Our Coop

Your Wellbeing Newsletter

This Month's Wellbeing Supporter Editor



Hi everyone, I'm Steph Braisby Operations Manager for Coop Holidays and I'm here to share this month's Wellbeing Supporter's Newsletter.

As a woman, I know I can never fully understand what it feels like to experience the health challenges that many men face. However, as a partner, daughter, friend, colleague and manager, I have seen first-hand how often men put their own health at the bottom of the priority list. Too many suffer in silence, dismiss symptoms as "just getting older", or feel uncomfortable talking about what they're going through.

Men's health is about so much more than physical fitness. It includes mental wellbeing, emotional resilience, hormonal changes, heart health, and the everyday pressures that life can bring. One area that is often overlooked is andropause, sometimes referred to as the "male menopause", which can affect men as they reach their fifties and beyond. The physical and emotional changes it can bring can be significant, yet many men are unaware of the condition or reluctant to seek support.

One of the simplest but most important messages is that **it's good to talk**. Whether it's with a partner, friend, family member wellbeing supported or healthcare professional, opening up about concerns can be the first step towards feeling better and getting the right support.

Looking after our health is not a sign of weakness; **it is a sign of strength**. By encouraging more open conversations about men's health, we can help break down barriers and ensure that no one feels they have to face these challenges alone.

Steph

This Months Focus

This month, we're focusing on three important awareness campaigns that shine a light on wellbeing, understanding, and support:

Andropause awareness

Andropause, or the "male menopause", is a term used to describe the age-related decline in testosterone levels that can occur in men, most commonly from their mid-fifties onwards. Whilst the term "male menopause" is not medically precise, it is widely recognised that hormonal changes associated with ageing can have a significant impact on both physical and psychological wellbeing. Increased awareness and understanding of andropause is therefore important to ensure that men experiencing symptoms are able to seek appropriate medical advice, support, and treatment where necessary.

👉 Click here for more information and to access resources.

Stress awareness week 2-6 November #stressawarenessday #stressawarenessweek

International Stress Awareness Week is a major annual campaign created and led by ISMA^{UK} to increase public awareness of stress, its impact, and the importance of mental health and wellbeing. Stress is the body's way of responding to excessive, or too many pressures and when this becomes overwhelming stress occurs, a is the body experiences the fight or flight or stress response. This means that stress is not good for you and is an unhealthy state of body or mind or both.

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👉 Click here to access more information from ISMA and International stress awareness week.

Anti Bullying Week 16-20 November #AntiBullyingWeek and #BreakTheSilence

This year's theme is "Break the Silence". A campaign to encourage children, young people and adults to start conversations about bullying, speak up, listen and act together. Millions of children and young people experience bullying every year. Many never tell anyone. They stay silent when they are being bullied, when they see it happening, and sometimes when they feel drawn into it themselves. When silence persists, bullying can grow. If you are worried about Bullying please don't stay silent reach out to your line manager or a wellbeing supporter.

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👉 Click here to access more information from the Anti Bullying Alliance



Upcoming Events

Making work, work for everyone
OurCoop Men's Voices is more than an event. The event is held during International Men's Day week, and creates a welcoming space for connection, conversation and support around men's mental health and wellbeing.

This year, we're delighted to welcome Chris, Midlands Lead for Andy's Man Club, as our keynote speaker. Through his experience and insight, Chris will share powerful perspectives on the importance of talking openly and breaking down the stigma surrounding men's mental health.

Throughout the day attendees with take part in engaging and interactive workshop exploring topics that can help shape and influence your wellbeing

Date: Wednesday 18th November 2026
Venue: Central Co-op County Cricket Ground, Derby, DE21 6DA
Time: 9:00am – 4:00pm

👉 Click here to register

AndysManClub
A men's suicide prevention charity, offering free to attend peer-to-peer support groups across the United Kingdom and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation. **#ITSOKAYTOTALK**. Sessions run every Monday 7pm expect Bank Holidays

👉 Click here to find your local centre!

For mental health and wellbeing support, please contact **GroceryAid** or speak to a **Wellbeing Supporter**.

Click here for more information.



Be kind to your mind.

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