

What's Going on at the Vaccination & Wellbeing Hub In June 2025



Protect yourself against respiratory syncytial virus



RSV is a common respiratory virus which circulates all year, although cases tend to peak in Winter. In some cases it can lead to severe lower respiratory infections. RSV Infection is most serious for older people and small babies. The best way to protect yourself is to have the RSV Vaccine.

People turning 75 years old between 1st August 2025 and 31st July 2026 will be invited to attend. This includes those whose 75th birthday is on the 1st August 2025 or 31st July 2026. Letter invites will be sent out in early June.

It's not too late....

People aged 75 – 79 years (born between 2nd August 1945 and 31st July 1950) are eligible for the RSV Vaccine and would have received an invitation previously. This means if you've not yet been vaccinated, you can still get the vaccine until your 80th Birthday. Please call our local contact centre on **01224 555333** to arrange an appointment.

For More Information visit
https://publichealthscotland.scot/media/33020/rsv-adult-leaflet-a4_web_1924.pdf



Drop In for Free Cuppa & Conversation in our Community Cafe

Just Walk In

Open Monday to Saturday
9.30 – 4.00pm



We are located in Unit 19, Ground Floor
Bon Accord Centre next to the lifts

Get a Digital
Copy of this
Newsletter
Here



Download

**Community
Information Point**
Come in and browse
our range of health &
wellbeing leaflets.

Pick up free sanitary
products, condoms &
blood borne virus
home testing kits.

The Spring COVID 19 programme will continue to the end of June, 2025. If you require to re-schedule Your appointment, **please contact 01224 555333**. You can also book into our local drop in Clinics in your local community below or just drop in.



Drop In Vaccination Clinic Spring COVID 19 VACCINE

Tues 17th June - **Mastrick Community Centre** - 10 - 2pm
Wed 18th June - **Northfield Community Centre** - 10 - 2pm
Thurs 19th June - **Fersands & Fountain Comm Centre** - 10 - 4pm
Fri 20th June - **Cairncry Community Centre** - 1.00 - 3.15pm
Tues 24th June - **Cyrenians 62 Summer Street** - 9.30 - 3.00pm
Wed 25th June - **Bethany Christian Toastie Club** - 11.00 - 1.30
Thurs 26th June - **Tillydrone Community Campus** - 9.30 - 3.30pm
Fri 28th June - **Kings Church, Torry** - 10.30 - 2.30pm

If you would prefer to book an
appointment at one of these clinics,
please call **01224 555333**

**JUST
DROP IN**
NO APPOINTMENT
NECESSARY

Check your
Eligibility Here



CLINICAL SERVICES AT THE HUB

Vaccination Team

Routine Vaccines (Shingles & Pneumococcal), Pre-school Immunisations & School Catch ups – to re-schedule your own or your child's routine vaccines, to book an appointment for your Child if they missed their vaccination in School, or any other vaccination enquiries, please contact our local Contact Centre on **01224 555333**



Travel Vaccinations - To find out more and book an assessment visit www.grampianvax.com/travel-vaccination/

Community Treatment & Care (CTAC)

The Community Treatment and Care (CTAC) clinics are a nurse led service providing Blood Tests and Chronic Disease Management tests from the Hub. Appointments for the clinic can be made by calling the booking line between 8.30 – 4.30pm on **01224 550200**

Vitamin B12 Injections

Vitamin B12 Injections administered at the Hub on GP Prescription. By Appointment only.
Call 01224 555333

Health Visiting Team

Aberdeen City Central Health Visitors are inviting 8 month old babies to the Aberdeen City Vaccination and Wellbeing Hub for their developmental review to support early intervention. Please note that this service is by appointment only and if you have any questions please contact your health visiting team.




Hear for You

Wellbeing Support

Your dedicated Wellbeing Practitioner can meet with you one to one to help you navigate challenges impacting your mental health and wellbeing when considering RAAC developments.

They can offer either one-off sessions or up to 8 sessions of structured support.



Is it right for me?

Hear for You is for people aged 16+ who are affected in any way by RAAC in Balnagask, Torry.

- Our link practitioner can work with you to access support on any challenge which is impacting you.
- Our Wellbeing Practitioners can support people experiencing mild or moderate emotional or mental health difficulties. It may not be suitable if your symptoms are severely affecting you in a way that makes daily life extremely difficult.

What is Hear for You?

Hear for You provides both psychological wellbeing and practical programs of support for the community affected by RAAC in Balnagask area of Torry, Aberdeen.

Whether it is a listening ear, practical advice, or structured wellbeing support, SAMH have set up Hear for You so that we can be here for you through this challenging time. We can offer support in-person, via videocall or over the phone to meet your needs

Links Support

Your dedicated Link Practitioner can sit down with you and help you to prioritise the challenges that are impacting you the most, during this stressful time.

