

Workplace Autumn Newsletter



Welcome to the Workplace Autumn Newsletter

As the season turns to Autumn there are still lots of events across Grampian taking place with something for everyone to get involved with, from Aberdeen City to the Shire and Moray. We hope you find some of the activities and events highlighted in this newsletter of interest.

We are also pleased to announce the winner of the £50 gift voucher donated by Aberdeen Inspired!

In this newsletter we aim to provide you with a combination of information that will help support you with your employee wellbeing programmes, while highlighting training opportunities, relevant research and providing practical tips.

Please share this newsletter across your organisation and working group members. If you are moving on, please inform us and give us your new contact information.

If you would like to share some of your wellbeing ideas and initiatives, have any questions, have received this edition and wish to subscribe to future editions, or wish to unsubscribe, please let us know by emailing: gram.hwl@nhs.scot.

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October & November Campaigns

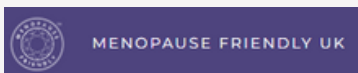
World Menopause Day 18th October



The purpose of the day is to raise awareness of the menopause and the support options available for improving health and wellbeing. It encourages everyone to participate in this global awareness raising campaign by printing and sharing these materials, organising events to engage their communities, and sharing World Menopause Day social media posts. [Learn more](#)



The UK's **Employment Rights Bill** is moving through Parliament and marks a significant moment for workplace equality. For the first time, menopause is named directly in proposed employment legislation. Employers with over 250 staff will be expected to publish Equity Action Plans - these will need to cover addressing the gender pay gap and supporting women through the menopause. Implementation of the Bill will take time but it is expected that these changes will be voluntary from April 2026 and mandatory by 2027.



[Read the compelling Business Case for supporting Menopause at Work](#)



[Menopause Information](#)

To sign up for our next Menopause in the Workplace bitesize session on 7th October email: gram.hwl@nhs.scot

Breast Cancer Awareness month



Breast cancer is the most common cancer in the world. Over 55,000 people are diagnosed every year in the UK alone. For more information click [Here](#).

World Mental Health Day, 10th October

Poor mental health is not inevitable, and **World Mental Health Day** is an opportunity for us all to talk about mental health and consider how, together, we can help everyone have better mental health.



STOP TOBER

Quit Your Way Scotland is an advice and support service for anyone trying to stop smoking in Scotland.

[Quit your Way Grampian](#)



MACMILLAN CANCER SUPPORT Sober October

What is Sober October?

MacMillan Cancer support people in the UK living with cancer. There are lots of creative ways you can get involved and tips and ideas to help you get started.

Are you ready to 'raise a glass' of something non-alcoholic this October?

[Learn more](#)

Benefits of going sober

- Help people with cancer
- A clearer head
- More energy
- Better sleep
- Weight loss
- Sense of achievement



Challenge Poverty Week 6th - 12th October



Living Wage Scotland aims to increase the number of employers in Scotland who pay and are recognised for paying their staff the real Living Wage. The first **Challenge Poverty Week** was launched by the Poverty Alliance in 2013.

The aim is to highlight the injustice of poverty in Scotland, and to show that collective action based on justice and compassion can create solutions. The week is an opportunity for you to raise your voice against poverty and unite with others in calling for a just and equal Scotland. Each year, hundreds of organisations in Scotland do just that. [Find your local Challenge Poverty Events](#)

