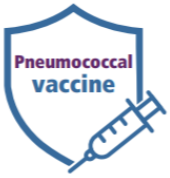
What's Going on at the Aberdeen Vaccination & Wellbeing Hub In December 2025







The Shingles & Pneumococcal Vaccine programmes commence again from January 2026. You will receive a letter if you are eligible to attend. If you have previously received a letter you will be eligible.

If the date, time or venue are not suitable for you and you need to arrange or re-arrange an appointment, please get in touch with our local contact centre on 01224 555333 **It is important that you arrive as close to your appointment as possible.**

For more information go to
www.nhs.inform

Our Opening Hours over the Festive Period.

The Aberdeen Vaccination & Wellbeing Hub will be open on the following days over the the festive period as a welcoming warm space. Drop in to connect with others for a cuppa & conversation to support your health & wellbeing.



Date	Opening times
22nd - 23rd Dec	9.15 – 4.30pm
24th Dec	9.14 – 3.00pm
25th -28th Dec	Closed
29th – 30th Dec	9.15 – 4.30pm
31st DeC	9.15 – 3.00pm
1st – 4th	Closed
5th January onwards	Open Monday – Sat 9.15 – 4.45pm





Winter Vaccinations 25/26

It's not too late to get your Winter Vaccinations. To find out if you are eligible scan QR Code or go to www.nhsinform.scot/wintervaccines

To book an appointment contact the National Contact Centre on 0800 030 4713.

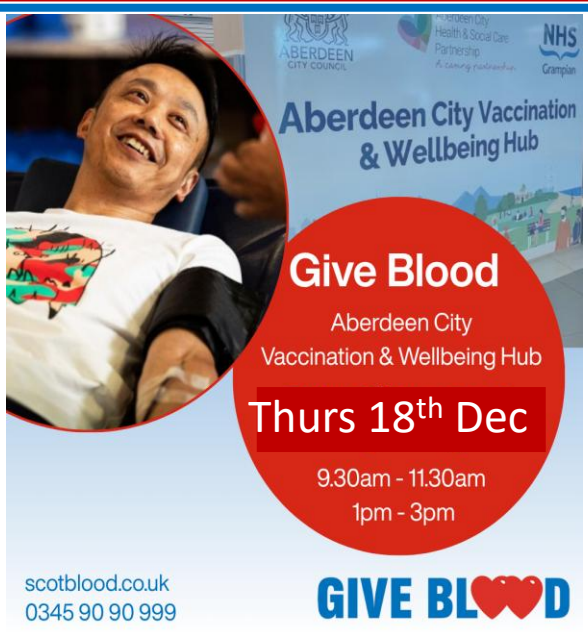
Get a Digital Copy of this Newsletter Here

Download



Come in and browse our range of health & wellbeing leaflets.

Pick up free sanitary products, condoms & blood borne virus home testing kits.



Blood Donor Session at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord
Thursday 18th December
Book Now on **0345 90 90 999** or via www.scotblood.co.uk

Aberdeen City Health & Social Care Partnership
A caring partnership

Aberdeen City Vaccination & Wellbeing Hub

Unit 19, Bon Accord Centre
(Across from Costa Coffee)

Just Walk In

SERVICES AT THE HUB

Vaccination Team

During the Winter Flu & COVID Vaccination programme, routine Vaccines (Shingles & Pneumococcal) are suspended and will start again in January 2026. Unless these are required urgently via Non Routine Referral. **Pre-school Immunisations** – to re-schedule your child's routine vaccines, or any other vaccination enquiries, please contact our local Contact Centre on **01224 555333**

Travel Vaccinations -

To find out more and book an assessment visit www.grampianvax.com/travel-vaccination/

Community Treatment & Care (CTAC)

