

February is National Heart Month & World Cancer Day

Health Defence in Grampian

The Health Defence Service launched in Grampian last October with a clear mission: to make preventative healthcare more accessible, more practical, and more rooted in the everyday lives of local people. At a time when cardiovascular disease (CVD) remains one of the leading health challenges across Scotland, the service offers a proactive approach, bringing free health checks to everyone aged 18+ and ongoing support directly into the heart of communities.

As a service, Health Defence focuses on helping individuals understand and reduce their risk of developing CVD. Our free checks are simple, friendly, and designed to give people a clearer picture of their health. Blood pressure, cholesterol testing and body metrics such as BMI or waist circumference form the clinical foundation of the assessment, while conversations about lifestyle help build a fuller understanding of someone's overall risk. Crucially, the service doesn't stop at identifying concerns. Service users receive practical, realistic guidance tailored to their circumstances, along with signposting to relevant healthcare services when needed.

In Grampian, residents can attend in-person checks at two permanent hubs: Get Active @ Northfield and the Aberdeen Vaccination Centre within Bon Accord. These locations provide convenience and familiarity, offering a welcoming environment where individuals can take time to understand their health and speak openly with trained staff.

As well as permanent sites, the Health Defence team is committed to meeting people where they are. Through regular community outreach events, the service partners with local groups, venues, and organisations to bring health checks into various locations across the region. Whether it's a community centre, a workplace, or a local event, the team works alongside trusted community partners to ensure the service is visible, approachable, and easy to access.

This outreach model is particularly valuable for individuals who may face challenges attending traditional healthcare appointments or may just find themselves outside the catchment area of our hub locations.

Support doesn't end once the in-person check is complete. The Health Defence team also offers online workshops and presentations, giving people the chance to learn more about heart health and lifestyle changes from the comfort of their own home or local community group. Follow-up support over the phone helps individuals stay motivated and navigate any challenges they encounter along the way. In addition, the service draws on Chest Heart & Stroke Scotland's wide range of resources, providing relatable, practical information that helps people make meaningful changes at their own pace.

By embedding preventative health support within the community, the Health Defence Service is helping to reduce health inequalities and empower people across Grampian to take control of their wellbeing. Early detection and small, sustainable lifestyle changes can make a significant difference in reaching the 1 in 5 people across Scotland living with one of our conditions.

Those looking to contact Grampian Health Defence to book a health check or enquire about the possibility of the team arranging a community outreach event can get in touch by email: grampianhub@chss.org.uk



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](#)

Care to Know More About Cancer Screening?

Screening can help detect changes or diseases like cancer early, often before symptoms develop. This makes taking part when invited so important, as it can increase the likelihood of timely treatment and better outcomes.

However, people do not always experience screening in the same way. For some, taking part is influenced by how information is shared or how confident they feel navigating health services. For others, it may be how easy it is to access support when questions arise. Language, clarity of information, and knowing where to go can all shape these experiences. This is reflected locally, where participation in screening can differ depending on where people live in Grampian.

Improving screening uptake is therefore not only about raising awareness. It is also about making information easier to understand and services easier to navigate. NHS Grampian continues to work with communities and partners to better understand these experiences and improve how screening information is shared and accessed.

Having clear, trusted information can help you or people like you, feel more confident about attending screening when invited. If you would like to learn more about cancer screening programmes, including eligibility and what to expect, visit

www.nhsinform.scot/screening or engage with our free online modules on [TURAS \(NHS Scotland National Screening Programmes | Turas | Learn\)](#).

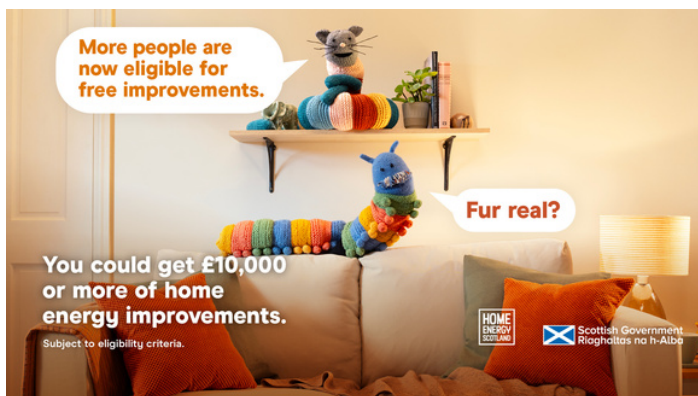
If you, your community, or a group you work with would like to learn more in-person, face-to-face sessions are available. Please contact Chidiebere.ogwo@nhs.scot. You can also check if you are eligible for any screening programmes using the [Free Screening Checker | Stand Up To Cancer](#). Further information is available: [Key Messages - NHS Grampian Adult Screening Programmes - Hi-Net Grampian](#)

Remember to share this with others who might benefit!

