



2025-26

Winter Vaccinations

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

Or Scan QR Code



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

The flu and COVID Vaccines will be given separately. Both are recommended for the best protection, but it is your choice to get one or both vaccines at your appointment.

Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season



Get the Flu Vaccine

The flu vaccine is the first step in protecting yourself



Come in and browse our range of health & wellbeing leaflets.

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

Get a Digital Copy of this Newsletter Here

[Download](#)



Give Blood

Aberdeen City
Vaccination & Wellbeing Hub

Thurs 18th Dec

9.30am - 11.30am
1pm - 3pm

GIVE BLOOD

scotblood.co.uk
0345 90 90 999

Blood Donor Session at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord –
Thursday 18th December
Book Now on **0345 90 90 999** or via
www.scotblood.co.uk

SERVICES AT THE HUB

Vaccination Team

During the Winter Flu & COVID Vaccination programme, routine Vaccines (Shingles & Pneumococcal) are suspended and will start again in January 2026. Unless these are required urgently via Non Routine Referral. **Pre-school Immunisations** – to re-schedule your child's routine vaccines, 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

FREE HEALTH CHECKS AT THE HUB

HEALTH DEFENCE SCOTLAND

Chest
Heart &
Stroke
Scotland



HELPING YOU LIVE A HEALTHIER LIFE

The Health Defence Team are here
to help and ensure no life is half lived!

- Free health & wellbeing appointments at the hub
- Free blood pressure & cholesterol checks
- Free health information & advice
- Outreach to community venues
- Links to further support

GET IN TOUCH
TO BOOK
YOUR FREE
APPOINTMENT



Blood
Pressure



Wellbeing



Healthy
Eating



Conversation



Physical
Activity



Women's
heart health
and wellbeing

Find us at

**Aberdeen City Vaccination
& Wellbeing Hub**
Unit 19 Bon Accord Centre
George Street, Aberdeen
AB25 1HZ

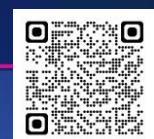
Appointments available here
Tuesdays, Thursdays and Fridays



and...

Get Active Northfield
Kettlehills Crescent
Aberdeen
AB16 5TL

Appointments available here
Mondays and Wednesdays



Get in touch:

email: grampianhub@chss.org.uk
or visit: www.chss.org.uk/healthdefence

**NO LIFE
HALF LIVED**

Registered with and regulated by the Office of the Scottish Charity Regulator (no SC018761). Chest Heart & Stroke Scotland is a wholly Scottish charity. It also operates as CHSS and is registered in Scotland as a company limited by guarantee, no SC129114

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)



Aberdeen City
Health & Social Care
Partnership
A caring partnership





WOMEN'S HEALTH

Community Appointment Day

20th January 2026

Venue: Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre

Focussing on Menstrual Health Matters

Join us for a day dedicated to raising awareness, offering support, and providing resources around Endometriosis, Menopause, Polycystic Ovary Syndrome (PCOS) & Pelvic Floor Health.

What to Expect:

Talks from healthcare professionals,
Information stalls with resources and guidance,
Wellbeing activities and support services.

Refreshments available

Let's Talk. Let's Support. Let's Empower.

#WomensHealthGrampian #MenstrualHealthMatters

Register for More
Information here



Community Empowerment Toolkit and Training

A new introductory training course 'Foundations of community engagement' 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
20/11/2025	13:00-15:30	Microsoft Teams
04/12/2025	09:30-12:00	Microsoft Teams
13/01/2026	13:00-15:30	Microsoft Teams
12/02/2026	09:30-12:30	Microsoft Teams
12/03/2026	13:00-15:30	Microsoft Teams



**Community
Planning
Aberdeen**

For More Info &
book a place



IMMUNISATION SPOTLIGHT - Shingles

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. This month's Spotlights is Shingles (Source NHSInform)

Shingles

Shingles can be very painful and is more common among older people. The older you are, the worse it can be. For some, the pain caused by shingles can last for many years.

People who have a severely weakened immune system are at a higher risk of getting shingles or experiencing further complications from shingles.

The shingles vaccine helps to build up your immunity to the virus. This means if you do get shingles, your body will fight it off more easily. Having the vaccine helps to reduce the risk of you experiencing long-term pain from shingles.

If you can get the shingles vaccine depends on your age and if you have an eligible health condition. Click on the QR Code for more info or visit: www.nhsinform.scot/healthy-living/immunisation/shingles-vaccine/

You can get the shingles vaccine if you:

- **were aged 65 or 70 on 1 September 2025**
- **were aged 71 to 79 on 1 September 2025**
- **You have a severely weakened immune system as follows:**
 - have a severely weakened immune system and are aged 18 or over
 - are about to start immunosuppressive therapy, are aged 18 or over, and your doctor has told you to get the shingles vaccine
 - If you had the Zostavax vaccine before becoming immunosuppressed, it's recommended that you now get 2 doses of the Shingrix vaccine.



Our Shingles Vaccination Programme will commence from January – March 2026 with appointment letters starting to be sent out to all eligible people in December 2025.



One to One IT Support at the Hub

Every Wednesday 2 – 4pm
Tea/Coffee & a friendly chat
Supportive 1:1 IT Help

A Safe and sociable space to learn and connect.



