

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



Under 25? You could be eligible for the MenB vaccine

Some older teens and new
students are at higher risk –
check if that includes you.

Meningococcal B (MenB) Vaccination Programme

Protect yourself against meningitis and sepsis

A new time limited MenB vaccination programme is being offered to young people in Scotland to help protect against meningococcal group B disease — a rare but very serious illness.

This programme will start on the 6th July 2026.

To check eligibility and to book your appointments online (you need two doses), please visit

www.grampianvax.com/menb or scan the QR code below



Protect yourself against respiratory syncytial virus



What is respiratory syncytial virus (RSV)?

RSV is a common virus that affects the lungs and airways. It circulates all year, although cases tend to peak in winter. In some cases it can lead to severe chest infections such as pneumonia (infection of the lungs) and other life-threatening conditions. RSV infection is most serious for older people and small babies. The best way to protect yourself is to have the RSV vaccine.

If you are eligible for RSV you will be invited to attend for your appointment shortly. If you are unable to attend, please re-schedule by calling 01224 555333. See more Info here



Get a Digital
Copy of this
Newsletter Here



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 July
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 July 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

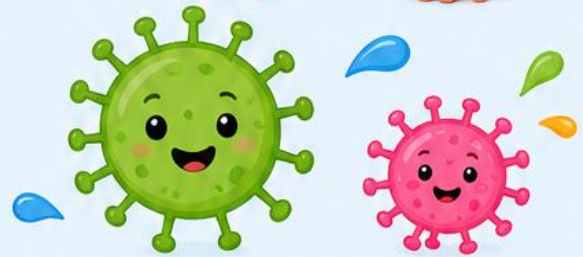
ROTAVIRUS VACCINE

Protecting your baby from severe diarrhoea and vomiting



The rotavirus vaccine helps protect your baby against rotavirus infection.

Rotavirus can cause severe diarrhoea and vomiting.



WHAT IS ROTAVIRUS?



Rotavirus is a common virus that affects the stomach and gut.



It can cause severe diarrhoea, vomiting, fever and tummy pain.



It can lead to dehydration and may need hospital treatment.



The vaccine helps protect your baby and the wider community.

YOUR BABY'S ROTAVIRUS VACCINE SCHEDULE

The rotavirus vaccine is given as a course of 2 doses:



1st dose
8 weeks old



2nd dose
12 weeks old



If you have any questions, please contact your local immunisation team.

01224 555333

We're here to help.



Vaccination helps protect your baby and the wider community.



For more information, visit www.nhsgrampian.org

For more information: www.grampianvax.com

Chronic Pain Support

We're really proud to share our **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

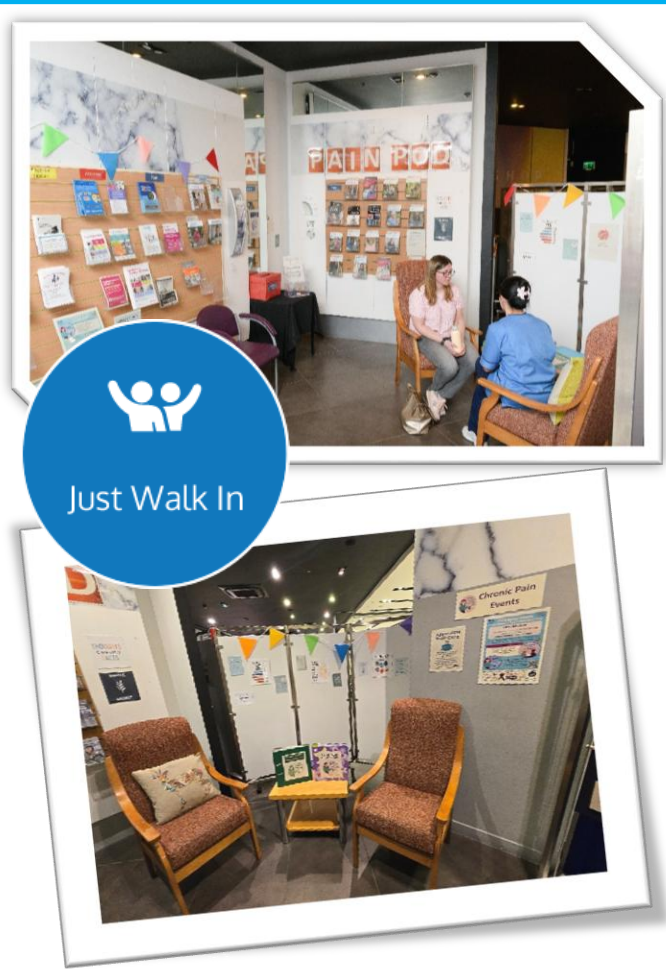
We have a dedicated Pain Champion available on Thursdays only, who can help signpost you to appropriate services and support.

