

March is No Smoking Day, Healthy Eating & Dementia

No Smoking Day

National No Smoking Day 2026 takes place on Wednesday 11th March and is a UK campaign dedicated to promoting the benefits of stopping smoking and offering support and resources to those who wish to give up the habit. The campaign is over 40 years old and the perfect time to not only think about stopping smoking but also let people who smoke know where there is local support.

If you live in Grampian and would like help and support to stop smoking then you can contact the NHS Grampian Public Health Healthpoint service. Call Healthpoint on 08085 20 20 30 and speak to an advisor who can help you find the right support for you including access to free stop smoking medications such as Nicotine Replacement Therapy (NRT). You can also email Healthpoint on gram.healthpoint@nhs.scot and an advisor will get back to you. You can refer yourself using this link <https://www.nhsinform.scot/scotlands-service-directory/health-and-wellbeing-services/40%20abc1116>

You can also get support to stop smoking along with free access to NRT from your local community pharmacy. So stop in past any pharmacy and speak to one of the staff who will help you find the right support for you.

You can also visit <https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/quit-your-way-scotland/> to access the national stop smoking support service.

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](#)

Healthy Eating

The Eatwell Guide outlines the recommendations for eating a healthy balanced diet for an average adult (in fact the recommendation starts from age 5). It doesn't matter what your current weight is, or your gender or ethnicity, the eatwell guide covers almost everyone!

The Eatwell Guide divides the foods and drinks we consume into 5 main groups:

- fruit and vegetables
 - 1 tip: frozen is as good as fresh
- potatoes, bread, rice, pasta and other starchy carbohydrates
 - 1 tip: give wholegrain bread, rice and pasta a try
- beans, pulses, fish, eggs, meat and other proteins
 - 1 tip: Baked beans are great but try and buy the reduced sugar and salt versions
- dairy and alternatives
 - 1 tip: low fat yoghurts are often high in sugar, check the label
- oils and spreads
 - 1 tip: Minimise your saturated fat. Remove the skin from chicken and cut the fat from other cuts of meat if possible

You will see that items that are often consumed on a daily basis (cakes / chocolate / biscuits / crisps, etc) lie outside of the eatwell guide. These ideally should be consumed rarely as they contain high levels of sugar and / or fat, plus will contain limited vitamins, minerals and fibre (sometimes referred to as empty calories).

Portion sizes

Portion size is also important to consider and unfortunately this is not uniform across the food groups. A good idea of portion sizes can be found here: [Portion sizes - BDA](#)

We all eat processed food to a certain extent, in fact in the UK the majority of the calories we consume are via processed and ultra-processed food. In this case note that the food labelling information (especially the 'traffic lights') will be based on the manufacturers view of a portion size, not yours! Similarly takeaways are unlikely to have any portion size information so consider sharing or saving some for the next day. Some more takeaway tips:

- Go for thin crust pizza
- Avoid processed meats (eg pepperoni / ham)
- Order steamed or boiled rice over fried. With a sauce you won't notice the difference
- Avoid creamy dishes (such as Korma)
- Have a healthy side, such as sweetcorn or beans
- If possible, order thick cut chips over thin
- Just order what you are going to eat for that particular occasion. Some 'deals' are hugely calorific and you may just end up throwing a lot of it out which is bad for the environment.

For more detailed information on healthy eating (including the traffic lights mentioned above, weight loss, diabetes, etc) check out NHS Inform: [Food and nutrition](#) | [NHS inform](#)

Make NHS Inform your first port of call for all health information:
[Scottish health information you can trust](#) | [NHS inform](#)

Community Information Points

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



What's on in March

More people are now eligible for free improvements.

Fur real?

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

Subject to eligibility criteria.

Together We Can Beat the Flu

Get the Flu Vaccine

The flu vaccine is the first step in protecting yourself

6 Tips to Stay Healthy this Flu Season

- Avoid touching eyes, nose, mouth
- Wash your hands
- Cover your sneeze/cough
- Stay home if you're sick
- Avoid contact with sick people

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

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.

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



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
12/03/2026	13:00-15:30	Microsoft Teams



For More Info & book a place

What's on in March



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

Men's Club 2026

Dates for your diary

JAN 13 6:30-8:30PM Curry Night	JAN 15 1-3PM Pool & a Pint	JAN 22 1-3PM Bean N Gone Dognut Van
FEB 03 6:30-8:30PM Carpet Bowling	FEB 05 1-3PM Phoenix Magic	FEB 26 6:30-8:30PM Pool & a Pint
MAR 12 1PM-5PM 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 Email:inchgarthcc5@gmail.com

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, NHS Grampian

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

Time with friends
Crafts & Cooking
Games
Animal visits & Entertainment

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: Inchgarthcc5@gmail.com or call 01224 479061 for more information.

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

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

No Smoking Day

Dementia

Healthy Eating



[Stop Smoking in Grampian](#)



[Alzheimer Scotland](#)



[Nutrition Hydration Week](#)



[Cancer Research UK](#)



[Types of Dementia](#)



[Healthy Weight Grampian](#)

Digital Newsletter

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

[NHS Grampian CIP Newsletters](#)



March Listings for Printed Material

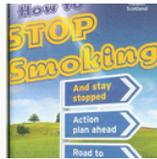
Listed below are the leaflets and posters available which are all available for you to order for next months focused campaigns, available via:

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

No Smoking Day



Stop Smoking Hard? Yes! Impossible? No! (Mental Health)(L07200).



