

April Bulletin

Month Long Awareness (April 2026)

Autism Acceptance month: Dedicated to promoting acceptance and inclusion. It involves tailoring classrooms to meet specific sensory and learning needs, training staff, and encouraging peer understanding to reduce stigma and prevent exclusion.

Autism acceptance, within gyms is about ensuring that everyone, regardless of their neurotype, has the opportunity to experience the benefits of a, healthy, and active life in a safe environment.

[National Autistic Society](#)

[North Wales Integrated Autism Service - Niwrowahaniaeth Cymru | Neurodivergence Wales | National Neurodivergence Team](#)

Stress Awareness month: Focused on raising awareness about the causes and cures of modern stress.

Stress affects people in various ways, for different reasons. Stress at work, worries about exams, pressure at home or changes in life can all cause us to feel stressed. Learning how to notice when you are stressed is the first step to managing it better.

Useful resources can be found on: [Wellbeing Support | Activities & ideas | British Red Cross](#)

[Stress Awareness Month - Resources | Mates in Mind](#)

Bowel Cancer Awareness month: Raising awareness about symptoms and prevention. Bowel cancer is cancer found anywhere in the large bowel, which includes the colon and rectum. It's one of the most common types of cancer in the UK.

[Bowel Cancer Awareness Month | Macmillan Cancer Support](#)

Parkinsons Awareness month: Highlighting the impact of Parkinson's. Parkinson's is progressive, symptoms worsen over time, but the speed of progression varies significantly.

[What is Parkinson's? | Parkinson's UK](#)

Individual awareness days

1st April: April Fool's Day, is a global day of harmless pranks, tricks, and laughter.

2nd April: World Autism Awareness Day. This day is a time to pause, reflect, and deepen our understanding of autism. It is a moment to celebrate the strengths of autistic individuals and to work together for a more inclusive society.

[World Autism Awareness Day 2026 | April 2, 2026 | Awareness Days](#)

2nd April: International Children's Book Day, promotes the love of reading and the importance of children's literature throughout the world.

[International Children's Book Day 2026 - Teaching Resources](#)

3rd –6th April: Easter Weekend (UK). It is a major holiday period for family gatherings, featuring traditional meals, chocolate eggs, and various spring events.

[Upcoming Easter Events in North Wales 2026 | Pario Holiday Parks](#)

[Easter holiday ideas and family fun in Wales | Visit Wales](#)

7th April: World Health Day. The theme for 2026 is 'Global Action for Universal Health'.

[World Health Day PowerPoint](#)

11th April: World Parkinson's Day, to raise awareness of the fast-growing, incurable neurodegenerative condition. The blue tulip is often used to represent Parkinson's.

[World Parkinson's Day - April 2026 | Healthwatch Hounslow](#)

14th April: National Laverbread Day (Wales), celebrates this historic food made from seaweed.

[Celebrating National Laverbread on April 14th - Twinkl](#)

14th April: International Moment of Laughter Day, encourage people to reduce stress and boost their mood by laughing out loud. Promote laughter as a tool to improve health and bring joy to people's lives.

20th -26th April: National Stalking Awareness Week, focusing on raising awareness, supporting victims, and improving multi-agency responses to this serious, persistent, and unwanted behaviour.

[Save The Date: National Stalking Awareness Week | Suzy Lamplugh Trust](#)

22nd April: Earth Day / International Mother Earth Day. To raise awareness about environmental issues, such as pollution, deforestation, and climate change, and to promote a shift towards a more sustainable economy.

[Earth Day 2026 - Event Info and Teaching Resources - Twinkl](#)

22nd April: Stephen Lawrence Day.

[Stephen Lawrence Day Foundation: A Legacy For Change](#)

27th April – 3rd May: MS Awareness Week, focused on challenging assumptions about multiple sclerosis and fostering open, meaningful conversations. Individuals are encouraged to share their experiences and participate in discussions to reduce stigma and improve awareness.

[MS Awareness Week 2026 | MS Trust](#)

Bwletin Mis Ebrill

Ymwybyddiaethau Mis Ebrill

Mis Derbyn Awtistiaeth: Wedi'i neilltuo i hyrwyddo derbyn a chynnwys. Mae'n cynnwys addasu ystafelloedd dosbarth i gwrdd ag anghenion synhwyrdd a dysgu penodol, hyfforddi staff, ac annog dealltwriaeth gan gyd-ddisgyblion i leihau stigma a hatal gwaharddiad.

Derbyn awtistiaeth, o fewn y gampfa, yw sicrhau bod pawb, beth bynnag ei math niwrolol yn cael y cyfle i brofiadu manteision bywyd iach a gweithgar mewn amgylchedd diogel.

