

What's Going on at the Vaccination & Wellbeing Hub In August 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 for appointments during July – August.

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.

Give Blood
Aberdeen City
Vaccination & Wellbeing Hub
Friday 8th August
9.30am - 11.30am
1pm - 3pm

scotblood.co.uk
0345 90 90 999

GIVE BLOOD

Blood Donor Sessions at the
Aberdeen Vaccination & Wellbeing
Hub, Bon Accord – Fri 8th August
Book Now on **0345 90 90 999** or
via www.scotblood.co.uk

Helping You Live Well with
Chronic Pain



Chronic Pain Community Appointment Day

Tuesday 2nd September
9.30am - 3.30pm

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



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



July/August Wellbeing workshop Schedule

16th
July

Exploring Support Options

Join us for our first workshop to know more about the Hear for You service and the support options are available to you

30th
July

Coping with Stress

Understand 'what is stress' and learn some ways to cope with stress when life feels out of control

13th
August

Building Resilience

Explore ways of building resilience against stress and ways of looking after your wellbeing in difficult times

27th
August

Understanding Sleep

Look at ways of getting a better nights sleep and understand the link between sleep and mental health

What is Hear for You?

Hear for You offers emotional and practical support for the community affected by **RAAC** in the Balnagask area of Torry, Aberdeen

Our wellbeing workshops are held fortnightly at the **Aberdeen Vaccination & Wellbeing Hub** in the Bon Accord Centre from **10-12 on Wednesdays**

Workshops are free to attend for anyone affected by RAAC

Come along and find out how we can support you!



SCAN HERE
to self-refer
or visit samh.org.uk/hfy



✉ hearforyou@samh.org.uk

☎ 0344 800 0550



CFINE Community Food Outlet

Aberdeen City Vaccination and Wellbeing Hub
Bon Accord Shopping Centre, Aberdeen

Local Fruit, Veg & Eggs Sale
Every Tuesday
10 – 3pm
In the Community Café Area
– Just Drop In

CHILDHOOD IMMUNISATION SPOTLIGHT - MMR

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 MMR

MMR

Cases of Measles are on the rise, so It's important to be aware of the symptoms:

- Cold-like symptoms
- Sore, red eyes that may be sensitive to light
- A high temperature
- A rash on the skin that usually first appears on the head/neck and then spreads to the rest of the body.

You should check whether you and your loved ones have had two doses of the **MMR Vaccine**.

The MMR Vaccine protects against measles, mumps & rubella (German measles). These 3 infections spread easily between people and can lead to serious problems including meningitis, blindness and hearing loss. Measles is one of the most transmissible infectious diseases. It can lead to serious and potentially life-threatening complications even years after the original infections. Two doses of the MMR Vaccines gives you long-term protection. Getting vaccinated also helps protect people who cannot be vaccinated, such as unborn babies and anyone with a weakened immune system.

**For More Info
Scan Here**



**Or contact your local
immunisation team on**

01224 555333



Please check your child's Vaccine History - If your child still requires their 1st or 2nd dose or you are unsure if they have received it, please contact **01224 555333** to schedule an



**Did your child
miss their vaccination
appointment in school?**



**Help protect your child and others
- catch up this summer!**

A summer catch up programme will be running throughout the school summer holidays at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre for:

HPV, DTP / MenACWY or MMR

**Contact 01224 555333
to make an appointment.**

Open Monday – Saturday 09:15 – 16:45

For vaccine enquiries please email your child's name, date of birth and what school they attend to: gram.schoolimmunity@nhs.scot

Did your child miss their Vaccination appointment at School?

A summer catch up programme will be running throughout the School holidays at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre for HPV, DTP, MenACWY or MMR.

Contact **01224 555333** to make an appointment –
Open Monday – Saturday 09:15 – 16:45.



