

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

Protect Yourself This Winter – Get your Flu Vaccination

Winter can bring increased levels of flu and other seasonal illness, which can have a significant impact on individuals, families, and health and care services. The flu vaccine remains the most effective way to help protect yourself and those around you from serious illness.

If you are eligible for a Winter Flu vaccination, you will receive an invitation letter over the coming weeks with details of your appointment. We encourage everyone who is eligible to take up the offer and get vaccinated.

If you are unable to attend your allocated appointment, please re-arrange it as soon as possible. This allows your appointment slot to be offered to someone else and helps ensure as many people as possible are protected this winter. To help clinics run efficiently, please arrive as close as possible to your appointment time.

For more Information about the Winter Flu & COVID19 Vaccines
Please visit www.nhsinform.scot/wintervaccines or scan code here



Eligible groups for winter vaccinations 2026

Flu vaccine

Children aged
6 months-2 years
with an eligible
health condition



Children aged
2-5 years
(on 1 September 2026)
and not yet at school



All primary
and secondary
school pupils



People aged
18-64 years
with an eligible
health condition



People aged **65+**



All NHS staff



Health and social
care workers in direct
contact with patients
or service users



People in a long-stay
residential care
home or other
long-stay care facility



Unpaid or
young carers



Household contacts
of someone
with a weakened
immune system



Poultry workers, bird
handlers, swine or
cattle workers



Pregnant women



COVID-19 vaccine and Flu vaccine

People aged
6 months+
with a weakened
immune system



Residents
in care homes
for older adults



People aged **75+**



Get a Digital
Copy of this Newsletter
Here



www.nhsinform.scot/wintervaccines
Information correct at time of publication: August 2026

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**



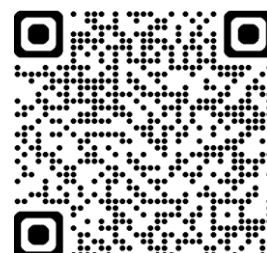
Under 25? You could be eligible for the MenB vaccine

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.

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



INFLUENZA (FLU) VACCINE

Protecting children every year

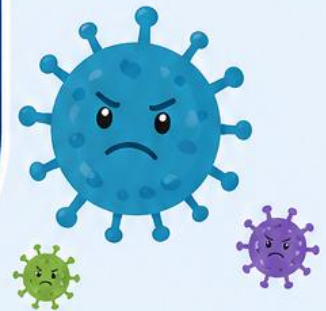
The flu vaccine helps protect your child against flu and serious complications.



Flu is a common illness that can cause fever, cough, sore throat, body aches and tiredness.

For some children, flu can cause more serious illness.

The flu vaccine helps protect your child and the wider community



WHO CAN HAVE THE FLU VACCINE?

The flu vaccine is offered every year to all children:



From age 2 until the end of secondary school.



Helps protect against flu



Helps reduce the spread of flu to others



Helps protect those who are more vulnerable

THE FLU VACCINE IS:



SAFE

The flu vaccine is safe and has been used for many years.



QUICK AND EASY

It is given as a quick injection in the upper arm.



RECOMMENDED EVERY YEAR

The vaccine is updated each year to give the best protection.



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



01224 555333

We're here to help.



Protect your child.
Get their flu vaccine every year.



For more information, visit www.nhsgrampian.org

For more information: www.grampianvax.com

SCOTTISH LEARNING DISABILITY WEEK



MONDAY 7TH – FRIDAY 11TH SEPTEMBER

Monday to Thursday: 10 am – 3 pm and Friday: 10 am – 1 pm

We are proud to be hosting Scottish Learning Disability Week at the Aberdeen Vaccination & Wellbeing Hub all week!

This week is an opportunity to celebrate the achievements, talents and contributions of people with learning disabilities, while raising awareness of the barriers they can still face. The theme this year, **"I Am Here"**, highlights the importance of visibility, belonging and ensuring that every person has the opportunity to participate fully in society.



CELEBRATE

achievements & contributions



CHALLENGE

stereotypes & remove barriers



INCLUDE

everyone in our communities



LISTEN

to what matters to people



SUPPORT

each other to live well

✓ ATTENDING ALL WEEK	□ PROVIDER	WHEN ATTENDING
Advocacy	Archway	Monday, Tuesday and Wednesday • all day
Affinity Trust	The Bread Maker	Monday and Tuesday • all day
Community Integrated Care	Project Search	Monday and Tuesday • 12.30 pm to 3 pm
Inspire By	North East Community Workshop (NECW)	Wednesday and Thursday • all day
ACHSCP Community Learning Disability Team	Create	Wednesday • all day
ACHSCP Health Team	Specialist Resource Solutions (care technologist)	Wednesday and Thursday • all day
ACHSCP In-House Services	Bon Accord Community Care Alarms/Telecare	Thursday • all day
Right To Live	In Control Scotland	Thursday and Friday • 10 am to 12 midday
AMZ		Friday • all day

Please check the times shown for providers attending on selected days.