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.



NHS
Grampian

Chronic Pain Community Appointment Day

Putting
People
First

Tues 1st September 2026

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre
Drop in Between 10.00 - 2.00pm

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

Talks

NHS Grampian Chronic Pain
Management Team Talks throughout
the day. Time to be secured during
booking.

Peer support
in the
PAIN CAFÉ



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



Community Pharmacy

sport
aberdeen

Chest Heart &
Stroke Scotland

Stay Well
Stay Connected

pain
CONCERN

Flammarion
AAD
Disability

Community Chaplaincy
Listening

ArthritisUK

LIVE LIFE
ABERDEENSHIRE
QUARRIERS

DWP

cfine

Bon Accord
Care

Department for
Work and Pensions

citizens
advice
bureau

healthpoint

You're welcome at

The Listening Cup

Chronic Pain Support Café



A relaxed peer support space for people living with chronic pain

Join us for a warm, welcoming space to connect with others who understand, share experiences, listen, support one another and explore helpful ways of coping – over a cuppa.



This is a peer support café, not a clinical programme.

We complement the existing NHS Grampian Pain Café (10 Steps Programme) by offering an informal, community space focused on conversation, connection and mutual support.



Pain Champions are available to offer encouragement, signposting and information about local supports and services.

They are here to support, not to run the peer support group.



Access the Pain Pod – a self-management and wellbeing resource space designed to support people living with chronic pain.



WHEN

3rd Saturday
of every month

18th July 2026



TIME

10:30am –
12:00pm



The space remains
open throughout
the day.



LOCATION

Aberdeen Vaccination
& Wellbeing Hub

Bon Accord Centre,
Aberdeen AB25 1HZ



Drop in for as
little or as long
as you like.



Everyone is
welcome.



A space to feel heard, supported and encouraged

Understanding. Connection. Hope. Together we are stronger.



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

1st – 15th July 2026



Monthly Calendar

Wed 1 st July	Silver City Surfers 1:1 IT Support 2.00-4.00pm			Cervical Screening Awareness Day
Thurs 2 nd July	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment 10.00 -12.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 3 rd July	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Mon 6 th July	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	CHSS – Foundations for Life Session 12.30 – 1.30	AFCCT – Knit and Natter 2.00 – 4.00pm	
Tues 7 th July	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 July	Home Energy Scotland 1.00-4.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm		
Thurs 9 th July	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment 10.00 -12.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 10 th July	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Mon 13 th July	Closed for Public Holiday			
Tues 14 th July	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 15 th July	Scottish Fire & Rescue 1.00-4.00pm	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



Pick up a Home Testing BBV Kit at the Aberdeen Vaccination & Wellbeing Hub or complete it with staff support on site.

Early testing can help detect hepatitis B, hepatitis C, and HIV and connect you to support and treatment.



Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

16th – 31st July 2026



Monthly Calendar

Thurs 16 th July	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment 10.00 -12.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 17 th July	Quarriers Carer Drop-In 11.00 – 12.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Sat 18 th July	Urine Good Company Bladder Support Group 11.00- 12.00pm	The Listening Cup Chronic Pain Peer Support Café 10.30 - 12.00		
Mon 20 th July	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Scottish Fire & Rescue 9.30-12.30pm	CHSS – Foundations for Life Taster Session 12.30 – 1.30	AFCCT – Knit and Natter 2.00 – 4.00pm
Tues 21 st July	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 22 nd July	Patient Focus Group Podiatry 10.00-4.00pm	Home Energy Scotland 1.00-4.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm	
Thurs 23 rd July	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment 10.00 -12.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 24 th July	Quarriers Carer Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		International Self Care Day
Mon 27 th July	CHSS – Foundations for Life Taster Session 12.30 – 1.30	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 28 th July	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		CHSS Health Defence Team Health Checks by Appointment only	World Hepatitis Day
Wed 29 th July	Scottish Fire & Rescue 9.30-12.30pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm		
Thurs 30 th July	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment 10.00 -12.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 31 st	Quarriers Carer	CHSS Health Defence		



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/



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



July

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 Hepatitis Day



www.who.int



www.grampiansexualhealthservices.com/

Alcohol Awareness Week



alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1



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



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