Join Us

Message through WhatsApp or call on 07799 371329 or email silvercitysurfers@gmail.com. For more information go to www.silvercitysurfers.co.uk or scan QR Code





Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

3rd – 14th November 2025



Monthly Calendar

Mon 3 rd Nov	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm	Wellbeing Co-ordinators 9.30 - 12.00noon	World COPD Day & Pancreatic Cancer Day
Tues 4 th Nov	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Stand up to Falls Falls Prevention 1.30 - 3.30pm	CHSS Health Defence Team
Wed 5 th Nov	Public Health Dental & Oral Health 9.30-12.30pm	Advocacy Service Aberdeen 10.00-1.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm	
Thurs 6 th Nov	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment Keyworker 9:30-12.00pm	Stand up to Falls Falls Prevention 9.30-11.30am	CHSS Health Defence Team
	Bon Accord Care - Telecare 1.00-4.00pm			
Fri 7 th Nov	Diabetes My Way 10.00-3.30pm	Wellbeing Co-ordinators 10.00-12.30pm	NHS Health Point 10.00-4.00pm	CHSS Health Defence Team
	Quarriers Carers Drop-In 11.00 – 12.00pm	Aberdeen City Podiatry Team 10.00-3.30pm		
Mon 10 th Nov	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Home Energy Scotland 1.00-4.00pm	Living Well Café Dementia Support 9.30-12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm
Tues 11 th Nov	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Stand up to Falls Falls Prevention 1.30 - 3.30pm	Great Western Community Centre 1.00-4.00pm
Wed 12 th Nov	Silver City Surfers 1:1 IT Support 2.00-4.00pm			World Pneumonia Day
Thurs 13 th Nov	Asthma & Allergy Foundation 9.30 – 12.30pm	Diabetes UK 10.00 - 3.00pm (World Diabetes Day)	Stand up to Falls 9.30 - 11.30am	CHSS Health Defence Team & HealthPoint
	Bon Accord Care - Telecare 1.00-4.00pm	Aberdeen City Podiatry Team 10.00-3.00pm	Wellbeing Co-ordinators 10.00-12.30pm	Cruse Scotland 1.00-4.00pm
Fri 14 th Nov	Quarriers Carers Drop-In 11.00 – 12.00pm	Wellbeing Co-ordinators 10.00-12.30pm	Health Point 10.00-4.00pm	CHSS Health Defence Team
	Forget Me Not 1.00-4.00pm	Aberdeen City Podiatry Team 10.00-3.00pm		

If you are interested in promoting your service at one of our stalls in the Community Café within the Hub –please contact gram.acvcbonaccordbookings@nhs.scot



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

17th – 28th November 2025



Monthly Calendar

Mon 17 th Nov	Aberdeen City Council Library (Book Week) 10.00-4.00pm	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm	
Tues 18 th Nov	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Stand up to Falls Falls Prevention 1.30 - 3.30pm	CHSS Health Defence Team
Wed 19 th Nov	Secondary Care Hubs 10.00-4.00pm	Aberdeen Health & Social Care Partnership & Aberdeen City Council Engagement on proposed budgets 9.30-1.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm	Antibiotic Resistance Awareness Week
	Advocacy Service Aberdeen 10.00-1.00pm			
Thurs 20 th Nov	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand up to Falls Falls Prevention 9.30 – 12.30pm	Pathway Employment Keyworker 9.30-12.30pm	CHSS Health Defence Team
	Bon Accord Care - Telecare 1.00-4.00pm			
Fri 21 st Nov	Wellbeing Co-ordinators 9.30-12.30pm	NHS Health Point 10.00-3.30pm	Community Pharmacy 9.30-12.30pm	CHSS Health Defence Team
	Aberdeen City Podiatry Team 10.00-3.30pm		Quarriers Carer Drop-In 11.00 – 12.00pm	
Mon 24 th Nov	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Home Energy Scotland 1.00-4.00pm	Department Working Pensions 10.00-12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm
			Inchgarth Community Centre 1.00-4.00pm	
Tues 25 th Nov	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm	Aberdeen Health & Social Care Partnership & Aberdeen City Council Engagement on proposed budgets 9.30-1.00pm	Stand up to Falls Falls Prevention 1.30 - 3.30pm	CHSS Health Defence Team
Wed 26 th Nov	Public Health Dental & Oral Health 9.30-12.30pm	Inchgarth Community Centre 9.30-1.00pm	Scottish Fire & Rescue Home Safety 9.30-12.30pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm
Thurs 27 th Nov	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand up to Falls Falls Prevention 9.30 – 12.30pm	Public Health Dental & Oral Health 9.30-12.30pm	Pathway Employment Keyworker 9.30-12.30pm
Fri 28 th Nov	Quarriers Carer Drop-In 11.00 – 12.00pm	CHSS Health Defence Team		



Aberdeen City
Health & Social Care
Partnership
A caring partnership

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/

 Aberdeen City
Health & Social Care
Partnership
A caring partnership

 **JOB
VACANCIES
HERE**



Aberdeen City
Health & Social Care
Partnership
A caring partnership

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



November

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 Diabetes Day



www.diabetes.org.uk/



[www.nhsgrampian.org/your-health/
diabetes-in-grampian/](http://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/](http://www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/lung-cancer/)



Listen to Grampian
Hospital Radio

[www.grampianhospitalra
dio.org/listen](http://www.grampianhospitalradio.org/listen)



Listen to Shmu
Radio Live online
[www.stream.shmu
.org.uk/fm](http://www.stream.shmu.org.uk/fm)

Listen to 99.8fm online