Challenge Poverty Week daily themes

MONDAY
SOCIAL SECURITY - BUILDING A FOUNDATION FOR A BETTER LIFE

6 - 12 October 2021

[povertyalliance.org/CW](#) #ChallengePoverty #NoDownfall

TUESDAY
BETTER JOBS, PAY, HOURS, CONDITIONS & WORKER VOICE

6 - 12 October 2021

[povertyalliance.org/CW](#) #ChallengePoverty #NoDownfall

WEDNESDAY
BETTER INVESTMENT IN LIFE'S ESSENTIALS

6 - 12 October 2021

[povertyalliance.org/CW](#) #ChallengePoverty #NoDownfall

THURSDAY
BETTER INVESTMENT IN OUR COMMUNITIES

6 - 12 October 2021

[povertyalliance.org/CW](#) #ChallengePoverty #NoDownfall

FRIDAY
WARM HOMES, GREEN TRAVEL, SAFE CLIMATE

6 - 12 October 2021

[povertyalliance.org/CW](#) #ChallengePoverty #NoDownfall

SATURDAY / SUNDAY
TIME FOR REFLECTION

6 - 12 October 2021

[povertyalliance.org/CW](#) #ChallengePoverty #NoDownfall

Walking Workplaces

Walking is good for organisations. It helps employees stay healthy and supports workplaces to achieve their environmental targets.



Did you know that a physically active workforce is less stressed and takes 27% fewer sick days per year? As well as the physical, mental and social benefits of walking, a workplace where people walk more can reduce its environmental impact.

Walking Scotland can support you to create a walking culture at your workplace. By walking you work towards achieving your corporate social responsibilities (CSR) or your environmental, social and governance (ESG) targets.

[Check out the Walk at Work Award](#)

To sign up for our next Keep Active in the Workplace session on 28th October email: gram.hwl@nhs.scot

World Diabetes Day 14th November

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Diabetes in Grampian

The most recent Scottish Diabetes Survey data (2023) revealed that 33,919 people in Grampian were living with Diabetes and it is estimated that an additional 3,000 people may have undiagnosed Diabetes.

Prevention, Early Detection and Intervention of diabetes and its complications are key to reducing harm. Adopting a healthier lifestyle with the aim of achieving better health and a healthier weight can help you reduce the risk of developing diabetes or self-manage your diabetes. For further information and to learn about what support is available in Grampian visit: [Diabetes in Grampian](#)



Mental health and suicide prevention, prostate cancer and testicular cancer – Movember is taking them all on.

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.

[Learn more and raise awareness in your workplace](#)

For more upcoming campaigns [click here](#)

Upcoming training and awareness sessions:

- **Menopause Awareness for Managers and Supervisors (Tuesday 7th October, 10am - 11am)** : Bitesized awareness session. Attendees will deepen their understanding of how the menopause impacts employees in the workplace, and will discuss the business and legal case for addressing menopause in the workplace.
- **Keep Active at Work: Reducing Sedentary Behaviour:** (Tuesday 28th October, 2pm - 3pm): This popular, fun and interactive session on MS Teams, is for anyone with an interest in how our work environment and settings contribute to sedentary behaviour.
- **Mentally Healthy Workplace Training for Managers and Supervisors (Tuesday 18th November (10am-3pm)):** Highlighting employers' responsibilities and providing help, support and suggestions to improve managers and supervisors skills in supporting mental health and wellbeing at work.
- Public Health Scotland will be running their next **MHWT Train the Trainer on 21st October**. If you are a large organisation and are interested in attending this training to run your own workplace sessions click [Here](#) for more information.



For more information on our free awareness sessions or to book a space, please email us at:

gram.hwl@nhs.scot



**Healthy
Working
Lives**

Mentally Flourishing Workplaces Framework

Information on the Mentally Flourishing Workplaces Framework and how to implement it

The Mentally Flourishing Workplaces Framework is a free framework for any organisation, regardless of size or sector, designed to help you create a mentally flourishing workplace for all employees. Mentally Flourishing Workplaces (MFW) is the result of a collaborative development. Public Health Scotland worked with a range of organisations from across Scotland, ensuring the framework reflects real-world experiences and needs.

This co-production approach ensures that MFW is built on shared knowledge and practical guidance.

Knowing where to start in supporting employee mental health can be overwhelming. MFW has a series of dimensions with recommended approaches, not requirements, to help organisations tailor their own journey, to focus on the human side of mental health and wellbeing and build from there.

There is also a **short youtube presentation** available to help you get started.

If you would like more information, guidance or practical support to implement the framework within your workplace please contact our local team on **gram.hwl@nhs.scot**.



