

May is National Walking Month, Mental Health Awareness & Women's Health

What is good mental health?

The World Health Organisation (Factsheet No.220) has described good mental health as:

'Not just the absence of mental disorder. It is a state of wellbeing where the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community'.

Why is good mental health important?

Good mental health is a foundation of positive health and wellbeing. As recognised in the Cross Government Mental Health Outcomes Strategy (HMG Feb. 2011) - 'there's no health without mental health'. The level of good mental health/mental wellbeing, directly influences our quality of life as we experience it through thoughts, feelings and behaviours.

What is mental health improvement?

Mental health improvement includes any positive actions, which increases our level of health and wellbeing. As part of this, there may be the need to tackle problem areas which are having a negative effect and pull us down into poorer mental health. Mental health improvement works towards building positive factors (e.g. feeling more in control) and reducing negative ones (e.g. anxiety). Helpful organisations are listed later.

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](#)

May is National Walking Month

Walking is the easiest and cheapest way for most people to get active. Unlike cycling and swimming it is a weight-bearing exercise which is especially beneficial as you get older.

Adults are advised to undertake at least 150 minutes of brisk activity every week and walking can count towards that as long as you don't dawdle! Most should be aiming for around 3 miles per hour. You should still be able to talk to a companion, and not be totally out of breath.

If you have a smartphone how about downloading NHS England's 'Active 10' app? This is a great way to track your activity and keep motivated. It is available for both Android and Apple devices.



Walking month is promoted by Living Streets. Please check out their website: <https://www.livingstreets.org.uk/> The theme this year is #WalkOut, encouraging women (who are more likely to combine several duties into one trip) to walk. Research shows that walking can reduce a woman's chance of getting breast cancer, strengthen the muscles of the pelvic floor, and help women recover after having a baby, amongst many other benefits. Why not use the hashtag on social media and see if Living Streets pick up on your post(s)?

Community Information Points

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



Community Information Points – Are you aware?



Community Benefit Gateway

Connecting NHS Scotland suppliers with third sector organisations to reduce health inequalities and improve wellbeing in communities



Why should my organisation get involved?

The CBG is a platform that will help you to showcase your community initiative (or 'need') to many NHS Scotland suppliers who can offer you support in the delivery of community benefits aiming at improving the lives of the people in our communities.

What type of support community organisations can receive through the CBG?

Your organisation can benefit from receiving the support of NHS Scotland suppliers in, for example, work placement opportunities, provision of professional advice, donation of equipment, environmental proposals...and much more!

How to get involved?

For further information, user guides and how to register your organisation you can visit <https://www.nss.nhs.scot/procurement-and-logistics/governance-and-sustainability-services/access-our-community-benefit-gateway/>



<https://www.nss.nhs.scot/procurement-and-logistics/governance-and-sustainability-services/access-our-community-benefit-gateway/>

Watch the 3rd sector video



Grampian Dental Website

Check out the Grampian Dental Website by following the link below

<https://www.grampiandental.com/>

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)



Women's Wellbeing Cycle Thursdays 10-11.30

Join us for a gentle cycle, accompanied by ride leaders.
Start point - Aberdeen Cycle Hub @Seaton
(Raymond Kelly Pavilion, Seaton - next to Mrs Murrays cat & dog home)

Bikes & helmets available to borrow.
Free but booking required
Scan QR Code, or contact: Lbenon@sportaberdeen.co.uk



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.

More people are now eligible for free improvements.

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

Fur real?

Subject to eligibility criteria.



CLUBS & CLASSES FOR ADULTS WITH ADDITIONAL SUPPORT NEEDS



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

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



Inclusive Zumba
Thursdays
An inclusive Zumba class designed for those with 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

WALK TO GIVE HER A VOICE ABERDEEN 2026

You're not Walking Alone

Walk and Talk About Period Related Issues

Esplanade Aberdeen Beach

Free 4k Walk Fundraise To Register

23rd May 2026 | 10:30am Prompt

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

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)

THE PERIOD PLACE PRESENTS

Step UP For HER

DANCE-A-THON

Dance to End Period Poverty

ACTIVITIES

- LEARN THE STEP UP SEQUENCE
- FUND RAISING
- WIN PRIZES!

