



We hope everyone has had a positive start to spring and has felt uplifted by the sunshine and lighter days. With the clocks changing this weekend, we'll gain an extra hour of daylight, something that can naturally lift moods and make our days feel a little brighter.

The long Easter weekend is also just around the corner, giving many people the chance to celebrate, spend time with family, and enjoy the outdoors.

Last week, while speaking with people, a few conversations turned to World Happiness Day. Many people shared with us that this time of year tends to bring a happier mood. Spring's sunshine and longer days can lift spirits after a long, rainy winter. Have you noticed a similar boost for yourself or your team?



Although this time of year can be uplifting for many, it's important to remember that sunshine alone isn't always enough to support overall wellbeing. April offers a timely reminder to pay attention to our own stress and to be mindful of the stress others may be experiencing, as we observe **Stress Awareness Month**.

Stress is a natural response to life's pressures, whether they come from work, family commitments, or the many small demands we juggle each day. A survey

of adults in the UK found that most people (86 per cent) feel stressed at least once a month, and as many as one in nine experience stress every single day. When stress becomes overwhelming, it can affect our sleep, focus, energy, and emotional balance.

It's really important to find strategies that work for you to reduce and manage stress. This article offers some practical and realistic tips you might find helpful:

👉 [How to manage stress and boost productivity at work](#)

April 2nd marks **World Autism Day**, a time to celebrate neurodiversity, raise awareness, and promote acceptance of autistic people in every community. It's a reminder of the importance of understanding, empathy, and inclusive practices that allow everyone to feel seen, respected, and supported.



Whether through your own family, the care you provide, the teams you work alongside, or the communities you are part of, you will almost certainly know someone who is autistic. In fact, **more than one in 100 people are autistic**. Autism is diverse, and everyone's experience is different — and that is why awareness, understanding, and inclusive practices are so important.

Autism Speaks has developed a free, online **Autism Friendly Training**, created with self-advocates and the autism community. It provides guidance on interacting positively, building inclusive environments, and becoming an Autism Friendly Ally. The training takes less than 30 minutes and is a great way to gain another perspective, deepen your understanding, share your support, and help spread awareness.

👉 [Learn more and sign up for Autism Friendly Training](#)



Next month brings a number of significant changes in **employment law**, including increases to the National Minimum Wage and statutory pay rates, reforms to Statutory Sick Pay (SSP), and the introduction of new day one rights for employees.

There will also be stronger whistleblowing protections, alongside the introduction of a new Fair Work Agency to support and enforce worker rights.

Whether you are a manager supporting your team with questions, your role involves HR responsibilities, or simply to understand how these changes may affect you personally, awareness is key.

Read more [here](#).

April 28th marks **World Day for Safety and Health at Work**, an international observance to raise awareness of the importance of safe, healthy, and supportive working environments.

Work touches so many aspects of our lives and wellbeing.



Our health and wellbeing are impacted not only during working hours but also through the cumulative effects of stress, work-related pressures, and the balance (or imbalance) between professional and personal life.

Long commutes, irregular hours, workload demands, and even the way we transition between work and home can influence our energy, mental clarity, and overall sense of balance. Recognising these impacts is the first step in creating habits and environments that protect and promote wellbeing both inside and outside of work.

Whether you lead a team, work alongside others, or support an organisation's culture in any way, this day is a gentle reminder that wellbeing and safety are shared responsibilities. It's about listening, noticing where support is needed, and taking thoughtful steps to make work healthier and more positive for everyone.

Learn more about this year's theme and find resources here:

👉 [World Day for Safety and Health at Work 2026](#)



Suicide Alertness Training – Supporting Awareness and Early Intervention

Life can be challenging, and sometimes the people we support or work with may be experiencing thoughts of suicide.

Suicide Alertness training offers a valuable opportunity to develop the knowledge and confidence needed to recognise signs of distress, respond safely, and provide compassionate support.

This session, by Safeguarding Somerset, will explore practical approaches to initiating sensitive conversations, identifying risk, and connecting individuals with the right support. Helping you gain insight into ethical and emotional considerations, alongside strategies to act with confidence and care.

👉 [Find out more and register for Suicide Alertness](#)

For anyone attending interviews soon, have you considered what the types of questions you are asked are really looking for?

Being well-prepared is one of the best ways to make a strong impression. Interviews are an opportunity to showcase your skills, experience, and the unique perspective you bring to a role.



Leading questions in an interview are designed to guide you toward a certain type of response, often encouraging you to provide examples of your skills, behaviours, or achievements. By reviewing examples of these questions and practising your responses, you can approach your interview with a sense of readiness and purpose.

This article breaks down leading questions and offers practical tips to help anyone attending interviews feel prepared, organised, and confident in presenting their skills.

👉 [Read more: Leading interview questions — how to respond and prepare](#)



Rowcroft Hospice: Advance Care Planning (ACP) – Become a Champion

Advance Care Planning (ACP) is key to ensuring that people's wishes, values, and preferences are understood and respected, particularly when decisions feel complex or urgent.

Rowcroft Hospice is offering a focused session to deepen understanding of ACP, practise skills in initiating meaningful conversations, and gain confidence in supporting individuals with compassionate, person-centred care. This session is an opportunity to enhance professional practice while making a real difference to the people you care for.

 Tuesday 14th April 2026 |  09:30–15:30

 [Find out more and register for Advance Care Planning – Become a Champion](#)

Job of the Month

Children's Home Registered Manager

 Manchester |  £45,000 |  Full Time

We are seeking a **Children's Home Registered Manager** to lead a small, family-run residential home in Bolton, supporting children aged 8–17 with Emotional and Behavioural Difficulties (EBD). You will manage day-to-day operations, guide a dedicated team, and create a safe, nurturing, homely environment where children can thrive.

Our clients home offers personalised care, structured support plans, and opportunities for growth and development. You'll work closely with families, schools, and social workers to ensure each child receives compassionate, tailored support.

Looking for a new role? Explore all of our latest vacancies [here](#).

Further reading/watching:

 [Emailing your CV to a recruiter](#)

 [World Autism Acceptance Month Webinar](#)

Thought for the month:

As we head towards Stress Awareness Month, we've been reflecting on how different types of stress impact people in unique ways and how this can show up in both work and personal life. Our individual personalities, combined with environmental factors, can drastically influence how we experience challenges and what we consider motivating stress versus overwhelming stress.

It's important to respect that everyone manages things differently and needs to find personalised ways to cope. There is no right or wrong approach — what matters most is recognising when stress is building and having strategies or support in place to respond before it becomes overwhelming.

How we experience stress, and how supported we feel in managing it, can have a real impact on our overall wellbeing. Noticing what helps you maintain a sense of balance and calm, and exploring small changes that make you feel more settled, energised, and able to focus, can make a meaningful difference.

Good workplaces take an individualised approach to supporting stress management, recognising that each person's needs and coping strategies will be different, and fostering environments where people feel heard, valued, and empowered to manage their wellbeing.

All job roles come with a certain level of stress, but if your workplace isn't supportive and doesn't allow you to manage stress in a way that works for you, it may be time to consider finding one that does. Your wellbeing is too important to compromise.

 **We'd love to hear from you:**

What is one thing you or your workplace could do to help manage stress more effectively day to day?

Warm wishes for the month ahead.



Connecting compassionate care providers with skilled professionals to build strong, values-aligned teams that enhance care quality and service outcomes.



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