Employers invitation to complete a Public Health Scotland survey to help address workplace health actions - good population health is good for business

Scotland is facing significant public health challenges. Life expectancy is declining and health inequalities are widening. An ageing working population combined with a rise in long-term health conditions is driving rising levels of economic inactivity due to ill health. Work is a key building block of health and employers play a pivotal role. Providing work that is good for health is good business, benefitting individuals, employers, and the wider economy.

In supporting the Scottish Governments, Programme for Government and to learn more about the role of employers in improving health outcomes, Public Health Scotland is undertaking a range of employer engagement activities in the coming months. They would like your support in this endeavour and invite you to complete a short survey. Please click **Here** to access the survey link and further information on why this work is so important.

Please also share this more widely across your networks.

The results from the survey will help inform discussions and the development of a Scottish Health and Work Action Plan, which is a formal commitment in the **Scottish Population Health Framework** published in June 2025. Public Health Scotland's engagements with employers will include 1-2-1 engagements, smaller group meetings and workshops.

If you or your network would like to be more involved in these sessions, please contact **Robert.atkinson@phs.scot**

Public Health Scotland Learning Zone

On this platform, you can access a range of learning resources on public health and health inequalities. Public Health Scotland aims to provide all learners from across the public, private, and third sectors with the knowledge and skills to work together to create a Scotland where everybody thrives.

[Access the Learning Zone here](#)

MAKING
**ABERDEEN AND
ABERDEENSHIRE**



NHS Grampian is proud to be an accredited **Living Wage** employer alongside more than 250 other employers across Grampian. Accredited employers commit to paying at least the real Living Wage, the only rate of pay calculated based on the cost of living, currently £12.60, to all staff aged 18 and over. Living wage employers report a range of benefits from accreditation including:

- Improved reputation as an employer
- Improved retention of staff, leading to reduction in training costs for new staff
- Helps to differentiate them from competitors
- Staff report it makes a real difference to their lives

If you would like to play your part in creating a more just and compassionate society by becoming Living Wage accredited please get in touch with **rachel.morrison-mccormick@povertyalliance.org** to discuss.

More information on accreditation can be found [here](#).



From left: Steph, Julie, Adam, Jennifer and Caroline from NHS Grampian

Real Living Wage Week 10 - 16th November

Living Wage Week is a time to celebrate the real Living Wage movement. Will you share your support for the movement. This year's theme is 'the difference it makes' and highlights how accredited employers are transforming workplaces and lives.

To find out how you can get involved, read the handy Living Wage Week Guide or get in touch with with Real Living Wage at accreditation@povertyalliance.org

Payment of the real Living Wage remains a fundamental part of the solution to in-work poverty, however, the shape of low-paid work has changed.



Security of hours is the other side of the coin when it comes to solving in-work poverty. [Learn about Living Hours](#)

Carers Rights Day 2025



This year, **Carers Rights Day** is on Thursday 20 November and the theme is 'Know your rights, use your rights.' Get involved and help to make sure more carers are aware of their rights and feel empowered to use them.

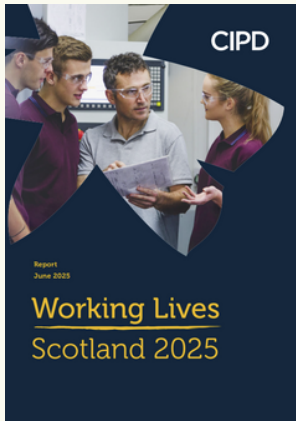
Every day, 12,000 people become unpaid carers for a partner, family member or a friend – many of whom don't see themselves as carers, often unaware of their legal rights and what they're entitled to in terms of support and benefits. Carers should not have to miss out on support designed to reduce some of the pressures caring can bring. Whether they care 24/7 or juggle care with work and family life, are new to caring or have been for many years, and wherever they live in the UK – all carers deserve to understand their rights and be supported to use them if they wish.



Why become a Carer Positive Employer?

The **Benefits to Employers** for becoming a 'carer friendly' workplace includes reduced sickness absence and reduced levels of stress, lower training and recruitment costs, increased productivity and staff morale, and an enhanced reputation of being an 'employer choice'.

