



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.

The Flu & COVID programme will be delivered between 29th Sept to early December.

More info available at

www.nhsinform.scot/wintervaccines

Or Scan QR Code



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



Cover your sneeze/cough



Stay home if you're sick



Avoid contact with sick people



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

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

Important Information about your Winter Vaccine Appointments Time

Please arrive for your appointment on time. Our vaccinators will each have a clinic list of set patients (similar to attending your GP or hospital clinic).

If you arrive early you will be asked to wait until your allocated appointment time. If you arrive late, you will require to re-schedule your appointment.

If your appointment time is not suitable or you wish to attend at the same time as a family member please re-arrange your appointment by contacting the national contact centre on 0800 030 8013 or follow the link to the booking portal: www.nhsinform.scot/wintervaccines

QR Code for Online Booking Portal



Get a Digital Copy of this Newsletter Here

[Download](#)



CLINICAL 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

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/

As well as the training course, online toolkit to support community organising and engagement has been launched by Community Planning Aberdeen.



**Community
Planning
Aberdeen**

Date	Time	Delivery	
30/10/2025	09:30- 12:00	Microsoft Teams	
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	



**For More Info &
book a place**

Chest, Heart & Stroke Scotland (CHSS) Health Defence Team Coming to the Hub Soon....

We want to help you live a healthier life!

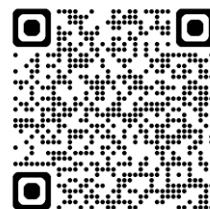
The Chest Heart & Stroke Scotland Health Defence Team, in partnership with NHS Grampian, Aberdeen Health & Social Care Partnership & Sport Aberdeen, are launching this month and will soon be available for booking at the Aberdeen Vaccination and Wellbeing Hub (based in the Bon Accord Centre Tues, Thurs & Fri) and at Get Active @ Northfield (Mon & Weds).

Make a free appointment for:

- **Health and wellbeing advice and information**
- **Blood pressure & cholesterol checks**
- **A friendly chat about healthy eating, weight loss or simple ways to be more active.**
- **Interested in arranging a visit from the Health Defence team to your setting? Get in touch!**
- **Women's Heart Health (Coming soon!)**

Reading List - Browse our CHSS reading list to help people with chest, heart and stroke conditions live life to the full.

www.ibcat.csghlasgow.org/web/arena/chest-heart-and-stroke



Book online with Chest, Heart & Stroke Scotland here (Grampian Booking Site will be available shortly). www.chss.org.uk/services/health-defence-scotland/#contact



For more information call or text: 07345 482084 (Stefanie) or 07918081492 (Gillian) or email healthdefence@chss.org.uk

OR call CHSS Advice Line 0808 801 0899 advice@chss.org.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)



Aberdeen City
Health & Social Care
Partnership
A caring partnership



IMMUNISATION SPOTLIGHT - PNEUMOCOCCAL

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 Pneumococcal (Source NHS Inform)

Childhood Pneumococcal

The pneumococcal vaccine helps protect against illnesses and conditions caused by pneumococcal bacteria.

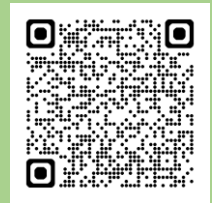
Pneumococcal infection can cause:

- bronchitis
- ear infections
- a life-threatening infection of the blood (septicaemia)
- meningitis
- pneumonia (which can also be life-threatening)

Children carry pneumococcal bacteria in their nose and throat. They can pass these bacteria around by coughing and sneezing, and during close contact with others.

Two doses of the pneumococcal vaccine are offered to all babies in Scotland. Your baby will be offered their first dose of the pneumococcal vaccine when they're 16 weeks old. They'll be offered another dose between 12 and 13 months.

**For More Info
Scan Here**



**Or contact your
local
immunisation team
on 01224 555333**



Adult Pneumococcal

Pneumococcal bacteria causes pneumococcal infection. They can cause serious illnesses like pneumonia and bacterial meningitis. They can also cause other conditions like severe ear infections. Some adults carry pneumococcal bacteria in the back of their nose and throat. They can pass bacteria on by coughing, sneezing, and close contact.