Community Information Points

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





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

Kings Community FOUNDATION

Winter vaccines

2025-26 Winter Vaccinations

What are you eligible for this year...

Flu & COVID 19

- Older adult care home residents.
- People aged 75+
- Those aged 6 months to 74 years with a severely weakened immune system.

The flu and COVID Vaccines will be given separately. Both are recommended for the best protection, but it is your choice to get one or both vaccines at your appointment.

Flu

- Children aged 6 months to 2 years in clinical risk groups.
- Children aged 2-5 years.
- Primary school aged children.
- Secondary school aged children.
- 65-74 years.
- aged 18 to under 65 in defined risk groups. This includes:
 - Those in clinical at-risk groups set out in Green Book.
 - Pregnant women.
 - Those experiencing homelessness.
 - Those experiencing substance misuse.
- Frontline health and social care workers.
- Non-frontline NHS workers.
- Poultry workers.
- Unpaid carers and young carers.
- Household contacts of those with immunosuppression.

More info available at
www.nhsinform.scot/wintervaccines

Or Scan QR Code



Important: Please turn up as close to your appointment as possible. The team will be unable to see anyone ahead of their time, so you may have a longer wait if you turn up too early.
Thank you

FREE

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@afctt.org or call 01224 650 400

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.

Community Empowerment Toolkit and Training

A new introductory training course 'Foundationsofcommunityengagement' is being offered to community engagement practitioners across Aberdeen, Aberdeenshire and Moray. This course is for anyone who wants to learn the basics of community engagement and apply these skills as part of their job role. Description of the course contents and links to book a place can be accessed via the QR Code below or by visiting:

www.communityplanningaberdeen.org.uk/ourcommunities/community-engagement-training/

Date	Time	Delivery
20/11/2025	13:00-15:30	Microsoft Teams
04/12/2025	09:30-12:00	Microsoft Teams
13/01/2026	13:00-15:30	Microsoft Teams
12/02/2026	09:30-12:30	Microsoft Teams
12/03/2026	13:00-15:30	Microsoft Teams



For More Info & book a place



Seaton Winter Lunch Club

Why not pop into Seaton Community Centre, Seaton Place East, Aberdeen AB24 4SS. From 12:00-14:00 for a light lunch and enjoy the company!

Dates:
November: 5th 12th 19th 26th
December: 3rd 10th 17th
January: 14th 21st 28th
February 4th 11th 18th 25nd

No charge, however donations are welcome!

For more information please email: swsc@aberdeencity.gov.uk

Aberdeen City Health & Social Care Partnership
A caring partnership

Communities

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

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
A caring partnership

Communities

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)

People First
Aberdeen City Health & Social Care Partnership
A caring partnership
NHS Grampian

Men's Club 2026

Dates for your diary

JAN 13 6:30-8:30PM Curry Night	JAN 15 1:30PM Pool & a Pint	JAN 22 1:30PM Bean N Gone Dognut Van
FEB 03 6:30-8:30PM Carpet Bowling	FEB 05 1:30PM Phoenix Magic	FEB 26 6:30-8:30PM Pool & a Pint
MAR 12 1PM-3PM Killer Pool Competition	MAR 17 6:30-8:30PM Pizza Night	A social Club for Men (18+) Join us every Tuesday evening and Thursday afternoon for a game of Pool, Snooker, Cards or Dominoes. Centre membership required £1 weekly entry

TO JOIN CALL US ON 01224 479061 OR
E-mail inchgarthccs@gmail.com

The Phoenix Club
Mondays 7-9pm
Thursdays 1-3pm

Time with friends

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

BBV Postal Kits

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)

