

Top up your immunity

THIS SPRING



The COVID-19 vaccine is offered in spring and winter to people at increased risk of getting seriously ill from COVID-19. It's important to keep up to date with all the vaccines you're offered.

Who's eligible?

- Adults aged 75 years and over
- People aged 6 months and over with a weakened immune system
- Residents in care homes for older adults



Look out for your letter, email or text with appointment details or information on how to book. If you live in a care home, the staff will give you the details.



nhsinform.scot/covid19vaccine
0800 030 8013



The RSV vaccine

You're eligible for the respiratory syncytial virus (RSV) vaccine if you're:

- turning 75 years old between 1 August 2026 and 31 July 2027
- aged 75 or over on 31 July 2026 (born on or before 31 July 1951)
- a resident in a care home for older adults



When it's your turn, NHS Scotland will send you a letter. If you live in a care home, the staff will give you the details.

If you've been invited before and have not yet taken up the offer, speak to clinic staff or contact your local immunisation team.



nhsinform.scot/rsv-adult



Get a Digital
Copy of this
Newsletter Here



COVID19 – Top up your Immunity this Spring

Eligible people across Aberdeen will have started receiving their Spring COVID 19 Vaccination appointments letters, so please keep an eye out for yours arriving in the post.

This spring, **all clinics will be running by appointment time only**, so we kindly ask that you arrive as close to your appointment time as possible. This helps us keep clinics running smoothly and reduces waiting times for everyone.

If you would like to re-schedule your appointment, for example to attend at the same time as a family member or to a more suitable date, you can do this by calling the National Vaccination line on 0800 0303 8013 or by using the online booking system.

Alongside COVID-19 Vaccinations, we will also be delivering the RSV Vaccination programme to all residents in care homes and people who are housebound with both vaccines being offered during the same visit. All other RSV Appointments will begin from mid-June/July & August and you will receive an appointment letter when it is your turn.

SERVICES AT THE HUB

Vaccination Team

To re-schedule your or your child's routine vaccines, or any other vaccination enquiries, please contact our local Contact Centre on **01224 555333**

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**

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

Or Click on the QR Code here:



Vitamin B12 Injections

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

Call 01224 555333

Health Defence Team – Free Health Checks

Free health checks are available at the Hub on Tuesdays, Thursday & Fridays by appointment only. You can refer yourself by e-mailing the team at **grampianhub@chss.org.uk**



Urine Good Company

Are you a Catheter User?

Or

Living with a Chronic Bladder Condition?

Join our Informal Support Group

Saturday 18th April
11.00 – 12.00pm

**At the Vaccination & Wellbeing Hub,
Bon Accord Centre**

 Just Walk In

For more information:

Instagram: [urine_good_company](https://www.instagram.com/urine_good_company)
Email: urinegoodcompany1@gmail.com


@URINE_GOOD_COMPANY

The group will be held once a month as a social catch-up about all things bladder related – or not! The next meeting will be held on Saturday 18th April from 11.00am – 12.00pm at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre.

This group will be helpful to you whether you want to chat about issues related to your condition, celebrate those small (or big) achievements or generally have a chat with like minded people without having to explain the difficulties associated when living with a chronic bladder condition.

Treatment is often focussed solely on a medical approach, which is essential, but it can miss the hugely important social and emotional side of living with a chronic condition. As it can feel isolating at times, this group hopes to create a space to help make those important connections.

Drop in on the day or e-mail urinegoodcompany@gmail.com

Chronic Pain Support

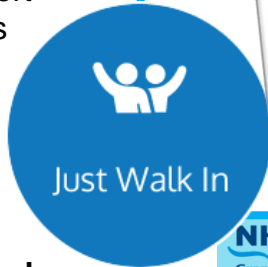
Introducing our New "Pain Pod" at Hub

We're really proud to share the launch of our new Pain Pod at the Aberdeen Vaccination & Wellbeing Hub.