Throughout the week, local services and community organisations will be at the Hub sharing information, advice and support.

Everyone is welcome – come along and say hello!



Let's celebrate.

Let's listen.

Let's include.





Chronic Pain Support at the Hub - Just Drop In



The Pain Pod

A calm, supportive space for people living with chronic pain.



The Pain Pod has been created as a calm, supportive space where people from across Grampian can:

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

This is not a clinical treatment service.
It's a space to feel supported at your own pace.



The hub has a dedicated Pain Champion available on Thursdays who can help signpost you to appropriate services and support.

However the space is available during opening hours for self guided support.
Just drop in – No appointment necessary.



You're welcome at

The Listening Cup

Chronic Pain Support Café



A relaxed peer support space for people living with chronic pain.



Connect with others who understand



Share experiences and explore helpful ways of coping



No clinical programme – just conversation, support & a cuppa



3RD SATURDAY
of every month



ABERDEEN VACCINATION & WELLBEING HUB
BON ACCORD CENTRE
ABERDEEN AB25 1HZ

10:30AM – 12:00PM



Everyone is welcome.



NHS
Grampian



Aberdeen Vaccination & Wellbeing Hub Calendar of Events

1st – 19th September 2026



Monthly Calendar

Mon 31st August	CFINE – Safe Team Welfare Rights & Budgeting 9.30-1.00pm	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	(PM) Closed for Staff Training	
Tues 1 st Sept	Chronic Pain Community Appointment Day			
Wed 2 nd Sept	Podiatry Community Appointment Day			
Thurs 3 rd Sept	Asthma & Allergy Foundation 9.30 – 12.30pm	Bon Accord Care Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 4 th Sept	CHSS Health Defence Team Health Checks by Appointment only			
Mon 7 th – Friday 11th	Learning Disability Week I Am Here			
Mon 14 th Sept	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Clan Cancer Support 9.30-1.00pm	CFINE – Safe Team Welfare Rights & Budgeting 9.30-1.00pm	Pathways Employment 1.00-4.00pm
				AFCCT – Knit and Natter 2.00 – 4.00pm
Tues 15 th Sept	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 16th Sept	Home Energy Scotland 1.00-4.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm		
Thurs 17th Sept	Asthma & Allergy Foundation 9.30 – 12.30pm	ACH& SCP Budget Consultation 9.30-12.30pm	Oral Health 10.00-12.00pm	Bon Accord Care Telecare 1.00-4.00pm
				Scottish Fire & Rescue 1.00-4.00pm
Fri 18th Sept	CHSS Health Defence Team Health Checks by Appointment only			
Sat 19th Sept	The Listening Cup Chronic Pain Peer Support Café 10.30 - 12.00pm			

Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

21st – 30th September 2026

Just Walk In



Monthly Calendar

Mon 21 st Sept	Clan Cancer Support 9.30-1.00pm	CFINE – Safe Team Welfare Rights & Budgeting 9.30-1.00pm	Pathways Employment 1.00 -4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm
Tues 22 nd Sept	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		ACH& SCP Budget Consultation 1.00-4.00pm	Scottish Fire & Rescue 1.00-4.00pm
Wed 23 rd Sept	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 24 th Sept	Asthma & Allergy Foundation 9.30 – 12.30pm	Bon Accord Care Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 25 th Sept	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		World Lung Day
Mon 28 th Sept	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Clan Cancer Support 9.30-1.00pm	CFINE – Safe Team Welfare Rights & Budgeting 9.30-1.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm Pathways Employment 1.00 -4.00pm
Tues 29 th Sept	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm			World Heart Day
Wed 30 th Sept	ACH& SCP Budget Consultation 9.30-12.30pm	Scottish Fire & Rescue 1.00-4.00pm	Home Energy Scotland 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

To book in for a free health check with the CHSS Health Defence Team email the team at grampianhub@chss.org.uk and they will get in touch to book an appointment for you.



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 City
Health & Social Care
Partnership
A caring partnership

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/



Aberdeen City
Health & Social Care
Partnership
A caring partnership



**JOB
VACANCIES
HERE**




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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



September

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 Alzheimer's Day



www.alzheimers.org.uk/

World Suicide Prevention



mentalhealth-uk.org



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



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Hospital Radio

www.grampianhospitalradio.org/listen



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Radio Live online
www.stream.shmu.org.uk/fm



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