

April is Bowel Cancer, Testicular Cancer & Womens Health

Celebrating Our Community Information Points

A big thank you to everyone involved in our Community Information Point (CIP) network across NHS Grampian! Your enthusiasm, time, and dedication to sharing clear, helpful health information make a real difference every day. We truly appreciate all that you do.

With over 90 CIPs now up and running, you can find these helpful information spots in all sorts of places—GP surgeries, schools, community centres, and many more. They make it easier for people to access trusted health information right where they are.

It's been wonderful to see more communities taking the lead in running their own CIPs. This local ownership keeps each point fresh, welcoming, and full of resources that matter to the people who use them.

By working together, we are helping to spread important health messages, reduce health inequalities, and support wellbeing across Grampian.

If you would like to join the network or create a CIP in your community, we would love to hear from you:
gram.healthpointadmin@nhs.scot

Mental Health

Here to Help: Our Mental Health Self Help Guides

[NHS Grampian: NHS Grampian](#)

The National Wellbeing Hub is a valued site with a wealth of information including Mental Wellbeing, Financial Wellbeing, Physical Wellbeing, Psychological Wellbeing, Supporting Staff's Wellbeing and Responding to Emergencies

Home - National Wellbeing Hub
[Useful Links](#)

Free Condom Distribution



Interested in being part of our condom distribution service, please contact us at gram.freecondoms@nhs.scot

[You can view our free Condom Locator here](#)

Community Information Points

For information on where Community Information Points are located, please visit [our site here](#) or scan the QR Code.



Women's Health

Women's health covers many stages and experiences throughout life. Being informed helps women feel confident, comfortable and supported.

Periods: Women have a wide range of period products to choose from, including pads, tampons, menstrual cups, reusable pads and period pants. In Scotland, free period products are available in many public places. If your periods are very heavy, painful or change suddenly, it's important to speak to a health professional.

Menopause: Menopause is a natural life stage that can bring symptoms like hot flushes, sleep changes, mood shifts and brain fog. Support is available, including lifestyle changes, talking therapies, non-hormonal medicines and HRT. No one needs to manage symptoms alone.

Breast Health: Getting to know what's normal for your breasts helps you spot any changes early. Women aged 50–70 are invited for breast screening every three years. Early detection saves lives.

Cervical Health: The HPV vaccine and cervical screening (smear tests) are key tools for preventing cervical cancer. Screening is offered from age 25–64. Any unusual bleeding or pelvic symptoms should be checked by a GP.

Overall: Women's health is about understanding your body, accessing support and knowing that help is available at every stage of life

More people are now eligible for free improvements.

You could get £10,000 or more of home energy improvements.

Subject to eligibility criteria.

Fur real?

HOME ENERGY SCOTLAND Scottish Government Riaghaltas na h-Alba

Registered Scottish Charity SC01982

Weekly Groups DROP IN

Held at 33 Ocean Spirit House, Waterloo Quay, Aberdeen.

MONDAY Women's Group
A relaxed meeting, open to all women in recovery. 10.30am - 12pm

TUESDAY ABZ Works
Info on training, work and volunteering opportunities. Fortnightly from the 4th November 9-11am

WEDNESDAY ADAPT
Explore self-empowering skills to support recovery. Fortnightly from the 14th Jan 5-6.30pm

THURSDAY Tools For Life
A topic focused meeting where a wide range of life experiences in recovery are explored. 1-2.30pm

FRIDAY ADAPT
Focuses on the science of addiction. Held fortnightly. Starts 9th Jan, 10.30am - 12pm

Craft
Creative? Meet with others each Friday at the Salvation Army Citadel building. 11am - 1pm

Helpline 0333 448 355
Email adagroups@alcoholanddrugsaction.org.uk
Or pop into 7 Hadden Street, Aberdeen, AB11 6NU for info.

Inchgarth Community Centre

CLUBS & CLASSES FOR ADULTS WITH ADDITIONAL SUPPORT NEEDS

Phoenix Club
Mondays & Thursdays
A social club for adults with additional support needs

Inclusive Zumba
Thursdays
An inclusive Zumba class designed for those with disabilities

Create Aberdeen
Monday - Friday
Arts and Performance Activities for Adults with Additional Support needs and disabilities

Future Choices
Tuesdays
A lunch and social club for adults with disabilities

Check out our ASN Guide to see our full programme of ASN & ASN inclusive clubs and classes

<https://www.inchgarth.co.uk> or call 01224 479061

The Phoenix Club

Time with Friends
Mondays 7-9pm
Thursdays 1-3pm

Crafts & Cooking
Animal Visits & Entertainment
Games

A social club for adults with additional support needs. Every week there are lots of different activities to take part in, from board games to pool and crafts. As well as a programme of different activities and entertainment that changes throughout the year.