Living with chronic pain can feel isolating, exhausting and overwhelming at times. The Pain Pod has been created as a calm, supportive space where people across Grampian can:

- Talk and be heard
- Access trusted chronic pain videos and trusted information
- Learn gentle coping strategies
- Be signposted to local support
- Take away helpful resources

Pain Champion Support



Just Walk In

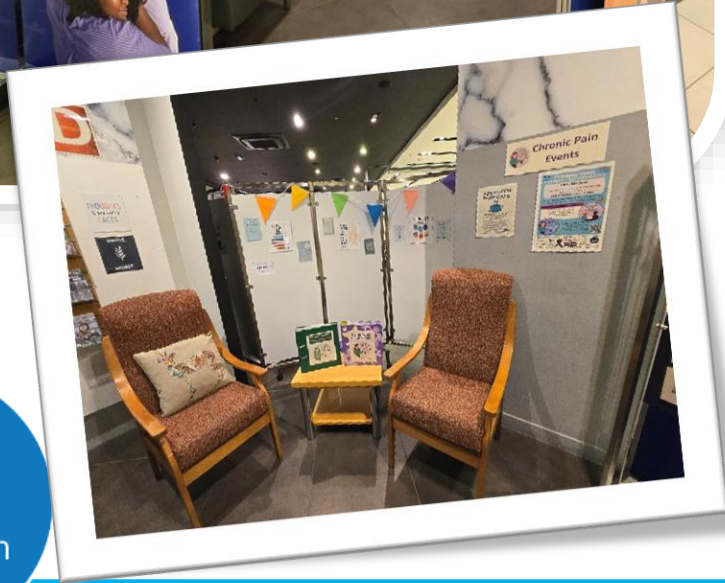
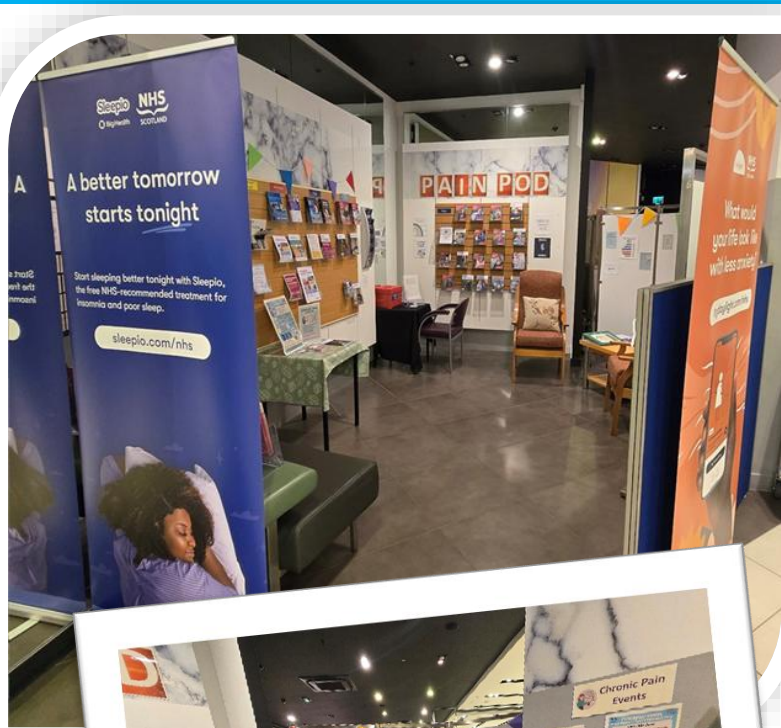
We have a dedicated Pain Champion available on Thursdays only, who can help signpost you to appropriate services and support.

The Pod is open Monday to Saturday, 10am–4pm for self-guided use. A member of staff can show you how to use the space and resources and you're welcome to come and use the Pod as often as you like.

This isn't a clinical treatment service, it's a welcoming space to feel listened to, believed and supported at your own pace.

If you or someone you know is living with chronic pain, please help us spread the word.

Sometimes the most powerful support starts with feeling understood.



Chronic Pain Community Appointment Day



Tues 16th June

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre
Drop in Between 10.00 - 4.00pm

Are you living with Chronic Pain? Join us for a host of talks & stalls to support you.

Talks

NHS Grampian Chronic Pain Management Team Talk at
11.00am, 11.45am, 1.00pm, 1.45pm, 2.30pm

Peer support in the
PAIN CAFÉ



To Secure your Place
Click on QR Code or Email
gram.citycad@nhs.scot
or phone/text 07870998369



IMMUNISATION SPOTLIGHT – 4 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. This month's Spotlight is 4 in 1 vaccine (Source NHS Inform)

4 in 1 vaccine – Protecting against 4 serious diseases

The 4-in-1 pre-school booster helps protect against serious illnesses such as polio and tetanus. It is given to children once from the age of 3 years and 4 months old, before they start school. The 4-in-1 pre-school booster helps protect children against 4 serious illnesses:

Diphtheria: is a serious life-threatening disease that usually begins with a sore throat and can quickly cause breathing problems. It can damage the heart and nervous system.

Polio: is a virus that attacks the nervous system and causes permanent paralysis of the muscles. Because of the continued success of the polio vaccination, there have been no cases of paralytic polio in the UK for nearly 40 years.