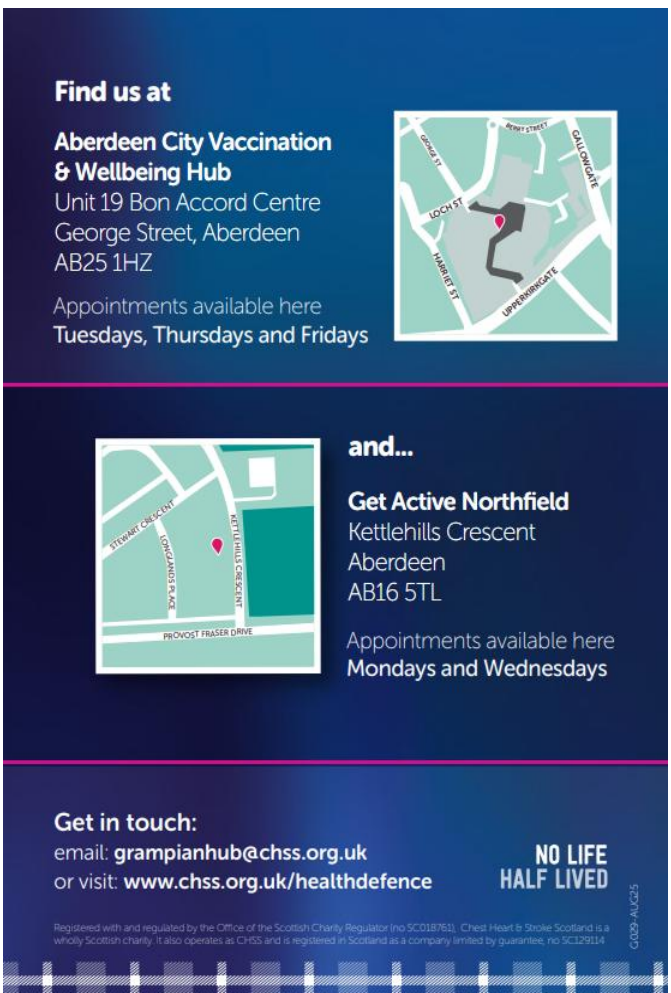
The Community Treatment and Care (CTAC) clinics are a nurse led service providing Blood Tests and Chronic Disease Management tests from the Hub. Appointments for the clinic can be made by calling the booking line between 8.30 – 4.30pm on **01224 550200**

Vitamin B12 Injections

Vitamin B12 Injections administered at the Hub on GP Prescription. By Appointment only.
Call 01224 555333

FREE HEALTH CHECKS AT THE HUB







Chronic Pain Community Appointment Days 2026

Tuesday 17th February
Tuesday 16th June

Aberdeen Vaccination & Wellbeing Hub
Bon Accord Centre

Join us for expert advice, community support and practical tools & strategies to help you live well with Chronic Pain

- Meet the NHS Chronic Pain Management Team and talk to other health & social care professionals.
- Speak to voluntary organisations & other services to explore wider support in your local community.
- Learn about available pain management resources.
- Connect with others who understand your journey.

Reserve Your Place Today

Click on QR Code or email Gram.citycad@nhs.scot
Telephone: 07870 998369 (leave message)

Putting People First

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Aberdeen City Council

NHS Grampian

NHS Grampian

SAVE THE DATE

WOMEN'S HEALTH
Community Appointment Day

20th January 2026

Venue: Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre

Focussing on Menstrual Health Matters

Join us for a day dedicated to raising awareness, offering support, and providing resources around Endometriosis, Menopause, Polycystic Ovary Syndrome (PCOS) & Pelvic Floor Health.



What to Expect:

Talks from healthcare professionals,
Information stalls with resources and guidance,
Wellbeing activities and support services.

Refreshments available

Register for More Information here

Let's Talk. Let's Support. Let's Empower.
#WomensHealthGrampian #MenstrualHealthMatters

SILVER CITY SURFERS

One to One IT Support at the Hub



Every Wednesday 2.00 – 4.00pm
Tea/Coffee & a friendly chat
Supportive 1:1 IT Help
A Safe and sociable space to learn and connect.