Contact: inchgarthc5@gmail.com or call 01224 479061 for more information.

Helping You Live Well with
Chronic Pain

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)

SOARING SENIORS

You're warmly invited to our brand new weekly Get-together for over 55s!

- ◆ Chatting
- ◆ Singing
- ◆ Dancing
- ◆ Games
- ◆ Gardening
- ◆ Staying fit
- ◆ Uplifting talks
- ◆ Day trips

Enjoy a complimentary homemade lunch made by our lovely team plus drinks and treats too! Come along, have some fun and make new friends...it's time to soar!

Every Wednesday, 11am-1pm

The Bridge Centre, Torry
258 North Balnagask Road
Aberdeen
AB11 8RR

St. Kings Community FOUNDATION

Cornhill Association Soup & Sandwich Cafe

Held on the first & third Thursday of every month at Cornhill Community Centre 1100am-1300pm.

Dates for the year:
15th January
5th & 19th February
5th & 19th March
2nd & 16th April
7th & 21st May
4th & 18th June
2nd & 16th July
6th & 20th August
3rd & 17th September
1st & 15th October
5th & 19th November
3rd & 17th December

For more information please email: sWSC@aberdeencity.gov.uk or phone: 07799860899

Aberdeen City Health & Social Care Partnership
Communities

Dementia Cafe
At OGV Taproom Aberdeen

Every Monday from the 3rd of November
12.30-16.30 | OGV Taproom, Bridge Pl, Aberdeen

A relaxed, welcoming get-together for people living with dementia and their carers to drop-in and enjoy a cuppa and connect with others in a friendly setting.

Pittodrie Community Hub

Every Thursday 12:30pm - 3:30pm

Pittodrie Stadium | Enter via RDS Reception
Hot food, activities & wifi available
All welcome!

For enquiries contact info@afect.org or call 01224 650 400

Other Information

Septicaemia

Some bacteria can cause meningitis and septicaemia (blood poisoning). People with septicaemia may develop a rash of tiny red 'pin pricks' which can develop into purple bruising.

THIS RASH DOES NOT FADE UNDER PRESSURE. DO THE GLASS TEST.



Press the side of a clear glass firmly against the skin.

Spots/rash may fade at first. Keep checking!

- Fever with spots/rash that do not fade under pressure is a **MEDICAL EMERGENCY**
- **DO NOT WAIT FOR A RASH.** If someone is ill and getting worse, get medical help immediately
- **ON DARK SKIN**, the spots/rash can be more difficult to see. Do not wait for a rash. Be aware of all the signs and symptoms.

Getting medical help

If you are concerned it could be meningitis or septicaemia, you can:

Call NHS 111 or your GP

In an emergency you can:

- Dial 999 for an ambulance
- Go to your nearest accident and emergency department

Describe the symptoms and say that you think it could be meningitis or septicaemia.

Early diagnosis can be difficult. If you have had advice and are still concerned, get medical help again.

Trust your instincts - get medical help immediately



Keep this card safe

It could save a life

Common signs and symptoms for meningitis and septicaemia



Meningitis Nurse-led Helpline
0808 80 10 388 (UK)

www.MeningitisNow.org

Financial support provided by GSK

© Meningitis Now March 2023. Next review September 2024. References for content of this card are available on our website. Reg. Charity Number 803016 (England & Wales) SC037790 (Scotland) Company Registration Number 2469130.



Babies and Toddlers

- | | |
|-----------------------------------|---|
| Fever, cold hands and feet | Refusing food and vomiting |
| Fretful, dislike being handled | Drowsy, floppy, unresponsive |
| Rapid breathing or grunting | Pale, blotchy skin
Spots/rash
See Glass Test |
| Unusual cry, moaning | Tense, bulging fontanelle (soft spot) |
| Stiff neck, dislike bright lights | Convulsions/seizures |

Be aware

Meningitis and septicaemia often happen together. Be aware of all the signs and symptoms.