[Start your Carer Positive journey](#)



This is the sixth CIPD **Working Lives Scotland report**, which continues to provide significant and valuable insight into workers' experiences of fair work as well as how workplaces in Scotland are progressing on their fair work journey.

What happens in our workplaces is vital, not just to our economy but to the wellbeing of our society, the lives we lead, our health, the quality of our family life and our scope to participate in community life.

This annual survey helps build the evidence landscape on the fairness of work, continuing to tell the story of changing conditions of work and the factors influencing it.



What is the Fair Work Convention?

The **Fair Work Convention** acts as an independent advisory body to Scottish Ministers. It has been in place since April 2015. The Convention's vision is that, by 2025, people in Scotland will have a world-leading working life where fair work drives success, wellbeing and prosperity for individuals, businesses, organisations and society.

The Fair Work Self-Assessment Tool for Workers has been developed by Scottish Enterprise, in conjunction with the Scottish Government, Fair Work Convention and other partners to help workers assess how fair their workplace is. The refreshed tool, due to be launched in Spring 2025, allows individual workers to self-assess how fair their workplace is, as well as providing functionality for employers, trade unions and worker groups to understand workers' experiences.

The cost of gender inequality

Women's labour market inequality affects not only women and their families. There is clear and mounting evidence that **gender inequality** at work comes with a cost to employers and the wider economy.

A key cause of the gender pay gap and therefore women's labour market inequality is the lack of quality part-time and flexible work, which creates a barrier to women's progression into higher paid and more senior positions, and results in many women working below their skill level. Women are also prevented from working in jobs that match their skill level by discriminatory and biased recruitment and promotion practice, and workplace cultures that do not feel inclusive to them. This represents a loss of female talent and skills to employers.

A review of the evidence of the economic gains of closing the gender gap in employment found that it could add £17 billion a year to Scotland's economy.

EQUALLY SAFE AT WORK

The Equally Safe at Work framework

The Equally Safe Framework supports employers to progress from building a foundation for change to embedding a strong culture of gender equality within your organisation. You can begin the journey by working towards development or bronze tier, then progressing to silver and gold tiers once each stage is achieved and maintained.

You'll receive support to collect and analyse data, develop initiatives and review and update policies, practice and resources.

You will be provided with a comprehensive handbook to guide you along your journey providing detailed guidance on how to demonstrate you're meeting the standards.

You will also be provided with targeted awareness-raising material and bespoke support to help you work towards the tiers.

Community Benefit Gateway

Work in the third sector? This can be a community group, voluntary organisation, charity, social enterprise or co-operative, or are you an individual providing a benefit to your local community or environment.

Is there anything you 'need' to help you support your work that would benefit your community? This means you are improving the economic, social, and environmental wellbeing of your local area, and are not looking for funding.

Heard of the Community Benefit Gateway? This is an online portal which allows NHS suppliers to identify, match and potentially supply your third sector approved need as part of their NHS contract.

If you would like more information contact our Workplace Team at gram.hwl@nhs.scot



NHS Grampian attended the Meet the Buyer North Event on 10th September. This event is designed to support micro, small and medium sized businesses in the North of Scotland, including the Highlands and Islands, to engage with business opportunities in the public sector. However, businesses of all sizes are welcome to attend Meet the Buyer North.

This was also a great opportunity to promote the Community Business Gateway. If you work in the third sector, are a community group, voluntary organisation, charity, social enterprise or co-operative, or are an individual providing a benefit to your local community or environment the Community Benefit Gateway might be able to support you.

For more information contact: gram.hwl@nhs.scot.



From left: Caroline and Steph from NHS Grampian's Public Health Workplace Team

Recruiting and retaining disabled workers – how Jobcentre Plus can help you



Department
for Work &
Pensions

Work helps people to live healthier and more independent lives. In addition, research shows that companies with a diverse workforce reap the benefits of happier & stronger teams, lower employee turnover and a more positive public image.

For a disabled person, being out of work can lead to further health problems including poor mental health.

