

Health Protection Newsletter – Winter Edition

Volume 3 | Issue 4 | Winter 2024



Stay Healthy This Winter

Autumn Data Round-up

Hidden Hazards

Autumn/ Winter Vaccination Clinics

STAY HEALTHY THIS WINTER

As we move into the festive period, it is entirely possible that we may still need access to healthcare. To make the most of the services available, it is important that we access the most appropriate assistance for our needs and this will help the NHS run more smoothly.

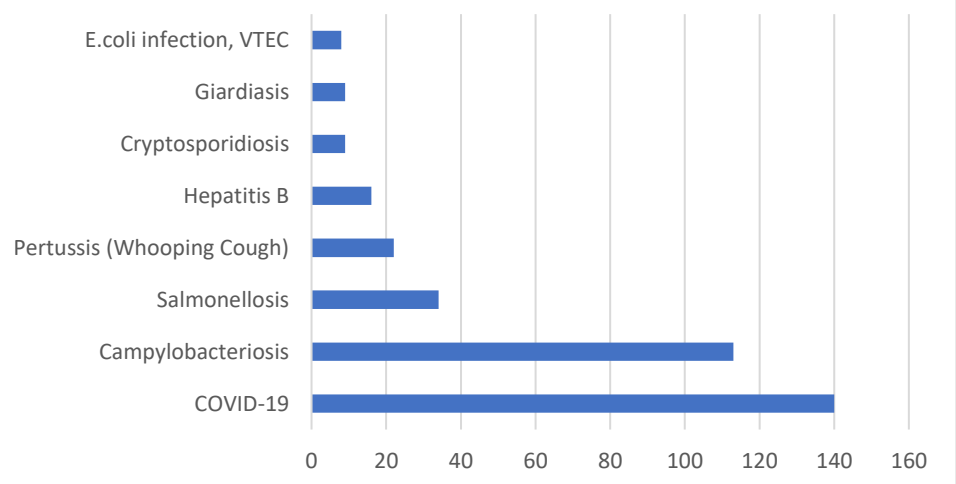
Your local community pharmacy, optician or other community professional may be the most suitable option for your needs so it is important to *“Know who to turn to”*.

For information on where to turn for help please go to:

- www.know-who-to-turn-to.com
- www.nhsinform.scot

AUTUMN DATA ROUND-UP

Data from October & November 2024



Contact:

You can contact the Health Protection Team at: NHS Grampian Health Protection Team.

Address: Summerfield House, 2 Eday Road, Aberdeen.

Phone: 01224 558520 Email: gram.healthprotection@nhs.scot



HIDDEN HAZARDS: THE AMERICAN CANDY INGREDIENTS BANNED IN THE UK

Bright colours, bold flavours and banned ingredients; the demand for American confectionary has skyrocketed in recent years, as a result of social media trends on platforms such as TikTok and Instagram. However, many of these popular products contain ingredients which have been banned in the UK (but are permitted in other countries) due to health concerns.

So, what exactly are these banned ingredients? Commonly found in Swedish Fish, Jolly Ranchers and candy corn, mineral oil is a versatile product, derived from petroleum distillation and refining. It is used in cosmetics, industrial machinery and to give confectionary a shiny coating. Classed as a group 1 carcinogen, mineral oil is prohibited in all foods in the UK under *The Food Additives, Flavourings, Enzymes and Extraction Solvents (Scotland) Regulations 2013*. Another ingredient of concern is Red dye 3, or E127. This organoiodine compound is a derivative of fluorone and has been linked to hyperactivity, behaviour problems and is believed to increase the risk of thyroid tumours. It is only approved for use in cocktail or candied cherries in the UK. Many American bakery products such as Pop Tarts, which are popular as a breakfast food, contain bleached flour. The benzoyl peroxide used in the bleaching process may be linked to an increased risk of developing cancer.

Despite being banned in the UK, some of these ingredients still find their way into the market through imported American products, leaving consumers unaware of potential risks. In some cases, products identified have been relabelled for the UK market usually in the form of stickers placed over the original ingredients section on the packaging. These new labels often omit the presence of the banned ingredients thus misleading consumers into thinking the products are safer than they are. Environmental Health Services in Scotland and Trading Standards Services in England have already undertaken enforcement action resulting in a significant amount of affected products being removed from sale.