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

1st – 14th August 2025

Monthly Calendar

Fri 1 st August	Abdominal Aortic Aneurysm AAA Screening 9:30-1:00pm	Quarriers – Wee Blether Carers Café 11.00 – 1.00pm		World Lung Cancer Day
Mon 4 th August	SCARF – Energy Savings Advice 10.00 – 12.00	Wellbeing Coordinators 10.00 – 12.00noon	Home Energy Scotland 1.00 - 4.00pm	AFCCT - Knit and Natter 2.00 – 4.00pm
Tues 5 th August	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Scottish Fire & Rescue Home Safety 1.00 – 4.00pm	World Breast Feeding Week
Wed 6 th August	SAMH – Supporting people affected by RAAC 9.30-12.30pm	SCARF Energy Savings Advice 10.00 – 12.00pm	Silver City Surfers One to One IT Support 2.00-4.00pm	
Thurs 7 th August	Asthma & Allergy Foundation 9.30 – 12.30pm	Men in Mind-Mental Health Peer Support 9.30 – 4.30pm	Bon Accord Care Telecare 1.00 - 4.00pm	
Fri 8 th August	Blood Doner Service 9.30 -4.00pm	Abdominal Aortic Aneurysm AAA Screening 9:30 -1:00pm	Quarriers – Wee Blether Carers Café 11.00 – 1.00pm	
Mon 11 th August	Abdominal Aortic Aneurysm AAA Screening 9:30-1:00pm Blood Doner Service 9.30-4.00pm	SCARF Energy Savings Advice 10.00 – 12.00pm Home Energy Scotland 1.00-4.00pm	Scottish Fire & Rescue Home Safety 1.00 – 4.00pm	AFCCT - Knit and Natter 2.00 – 4.00pm
Tues 12 th August	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm			
Wed 13 th August	Abdominal Aortic Aneurysm AAA Screening 9:30-1:00pm	SCARF Energy Savings Advice 10.00 – 12.00pm	SAMH – Building Resilience Workshop 9.30-12.30pm	Silver City Surfers One to One IT Support 2.00-4.00pm
Thurs 14 th August	Asthma & Allergy Foundation 9.30 – 12.30pm	Men in Mind-Mental Health Peer Support 9.30 – 4.30pm	Bon Accord Care Telecare 1.00 - 4.00pm	Cairns Counselling 12.30-4.30pm
Friday 15 th August	Quarriers – Wee Blether Carers Café 11.00 - 1.00pm			

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



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

15th – 29th August 2025

Monthly Calendar

Mon 18th August	Open from 9.15 to 12.30 Closed in the Afternoon for Staff Training				
Tues 19th August	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm	Podiatry Community Appointment Day (By Appointment Only)			
Wed 20th August	SAMH Workshop – Exploring Support Options for people affected by RAAC 9.30-12.30pm	Abdominal Aortic Aneurysm AAA Screening 9:30-1:00pm Forget me Not Dementia Support 10.00-3.00pm	Scottish Fire & Rescue Home Safety 10.00 – 12.30pm	SCARF Energy Savings Advice 10.00 – 12.00pm	Silver City Surfers One to One IT Support 2:00-4:00pm
Thurs 21st August	Asthma & Allergy Foundation 9.30 – 12.30pm	Men in Mind-Mental Health Peer Support 9.30 – 4.30pm	Bon Accord Care Telecare 1.00 - 4.00pm		
Fri 22nd August	Abdominal Aortic Aneurysm AAA Screening 9:30-1:00pm	Quarriers – Wee Blether Carers Café 11.00 – 1.00pm			
Mon 25th Aug ust	Abdominal Aortic Aneurysm AAA Screening 9:30-1:00pm	SCARF Energy Savings Advice 10.00 – 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 26th August	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Scottish Fire & Rescue 1.00 – 4.00pm		
Wed 27th August	Abdominal Aortic Aneurysm AAA Screening 9:30-1:00pm	SCARF Energy Savings Advice 10.00 – 12.00pm	SAMH Workshop – Understanding Sleep 10.00-12.00pm	Silver City Surfers One to One IT Support 2:00-4:00pm	
Thurs 28th August	Asthma & Allergy Foundation 9.30 – 12.30pm	Men in Mind-Mental Health Peer Support 9.30 – 4.30pm	Bon Accord Care Telecare 1.00 - 4.00pm	Cairns Counselling 12.30-4.30pm	
Fri 29th August	Abdominal Aortic Aneurysm AAA Screening 9:30-1:00pm	Quarriers – Wee Blether Carers Café 11.00 – 1.00pm			



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.aberdeencityhscp.scot/our-delivery/agile/



Aberdeen City
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**JOB
VACANCIES
HERE**

Grampian NHS



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



August

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.

World Breast Feeding Week



www.worldbreastfeedingweek.org



www.nhsgrampian.org/your-health/health-living/breastfeeding/

Cycle to Work/ Physical Activity



www.nhsgrampian.org/your-health/healthy-living/physical-living



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