just don't feel right, go and see your doctor. You may need to visit your doctor more than once if your symptoms don't get better.

Find out more at:
[bowelcanceruk.org.uk/know-the-high-5](https://www.bowelcanceruk.org.uk/know-the-high-5)



Support us this **#BowelCancerAwarenessMonth**

April is **Bowel Cancer Awareness Month**. We're raising awareness of the disease, the symptoms and helping create a future where nobody dies of bowel cancer



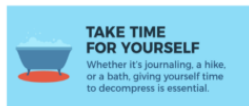
9 in 10
people survive bowel cancer if diagnosed at the earliest stage



1ST – 31 APRIL STRESS AWARENESS MONTH

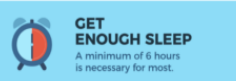


IF YOU'RE FEELING STRESSED OUT, TRY THESE 5 SELF CARE TIPS:



TAKE TIME FOR YOURSELF

Whether it's journaling, a hike, or a bath, giving yourself time to decompress is essential.



GET ENOUGH SLEEP

A minimum of 6 hours is necessary for most.



MAINTAIN A HEALTHY DIET

Try to eat more whole foods when possible, and skip the processed options when possible.



IDENTIFY A SUPPORT SYSTEM

Whether it's a therapist, friend, or partner, having someone to process with is essential.



EXERCISE REGULARLY

Even if it's a walk around the block with your pet, you'll feel better.

STRESS AWARENESS MONTH

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Despite this running for 29 years we have got a long way to go. According to the Mental health Foundation 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.

<https://www.twinkl.co.uk/event/stress-awareness-month-2025>

The 30 Day Challenge' encourages you to pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day. You could even add actions for your social and spiritual wellness to. It takes 30 days to turn actions into habits, which is why this is a month-long programme. The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change. As a first step, download and fill in our 30 Day Challenge Calendar and our 'Coping at Home and Keeping Connected Action Plan' to make your commitments a reality. There's also, a 7-Step Achievement Plan, a Stress Relief Colouring Book © Sam Antolik 2020, a Digital Detox checklist, and a Free Stress guide. <https://www.stress.org.uk/stressawarenessmonth/>

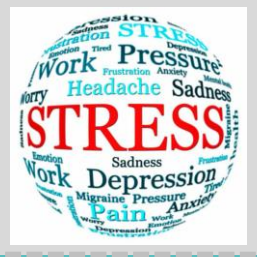
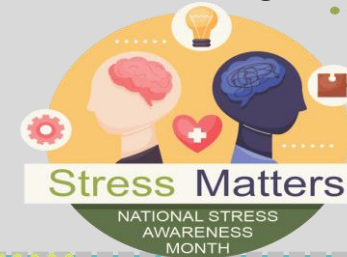
TOGETHER WE CAN

#LeadWithLove

www.stress.org.uk



Stress Management Society
from distress to de-stress



Tips to De-Stress

ACTIVE



Play with your pet

Exercise

Try yoga or pilates

Meditate

Focus on breathing

Participate in a hobby

SOCIAL



Connect with friends & family

Help someone

Smile

NUTRITION



Limit alcohol & caffeine

Stay hydrated

Eat well

SELF-CARE



Visit your chiropractor

Read a book

Soak in a warm bath

Keep consistent sleep times

Put down electronics

Get a massage



SIGNS OF STRESS

We all experience stress differently in different situations. Sometimes you might be able to tell right away when you're feeling under stress, but other times you might keep going without recognising the signs. Stress can affect you both emotionally and physically, and it can affect the way you behave. (Mind,2017)

EMOTIONAL

- Irritable
- Aggressive
- Impatient or wound up over-burdened
- Anxious, nervous or afraid
- Thoughts are racing and you can't switch off
- Unable to enjoy yourself depressed
- Uninterested in life
- Like you've lost your sense of humour
- Sense of dread
- Worried about Your health
- Neglected or lonely

PHYSICAL

- Shallow breathing or hyperventilating
- Panic attacks
- Muscle tension
- Blurred eyesight or sore eyes
- Problems getting to sleep, staying asleep or having nightmares
- Sexual problems, such as losing interest in sex or being unable to enjoy sex
- Tired all the time grinding your teeth or clenching your jaw
- Headaches
- Chest pains
- High blood pressure
- Indigestion or heartburn
- Constipation or diarrhoea
- Feeling sick, dizzy or fainting