They will provide information and practical support and, in agreement with you, can refer you to community and citywide services, linking you to experts that are best equipped to support you.

SCAN HERE

to self-refer to Hear for You or visit samh.org.uk/hfy



hearforyou@samh.org.uk
0344 800 0550

If you are in crisis or experiencing severe mental health challenges, please contact one of the services listed at: www.samh.org.uk/find-help

Helping You Live Well with
Chronic Pain



Chronic Pain Community Appointment Day Tuesday 1st July 10.00am - 4.00pm

**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)



Aberdeen City
Health & Social Care
Partnership
A caring partnership



CHILDHOOD IMMUNISATION SPOTLIGHT – 6 in 1

The World Health Organisation (WHO) describes vaccines as one of the two public health interventions that have the greatest impact on the world's health, the other being clean water. Vaccination can prevent or reduce the severity of disease, minimise disability and save lives. The recommended coverage of 95% in a population is required to control or eliminate disease. This month's Spotlights is 6 in 1 Vaccine.

6/1 VACCINE- DTAP/IPV/HIB/HEPB Protecting against 6 serious diseases



DIPHTHERIA: A highly contagious infection that affects the nose and throat, and sometimes the skin. Can quickly cause breathing problems.



TETANUS: A serious, life-threatening condition caused by bacteria getting into a wound. Affects the nervous system and can lead to muscle spasms and cause breathing problems.



PERTUSSIS: Whooping cough is an infection of the lungs and breathing tubes. Babies under 1 year are most at risk.



POLIO: Can affect the chest muscles or the brain. A serious infection that's now very rare because of the vaccination programme.

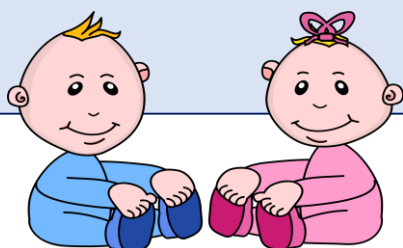


HAEMOPHILUS INFLUENZAE TYPE B: A type of bacteria that can lead to a number of major illnesses such as blood poisoning, pneumonia and meningitis.



HEPATITIS B: A liver infection that is spread through blood, semen, and vaginal fluids. It can persist for years.

The 6 in 1 Vaccine is recommended at 8, 12, and 16 weeks old. Three doses will complete the course.



**For More
Information
Scan Here**



**Or contact your local
immunisation team on**

01224 555333



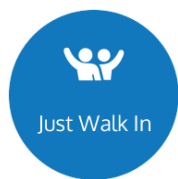
Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

2nd – 14th June

Monthly Calendar

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|---------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------|
| Mon 2 nd June | SCARF Energy Savings 10.00 – 12.00pm | Scottish Fire & Rescue 1.00 – 4.00pm | AFCCT - Knit and Natter 2–4pm | | Dementia Awareness Week |
| Tues 3 rd June | CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm | | Stand Up to Falls 1.30-3.30pm | | |
| Wed 4 th June | Community Appointment Day – Dementia Post Diagnostic Support | | | | |
| Thurs 5 th June | Asthma & Allergy Foundation 9.30 – 12.30pm | Stand Up to Falls 9.30 - 11.30pm | Scarf – Energy Savings 1.00-3.00pm | Bon Accord Care Telecare & Digital Support 1.00 – 4.00pm | Pathways Employment Keyworker 10.00 – 12.00 |
| Fri 6 th June | Quarriers – Wee Blether Carers Café 11 – 1pm | | | | |
| Mon 9 th June | AFCCT - Knit and Natter 2–4pm | | | | Volunteers Week |
| Tues 10 th June | CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm | | Scottish Fire & Rescue 1.00 – 4.00pm | Alcohol Drugs Action (ADA) 1.00 - 4.00pm | Cruse Scotland 1.00 – 4.00 |
| Wed 11 th June | SAMH – Supporting people affected by RAAC 9.30-12.30pm | SCARF Energy Savings 10.00 – 12.00pm | Aberdeen In Recovery 10.30-12.30pm | Aberdeen Tenants Association 1.00-3pm | Loneliness Awareness Week |
| Thurs 12 th June | Asthma & Allergy Foundation 9.30 – 12.30 | Public Health – Oral Health National Smile Month 10.00-12.00pm | SCARF Energy Savings 10.00 – 12.00pm | Bon Accord Care Telecare & Digital Support 1.00 – 4.00pm | Diabetes Awareness Week |
| Friday 13 th June | Quarriers – Wee Blether Carers Café 11 – 1pm | | | | Men's Health Week |