Message through WhatsApp or call on 07799 371329 or email silvercitysurfers@gmail.com. For more information go to www.silvercitysurfers.co.uk or scan QR Code

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Community Information Point

IMMUNISATION SPOTLIGHT – School Vaccines

The World Health Organisation (WHO) describes vaccines as one of the two public health interventions that have the greatest impact on the world's health, the other being clean water. Vaccination can prevent or reduce the severity of disease, minimise disability and save lives. This month's Spotlights is DPT & MenACWY (Source NHSInform)

Secondary school (S3) - DTP / MenACWY

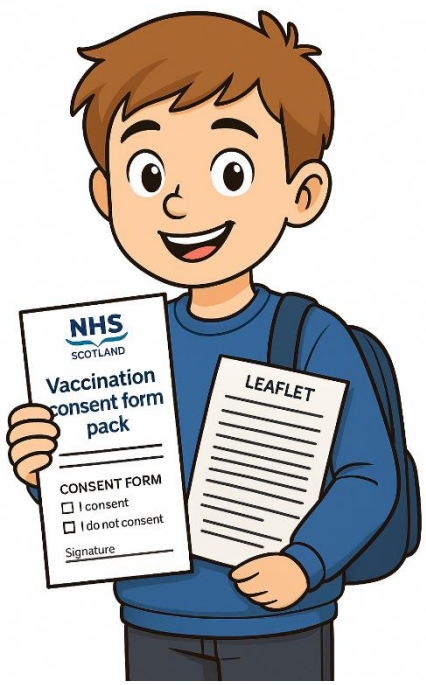
From **January**, our Aberdeen City Vaccination Team will begin visiting secondary schools to deliver routine immunisations as part of Scotland's school-based programme. These include:

- **DTP vaccine** – protects against **diphtheria, tetanus and polio**, serious diseases that can cause breathing problems, paralysis, and even death.

- **MenACWY vaccine** – protects against **meningococcal bacteria types A, C, W and Y**, which can lead to meningitis and sepsis, both life-threatening conditions.

These vaccines are offered to all young pupils in **S3 (around age 14)** as part of the national immunisation schedule. Getting vaccinated is the best way to stay protected against these illnesses.

Consent forms will be sent home via schools in the next few weeks. Please check school bags, discuss the information with your child, and sign and return the consent form to your school by **Friday 12th December**. Even if you do not wish your child to be vaccinated, the form should still be returned.



For more information on these vaccines, visit www.nhs.inform or the QR codes below:

MenACWY

DTP



Aberdeen Vaccination & Wellbeing Hub
Calendar of Events
1st – 12th December 2025



Monthly Calendar

Mon 1st Dec	**Home Energy Scotland** 1.00-4.00pm	**AFCCT – Knit and Natter** 2.00 – 4.00pm		**World Aids Day**
Tues 2nd Dec	**CFINE Community Food Outlet** Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm	**Scottish Fire & Rescue** 9.30-12.30pm **Stand up to Falls** Falls Prevention 1.30 - 3.30pm	**Public Health Team** **Drop In Blood Borne Virus Testing –** Just Drop In. 10.30 – 3.00PM	**CHSS Health Defence Team** Drop In BP Checks & Health Chat 10.00 – 2.00pm
Wed 3rd Dec	**Advocacy Service Aberdeen** 10.00-1.00pm	**Turning Point Scotland** 12.00-3.00pm	**Silver City Surfers 1:1 IT Support** 2.00-4.00pm	
Thurs 4th Dec	**Asthma & Allergy Foundation** 9.30 – 12.30pm	**Stand up to Falls** Falls Prevention 9.30-11.30am	**Hospital at Home** 9.30-1.00pm **Bon Accord Care - Telecare** 1.00-4.00pm	**CHSS Health Defence Team** Health Checks by Appointment only
Fri 5th Dec	**Quarriers Carers Drop-In** 11.00 – 12.00pm	**CHSS Health Defence Team** Health Checks by Appointment only		
Mon 8th Dec	**Scarf Energy Advice** Home Energy Savings 10.00 - 12.00pm	**Home Energy Scotland** 1.00-4.00pm	**AFCCT – Knit and Natter** 2.00 – 4.00pm	
Tues 9th Dec	**CFINE Community Food Outlet** Locally Sourced Fruit, Veg, Eggs 10.00 – 3.00pm	**CHSS Health Defence Team** Health Checks by Appointment only	**Livingwell Befriending Service** 10.00-12.30pm	**Stand up to Falls** Falls Prevention 1.30 - 3.30pm
Wed 10th Dec	**Silver City Surfers 1:1 IT Support** 2.00-4.00pm			
Thurs 11th Dec	**Asthma & Allergy Foundation** 9.30 – 12.30pm	**Stand up to Falls** 9.30 - 11.30am	**Bon Accord Care - Telecare** 1.00-4.00pm	**CHSS Health Defence Team** Health Checks by Appointment only
Fri 12th Dec	**Quarriers Carers Drop-In** 11.00 – 12.00pm	**CHSS Health Defence Team** Health Checks by Appointment only		