Symptoms can appear in any order.

Some may not appear at all.

Early symptoms can include:

- fever
- headache
- vomiting
- diarrhoea
- muscle pain
- stomach cramps
- fever with cold hands and feet

Someone with meningitis or septicaemia can get a lot worse very quickly. Keep checking them.

Trust your instincts - get medical help immediately



Children and Adults

- | | |
|----------------------------|---|
| Fever, cold hands and feet | Vomiting |
| Drowsy, difficult to wake | Confusion and irritability |
| Severe muscle pain | Pale, blotchy skin
Spots/rash
See Glass Test |
| Severe headache | Stiff neck |
| Dislike bright lights | Convulsions/seizures |

BBV Postal Kits

Free and confidential Hepatitis B, Hepatitis C and HIV (blood borne virus) testing by post

Do I need a test? Yes, if you have ever:

- Had unprotected sex.
- Injected drugs, even if it was a long time ago or only once.
- Shared drug snorting equipment.
- Had a tattoo, piercing or aesthetic procedure involving skin puncture in conditions that were not sterile.
- Been in prison.
- Had medical treatment abroad.
- Received a blood transfusion or blood products before 1991.

If you think you have been at risk take a test. It's better to know so that you can get treatment and keep well.



How to order a testing kit

Email: gram.bbvpostaltesting@nhs.scot or phone Healthline on: 08085 20 20 30

Order your BBV testing kit by post now

How to order a Testing Kit by post:

Email: gram.bbvpostaltesting@nhs.scot

or

Phone Healthline: 08085 202030

If you are a service who would like to stock these test kits to give out to clients please email stating the number of kits, and the address to send them to.

gram.bbvpostaltesting@nhs.scot

For more information on BBVs visit [BBV Leaflet - E-Version final.pdf](#) (grampiansexualhealthservices.com)

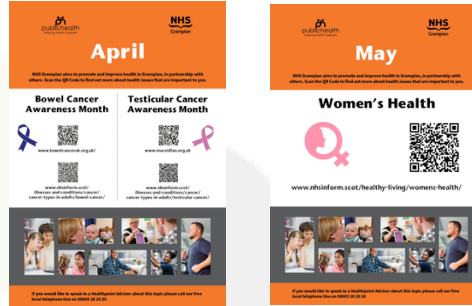
2026 Printed Material

We have designed a set of posters available to order free of charge, they promote our health campaigns from January through to December. New 2026 Campaign Material available to order. To order your 2026 Printed Material please email gram.resources@nhs.scot

Health Posters A3



Health Campaign Monthly Posters A4



Please note that the BHF links have changed so the most up to date ones will be available below.

Healthpoint pull up banners



Websites

Bowel Cancer



[Bowel Cancer NHS Inform](#)



[Bowel Cancer UK](#)

Women's Health



[Womens Health NHS Inform](#)

Testicular Cancer



[Testicular Cancer NHS Inform](#)



[Macmillan Cancer Support](#)

Digital Newsletter

To read a digital version of this newsletter, scan the QR Code or visit the site below

[NHS Grampian CIP Newsletters](#)

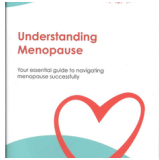


April Listings for Printed Material

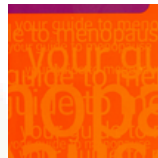
Listed below are the leaflets and posters available which are all available for you to order for next months focused campaigns, available via:

<https://www.hpac.durham.gov.uk/HPAC/LoginPagev4.jsp>

Womens Health



Understanding Menopause(L21328).



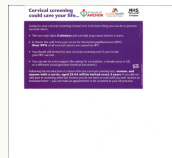
Your guide to the menopause(L21324).



Your Guide to Sex and the Menopause(L79003).



Breast screening could save your life.....(L46172).



Cervical screening could save your life.....(L46174).



Getting the balance right (NDR). (L14368).



Cancer and Pregnancy(L46199).



Physical activity for pregnant women A4(P58005).

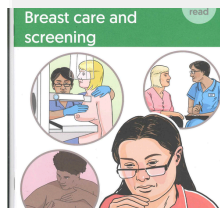


Physical activity for women after childbirth (birth to 12 months) A4(L09124).

