Health & Wellbeing Newsletter:

April 2026 Edition

Welcome to the April edition of the Health & Wellbeing Newsletter.

As Spring arrives, so do lighter mornings, brighter days, and a renewed sense of energy that comes with the start of spring. This time of year offers a gentle reminder that small changes can make a big difference to how we feel. During busy workloads and caring for others, it's important to pause, reset, and take moments that support our own wellbeing too. April also marks **Stress Awareness Month**, which aims to increase understanding of the causes and effects of stress and to encourage healthier ways of coping. This year's theme, '**Be The Change**' focuses on the small, proactive steps we can each take to create healthier and more resilient environments for ourselves, our colleagues and our wider NHS community.

This edition brings together key updates, signposting and activities designed to support you throughout the month, including our **Stress Awareness Calendar, listening events, campaign highlights** and a range of resources to help you feel informed, supported and connected. Whether you're looking for guidance, inspiration or simply a moment to pause, we hope you find something meaningful for you.

As we step further into spring, let's continue supporting one another and building a culture of kindness, connection and wellbeing across our organisation.



Amanda Bromley
Director of People and Organisational Development

National Campaigns

Stress Awareness Month

Stress Awareness Month takes place every April and has been observed since 1992 as a national campaign to **raise awareness about the causes, effects, and management of stress**. Its purpose is to break stigma, promote healthier coping strategies, and empower people to recognise and respond to stress more effectively. For 2026, the campaign continues to bring together healthcare providers, workplaces, and community organisations to share tools, resources, and wellbeing messages.

Theme for 2026: Be The Change
This year's theme encourages individuals and organisations to take proactive steps big or small to create healthier, more resilient environments. This aligns with national efforts from the Stress Management Society and partners who focus on improving awareness and reducing stigma around stress.

What This Includes:
The campaign offers simple, actionable support each day featuring stress-management tips, signposting to internal and external services such as the mental health support services, wellbeing apps and national campaigns, along with useful articles and videos. It also includes links to trusted national resources, including materials from the Stress Management Society and other mental health organisations, reflecting the national campaign's aim to encourage small, consistent actions that build long-term wellbeing. You can find the full information pack here: Stress Awareness Month 2026 Information Pack

Why We Support This

- To encourage open conversations about stress and mental health
- To provide simple, accessible tools for everyday resilience
- To signpost staff to the rich support already available across the NHS
- To create moments for connection, reflection and self-care



How are the Health and Wellbeing Team supporting Stress Awareness Month?

To make Stress Awareness Month meaningful and actionable for our NHS workforce, the Health and Wellbeing Team has created a full calendar of events and signposting activities designed to offer daily support, reflection, and practical tools.

You can find the calendar here: Stress Awareness Calendar. Below the team have listed some key activity highlighted from the calendar.

Health and Wellbeing Listening Events

1st and 27th April

As part of our continued commitment to supporting staff wellbeing, the Health and Wellbeing Team will be hosting **two dedicated Listening Events** this month. These are relaxed, one-hour **MS Teams drop-in sessions** where all staff can come along and talk to us about anything they'd like whether that's workplace pressures, wellbeing concerns, ideas for future support, or simply a space to be heard.

There will be no agenda and no expectation just an open, supportive environment where you can share your experiences, ask questions, and help shape the wellbeing offer across our organisation. Everyone is welcome, and you can stay for the full hour or just drop in for a few minutes. We'd love to see you there and hear your thoughts. Your voice genuinely helps us improve the support we provide. **The links to join are on the Stress Awareness Month calendar.**



World Health Day

7th April

World Health Day takes place on 7th April each year and marks the founding of the World Health Organization. This year's theme, **"Together for science,"** highlights the importance of scientific collaboration in protecting the health of people, animals, plants and the planet.

For us, it's a great reminder of the value of evidence-based wellbeing support and the role we all play in creating a healthier workplace. World Health Day encourages everyone to engage with trusted health information and take small steps that contribute to better long term wellbeing something we continue to champion across our staff wellbeing offer. World Health Day



Chaplaincy Teams drop ins

8th and 22nd April

Our Chaplaincy Team will be hosting two drop in sessions on the **8th** and **22nd between 12-2pm**. These are relaxed spaces where all staff can pop by for a chat, share what's on their mind, or simply take a moment out of the day to pause and unwind. **Stockport Staff can visit the team in Oak House** and for **Tameside the Chaplains will be based in Ladysmith Café** & they will be visible by their armbands.

Whether you're looking for a listening ear, a bit of support, or just a quiet moment with a **cuppa**, the team will be there to welcome you. There's no need to book just drop in whenever it suits you. They'd love to see you there.

