



GRAMPIAN
Wellbeing
festival

Scan here, or search Grampian Wellbeing Festival, for a full list of events

May 2026

Promoting positive mental wellbeing in Grampian

Aberdeenshire Health & Social Care Partnership
Aberdeen City Health & Social Care Partnership
NHS Grampian

This May, join us across Aberdeen City for the Grampian Wellbeing Festival, a month long celebration of wellbeing, connection and community.

Throughout May, a wide range of events and activities will take place across the city, offering opportunities to support your mental, physical, emotional and social wellbeing. Whether you're looking to get active, try something new, connect with others or simply take some time for yourself, there is something for everyone.

Get involved, discover what's happening in your area and be part of a city-wide focus on wellbeing this May. Scan the QR code for the full programme of free events or search:

Get a Digital Copy of this Newsletter Here



COVID19 – Top up your Immunity this Spring

If you are eligible for your COVID 19 Spring Vaccination you will have received an appointment letter.

This spring, **all clinics will be running by appointment time only**, so we kindly ask that you arrive as close to your appointment time as possible. This helps us keep clinics running smoothly and reduces waiting times for everyone.

If you would like to re-schedule your appointment, for example to attend at the same time as a family member or to a more suitable date, you can do this by calling the National Vaccination line on 0800 0303 8013 or by using the online booking system.

Top up your immunity THIS SPRING

! The COVID-19 vaccine is offered in spring and winter to people at increased risk of getting seriously ill from COVID-19. It's important to keep up to date with all the vaccines you're offered.

Who's eligible?

- Adults aged 75 years and over
- People aged 6 months and over with a weakened immune system
- Residents in care homes for older adults

i Look out for your letter, email or text with appointment details or information on how to book. If you live in a care home, the staff will give you the details.

 nhsinform.scot/covid19vaccine
0800 030 8013

Public Health Scotland  Healthier Scotland Scottish Government 

SERVICES AT THE HUB

Vaccination Team

To re-schedule your or your child's routine vaccines, or any other vaccination enquiries, please contact our local Contact Centre on **01224 555333**

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**

Travel Vaccinations - To find out more and book an assessment visit www.grampianvax.com/travel-vaccination/
Or Click on the QR Code here:



Vitamin B12 Injections

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

Health Defence Team – Free Health Checks

Free health checks are available at the Hub on Tuesdays, Thursday & Fridays by appointment only. You can refer yourself by e-mailing the team at grampianhub@chss.org.uk

Urine Good Company

Are you a Catheter User?

Or

Living with a Chronic Bladder
Condition?

Join our Informal Support Group

Saturday 16th May
11.00 – 12.00pm

At the Vaccination & Wellbeing Hub,
Bon Accord Centre



ABERDEEN 2026

You're not Walking Alone

Walk and Talk About **Period
Related Issues**

 Esplanade Aberdeen Beach

Free 4k Walk Fundraise To Register →

23rd May 2026 | 10:30am Prompt



Scan code

<https://walk4her.theperiodplace.co.uk>

Just Walk In

For more information:

Instagram: [urine_good_company](https://www.instagram.com/urine_good_company)
Email: urinegoodcompany1@gmail.com



@URINE_GOOD_COMPANY

Podiatry Community Appointment Day

Wednesday 13th May



9.30 – 4.00pm
Drop-ins Welcome



Come along for information and advice to help you look after your feet and wellbeing

PODIATRY
Looking after your feet every day



- Foot care tips
- Comfortable footwear
- Keeping active
- When to get help

Our podiatry team are here to help

CHAT TO OUR PODIATRY TEAM



 Foot care advice	 Health and wellbeing information	 Local services and support	 Friendly advice and guidance	 Everyone welcome
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Look after your feet, stay active, stay well

Come along to speak to a range of Organisations to support your health & Wellbeing No appointment necessary - Just Drop In



Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre



The Chest Heart & Stroke Scotland (CHSS) Health Defence Team will be joining the Wellbeing Festival in May, offering a range of free talks, workshops, wellbeing advice and health checks to help people take positive steps towards better health. Whether you are keen to understand your health numbers, make lasting lifestyle changes, or speak to a friendly expert for advice, there will be something for everyone.