28 May, 2026 ONE DANCE. ONE CAUSE. PERIOD.

Scan Code to Register

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@afcc.org or call 01224 650 400

Cornhill Association Soup & Sandwich Cafe

Held on the first & third Thursday of every month at Cornhill Community Centre 11:00am-1:30pm.

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@aberdeency.gov.uk
or phone: 07799860899

Aberdeen City Health & Social Care Partnership
Communities

The Phoenix Club

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

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: Inchgarthc5@gmail.com or call 01224 479061 for more information.

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
AS2 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@alcoholanddrugsnaction.org.uk
Or pop into 7 Hadden Street, Aberdeen, AB11 6NU for info.

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



Healthpoint pull up banners



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

Websites

National Walking
Month



[Walking NHS Inform](#)



[Living Streets](#)

Women's Health



[Womens Health NHS Inform](#)

Mental Health
Awareness



[Mental Health UK](#)



[Mental Health NHS Grampian](#)

Digital Newsletter

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

[NHS Grampian CIP Newsletters](#)



May 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>

Mental Health



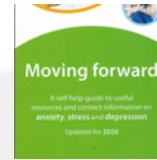
Do you need urgent help with your mental health? (credit size card)(L13324).



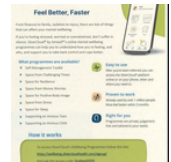
I'M NOT GOOD ENOUGH, Building Inner Confidence(L13348).



10 THINGS YOU CAN DO to feel happier straight away(L13347)



Moving forward - a self help guide(L13290).



Silver Cloud (Mobile Phone Image green & white A4) (L13335).

Mental Health - Ethnic Language



Mental Wellbeing - Polish(L23113).

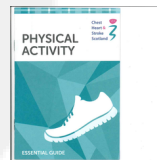
Walking



Walk your way to better strength and balance(L43108).



Be Active Choose Health(L09143).



PHYSICAL ACTIVITY, Chest Heart & Stroke (green) (L50091).



Health and Wellbeing in Later Life(L70010).



Keeping Active in Later Life(L70014).



Move it!(P09017).



walk longer, walk faster, walk more often...(P09016).



Physical Activity for disabled adults - A4(L09142).



Physical Activity for adults and older adults (A4)(L09141).



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



Physical activity for pregnant women A4(P58005).

May Listings for Printed Material

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Walking - Easy Read



Exercise - Easy Read(L09144).

Walking - Ethnic Language

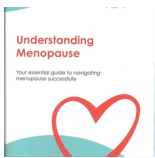


Physical Activity - Polish(L23115).

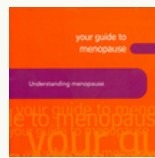


Physical Activity - Arabic(L23112).

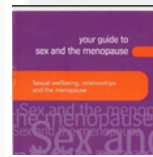
Womens Health



Understanding Menopause(L21328).



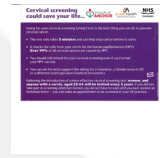
Your guide to the menopause(L21324).



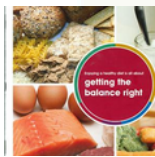
Your Guide to Sex and the Menopause(L79003).



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).

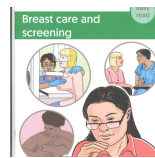


Physical activity for women after childbirth (birth to 12 months) A4(L09124).

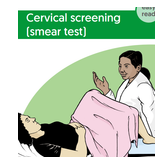


Menopausal (A3) (P30059).

Womens Health - Easy Read



Breast Care and Screening- Easy Read(L46201).



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

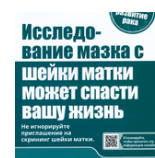
Womens Health - Ethnic Language



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).

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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Mental Health



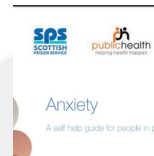
Silver Cloud leaflet(H13006).