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

2026 Printed Material

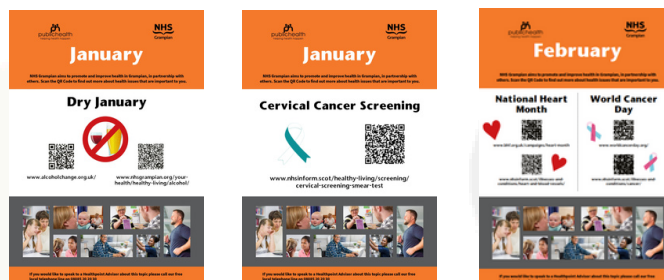
We have designed a set of posters available to order free of charge, they promote our health campaigns from January through to December. New 2026 Campaign Material available to order. To order your 2026 Printed Material please email gram.resources@nhs.scot

Health Posters A3

Healthpoint pull up banners



Health Campaign Monthly Posters A4



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

Websites

National Heart Month



<https://www.bhf.org.uk/how-you-can-help/support-our-campaigns/heart-month>



<https://www.nhsinform.scot/illnesses-and-conditions/cardiovascular-disease/>

World Cancer Day



<https://www.worldcancerday.org/>



<https://www.worldcancerday.org/>

Digital Newsletter

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

[NHS Grampian CIP Newsletters](#)

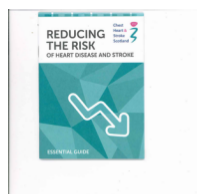


February Listings for Printed Material

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>

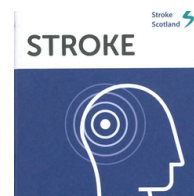
National Heart Month



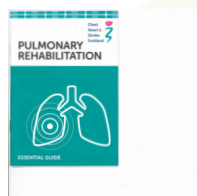
Reducing the Risk - of Heart Disease and Stroke (green).
(L50081).



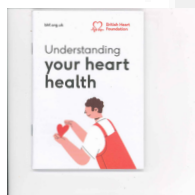
Essential Guide - Cholesterol
(pink).(L50083).



STROKE - Essential Guide
(purple and white cover).
(L44008).



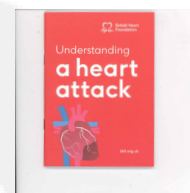
Pulmonary Rehabilitation - Chest Heart Stroke - (green).(L50092).



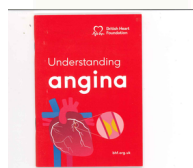
Understanding Your Heart Health(L50077).



Understanding High Blood Pressure (British Heart Foundation).(L50071).



Understanding A Heart Attack(L50078).



Understanding Angina (British Heart Foundation).(L50003).



Think it's a Stroke - Act F.A.S.T.
(A3).(P50001).



HEALTHY WEIGHT AND HEALTHY EATING - Chest Heart Stroke(L50087).

National Heart Month - Easy Read

Keep your heart
healthy



Keep your heart
healthy - Easy Read
(A4).(L50096).

February Listings for Printed Material

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World Cancer Day



Spot prostate cancer early(L46181).



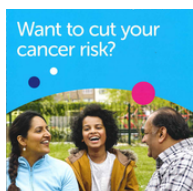
Spot breast cancer early(L46185).



Spot lung cancer early(L46183).



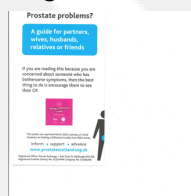
Spotting cancer early saves lives(L46182).



Want to cut your cancer risk? (L46151).



Spot Bowel Cancer Early(L46210).



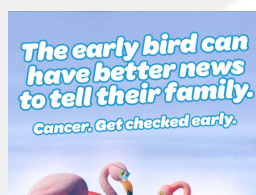
Prostate Problems(L12063).



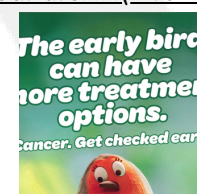
Breast screening could save your life.....(L46172).



Cancer Support in your Community - CLAN(L46204).



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



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

World Cancer Day - Easy Read



Spotting cancer early saves lives - EasyRead version(L46187).



How to try not to get cancer - EasyRead version(L46186).

