

What's Going on at the Aberdeen Vaccination & Wellbeing Hub In January 2026

Shingles Vaccine



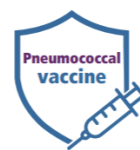
The Shingles Vaccine programme commences from January 2026. It helps protect against shingles, a painful condition caused by the reactivation of the chickenpox virus later in life. It boosts your immunity so if you do develop shingles, you're more likely to have a milder illness and avoid long-term complications. In Scotland you are eligible if you are aged 65 or 70 on 1st Sept 2025 and 71-79 (if not previously vaccinated), or if you have an eligible health conditions such as a weakened immune system aged 18+.

You will receive a letter if you are eligible to attend. If the date, time or venue are not suitable for you and you need to arrange or re-arrange an appointment, please get in touch with our local contact centre on 01224 555333 **It is important that you arrive as close to your appointment as possible.**



For more information
go to www.nhs.inform

Pneumococcal Vaccine



The Pneumococcal Vaccine programme commences from January 2026. This vaccine helps protect against serious infections such as pneumonia and meningitis caused by pneumococcal bacteria. It is routinely offered to everyone aged 65 and over and to younger people with certain long-term health conditions that put them at a higher risk.

You will receive a letter if you are eligible to attend. If the date, time or venue are not suitable for you and you need to arrange or re-arrange an appointment, please get in touch with our local contact centre on 01224 555333 **It is important that you arrive as close to your appointment as possible.**



For more information
go to www.nhs.inform



Winter Vaccinations 25/26

It's not too late to get your Winter Vaccinations. To find out if you are eligible scan QR Code or go to www.nhsinform.scot/wintervaccines

To book an appointment contact the National Contact Centre on 0800 030 4713.

**Get a Digital
Copy of this
Newsletter
Here**

Download



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

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



Drop In Vaccination Clinic

Winter Vaccinations - Jan 2026

Tues 13th Jan - Seaton Community Church - 9.30 - 3.30pm
Wed 14th Jan - Kings Church Bridge of Don - 9.30 - 3.30pm
Wed 14th Jan - Mastrick Community Centre - 9.30 - 2.30pm
Thurs 15th Jan - Fersands Community Centre, Woodside - 9.30 - 3.00pm
Fri 16th Jan - Cairncry Community Centre - 12.15 - 4.00pm

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

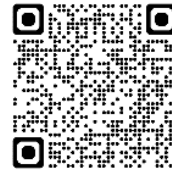


The above pop up clinics have been organised in your local community. If you are eligible for Flu & COVID you can drop in or book an appointment by calling 01224 555333.

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

0309 JUL25

Women's Health

Community Appointment Day

20th January 2026

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre

Drop in Between 9.30 - 4.00pm

Join us for a host of talks & stalls to support
your Menstrual Health.



ENDOMETRIOSISUK

Q&A CARRIERS

THE
PERIOD
PLACE

Grampian
Women's Aid

 Chest Heart &
Stroke Scotland

 sport
aberdeen

Time	Talks
10:30	Woman's Health- What your GP can do for you
11:00	Problems Periods: What's best for me?
11:30	Simple steps to prevent & manage Bladder Leakage and Vaginal Prolapse
12:00	Managing Chronic Pelvic Pain
13:30	Taking Control of your Menopause
14:00	Pharmacy First for Women
14:30	A Guide to Contraception
15:00	Endometriosis - Diagnosis, Referral Pathway & Treatments

Seated Pilates
12.30 - 1.30



**Teddy Bear
Hospital**

A place to take
your child for play
between sessions &
meet Pipkin our
Wellbeing Bunny

Free
refreshments
in our
Community
Cafe



To secure a place
on a talk, please
book by calling

**08085
202030**

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)



IMMUNISATION SPOTLIGHT – School Vaccines

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 HPV (Source NHSInform)