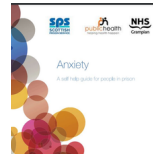
Silver Cloud poster(H13007).



Stress - A self help guide(H13009).



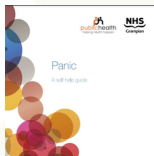
Prisoner Depression and Low Mood - A self help guide(H13013).



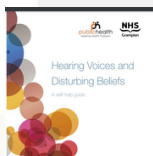
Prisoner Anxiety(H13014).



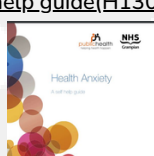
PTSD - A self help guide(H13016).



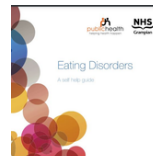
Panic - A self help guide(H13017).



Hearing Voices, Disturbing Beliefs - A self help guide(H13018).



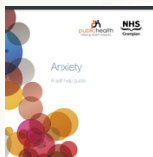
Health Anxiety - A self help guide(H13019).



Eating Disorders A self help guide(H13020).



Bereavement - A Self help guide(H13024).



Anxiety - A self help guide(H13025).



Abuse -Information for adults physically, emotionally or sexually abused as children - A self help guide(H13026).



After Suicide(H13029).



Self Harm(H13071).

Mental Health - Easy Read



Scotland's Mental Health & Wellbeing - Easy Read(H13074).

Mental Health - Ethnic Language



Mind to Mind Mental Wellbeing - Russian(H23052).

Women's Health - Easy Read



Fibroids - Easy Read(H21002).



Endometriosis - Easy Read(H21001).

Women's Health - Ethnic Language

PCOS - Polish(H23049).

PCOS - Arabic(H23058).

Downloads

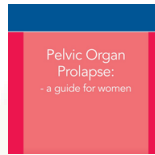
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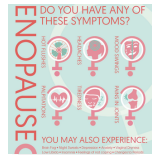
Women's Health



Tests for ovarian cancer(H21003).



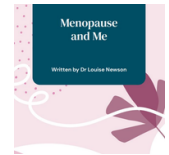
Pelvic Organ Prolapse POGP(H58006).



Menopause Support Poster symptoms(H79003).



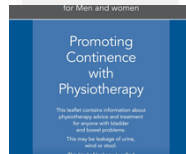
Menopause Support Pack(H79004).



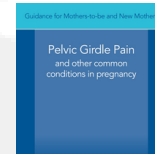
Menopause and Me - Balance(H79005).



Menopause and Sleep(H79006).



Promoting Contience with Physiotherapy(H66003).

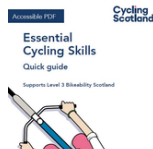


Pelvic Girdle Pain POGP(H58007).

Walking/Physical Activity



Walk map: Aberdeen Marischal College(H09001).



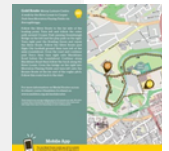
Essential Cycling Skills(H09028).



Put Your Heart Into Walking(H50002).



Walk map: Aberdeen Sports Village(H09002).

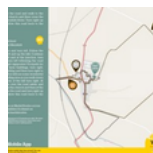


Walk map: Elgin - Moray Leisure Centre(H09003).

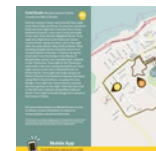
Walk: Aberdeen (Ferryhill) - Albury Outdoor Sports Centre(H09004).



Walk map : Kintore Town House(H09005).



Walk map: Marykirk Primary School(H09006).



Walk map: Buckie Leisure Centre(H09007).



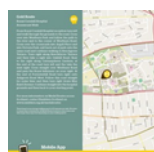
Walk map: Forres House Community Centre(H09008).



Walk map: Keith Sports and Community Centre(H09009).



Walk map: Robert Gordon University - Aberdeen(H09010).



Walk map: Royal Cornhill Hospital(H09011).



Walk map: Stonehaven Visitor Information Centre(H09012).



Walk map: Summerfield House Aberdeen(H09013).

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.breastcancer.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