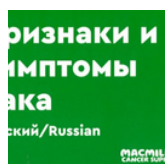


Signs of Cancer - Easy Read(L46217).



What is cancer? - Easy Read (A4)(L46223).

World Cancer Day - Ethnic Language



Signs & Symptoms - Russian(L23109).



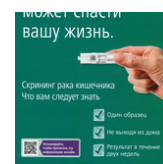
Signs & Symptoms - Polish(L23110).



Signs & Symptoms - Arabic(L23108).



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



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



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

Downloads

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>

National Heart Month



Medicines for my heart(H50005).



Eat Better(H14003).



Traffic Lights for COPD(H50004).



Alcohol and the heart(H05009).



Put Your Heart Into Walking(H50002).



Alcohol - Drinking tips(H05008).



Taking Control of Salt(H50003).

National Heart Month - Easy Read



Keep your heart healthy - Easy Read(H50006).

National Heart Month - Ethnic Language

Nowydziczenie serca
Nowydziczenie serca to jest, a kiedy serce nie jest w stanie przepuścić krwi w odpowiednim kierunku, serce jest chorą. Nowydziczenie serca jest chorobą, która może być spowodowana przez wiele różnych przyczyn. Aby pomóc w tym, należy...

Heart Failure - Polish(H23038).

Zawał serca
Zawał serca to jest, a kiedy serce nie jest w stanie przepuścić krwi w odpowiednim kierunku, serce jest chorą. Zawał serca jest chorobą, która może być spowodowana przez wiele różnych przyczyn. Aby pomóc w tym, należy...

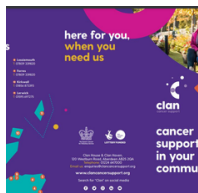
Heart Attack - Polish(H23037).

Downloads

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World Cancer Day



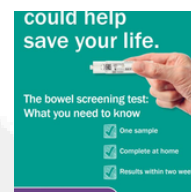
Cancer Support in your Community(H46001).



Clan's Children & Family Service(H46003).



Clan in the community(H46004).



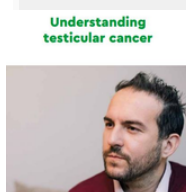
This little test could help save your life(H46010).



Your Breasts(H46018).



Bowel Cancer Awareness Download Portrait(H46012).



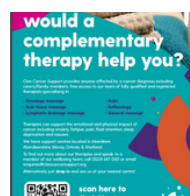
Understand Testicular Cancer(H46007).



Are you worried about bowel cancer(H46009).



Knowing Your Body Could Save your Life(H46020).



Clan Cancer Complementary Therapies(H46002).



Getting to Know What's Normal for your Chest(H46019).



Bowel Cancer Awareness Poster Download Landscape(H46011).



How to look after my balls(H46008).



Nutrition, health & wellbeing at clan(H46006).

Downloads

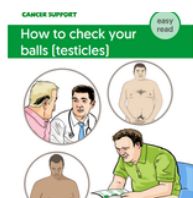
Listed below are the leaflets and posters available which are all available for you to order for next months focused campaigns, available via:

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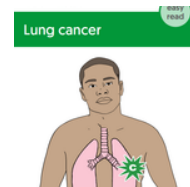
World Cancer Day - Easy Read



Signs of Cancer - Easy Read(H46022).



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



Lung Cancer - Easy Read(H46023).

World Cancer Day - Ethnic Language



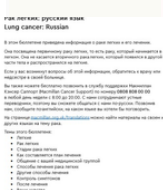
Cancer care in the UK - Arabic(H46028).



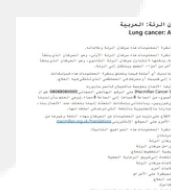
Cancer care in the UK - Russian(H46031).



Cancer care in the UK - Polish(H46024).



Lung Cancer - Russian(H46032).



Lung Cancer - Arabic(H18001).



Lung Cancer - Polish(H46025).



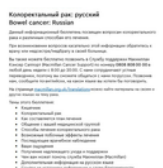
Breast Cancer - Russian(H46033).



Breast Cancer - Arabic(H46029).



Breast Cancer - Polish(H46026).



Bowel Cancer - Russian(H46034).



Bowel Cancer - Polish(H46027).



Bowel Cancer - Arabic(H46030).

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/late-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