



Routine Vaccinations



The Shingles & Pneumococcal Vaccine programme continues during March.

Shingrix helps protect you 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.

Pneumococcal Vaccine helps protect you against serious infections such as pneumonia and meningitis.

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.**

Shingles

Pneumococcal



For more information go to www.nhs.inform



HEALTH DEFENCE 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

Winter Vaccinations 25/26



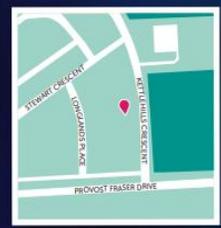
It's not too late to get your Winter Vaccinations. To find out if you are eligible scan QR Code or go to www.nhsinform.scot/wintervaccines



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

Get a Digital Copy of this Newsletter Here

Download



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.

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

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**

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**



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.

Urine Good Company

Are you a Catheter User?

Or

Living with a Chronic Bladder Condition?

Join our Informal Support Group

**Saturday 14th March
11.00 – 12.00pm**

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

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 14th March 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

 Just Walk In

For more information:

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



@URINE_GOOD_COMPANY

Chronic Pain Support

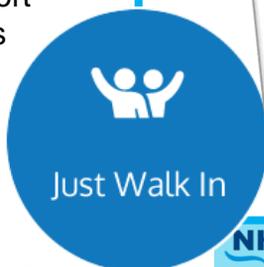
Introducing our New "Pain Pod" at Hub

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

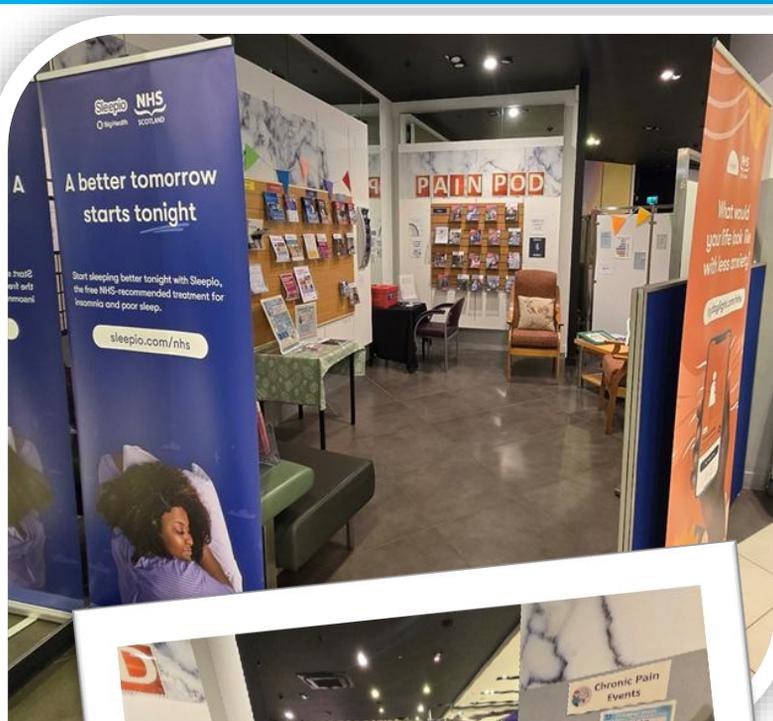
We have a dedicated Pain Champion available on Thursdays only, who can help signpost you to appropriate services and support.

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.



NHS
Grampian

Chronic Pain Community Appointment Day

Putting People First

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



Community Pharmacy

sport
aberdeen

Chest Heart &
Stroke Scotland

Stay Well
Stay Connected

Pain
CONCERN

Acute AAD
Disability

Pharmapain

Community Chaplaincy
Listening

ArthritisUK

LIVE LIFE
ABERDEENSHIRE

QUARRIERS

DWP Department for
Work and Pensions

cfine

Bon Accord
Care

healthpoint

citizens
advice
bureau

IMMUNISATION SPOTLIGHT – MMR

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 MMR (Source NHSInform)

Measles Vaccination Call

NHS Grampian is urging everyone - adults and children alike to ensure they are vaccinated against measles, as the Board records its first confirmed case of the illness in more than a decade.

Cases of measles have been steadily increasing globally, due to in part to decreasing uptake in vaccination. Chris Littlejohn, Deputy Director of Public Health & NHS Grampian said – "Measles is a serious illness and can be fatal. Vaccination against measles is part of the routine childhood immunisation programme. It is a safe and effective vaccine. I would strongly encourage parents/carers to ensure their child receives all vaccinations they are eligible for. However, I'm not only speaking to parents and carers. We know there are adults who, for whatever reason, were not immunised as children. They are at just as much risk of illness. It's not too late to get vaccinated".

Parents/carers should check their child's "Red Book" to ensure they have received all the necessary vaccinations. Adults who don't have access to the "Red Book" or other healthcare records should contact their GP Practice to ask about their vaccination record. If they require an immunisation this can be arranged at a vaccination centre by calling 01224 555333.

