

January is Dry January & Cervical Cancer Screening

Cervical screening is a quick test to check your cervix for the human papillomavirus (HPV).

Who is offered cervical screening?

Cervical screening is offered to women and anyone with a cervix who:

- lives in Scotland
- is aged between 25 and 64

Some people who have changes that need to be monitored will be offered screening until they're 70.

These changes will have been detected by a previous screening appointment.

If you've had the HPV vaccine

The HPV vaccine protects against a lot of the different types of HPV virus that cause cancer. But it doesn't protect against them all.

It's important that you still go for regular cervical screening, even if you've had the HPV vaccine.

Speak to your GP if you experience:

- unusual discharge
- bleeding after sex, between periods or after the menopause

These are usually caused by something other than cancer but it's important to have them checked.

[Cervical cancer | NHS inform](#)



Cases

3,300 new cases of cervical cancer each year, 2017-2019 average, UK.



Deaths

890 deaths from cervical cancer, 2021-2023, UK.



Survival

63.5% survive cervical cancer for 10 or more years, 2018, UK.



Preventable cases

99.8% of cervical cancer cases are preventable, UK, 2015.

[Cervical Cancer Statistics](#)

BBV Postal Testing

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.bbvppostaltesting@nhs.scot

How to order a Testing Kit: Email:

gram.bbvppostaltesting@nhs.scot Phone

Healthline: 08085 202030

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

(grampiansexualhealthservices.com).

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 Evaluation 2025

A huge thank you to everyone who took the time to share their feedback, it's invaluable in helping us improve and grow the service. the results can be [seen here](#).

Community Information Points

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



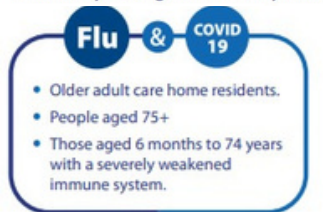


Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season



Winter Vaccines 2025-26 What are you eligible for this year...



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

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.citycat@nhs.scot
Telephone: 07870 998369 (leave message)

People First, Aberdeen City Health & Social Care Partnership, NHS Grampian

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 Balmagask Road
Aberdeen
AB11 8RR

Old Kings Community FOUNDATION

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

Community Planning Aberdeen

For More Info & book a place

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

Let's Talk. Let's Support. Let's Empower.
@WomenHealthGrampian #MenstrualHealthMatters

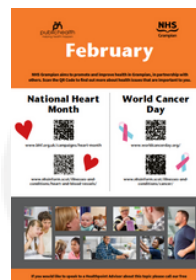
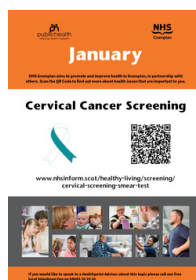
We have designed a set of posters available to order free of charge, they promote our health campaigns from January through to December. New 2026 Campaign Material available to order. To order your 2026 Printed Material please email gram.resources@nhs.scot

Health Posters A3

Healthpoint pull up banners



Health Campaign Monthly Posters A4



Websites

Dry January



[Alcohol Change](#)



[Alcohol & Drugs Action](#)

Cervical Screening



[Cervical Screening \(smear test\) Scotland](#)

Active youth engagement 'AYE Bus' launches in Elgin

For more information visit the [site here](#) or use the QR code

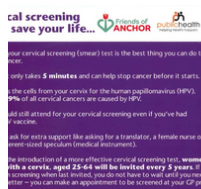


January Listings for Printed Material

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>

Cervical Screening



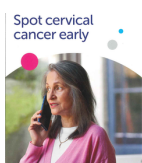
Cervical screening could save your life.....(L46174).



A smear test could save your life(L46175).



Spotting cancer early saves lives(L46182).



Spot cervical cancer early(L46184).



Cancer Support in your Community - CLAN(L46204).



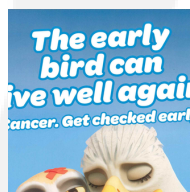
Macmillan services for people with cancer(L46192).



Cancer and Complementary Therapies(L46196).



10 Top Tips for a Healthy Weight - Cancer Research UK(L46215).

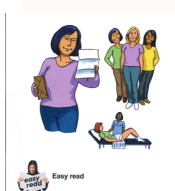


The early bird can live well again. Cancer: Get checked early.(A3 poster)(P46043).