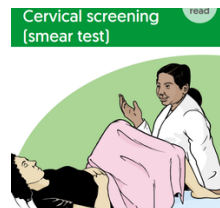


Menopausal (A3)(P30059).

Womens Health - Easy Read



Breast Care and Screening- Easy Read(L46201).



Cervical Screening,(Smear Test) - Easy Read(L66007).

Womens Health - Ethnic Language



A smear test could save your life - Arabic(L23106).



A smear test could save your life - Polish(L23124).



A smear test could save your life - Russian(L23105).

April Listings for Printed Material

Listed below are the leaflets and posters available which are all available for you to order for next months focused campaigns, available via:

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Bowel Cancer



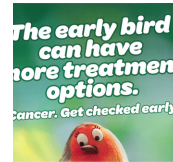
This little test could help save your life(L46141).



Bowel screening could save your life.....(L46152).



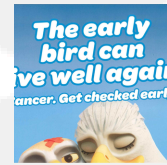
Spot Bowel Cancer Early(L46210).



The early bird can have more treatment options. Cancer: Get checked early (A3 poster). (P46041).



The early bird can have better news to tell their family. Cancer: Get checked early (A3 poster),(P46042).



The early bird can live well again. Cancer: Get checked early (A3 poster),(P46043).

Testicular Cancer



Keep Ahead of the Game - z card(L12060).



Keep Ahead of the Game(P12013).

Bowel & Testicular Cancer - Easy Read



Bowel Cancer - Easy Read (A4)(L46224).



Your bowel screening test - Easy read (A4). (L66005).



How to check your balls (testicles) - Easy Read(L12067).

Bowel & Testicular Cancer - Ethnic Language



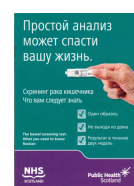
Cancer Information in 16 Languages (A4). (P23003).
Also available in A3



The bowel screening test: What you need to know - Arabic(L23100).



The bowel screening test: What you need to know - Polish(L23101).



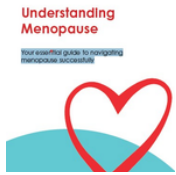
The bowel screening test: What you need to know - Russian(L23102).

Downloads

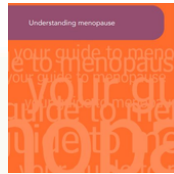
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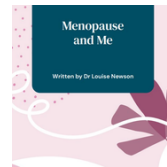
Womens Health



Understanding Menopause(H79007).



Your guide to Menopause(H79001).



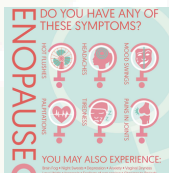
Menopause and Me - Balance(H79005).



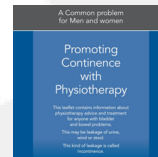
Menopause and Sleep(H79006).



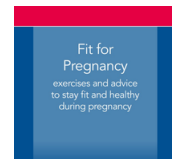
Menopause Support Pack(H79004).



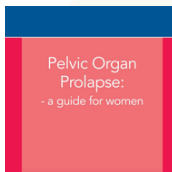
Menopause Support Poster symptoms(H79003).



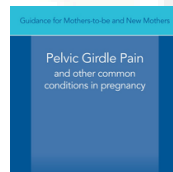
Promoting Contience with Physiotherapy(H66003).



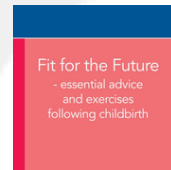
Fit for Pregnancy - POGP(H58004).



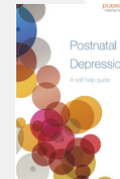
Pelvic Organ Prolapse POGP(H58006).



Pelvic Girdle Pain POGP(H58007).



Fit for the future POGP(H58005).



Postnatal Depression - A self help guide(H13015).

Womens Health - Ethnic Language



PCOS - Arabic(H23058).

PCOS - Polish(H23049).

Menopause - Arabic(H23059).

Womens Health - Easy Read



Fibroids - Easy Read(H21002).



Endometriosis - Easy Read(H21001).



Menopause - Easy Read(H79008).

Downloads

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Bowel & Testicular Cancer

Knowing the symptoms of bowel cancer could save your life

- 1 Bleeding from your bottom and/or blood in your poo
- 2 A persistent and unexplained change in bowel habit
- 3 Unexplained weight loss
- 4 Extreme tiredness for no obvious reason
- 5 A pain or lump in your tummy

Bowel Cancer Awareness Download Portrait(H46012).