As a reminder: The team provide **a 24/7 service** pastoral, emotional, spiritual and religious support to all patients, relatives and staff. Everyone is welcome to visit the Chaplaincy and Spiritual Care Centre, which is a quiet, reflective space with resources to support people's health and wellbeing, spiritual and religious needs.

Stockport: The team can be contacted Monday to Friday from 8.30am to 4.30pm on ext. 115889 or bleep 1928 or 1979. For outside hours please contact switchboard who will call the On Call Chaplain. Email address: chaplaincy.spiritualcareteam@stockport.nhs.uk

Tameside & Glossop: Please call Switchboard on 0161 922 6000 or the chaplaincy office on 922 5333 (leave a message if unanswered). You can also email: chaplaincy@tgh.nhs.uk



Menopause Resources

As part of our commitment to supporting staff through every stage of life, we're highlighting **menopause awareness** and the resources available to help colleagues understand symptoms, access reliable information, and seek support when they need it.

Many people experience changes that can affect confidence, concentration and overall wellbeing, so having clear, accessible guidance is important.

We'll be sharing a range of **useful menopause resources**, including practical information, evidence-based guidance and links to external expert organisations such as Henpicked, who provide trusted menopause education and support materials. You can find some here: Free Menopause Support For Individuals

A reminder that the Trust also offers a variety of wellbeing support options including wellbeing conversations, flexible working guidance and access to internal support network for anyone experiencing menopause symptoms or wanting to learn more.



World Day for Safety and Health at Work

28th April

World Day for Safety and Health at Work is observed each year on 28th April and aims to promote safe, healthy and supportive working environments.

The 2026 focus is on creating **good psychosocial working environments**, recognising that factors like workload, role clarity, support and fair processes are just as important as physical safety when it comes to staff wellbeing.

We'll be sharing useful resources and guidance to help colleagues understand how workplace factors can affect wellbeing, along with practical steps to help foster a healthier work environment.

A reminder that the Trust already offers a range of wellbeing support including Occupational Health, manager check-ins, and access to internal support services to help you stay safe, healthy and supported at work.



On Your Feet Britain

30th April

On Your Feet Britain takes place on 30th April, encouraging us all to **sit less and move more** during the working day. The campaign highlights the health risks of prolonged sitting and promotes simple, practical ways to build more movement into our routine such as standing meetings, walking phone calls, stretch breaks or taking the stairs.

It's a fun, national event that reminds us how small changes can boost our wellbeing, energy and productivity. **Join in and see how you can break up sitting time throughout your day.**

Keep an eye out in the staff Facebook groups and other comms for resources and support from Health and Wellbeing Team. In the meantime, you can find out more here: On Your Feet Britain | Yo-Yo DESK®



Coming up soon! – Perkbox and Move this May

Perkbox - Launching soon!

Perkbox (formerly **Vivup**) is one platform and app available 24/7, housing all salary sacrifice schemes, wellbeing tools and discounts all in one place including the Employee Assistance Programme, Home electronics, Cycle to Work and Gym memberships

This will be a new service for Stockport employees and an upgraded service for Tameside colleagues. For the first time, Stockport will have access to an Employee Assistance Programme, a confidential help line available 24 hours per day giving access to structured telephone or virtual sessions for mental health support for a variety of reasons.

Further details will be shared throughout the month of April.

Move this May



May is the perfect month to get moving. With lighter days, warmer weather, and National Walking Month taking place, it's an ideal opportunity to build more activity into your day in a way that feels realistic, enjoyable and good for your wellbeing.

Move This May encourages all of us to sit less and move more throughout the month whether that's taking a walk on your break, stretching between tasks, choosing the stairs, or simply setting yourself small, achievable movement goals**.** Even modest increases in activity can boost energy levels, support better sleep, lift your mood and enhance your overall wellbeing. For colleagues who spend much of their day on their feet, this is also a great opportunity to recognise and log that activity. Acknowledging this built in movement helps ensure its recorded and valued as part of your overall wellbeing.

Our Trust Challenge!

Stockport has proudly taken home the trophy for the past few years, and we welcome another year of friendly competitiveness to see if Tameside and Glossop can take the crown. We welcome all abilities and levels of mobility.



- You can join as an **individual** or enter a **team of up to 10 colleagues**.
- **Sign up** here: Move this May 2026
- Please register by **Monday 4th May 2026**

How to Log Your Movement

In previous years we've used Stridekick to help track activity, however they introduced a cost. This year, we have done some digging and can recommend **Step Up** as an easy alternative for those who'd like an app to support their movement goals. You can visit the FAQ section to see if the app will be useful for yourselves/your teams.

However, you're welcome to **log your activity in whatever way works best for you** - whether that's an app, a fitness watch, your phone's step counter, or simply keeping your own notes. At the end of the month, just **send us your final results**, and we'll convert everything into our standardised scoring to keep things fair across the challenge.