Events will take place on **5th & 19th May**, with sessions including a **Know Your Numbers workshop at 10.30am**, **Blood Pressure and Cholesterol checks at 11.00am**, a **Habit Changing workshop at 2.00pm**, and **Wellbeing and Lifestyle advice at 2.30pm**.

Further sessions will run on **14th & 28th May**, featuring a **Habit Changing workshop at 10.30am**, **Wellbeing and Lifestyle advice at 11.00am**, a **Know Your Numbers workshop at 2.00pm**, and **blood pressure and cholesterol checks at 2.30pm**.

Drop in, take part, and chat with the CHSS team during the Wellbeing Festival this May—your health is worth it.



HEALTH DEFENCE SCOTLAND

Chest Heart & Stroke Scotland



HELPING YOU LIVE A HEALTHIER LIFE

The Health Defence Team are here to help and ensure no life is half lived!

- Free health & wellbeing appointments at the hub
- Free blood pressure & cholesterol checks
- Free health information & advice
- Outreach to community venues
- Links to further support

To book a free health check e-mail

grampianhub@chss.org.uk

GET IN TOUCH TO BOOK YOUR FREE APPOINTMENT



Blood Pressure



Wellbeing



Healthy Eating



Conversation



Physical Activity



Women's Heart Health and Wellbeing

FOUNDATIONS FOR LIFE

TASTER SESSIONS

Build Healthy Habits for Life

Join our free taster sessions and discover how small steps can lead to big changes.

Small steps today for a healthier tomorrow



SESSION DATES:

- 6th May
- 11th May
- 28th May
- 1st June
- 8th June



TIME:

12:30pm – 1:30pm



Aberdeen Vaccination & Wellbeing Hub

Bon Accord Centre

Chest Heart & Stroke Scotland



FRIENDLY, SUPPORTIVE GROUP SESSIONS FOR EVERYONE

Whether you're just starting out or ready for a change, we're here to support you.



WHAT IS FOUNDATIONS FOR LIFE?

Foundations for Life is a **10-week journey** to healthier daily habits. It supports you to build a strong foundation of consistent, realistic and sustainable nutrition and lifestyle habits.

Through small, manageable changes and a supportive group environment, you will:

- Improve your heart, chest & stroke health
- Feel stronger, more confident and in control
- Sleep better and have more energy
- Make healthier food choices and build good habits
- Be empowered to make positive changes for life

WHAT TO EXPECT

- Weekly face-to-face group sessions
- Practical tips and education
- Support to make small, achievable changes
- Focus on long-term health and wellbeing



Chest Heart & Stroke Scotland



Foundations for Life: Free Taster Sessions

Looking to make healthier choices but not sure where to start? Chest Heart & Stroke Scotland is offering free *Foundations for Life* taster sessions at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre. These relaxed, supportive sessions are a great opportunity to explore how small, manageable lifestyle changes can lead to lasting improvements in wellbeing.

The taster sessions run from **12:30–1:30pm** on **6 May, 11 May, 28 May, 1 June and 8 June**, and give a flavour of the full 10-week *Foundations for Life* programme. You'll learn practical tips around nutrition, activity, sleep and everyday habits, while meeting others who are also looking to improve their health in a friendly, non-judgemental environment.

Whether you are just starting out or ready to make a change, these sessions are open to everyone and completely free to attend. Come along, find out more, and take your first step towards building healthy habits for life. Just drop in – no booking required.



COME ALONG, FIND OUT MORE, AND TAKE YOUR FIRST STEP TOWARDS LIVING WELL.