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

16th – 30th June

Monthly Calendar

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|--------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------|
| Mon 16 th June | AFCCT - Knit and Natter 2.00–4.00pm | | | |
| Tues 17 th June | CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10 – 3pm | | | Cervical Screening Awareness Week |
| Wed 18 th June | Aberdeen In Recovery Drugs & Alcohol Peer Support 10.30-12.30pm | | | |
| Thurs 19 th June | Asthma & Allergy Foundation 9.30 – 12.30 | Bon Accord Care – Telecare 1.00 – 4.00pm | Pathways Employment Keyworker 10.00 – 12.00 | |
| Fri 20 th June | Quarriers – Wee Blether Carers Café 11 – 1pm | | | |
| Mon 23 rd June | AFCCT - Knit and Natter 2–4pm | Dept of Work & Pensions (DWP) 10.00 – 12.00noon | | Deaf Blindness Awareness Week |
| Tues 24 th June | CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale - 10-3pm | | Alcohol Drugs Action (ADA) 1.00 - 4.00pm | |
| Wed 25 th June | SAMH – Supporting people affected by RAAC 9.30-12.30pm | Aberdeen In Recovery Drugs & Alcohol Peer Support 10.30 - 12.30pm | | |
| Thurs 26 th June | Asthma & Allergy Foundation 9.30 – 12.30 | Pathways Employment Keyworker 10.00 – 12.00 | Bon Accord Care – Telecare 1.00 – 4.00pm | |
| Fri 27 th June | Quarriers – Wee Blether Carers Café 11 – 1pm | | | National PSD Awareness Week |
| 30th June | AFCCT - Knit and Natter 2.00–4.00pm | | | |

If you are interested in promoting your service/ support within the Hub – please contact gram.acvcbonaccordbookings@nhs.scot



Local Fruit, Veg & Eggs Sale **Every Tuesday 10 – 3pm**



CFINE Community Food Outlet
Aberdeen City Vaccination and Wellbeing Hub
Bon Accord Shopping Centre, Aberdeen

COME ABOARD



Don't miss out on the return of The Tall Ships Races to Aberdeen from **19 to 22 July**. This is the city's biggest event in a generation!



There's fun for all ages, **FREE entertainment**, and **festival vibes**. You can get onboard the **majestic Tall Ships**, sample the **vibrant street food market**, **bars**, **shopping** and experience the **thrill of a funfair**.

HOST PARTNERS



SUPPORTED BY
EventScotland

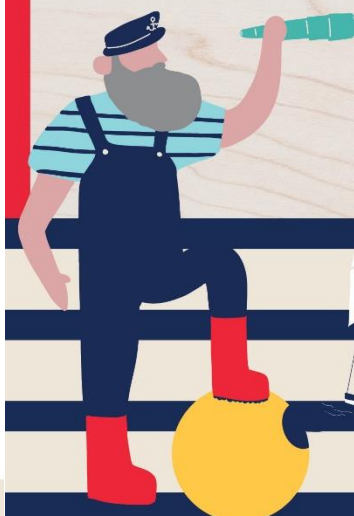


Have a boogie in the evenings at the Quayside Concerts, including *Tide Lines and Calum Bowie.

FREE EVENT

For more information about the ships, what's on, how to get to the event, accessibility, park and rides, and the official shop, visit www.tallshipsaberdeen.com

Find out more



* Free concert event

SEA YOU THERE

Highlights

Ships open to the Public – Main Quayside – Saturday 19th July

Funfair (King Street from West North Street to Castle Street)
Discovery Zone at Castlegate enjoy a range of fun STEM Activities

Crew Parade – Sunday 20th July (Union Terrace, Rosemount, Broad Street, Regent Quay) **Starts 16:00**

Quayside Concerts – 18th – 21st July (Free event programme)
Saturday 20th July 18:30 – 23:00 (First come first served)

Red Arrows Display – Monday 21st July 17:30 – Beach Esplanade Viewing Area.

Undocking & Parade of Sail (quayside & beach esplanade) 10:00 – 15:00



Stay Connected with what is going on within the Partnership to support you and your families health & wellbeing



Digital Copy of
Brochure
here



The information contained in this booklet is for anyone who wants to know about the help and support that's available in Aberdeen to enable you to stay as independent as possible in your own home.

www.aberdeencityhsc.scot/our-delivery/agile/



Are you an NHS Hearing Aid Wearer?

You can now get your free NHS replacement Batteries from the Aberdeen Vaccination & Wellbeing Hub. Please remember to bring along your battery letter. Just ask at Admin desk.

*Sizes 13, 312 and 675 only



June

NHS Grampian aims to promote and improve health in Grampian, in partnership with others. Scan the QR Code to find out more about health issues that are important to you.

Oral Health



www.dentalhealth.org/mouth-cancer-action-month



www.nhsgrampian.org/service-hub/dental-services/

Breastfeeding



www.nhsgrampian.org/your-health/healthy-living/breastfeeding/advice-and-support/



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