WORRIED ABOUT BOWEL CANCER?



Are you worried about bowel cancer(H46009).

Knowing the symptoms of bowel cancer could save your life

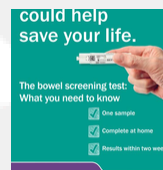
- 1 Bleeding from your bottom and/or blood in your poo
- 2 A persistent and unexplained change in bowel habit
- 3 Unexplained weight loss
- 4 Extreme tiredness for no obvious reason
- 5 A pain or lump in your tummy

Bowel Cancer Awareness Poster Download Landscape(H46011).

Understanding testicular cancer



Understand Testicular Cancer(H46007).



This little test could help save your life(H46010).

Bowel & Testicular Cancer - Ethnic Language



Bowel Cancer - Arabic(H23045).

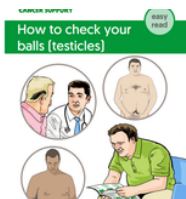


Bowel Cancer - Polish(H23044).

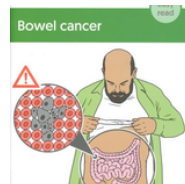


Bowel Cancer - Russian(H23042).

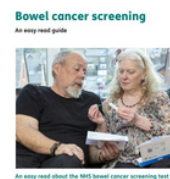
Bowel & Testicular Cancer - Easy Read



How to check your balls (testicles) - Easy Read(H12001).



Bowel Cancer - Easy Read(H46037).



Bowel Cancer Screening - Easy Read(H88001).

January

Cervical Cancer Screening

www.nhsinform.scot/healthy-living/screening/cervical-screening-smear-test

Dry January

www.alcoholchange.org.uk/

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

February

National Heart Month

www.bhf.org.uk/campaigns/heart-month www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/

World Cancer Day

www.worldcancerday.org/

www.nhsinform.scot/illnesses-and-conditions/cancer/

March

Brain Health

www.nhsgrampian.org/your-health/brain-health/

Dementia

www.alzscot.org/ www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/dementia/types-of-dementia/

Healthy Eating

www.nutritionandhydrationweek.co.uk/

www.healthyweightgrampian.scot.nhs.uk/

No Smoking Day

www.cancerresearchuk.org/ www.nhsgrampian.org/your-health/healthy-living/tobacco/smoking-advice-service/

April

Bowel Cancer Awareness Month

www.bowelcanceruk.org.uk www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/bowel-cancer/

Testicular Cancer Awareness Month

www.macmillan.org.uk www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/testicular-cancer/

Women's Health

www.nhsinform.scot/healthy-living/womens-health/

May

National Walking Month

www.livingstreets.org.uk

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

Mental Health Awareness

www.mentalhealth-uk.org

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

Women's Health

www.nhsinform.scot/healthy-living/womens-health/

June

Oral Health

www.dentalhealth.org/mouth-cancer-action-month

www.nhsgrampian.org/service-hub/dental-services/

July

World Hepatitis Day

www.who.int

www.grampiansexualhealthservices.com/

Alcohol Awareness Week

www.alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/

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

August

Drugs Awareness

www.nhsgrampian.org/your-health/wecare/drugs/

www.nhsinform.scot/healthy-living/drugs-and-drug-use

www.knowthescore.info

www.alcoholanddrugsaction.org.uk

World Breast Feeding Week

www.worldbreastfeedingweek.org

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

Cycle to Work Day

www.cyclescheme.co.uk

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

September

World Alzheimer's Day

www.alzheimers.org.uk/

World Suicide Prevention

www.mentalhealth-uk.org

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

October

Breast Cancer Awareness Month

www.breastcancernow.org/

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/breast-cancer-female

Cost of living, Challenge Poverty Week

www.nhsgrampian.org/your-health/healthpoint/financial-support/

www.homeenergyscotland.org

www.socialsecurity.gov.scot/

Menopause Awareness

www.nhsinform.scot/healthy-living/womens-health/after-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause/

November

World Diabetes Day

www.diabetes.org.uk

www.nhsgrampian.org/your-health/diabetes-in-grampian/

Lung Cancer Awareness Month

www.roycastle.org

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/lung-cancer/

December

World Aids

www.worldaidsday.org

www.grampiansexualhealthservices.com