Fair Monitoring – How We'll Measure Activity This Year

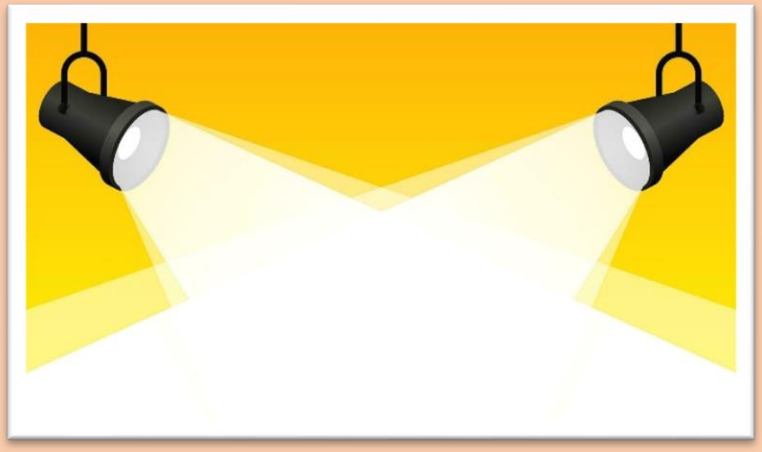
To ensure a level playing field across our Trusts:

- **Individuals** will be based on weekly *averages* rather than total volume.
- **Team results** will also use *an average score*, ensuring that smaller and larger teams are assessed fairly.

Any questions feel free to email HealthandWellbeing@stockport.nhs.uk (Stockport) or HealthandWellbeing@tgh.nhs.uk (Tameside and Glossop). See some pictures from last year on the right!

The Spotlight is on…

Welcoming the New Season



In this month's Spotlight section, we're taking a closer look at different topics that can affect our wellbeing.

As we transition from winter into spring, this time of year naturally invites a sense of renewal. The lighter mornings, longer days and fresh air can help lift our energy and make every day routines feel a little easier.

Rather than aiming for big changes, spring is a great moment to gently refresh one or two habits that support your wellbeing.

Choose just **one or two** small, manageable things to try this month whether that's getting outside more, improving your sleep routine, or taking a moment to declutter can make a noticeable difference without feeling overwhelming.

Take a look at some suggested tips below:

10 Spring Wellbeing Tips

1. Spend a **few minutes outside each day** to benefit from natural light and fresh air.
2. Re-establish a consistent **sleep routine**, especially after the clock change.
3. **Declutter** your workspace or home environment to create a sense of clarity and calm.
4. Add short **periods of movement** into your day, such as walking meetings or stretch breaks.
5. Increase your **daily water intake** to support energy and focus.
6. Incorporate **seasonal foods** like green vegetables and berries into meals.
7. **Reconnect** with a colleague, friend or family member to strengthen social wellbeing.
8. Practice a **brief mindfulness moment**, such as slow breathing or grounding exercises, to reduce stress and reset your focus.
9. Set gentle boundaries around **screen time** especially in the evening to protect your attention and support better rest
10. Choose **one small wellbeing goal** to focus on throughout the month that is personal to you.



Meet the Inclusion and Colleague Experience Team!



Olivia Cobb & Liz Poole

Workforce Health and Wellbeing Leads

Olivia.cobb@stockport.nhs.uk
Elizabeth.poole@stockport.nhs.uk



Stuart McKenna

Assistant Director of HR (Inclusion and Colleague Experience)

Stuart.Mckenna@tgh.nhs.uk



Nadia Baynham

EDI Manager

Nadia.baynham@stockport.nhs.uk



Kelly Reeves, Colleague Experience Manager

Kelly.reeves@tgh.nhs.uk



Lucy Rowe, EDI Officer

Lucy.rowe@stockport.nhs.uk



James Pearson, Disability Advisor

James.pearson1@tgh.nhs.uk

This newsletter is brought to you by the **Inclusion and Colleague Experience Team** within the People & OD Directorate.

We are **Liz Poole and Olivia Cobb** Workforce Health and Wellbeing Leads. Our role is to inform, encourage and support staff to develop and maintain a healthy lifestyle.

Knowing what you think about the monthly newsletters is extremely important so that we can understand what is useful and valuable to help improve your experience and awareness of what is available to help support your emotional, mental and physical wellbeing. Please let us know what you think by emailing HealthandWellbeing@stockport.nhs.uk.

Stockport: All newsletter editions are available via this link and you can access the Health and Wellbeing microsite here**:** Health and Wellbeing Microsite or you can email HealthandWellbeing@stockport.nhs.uk

Tameside & Glossop: All newsletter editions are available via this link and you can access the Health and Wellbeing page on TIS here**:** Health and Wellbeing TIS site or you can email HealthandWellbeing@tgh.nhs.uk