STOP - cervical cancer before it starts (A3)(P46039).

Cervical Screening - Easy Read



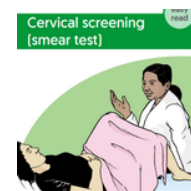
Your smear test results - Easy read (A4). (L66003).



Having a smear test - Easy Read (A4). (L66002).



Your smear test after treatment - Easy read (A4). (L66004).



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

Cervical Screening - Ethnic Language



A smear test could save your life - Polish(L66008).



Your smear test results - Polish(L66009).



Your smear test after treatment - Polish(L66010).

The 3 leaflets above are also available to order in printed form in Russian & Arabic

January Listings for Printed Material

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Dry January



Alcohol unit wheel(L05168).



daily diary (Drink Diary).
(L05150).



Alcohol and later life(L05159).



A Sobering
Thought(L05170).



Drinking more than you think?
Alcohol Scratch Card(L05162).



Alcohol and Drugs Service
wallet cards(L05165).



Effects of Drinking too
much(L05171).



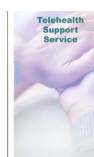
Making a change(L05136).



What is a unit of alcohol? A3
Poster (Large green bottle).
(P05098).



What is a unit of
alcohol? Units
only(P05096).



Telehealth Support
Service(L05169).

Dry January - Easy Read



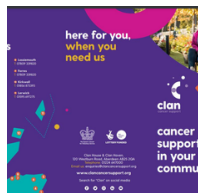
Alcohol & Your Health
- Easy Read(L05174).

Downloads

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Cervical Screening



Cancer Support in your Community(H46001).



Clan's Children & Family Service(H46003).



Clan in the community(H46004).



Nutrition, health & wellbeing at clan(H46006).

Cervical Screening - Ethnic Language



Cancer care in the UK - Russian(H46031).



Cancer care in the UK - Arabic(H46028).

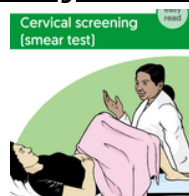


Cancer care in the UK - Polish(H46024).

Cervical Screening - Easy Read



Signs of Cancer - Easy Read(H46022).



Cervical Screening (Smear Test) - Easy Read(H66002).

Dry January - Ethnic Language



Making a change - POLISH VERSION(H23003).



Advice about alcohol - Arabic(H05036).



Making a change - RUSSIAN VERSION(H23004).

Dry January - Easy Read



Alcohol & Your Health - Easy Read(H05035).

Downloads

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Dry January



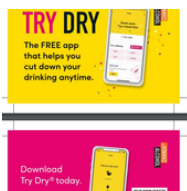
Festive Mocktails(H05003).



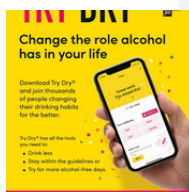
Alcohol and Relationships(H05020).



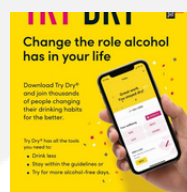
8 tips for healthier drinking and happier relationships(H05021).



TRY DRY(H05025).



TRY DRY A4 Poster(H05024).



TRY DRY A3 Poster(H05023).



Alcohol and Cancer Risks(H05034).



Alcohol First Aid(H05029).



A Quick Guide to Alcohol in Social Contexts(H05032).



Alcohol and your mood(H05019).



Alcohol and Diabetes(H05016).



Alcohol and Sex(H05017).



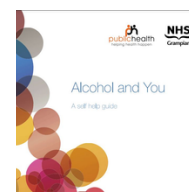
Alcohol and Calories(H05018).



Scottish Families - Support Services(H05028).



Alcohol and Pregnancy don't mix pdf(H05015).



Alcohol and You - A self help guide(H05014).

Downloads

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Dry January



Alcohol and the brain(H05005).



Alcohol and Cancer(H05006).



Alcohol - Drinking tips(H05008).



Alcohol and the heart(H05009).



Alcohol and the liver(H05010).



Alcohol and mental health(H05011).



Alcohol and parenting(H05012).



Alcohol in the workplace(H05013).



Alcohol and Domestic Abuse(H05022).



Alcohol - Know your Stuff(H05030).



Seeking Support - Know your stuff(H05031).



A Quick Guide to Alcohol(H05033).



The Rehab Handbook(H84001).



A Quick Guide to Festivals(H84015).

Listening Service(H31003).

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