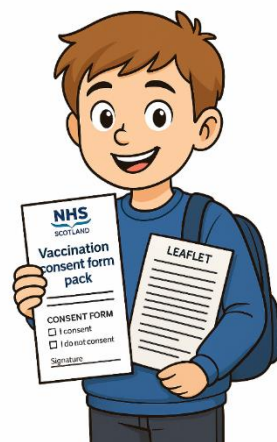
Secondary School (S1) - HPV

Human papillomavirus (HPV) is a very common virus that spreads through close skin-to-skin contact. Whilst many types are harmless, some high risk strains can lead to cancers such as:

- Cervical cancer
- Some head and neck cancers
- Anal cancer
- Cancer of the penis, vulva and vagina.
- Other types of HPV can also cause genital warts.

To protect young people before they are exposed to HPV, Scotland offers the HPV Vaccine routinely to all pupils in S1 (around 11 to 13 years old) as part of the school-based immunisation programme.

The vaccine is a single dose, delivered by the immunisation team during scheduled school sessions. This programme will commence around the end of February onwards. Consent form will be sent out to S1 pupils during January, please look out for these and return to school as soon as possible.



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



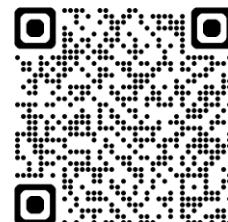
One to One IT Support at the Hub

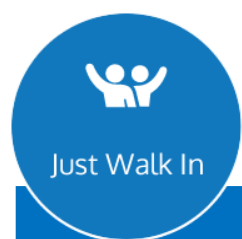
Every Wednesday 2.00 – 4.00pm
Tea/Coffee & a friendly chat
Supportive 1:1 IT Help
A Safe and sociable space to learn and connect.



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

5th – 16th January 2026



Monthly Calendar

Mon 5 th Jan	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 6 th Jan	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 7 th Jan	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 8 th Jan	Asthma & Allergy Foundation 9.30 – 12.30pm	CHSS Health Defence Team Health Checks by Appointment only	Pathways Employment 10.00 -12.00pm	Bon Accord Care - Telecare 1.00-4.00pm
Fri 9 th Jan	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Mon 12 th Jan	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 13 th Jan	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs 10.00 – 3.00pm		CHSS Health Defence Team Health Checks by Appointment only	
Wed 14 th Jan	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 15 th Jan	Asthma & Allergy Foundation 9.30 – 12.30pm	Bon Accord Care - Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only	Pathways Employment 10.00 -12.00pm
Fri 16 th Jan	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only	Kidney Research UK 9.30-12.30pm	

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

19th – 30th January 2026



Monthly Calendar

Mon 19 th Jan	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 20 th Jan	Woman's Health Community Appointment Day Drop in from 9.30am – 4.00pm			
Wed 21 st Jan	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 22 nd Jan	Asthma & Allergy Foundation 9.30 – 12.30pm	CHSS Health Defence Team Health Checks by Appointment only	Pathway Employment Keyworker 9.30-12.30pm	Bon Accord Care - Telecare 1.00-4.00pm
Fri 23 rd Jan	Quarriers Carer Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Mon 26 th Jan	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 27 th Jan	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 28 th Jan	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 29 th Jan	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathway Employment Keyworker 9.30-12.30pm	Grampian Stroke Club Stroke Awareness Day 9.30 – 12.30	Closed from 12.30pm For Staff Training
Fri 30 th Jan	Quarriers Carer Drop-In 11.00 – 12.00pm	Kidney Research UK 9.30- 12.30pm	CHSS Health Defence Team Health Checks by Appointment only	



To book a Free Health Check email:

Grampianhub@chss.org.uk





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



January

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.

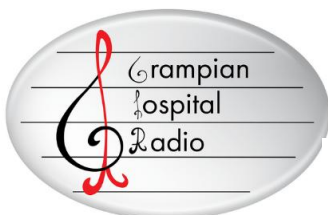
Dry January



alcoholchange.org.uk



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



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