In the UK, there are currently around **5.6m** disabled people in work. Although this does represent a modest increase in the pre-pandemic figure, the employment rate for disabled people in the UK still sits at only **54%**, compared to **82%** for non-disabled people.

DWP wants to help you employ more disabled people. We also want to support you to retain existing employees who may be finding it tougher to be in work due to a new or deteriorating health problem.

A great place to start is your local jobcentre – we have specialist staff ready to help you including Disability Employment Advisers (DEAs) and Employer & Partnership Advisers.

Find out how to get in touch with the team in your area by following this link [**Contact Employer Services**](#)

DWP also offers a range of services and on-line resources

Access to Work is a publicly funded employment support programme that aims to help more disabled people start or stay in work. It provides practical and financial support to job applicants and existing employees with disability or physical or mental health condition.

[**Access to Work factsheet for employers - GOV.UK**](#)



By signing up to Disability Confident, you would join over 19,000 UK companies who think differently about disability and take action to improve how they recruit, retain and develop disabled people. Disability Confident is a free programme that identifies your company as an innovator and leader in your business community.

[**Disability Confident employer scheme - GOV.UK**](#)





Department
for Work &
Pensions

Additional resources for employers

Support with employee health and disability – GOV.UK - This new virtual service provides guidance on how to manage staff with a disability or long-term health condition, in a user-friendly Q&A format. It's configurable, offering advice tailored to the circumstances of your employee whether they're at work or off long-term sick– like having free 24/7 access to an OH practitioner.

Equality Act 2010 - the definition of disability – Have a more informed discussion with your employee by checking if their condition satisfies the definition of disability under the Equality Act

Jobcentre Plus help for recruiters: Overview - GOV.UK – A range of no-cost services from DWP that help you to:

- Promote and advertise your vacancies through our Find a Job site and DWP Social Media
- Support your recruitment campaigns by sifting applicants and offering interview space (where available)
- Find the right staff with the right qualifications through our highly-successful Sector Based Work Academy programme

Local DWP contacts:

Aberdeen (Employer & Partnership Team Leader) Rachel.Cormack@dwp.gov.uk

Aberdeenshire (External Relations Leader) Marianne.McLean@dwp.gov.uk

Moray (External Relations Leader) Charlene.Bell2@dwp.gov.uk

Disability Employment Adviser Leader for North Scotland Martin.Morley@dwp.gov.uk



Access to Work
Making work possible
gov.uk/access-to-work

**See upcoming Access to Work
sessions below**



ACCESS TO WORK



Access to Work
Making work possible
gov.uk/access-to-work

Access to work is a government grant scheme that helps people with a disability to start or remain in employment.

It can provide financial and practical support to help disabled people overcome the barriers they face in the workplace. This support could pay for equipment, support from a job coach, or other work related costs.

This guide will provide an overview of who is eligible for Access to Work, what help Access to Work can provide and how to make a claim. The Disability Services Advocacy Team support with raising awareness of the Access to Work grant scheme. Please see links to their upcoming sessions in June and July. To book a place please use each of the individual links for the relevant events.

These session covers what AtW is, what it can support with, eligibility criteria and the customer journey. There will be opportunity for Q&A at the end of the session.

02/10/2025 1.30pm - 3pm <https://AtW-Session-02-10-25.eventbrite.co.uk> Password: DWP2025

07/10/2025 1.30pm - 3pm <https://AtW-Session-07-10-25.eventbrite.co.uk> Password: DWP2025

28/10/2025 10.30am - 12pm <https://AtW-Session-28-10-25.eventbrite.co.uk> Password: DWP2025

11/11/2025 13:30-15:00 <https://AtW-Session-11-11-25.eventbrite.co.uk> Password: DWP2025