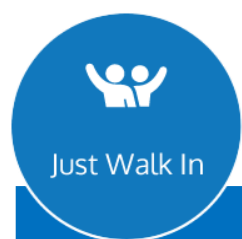
Exposure to pneumococcal bacteria doesn't normally result in serious illness, but sometimes it leads to pneumococcal infections. You have a higher chance of becoming unwell with a pneumococcal infection if you are aged 65 or over or under 65 and have certain health conditions.

The pneumococcal vaccine is available in Scotland for all people aged 65 and over (or under 65 with certain health conditions). The next programme will commence in late Dec/Jan 2026 with eligible people receiving an appointment letter. If you have been invited in the past, but not attended, you can call our local team to arrange an appointment.

**For More Info
Scan Here**



**Or contact your local
immunisation team
on 01224 555333**



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

1st – 17th October 2025



Monthly Calendar

Wed 1 st Oct	Silver City Surfers 1:1 IT Support 1.00-4.00pm			
Thurs 2 nd Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment Keyworker 9:30-12.00pm		
Fri 3 rd Oct	Quarriers Wee Blether Carers Café 11.00 – 1.00pm	Elaine Mottram Author of You Can't Pour From An Empty Cup 11.00-2.00pm		
Mon 6 th Oct	Scarf Energy Advice 10.00 - 12.00pm	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm	Challenge Poverty Week
Tues 7 th Oct	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	Mental Health Awareness Week
Wed 8 th Oct	Silver City Surfers 1:1 IT Support 1.00-4.00pm			
Thurs 9 th Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment Keyworker 9:30-12.00pm	Stand up to Falls Falls Prevention 9.30-11.30am	Hypo (Diabetes) Awareness 10.00-2.00pm
Fri 10 th Oct	Quarriers Wee Blether Carers Café 11.00 – 1.00pm	Forget Me Not Club Dementia Support 1.00-4.00pm		
Mon 13 th Oct	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Home Energy Scotland 1.00-4.00pm	Cruse Scotland Bereavement Support 2.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm
Tues 14 th Oct	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		MCR Pathways Volunteer mentors supporting young people 9.30-12.30pm	Stand up to Falls Falls Prevention 1.30 - 3.30pm
Wed 15 th Oct	Scottish Fire & Rescue Home Safety 9.30 - 12.30pm	Silver City Surfers 1:1 IT Support 1.00-4.00pm		Babyloss Awareness Week
Thurs 16 th Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand up to Falls 9.30 - 11.30am	Pathways Employment Keyworker 9:30-12.00pm	
Fri 17 th Oct	Quarriers Wee Blether Carers Café 11.00 – 1.00pm			World Menopause Day



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

20th – 30th October 2025



Monthly Calendar

Mon 20th Oct	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm	Infection Prevention Control week
Tues 21st Oct	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	
Wed 22nd Oct	Aberdeen Sport Village Healthy Lifestyles 9.30 – 12.30pm	Silver City Surfers 1:1 IT Support 1.00-4.00pm		
Thurs 23rd Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand up to Falls Falls Prevention 9.30 – 12.30pm	Pathway Employment Keyworker 9.30-12.00pm	
Fri 24th Oct	-Quarriers Wee Blether Carers Café 11.00 – 1.00pm			World Polio Day
Mon 27th Oct	Department of Working Pensions Employability & Benefits Support 10.00-12.00pm	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm
Tues 28th Oct	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	Respiratory Care Week
Wed 29th Oct	Aberdeen Sport Village Healthy Lifestyles 9.30 – 12.30pm	Scottish Fire & Rescue Home Safety 9.30 - 12.30pm	Silver City Surfers 1:1 IT Support 1.00-4.00pm	World Stroke Day
Thurs 30th Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment 9.30 – 11.30am	Stand up to Falls Falls Prevention 9.30-12.30pm	MCR Pathways Volunteer mentors supporting young people 1.00-4.00pm
Fri 31st Oct	-Quarriers Wee Blether Carers Café 11.00 – 1.00pm			



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

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



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/



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



October

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.

Breast Cancer Awareness Month



www.breastcancernow.org/



www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/breast-cancer-female

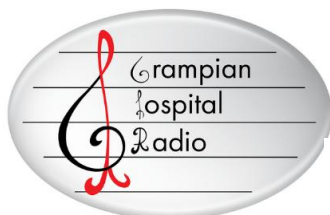
World Menopause



www.imsociety.org/



www.nhsinform.scot/healthy-living/womens-health/



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