Tetanus: is a life-threatening disease affecting the nervous system that can lead to muscle spasms and breathing problems. It is caused when germs found in soil and manure get into the body through open cuts or burns.

Pertussis - Whooping cough: is a disease that can cause long bouts of coughing and choking, making it hard to breathe and can last for up to 10 weeks.

The 4 in 1 vaccine boosts the protection provided by the 6-in-1 vaccine.

Please check your child's Vaccine History - If you're child still requires their 4 in 1 vaccine or you are unsure if they have received it, please contact 01224 555333 to schedule an appointment to speak to a member of the team.

For more information on this vaccine, visit www.nhs.inform or the QR code



One to One IT Support at the Hub

Every Wednesday 2.00 – 4.00pm
Tea/Coffee & a friendly chat
Supportive 1:1 IT Help

A Safe and sociable space to learn and connect.

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

1st – 14th April 2026



Monthly Calendar

Wed 1 st April	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 2 nd April	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	Pathways Employment 10.00 -12.00pm	Bon Accord Care – Telecare/Independent Living 1.00-4.00pm
Fri 3 rd April	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Mon 6 th April	Public Holiday - Closed			
Tues 7 th April	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Scottish Fire & Rescue 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only
Wed 8 th April	Aberdeen City Podiatry Team Foot Care Advice 9.30 - 16.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm		
Thurs 9 th April	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	Pathways Employment 10.00 -12.00pm	Bon Accord Care – Telecare /Independent Living 1.00-4.00pm
Fri 10 th April	Quarriers Carers Drop-In 11.00 – 12.00pm			
Mon 13 th April	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 14 th April	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Scottish Fire & Rescue Service 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only
Wed 15 th April	Silver City Surfers 1:1 IT Support 2.00-4.00pm			

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

15th – 30th April 2026



Monthly Calendar

Thurs 16 th April	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	Pathways Employment 10.00 -12.00pm	Bon Accord Care – Telecare /Independent Living 1.00-4.00pm
Fri 17 th April	Aberdeen City Podiatry Team Foot Care Advice 9.30 - 16.00pm	Quarriers Carer Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Sat 18 th	Urine Good Company Bladder Support Group 11.00- 12.00pm			
Mon 20 th April	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 21 st April	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm			
Wed 22 nd April	Aberdeen City Podiatry Team Foot Care Advice 9.30 - 16.00pm	Scottish Fire & Rescue Service 9.30-12.30pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm	
Thurs 23 rd April	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	Cairns Counselling 9.30-12.00pm	Bon Accord Care – Telecare /Independent Living 1.00-4.00pm
Fri 24 th April	Quarriers Carer Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Mon 27 th April	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 28 th April	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		CHSS Health Defence Team Health Checks by Appointment only	
Wed 29 th April	Scottish Fire & Rescue Service 9.30-12.30pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm		
Thurs 30 th April	Asthma & Allergy Foundation 9.30 – 12.30pm	Stand Up To Falls Falls Prevention 9.30-12.00pm	Pathways Employment 10.00 -12.00pm	Bon Accord Care - Telecare /Independent Living 1.00-4.00pm



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.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



April

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.

Bowel Cancer Awareness Month




www.bowelcanceruk.org.uk/



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

Testicular Cancer Awareness Month




www.macmillan.org.uk



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



Listen to Grampian Hospital Radio
www.grampianhospitalradio.org/listen





Listen to Shmu Radio Live online
www.stream.shmu.org.uk/fm

Listen to 99.8fm online



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



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

To book a free health check e-mail
grampianhub@chss.org.uk

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 SC29114

Community Empowerment Toolkit and Training



An online toolkit to support community organising and engagement has been launched by Community Planning Aberdeen. [The Community Empowerment Toolkit](#) provides tips and information for anyone looking to take action and make changes in their community. It is also for anyone looking to undertake community engagement as part of their role.

As well as the toolkit, 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. Course dates and bookings can be found below.

Course name	Date	Time	Location	Course Registration	Presenters
Foundations of Community Engagement	23/04/2026	09:30 -12:00	MS Teams		<ul style="list-style-type: none"> • Susan Thom • Ross Lavin
Foundations of Community Engagement	14/05/2026	13:00 -15:30	MS Teams		<ul style="list-style-type: none"> • Pete Matthews • Susan Morrison
Foundations of Community Engagement	09/06/2026	09:30 -12:00	MS Teams		<ul style="list-style-type: none"> • Euan McCormack • Dawn Tuckwood

Community Empowerment Toolkit here