No life half lived

Chronic Pain Support

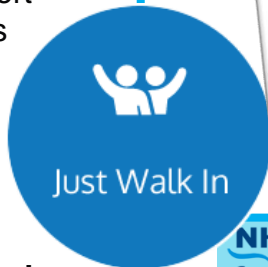
Introducing our “Pain Pod” at Hub

We're really proud to share our Pain Pod at the Aberdeen Vaccination & Wellbeing Hub.

Living with chronic pain can feel isolating, exhausting and overwhelming at times. The Pain Pod has been created as a calm, supportive space where people across Grampian can:

- Talk and be heard
- Access trusted chronic pain videos and trusted information
- Learn gentle coping strategies
- Be signposted to local support
- Take away helpful resources

Pain Champion Support



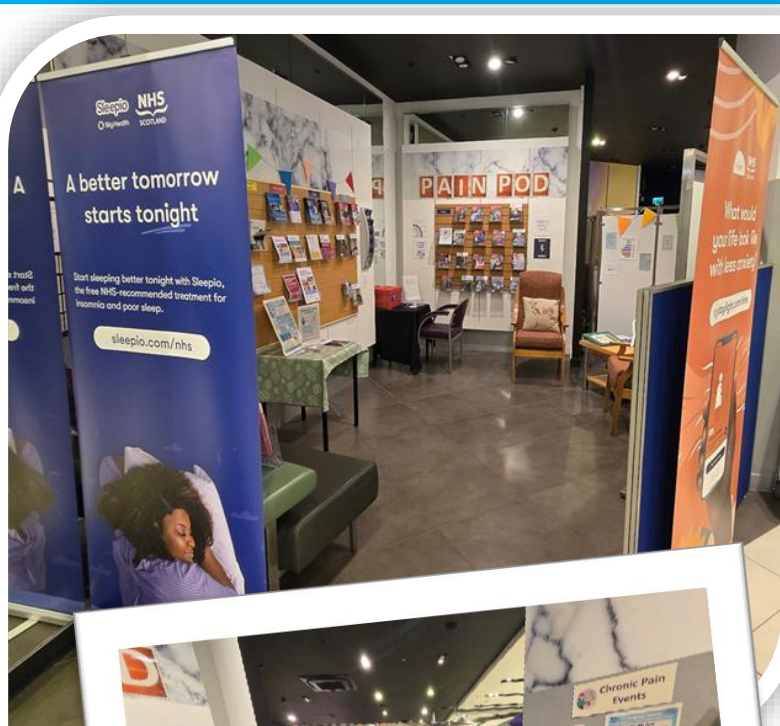
We have a dedicated Pain Champion available on Thursdays only, who can help signpost you to appropriate services and support.

The Pod is open Monday to Saturday, 10am–4pm for self-guided use. A member of staff can show you how to use the space and resources and you're welcome to come and use the Pod as often as you like.

This isn't a clinical treatment service, it's a welcoming space to feel listened to, believed and supported at your own pace.

If you or someone you know is living with chronic pain, please help us spread the word.

Sometimes the most powerful support starts with feeling understood.



NHS Grampian

Chronic Pain Community Appointment Day

Putting People First

Tues 16th June

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre
Drop in Between 10.00 - 4.00pm

Are you living with Chronic Pain? Join us for a host of talks & stalls to support you.

Talks

NHS Grampian Chronic Pain Management Team Talk at
11.00am, 11.45am, 1.00pm, 1.45pm, 2.30pm

Peer support in the **PAIN CAFÉ**



To Secure your Place
Click on QR Code or Email gram.citycad@nhs.scot or phone/text 07870998369