BEHAVIOURAL

- Finding it hard to make decisions
- Constantly worrying
- Avoiding situations that are troubling you
- Snapping at people
- Biting your nails
- Picking at your skin
- Unable to concentrate
- Eating too much or too little
- Smoking or drinking alcohol more than usual
- Restless, like you can't sit still
- Being tearful or crying

NATIONAL STRESS AWARENESS MONTH

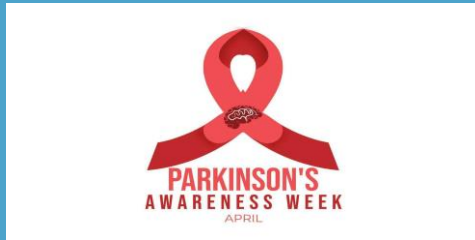
SEVEN STEPS TO HELP PROTECT YOURSELF FROM STRESS

1. Eat healthily
2. Be aware of smoking and drinking alcohol
3. Exercise
4. Take time out and prioritize self-care
5. Be mindful
6. Get some restful sleep
7. Don't be too hard on yourself

@drbrandtfoundation



PARKINSONS AWARENESS WEEK 11-16TH APRIL



For Parkinson's UK, world Parkinson's week is an opportunity to support the community. To raise their voices. To share their experiences of living with Parkinson's and to use our resources to back and amplify their ideas.

<https://www.parkinsons.org.uk/information-and-support/parkinsons-symptoms>



The three main symptoms are:-

- 1) Tremors
- 2) Slow Movements
- 3) Stiff and Inflexible Muscles

Awareness is our #KeyToPD



Every **9 minutes**
someone is
diagnosed with
Parkinson's disease.



[Parkinson.org/Awareness](https://www.parkinsons.org.uk/awareness)

NATIONAL FEET WEEK 17TH – 23RD APRIL



Problems with the feet can be an indication of other health issues and so it's so important to take care of our feet as we would our teeth and eyes. Make National Feet Week a time to have your feet checked or to get that niggling issue sorted and make your feet your priority – after all they take you anywhere you want to go. LaceRace is a challenge to raise funds for Forgotten Feet, - share link to video to get involved

[National Feet Week – 7 days for your feet](#)



NATIONAL STOP SNORING WEEK 22ND – 28TH April



The British Snoring & Sleep Apnoea Association (B.S.S.A.A.) declared National Stop Snoring Week to raise awareness about snoring and sleep issues related to “dangerous snoring.” Snoring affects a large portion of the adult population. Long-term snoring can be an indicator of a potentially fatal sleep disorder known as obstructive sleep apnea in 4% to 10% of adults.

<https://nationaltoday.com/national-stop-snoring-week/>

<http://www.britishsnoring.co.uk>

WHAT IS SLEEP APNOEA

Sleep apnoea is a condition that interrupts your breathing when you are asleep.



WHAT IS SNORING

Snoring is a condition that cannot be cured but can be controlled.

Discover how you can successfully stop snoring.



ALLERGY AWARENESS WEEK 22ND APRIL – 28 APRIL



Allergy awareness week is a chance to draw attention to this common concern, did you know that they affect more than 1 in 4 people in the uk. This week serves an opportunity to educate the public to the different allergies around us from, **FOOD, PLANTS, DRUGS, INSECTS, POLLON** etc. Another big aim of this week is to support those who have allergies, this week long event highlights organisations and charities that can offer support such as allergy uk as well as the resources available to those who suffer. Lets see what the local charities and organisations are up to and ask to join in to help raise awareness. Down load posters from this site to put up.

<https://www.twinkl.co.uk/event/allergy-awareness-week-2021-2025#:~:text=Allergy%20Awareness%20Week%202024%20will,and%20people%20often%20give%20donations>

Common Symptoms of Allergies



WORLD IMMUNISATION WEEK 24 APRIL – 30 APRIL



World Immunization Week, celebrated in the last week of April, aims to highlight the collective action needed and to promote the use of vaccines to protect people of all ages against disease. Through its convening power, WHO works with countries across the globe to raise awareness of the value of vaccines and immunization and ensures that governments obtain the necessary guidance and technical support to implement high quality immunization programmes.

<https://www.who.int/campaigns/world-immunization-week>

How does vaccine work?

The general concept of **vaccination** is to **provide immunity against a disease.**



You are given a small amount of a harmless form of a disease.



Then your body makes antibodies to fight it off.



If you encounter the disease again, the body already has the antibodies so you won't get sick.