[National Autistic Society](#)

[North Wales Integrated Autism Service - Niwrowahaniaeth Cymru | Neurodivergence Wales | National Neurodivergence Team](#)

Mis Ymwybyddiaeth Straen: Yn canolbwyntio ar godi ymwybyddiaeth am achosion a gwahanol driniaethau straen modern

Mae straen yn effeithio ar bobl mewn gwahanol ffyrdd, am wahanol resymau. Gall straen yn y gwaith, pryderon am arholiadau, pwysau gartref neu newidiadau mewn bywyd i gyd ein gwneud i deimlo o dan straen. Mae dysgu sut i sylwi pryd rydych chi dan straen yn gam cyntaf i'w reoli'n well.

Gellir dod o hyd i adnoddau defnyddiol ar: [Wellbeing Support | Activities & ideas | British Red Cross](#)

[Stress Awareness Month - Resources | Mates in Mind](#)

Mis Ymwybyddiaeth Cancer Coluddion: Codi ymwybyddiaeth am symptomau a'i atal. Mae cancer colwn yw cancer a geir unrhyw le yn y colwn mawr, sy'n cynnwys y colwn a'r rectwm. Dyma un o'r mathau mwyaf cyffredin o ganser yn y DU.

[Bowel Cancer Awareness Month | Macmillan Cancer Support](#)

Mis Ymwybyddiaeth Parkinson: Yn amlygu effaith Parkinson. Mae Parkinson yn esblygiadol, mae symptomau'n gwaethygu dros amser, ond mae cyflymder y cynnydd yn amrywio'n sylweddol.

Dyddiau ymwybyddiaeth unigol

1af Ebrill: Dydd Ffwl Ebrill, yw diwrnod byd-eang o jôcs di-niwed, triciau, a chwerthin

2 Ebrill: Dydd Ymwybyddiaeth Byd-eang am Awtistiaeth. Mae'r diwrnod hwn yn amser i aros, myfyrio, a dyfnhau ein dealltwriaeth o awtistiaeth. Mae'n foment i ddathlu cryfderau unigolion awtistig ac i weithio gyda'n gilydd er mwyn cymdeithas fwy cynhwysol

[World Autism Awareness Day 2026 | April 2, 2026 | Awareness Days](#)

2 Ebrill: Diwrnod Llyfr Plant Rhyngwladol, yn hyrwyddo cariad at ddarllen a phwysigrwydd llenyddiaeth plant ledled y byd.

[International Children's Book Day 2026 - Teaching Resources](#)

3ydd – 6ed Ebrill: Wythnos y Pasg (DU). Mae'n gyfnod gwyliau pwysig ar gyfer cyfarfodydd teuluol, gyda phrydau traddodiadol, wyau siocled, a gwahanol ddigwyddiadau gwanwyn.

[Upcoming Easter Events in North Wales 2026 | Pario Holiday Parks](#)

[Easter holiday ideas and family fun in Wales | Visit Wales](#)

7 Ebrill: Dydd Iechyd y Byd. Y thema ar gyfer 2026 yw 'Gweithredu Byd-eang dros Iechyd

[World Health Day PowerPoint](#)

11 Ebrill: Diwrnod Parkinson y Byd, er mwyn codi ymwybyddiaeth am y cyflwr niwro-ddirlenwi sy'n tyfu'n gyflym ac nad oes modd ei drin. Fe ddefnyddir y tulip glas yn aml i gynrychioli Parkinson

[World Parkinson's Day - April 2026 | Healthwatch Hounslow](#)

14 Ebrill: Dydd Rhyngwladol y Munud o Chwerthin, annog pobl i leihau straen a chodi hwyliau trwy chwerthin yn uchel. Hyrwyddo chwerthin i wella iechyd a dod â llawenydd i fywydau pobl.

20fed - 26ain Ebrill: Wythnos Cenedlaethol Ymwybyddiaeth Stalcio, gan ganolbwyntio ar godi ymwybyddiaeth, cefnogi dioddefwyr, a gwella ymatebion aml-asantiaethol i'r ymddygiad difrifol, parhaol, a didymun.

[Save The Date: National Stalking Awareness Week | Suzy Lamplugh Trust](#)

22ain Ebrill: Dydd y Ddaear / Dydd Rhyngwladol Ddaear Mam. Er mwyn codi ymwybyddiaeth am faterion amgylcheddol, megis llygredd, dadgoedwigo, a newid yn yr hinsawdd, ac i hyrwyddo symud tuag at economi fwy cynaliadwy.

[Earth Day 2026 - Event Info and Teaching Resources - Twinkl](#)

22nd April: Diwrnod Stephen Lawrence.

<https://stephenlawrenceday.org/>

27ain Ebrill – 3ydd Mai: Wythnos Ymwybyddiaeth MS, wedi canolbwyntio ar herio rhagdybiaethau am sclerosys lluosog a hyrwyddo sgysiau agored a phwrpasol. Anogir unigolion i rannu eu profiadau a chymryd rhan mewn trafodaethau i leihau stigma a gwella ymwybyddiaeth.

[MS Awareness Week 2026 | MS Trust](#)