If you are interested in promoting your service at one of our stalls in the Community Café within the Hub –please contact gram.acvcbonaccordbookings@nhs.scot

Aberdeen Vaccination & Wellbeing Hub
Calendar of Events
15th – 23rd December 2025



Monthly Calendar

Mon 15th Dec	**Scottish Fire & Rescue Home Safety** 9.30-12.30pm	**Department of Working Pensions** 10.00-12.00pm	**Home Energy Scotland** 1.00-4.00pm	**AFCCT – Knit and Natter** 2.00 – 4.00pm
Tues 16th Dec	**CFINE Community Food Outlet** Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		**Stand up to Falls** Falls Prevention 1.30 - 3.30pm	**CHSS Health Defence Team** Health Checks by Appointment only
Wed 17th Dec	**Advocacy Service Aberdeen** 10.00-1.00pm	**Silver City Surfers 1:1 IT Support** 2.00-4.00pm		
Thurs 18th Dec	**Asthma & Allergy Foundation** 9.30 – 12.30pm	**Stand up to Falls** Falls Prevention 9.30 – 12.30pm	**Pathway Employment Keyworker** 9.30-12.30pm	**Secondary Care Hubs** 10.00-4.00pm
	Bon Accord Care - Telecare 1.00-4.00pm	**CHSS Health Defence Team** Health Checks by Appointment only	**Blood Donor Service** 10.00-4.00pm	
Fri 19th Dec	**Forget Me Not Club** 10.00-12.30pm	**Quarriers Carer Drop-In** 11.00 – 12.00pm	**CHSS Health Defence Team**	
Mon 22nd Dec	**Scarf Energy Advice** Home Energy Savings 10.00 - 12.00pm	**Home Energy Scotland** 1.00-4.00pm	**AFCCT – Knit and Natter** 2.00 – 4.00pm	
Tues 23rd Dec	**CHSS Health Defence Team** Health Checks by Appointment only			



Wishing you a Wonderful Festive Season from all the Staff at the Aberdeen Vaccination & Wellbeing Hub.

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Aberdeen City Vaccination Wellbeing Hub

Unit 19, Bon Accord Centre

Community Information Point

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Stay Connected with what is going on within the Partnership to support you and your families health & wellbeing

AGILE

Digital Copy of Brochure here

The information contained in this booklet is for anyone who wants to know about the help and support that's available in Aberdeen to enable you to stay as independent as possible in your own home.
www.aberdeencityhscp.scot/our-delivery/agile/

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JOB VACANCIES HERE

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Are you an NHS Hearing Aid Wearer?

You can now get your free NHS replacement Batteries from the Aberdeen Vaccination & Wellbeing Hub. Please remember to bring along your battery letter. Just ask at Admin desk.

*Sizes 13, 312 and 675 only

NHS Grampian

publichealth
helping health happen

NHS Grampian

December

NHS Grampian aims to promote and improve health in Grampian, in partnership with others. Scan the QR Code to find out more about health issues that are important to you.

World Aids



www.worldaidsday.org

https://www.grampiansexual-healthservices.com/

Grampian Hospital Radio

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www.grampianhospitalradio.org/listen

shmu
create · express · transform

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