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

2nd – 14th March 2026



Monthly Calendar

| | | | | |
|---------------------------------|---|--|--|--|
| Mon 2 nd March | Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm | Scottish Fire & Rescue 9.30-12.30pm | AFCCT – Knit and Natter 2.00 – 4.00pm | |
| Tues 3 rd March | 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 4 th March | Silver City Surfers 1:1 IT Support 2.00-4.00pm | Aberdeen City Podiatry Team Foot Care Advice 9.30 - 16.00pm | | |
| Thurs 5 th March | Asthma & Allergy Foundation 9.30 – 12.30pm | Stand Up To Falls Falls Prevention 9.30-12.00pm | CHSS Health Defence Team Health Checks by Appointment only | Bon Accord Care - Telecare 1.00-4.00pm |
| Fri 6 th March | Quarriers Carers Drop-In 11.00 – 12.00pm | CHSS Health Defence Team Health Checks by Appointment only | | |
| Mon 9 th March | Home Energy Scotland 1.00-4.00pm | AFCCT – Knit and Natter 2.00 – 4.00pm | | |
| Tues 10 th March | CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs 10.00 – 3.00pm | | CHSS Health Defence Team Health Checks by Appointment only | |
| Wed 11 th March | Public Health – Oral Health Team 10.00-12.00pm | Aberdeen City Podiatry Team Foot Care Advice 9.30 - 16.00pm | Scottish Fire & Rescue 1.00-4.00pm | Silver City Surfers 1:1 IT Support 2.00-4.00pm |
| Thurs 12 th March | Asthma & Allergy Foundation 9.30 – 12.30pm | Stand Up To Falls 9.30-12.00pm | CHSS Health Defence Team Health Checks by Appointment only | Bon Accord Care - Telecare 1.00-4.00pm |
| Fri 13 th March | Quarriers Carers Drop-In 11.00 – 12.00pm | CHSS Health Defence Team Health Checks by Appointment only | Kidney Research UK 9.30-12.30pm | |
| Sat 14 th March | Urine Good Company Bladder Support Group 11.00- 12.00pm | | | |

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

16th – 31st March 2026



Monthly Calendar

| | | | | |
|---------------------------------|---|--|--|--|
| Mon 16 th March | Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm | AFCCT – Knit and Natter 2.00 – 4.00pm | | |
| Tues 17 th March | CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm | | Scottish Fire & Rescue Service 9.30-12.30pm | CHSS Health Defence Team Health Checks by Appointment only |
| Wed 18 th March | Silver City Surfers 1:1 IT Support 2.00-4.00pm | | | |
| Thurs 19 th March | Asthma & Allergy Foundation 9.30 – 12.30pm | Stand Up To Falls Falls Prevention 9.30-12.00pm | CHSS Health Defence Team Health Checks by Appointment only | Bon Accord Care - Telecare 1.00-4.00pm |
| Fri 20 th March | Quarriers Carer Drop-In 11.00 – 12.00pm | CHSS Health Defence Team Health Checks by Appointment only | Aberdeen City Podiatry Team Foot Care Advice 9.30 - 16.00pm | |
| Mon 23 rd March | Scottish Fire & Rescue Service 9.30-12.30pm | Home Energy Scotland 1.00-4.00pm | AFCCT – Knit and Natter 2.00 – 4.00pm | |
| Tues 24 th March | CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm | | | |
| Wed 25 th March | Silver City Surfers 1:1 IT Support 2.00-4.00pm | | | |
| Thurs 26 th March | 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 1.00-4.00pm |
| Fri 27 th March | Quarriers Carer Drop-In 11.00 – 12.00pm | Kidney Research UK 9.30- 12.30pm | CHSS Health Defence Team Health Checks by Appointment only | |
| Mon 30 th March | Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm | Scottish Fire & Rescue Service 9.30-12.30pm | AFCCT – Knit and Natter 2.00 – 4.00pm | |
| Tues 31 st March | CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm | | CHSS Health Defence Team Health Checks by Appointment only | |



Stay Connected with what is going on within the Partnership to support you and your families health & wellbeing

 Digital Copy of Brochure here 

AGILE

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/

 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



March

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.

Healthy Eating




nutritionandhydrationweek.co.uk/



www.healthyweightgrampian.scot.nhs.uk/

No Smoking Day




www.cancerresearchuk.org/



www.nhsgrampian.org/your-health/healthy-living/tobacco/smoking-advice-service/

 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





Alcohol & Drugs Support
 Weekly Drop In Groups held at
33 Ocean Spirit House, Waterloo Quay
 See QR Code for More Information



Registered Scottish Charity SC013582

Weekly Groups
DROP IN



Held at 33 Ocean Spirit House, Waterloo Quay, Aberdeen.



MONDAY

Women's Group

A relaxed meeting, open to all women in recovery.
 10.30am - 12pm

My Recovery and Me

A safe and welcoming community, where your recovery can be explored with like-minded folk.
 1 - 2.30pm

TUESDAY

ABZ Works

Info on training, work and volunteering opportunities.
 Fortnightly from the 4th November. 9 - 11am

WEDNESDAY

ADAPT

Explore self-empowering skills to support recovery.
 Fortnightly from the 14th Jan, 5 - 6.30pm

THURSDAY

Tools For Life

A topic focused meeting where a wide range of life experiences in recovery are explored.
 1 - 2.30pm

FRIDAY

ADAPT

Focusses on the science of addiction. Held fortnightly.
 Starts 9th Jan, 10.30am - 12pm

Craft

Creative? Meet with others each Friday at the Salvation Army Citadel building.
 11am - 1pm



Helpline 0333 448 355

Email adagroups@alcoholanddrugsaction.org.uk

Or pop into 7 Hadden Street, Aberdeen, AB11 6NU for info.