Community Pharmacy

sport aberdeen

Chest Heart & Stroke Scotland

Stay Well Stay Connected

Pain CONCERN

Acute AAD Disability

Community Chaplaincy Listening

ArthritisUK

LIVE LIFE ABERDEENSHIRE

QUARRIERS

DWP Department for Work and Pensions

cfine

Bon Accord Care

healthpoint

citizens advice bureau

Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

1st – 16th May 2026



Just Walk In



Monthly Calendar

Fri 1 st May	Wellbeing Festival Launch 10.00am – 3.00pm	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Sat 2 nd May	Period Place Promoting “You’re Not Walking Alone” 10.00-4.00pm			
Mon 4 th May	Public Holiday - Closed			
Tues 5 th May	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		World Asthma Day In-Person Support Session 10.00-12.00pm	CHSS Wellbeing Advice, Talks & Workshops 10.30 – 3.00pm
Wed 6 th May	Scottish Fire & Rescue 9.30 – 12:30pm	SPICE Social Prescribing for Improving Communities Eating Practices 1.00-4.00pm	Forget Me Not Club 2.00-4.00pm Silver City Surfers 1:1 IT Support 2.00-4.00pm	CHSS – Foundations for Life Taster Session 12.30 – 1.30
Thurs 7 th May	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	Cruise Scotland Bereavement Support 1.00 – 4.00pm	Bon Accord Care – Telecare/ Independent Living 1.00-4.00pm
Fri 8 th May	Quarriers Carers Drop-In 11.00 – 12.00pm	Aberdeen Foyer Find out what the foyer has to offer 11.00-1.00pm		World Ovarian Cancer Day
Mon 11 th May	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm	CHSS – Foundations for Life Taster Session 12.30 – 1.30	Mental Health Awareness Week
Tues 12 th May	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale	CHSS Wellbeing Advice, Talks & Workshops 10.30 – 3.00pm	Scottish Fire & Rescue Service 1.00-4.00pm	Stroke Association 9.30-12.00pm
Wed 13 th May	Podiatry Community Appointment Day Foot Care & Wellbeing Advice (Drop ins Welcome) 9.30 - 4.00pm			
Thurs 14 th May	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	CHSS Wellbeing Advice, Talks & Workshops 10.30 – 3.00pm	Bon Accord Care – Telecare / Independent Living 1.00-4.00pm
Fri 15 th May	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Sat 16 th May	Urine Good Company Bladder Support Group 11.00- 12.00pm	Period Place Promoting “You’re Not Walking Alone” 10.00-4.00pm		



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

18th - 29th May 2026






Monthly Calendar

Mon 18 th May	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		Dementia Awareness Week
Tues 19 th May	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm	CHSS Wellbeing Advice, Talks & Workshops 10.30 – 3.00pm	Specsavers Home Visits 9.30-12.30pm	Scottish Fire & Rescue Service 1.00-4.00pm
Wed 20 th May	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 21 st May	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	Bon Accord Care – Telecare /Independent Living 1.00-4.00pm	Pathways Employment 10.00 -12.00pm
Fri 22 nd May	Quarriers Carer Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Sat 23 rd May	F@cevalue Support Group for People with Facial Palsy 10.00-12.00pm			
Mon 25 th May	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 26 th May	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Scottish Fire & Rescue Service 9.30-12.30pm	CHSS Wellbeing Advice, Talks & Workshops 10.30 – 3.00pm
Wed 27 th May	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 28 th May	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	CHSS – Foundations for Life Taster Session 12.30 – 1.30 & Wellbeing Advice/Talks 10.30-3.00	Bon Accord Care Telecare /Independent Living 1.00-4.00pm
Fri 29 th May	Quarriers Carer Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		World MS Day

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



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

 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/

 Aberdeen City Health & Social Care Partnership
A caring partnership

 **JOB VACANCIES HERE**



 Aberdeen City Health & Social Care Partnership
A caring partnership

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



May

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.

National Walking Month

  www.livingstreets.org.uk 

www.nhsgrampian.org/your-health/healthy-living/physical-activity/

Mental Health Awareness

  mentalhealth-uk.org 

www.nhsgrampian.org/your-health/healthy-living/mental-health/

 Listen to Grampian Hospital Radio
www.grampianhospitalradio.org/listen



 Listen to Shmu Radio Live online
www.stream.shmu.org.uk/fm

 Listen to 99.8fm online