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AUTUMN / WINTER HEALTH AND SOCIAL CARE VACCINATION CLINICS



Drop-in vaccination clinics are taking place across Grampian for all health and social care staff from Monday 9th December 2024.

All NHS staff are eligible for flu vaccinations, and all patient-facing health and social care workforce are eligible for both COVID-19 and flu vaccinations. Information about which vaccinations you are eligible for is available on the NHS inform website [Winter vaccines | NHS inform](#)

From Monday 9th December, staff can drop in to the following vaccination clinics without a pre-booked appointment.

Aberdeen City

	Monday 9th, 16th	Tuesday 10th, 17th	Wednesday 11th, 18th	Thursday 12th, 19th	Friday 13th, 20th	Saturday 14th, 21st
Aberdeen City Vaccination and Wellbeing Hub	0915-1630	0915-1630	0915-1630	0915-1630	0915-1630	0915-1630

Aberdeenshire

	Monday 9th, 16th	Tuesday 10th, 17th	Wednesday 11th, 18th	Thursday 12th, 19th	Friday 13th, 20th
Banchory Vaccination Centre	0900-1600 Closed 1220 - 1300	0900-1600 Closed 1220 - 1300	0830-1930 Closed 1630 - 1710	0830-1930 Closed 1630 - 1710	0900-1600 Closed 1220 - 1300
Stonehaven Vaccination Centre	0900-1600 Closed 1220 - 1300	0830-1930 Closed 1630 - 1710	0900-1600 Closed 1220 - 1300	0830-1930 Closed 1630 - 1710	0900-1600 Closed 1220 - 1300
Garioch Vaccination Centre (Inverurie)	0900-1600 Closed 1230 - 1305	0900-1600 Closed 1230 - 1305	0830-1930 Closed 1630 - 1705	0830-1930 Closed 1630 - 1705	0900-1600 Closed 1230 - 1305
Fraserburgh Vaccination Centre	0830-1930 Closed 1230 - 1305 and 1630 - 1705	0900-1600 Closed 1230 - 1305	0900-1600 Closed 1230 - 1305	0830-1930 Closed 1230 - 1305 and 1630 - 1705	0900-1600 Closed 1230 - 1305

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Peterhead Vaccination Centre	0830-1930 Closed 1230 - 1305 and 1630 - 1705	0900-1600 Closed 1230 - 1305	0900-1600 Closed 1230 - 1305	0830-1930 Closed 1230 - 1305 and 1630 - 1705	0900-1600 Closed 1230 - 1305
Macduff Vaccination Centre	0900-1600 Closed 1230 - 1305	0830-1930 Closed 1230-1305 and 1630 - 1705	0900-1600 Closed 1230 - 1305	0830-1930 Closed 1230 - 1305 and 1630 - 1705	0900-1600 Closed 1230 - 1305

Moray (Drop in from the 18th of December)

	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st
Moray Vaccination Centre	X	X	1015-1745 Closed 1300-1340	1015-1745 Closed 1300-1340	1015-1745 Closed 1300-1340	1015-1745 Closed 1300-1340

The following venues will have a staff drop in at the following dates/ times:

Moray

Friday 13th December **1030 – 1630**

Dr Gray's hospital site - Room 3 Dunbarney

Aberdeenshire

	Monday 16th 23rd	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 27th only
Huntly Vaccination Centre	0900-1600 Closed 1230 - 1300	0900-1600 Closed 1230 - 1300	1230-1930 Closed 1630 - 1700	0900-1600 Closed 1230 - 1300	0900-1600 Closed 1230 - 1300

There remains capacity on the self-booking portal (<https://vacs.nhs.scot/csp>) if you would prefer to book an appointment. If you have previously used the portal, you will have received an email or text message reminding you of your account name; passwords are easily reset.

Please ensure you have your staff ID badge or proof of workplace with you when attending clinics.



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