How to Stop Smoking and Stay Stopped(L07112).



Want to stop smoking? - talk to one of our advisors - (orange) (L07205).



I Quit - stopping smoking when you're pregnant(L07206).



Want to Stop Smoking? Are you pregnant or thinking about having a baby?(L07212).



Want To Stop Smoking - Table Talker(L07208).



Want to stop smoking with our expert support? A3(P07099).



Want to Stop Smoking and improve your health? A3(P07100).



Want to Stop Smoking and save? A3(P07101).



Want to Stop Smoking and improve your wellbeing? A3(P07102).



Want to Stop Smoking? Are you pregnant or thinking about having a baby? A3 poster(P07107).

No Smoking Day - Easy Read



Want to Stop Smoking? A4 Z-fold - Large Print(L07211).

Dementia

Living well with early stage dementia



Living well with early stage dementia - Age Scotland(L70007).

Reducing your risk of Dementia



Reducing your risk of Dementia(L70006).



Eating well with dementia(L14373).

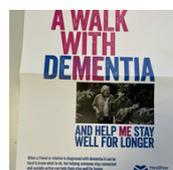


Younger people with dementia - Revised 2019(L73012).

What is dementia?



Caring for someone with early stage dementia(L70005).



Go For A Walk With Dementia(P73004).

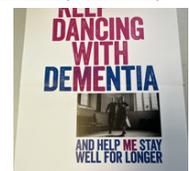


Meet Dementia For A Coffee(P73006).

What is dementia?



What is Dementia - Age Scotland(L70004).



Keep Dancing With Dementia(P73005).

March 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>

Dementia - Easy Read



DEMENTIA
Dementia Information for family & carers - Easy Read(L73015).

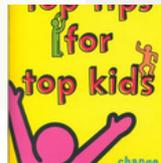


WHAT IS DEMENTIA?
What is Dementia - Easy Read(L73014).

Healthy Eating



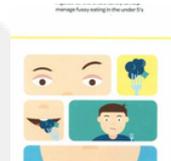
The EatWell guide (A4)(L14388).



Top tips for top kids(L14362).



Eating well for 5 - 12 year olds(L14370).



Fussy eaters(L14369).



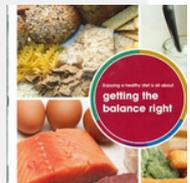
Eating well for children aged 1 - 5(L14387).



Know Your Fats (bookmark)(L14403).



Healthy Eating - Top Tips (bookmark) (L14402).



Getting the balance right (NDR)(L14368).



Great Ways to eat 5 - Poster A2 *(P14076).



Join the Breakfast Club (A3)(P14071).



Sugar Poster * (P14034).

Healthy Eating - Easy Read



Eat a Healthy Diet - Easy Read(L14408).

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>

No Smoking Day



Want to Stop Smoking and Save(H07007).



Want to Stop Smoking and Improve your Health?(H07008).



Want to Stop Smoking and Improve your wellbeing? (H07009)



How to stop smoking(H07004).



Nicotine Pouches - Know your stuff(H07028).



Tobacco - Know your stuff(H07029).



Help to Stop Smoking in Grampian(H07011).

No Smoking Day - Easy Read



Stop smoking - Easy Read(H07030).

No Smoking Day - Ethnic Language



Stop Smoking Made Easier - Russian(H23036).



Stop Smoking Made Easier - Polish(H23035).

Dementia



Sight Loss and Dementia(H73001).



A guide to Alzheimer Scotland Services(H73003).



Travel and Holidays(H73033).



Understanding Dementia(H73041).



Getting To Know Me(H73042).

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>

Dementia - Easy Read



Signs of Dementia - Easy Read(H73045).

Help when you have dementia - Easy Read(H73048).

Finding out you have Dementia - Easy Read(H73046).

Being there for someone with dementia - Easy Read(H73049).

What does having Dementia feel like - Easy Read(H73047).

Dementia - Ethnic Language



What is dementia? - Arabic(H23060).

What is dementia? - Polish(H23048).

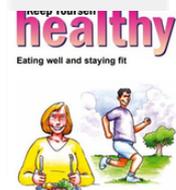
Healthy Eating



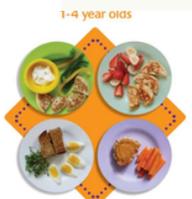
Eatwell Guide(H14006).



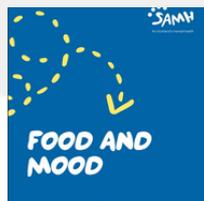
Eating Well Recipe book(H14011).



Keep Yourself Healthy - Eating well and staying fit(H14008).



Eating Well: Snack for 1-4 year olds(H14010).



Food and Mood(H13050).



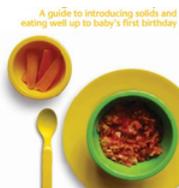
Eatwell Guide Booklet(H14005).



Eat Better(H14003).



Diet and sleep - Advice sheet(H14007).



Eating Well: The First Year(H14014).



Eating well for new mums(H14012).

Eating well: Packed lunches for 1-4 year olds



Eating well: Pack Lunch(H14015).

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