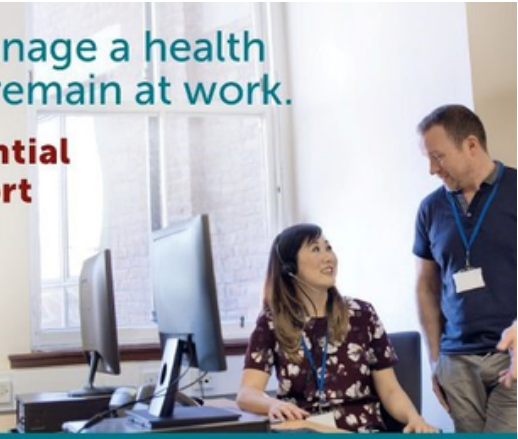
19/11/2025 13:30-15:00 <https://AtW-Session-19-11-25.eventbrite.co.uk> Password: DWP2025

Access to Work Payments: This session covers reasonable adjustments, the Health Adjustment passport (HAP), what Access to Work is, what it can fund, eligibility and how to complete claim forms. There will be opportunity for Q&A at the end of the session.

25/11/2025 13:30-15:00 <https://AtW-Payments-25-11-25.eventbrite.co.uk> Password: DWP2025

Helping you manage a health condition, and remain at work.

Free and confidential healthcare support with rapid access to interventions and therapies if appropriate.



To register or find out more about how Working Health Services Scotland (Grampian) can help you call:

0800 019 2211

**ABERDEEN INSPIRED**
BUSINESS IMPROVEMENT DISTRICT

We're delighted to announce the winner of the £50 Aberdeen Gift Card goes to Granite Care Consortium!

Here's what they did....

After some discussion around wellbeing with our organisation I implemented some improvements to our breakout area, to encourage team members to take breaks and have a welcoming place to relax while taking them. Predominantly we have a puzzling area. This is used for 'brain breaks' and something we can do as a collective, but at different times that suits each other's working day.

Following this implementation, for our office Secret Santa in 2024, we opted to buy a puzzle each for the office as opposed to individual gifts. During our Christmas Lunch we each opened a puzzle which then decided the order in which we would complete these. It's August and we have run out of puzzles (despite having 22). We each continue to bring in our own puzzles, picking them up on holidays or from local charity shops. It's something so simple and easy, but also so inclusive because anyone can do it. Having something so visible and prominent in our working area reminds us to stop and take a break, which is so important for our health and wellbeing. Due to the nature of our roles, demands and workload can be overwhelming, having something to take our minds off this can be a great stress reliever.

We work in the Care at Home sector and our puzzling work has spilled over into the clients who are supported. Our completed puzzles are donated to service users to complete in their own home. One organisation that works alongside us has reported that their service users have been leaving notes in their puzzle boxes to pass on to the next person as part of a book and puzzle exchange that was inspired by our office puzzling. This is helping people who live alone feel more connected and truly inspiring.

Leianna Minty
Granite Care Consortium



"I personally find the puzzle board a great stress reliever. It's something I regularly enjoyed at home and it's great to see it being so well utilised in the office too. My favourite part is the excitement when we near the end of a puzzle, everyone always seems to come together as a final push and it's so satisfying when we complete it together. We often take a group pic at the end to mark its completion"

"Having it so visually prompting in the office does encourage us to move away from our desks during breaks and ensure we do take time away from our screens"

"When we decided to make last years Secret Santa a puzzle exchange, I was overjoyed to see how invested everyone in our organisation was in this initiative"

Business and Volunteering Partnerships for Employers

Aberdeen & Grampian Chamber of Commerce

is a membership organisation which sits at the heart of the North-east business community, creating the connections which grow our local economy through a range of events. Non Members can attend many events.



ABERDEEN INSPIRED BUSINESS IMPROVEMENT DISTRICT

Aberdeen Inspired is the award-winning voice and champion for a network of almost 700 city centre businesses, striving to make the city centre the best it can be.



The Business Bulletin is published 10 times per year and reaches over 10,000 business people in the North-east per edition. As a member of the Chamber, you can promote your organisation in our print magazine through news, blogs, features and opinions.

If you are looking to grow your network, meet like-minded business people and hear from inspiring expert speakers, then you need to book a seat at one of our Business Breakfasts!



Volunteers are at the heart of VSA and we have a wide variety of opportunities available across our organisation. You could volunteer at one of our services; provide event support to our fundraising team or help us at our farm. We have something for everyone!



AVA can help with all aspects of volunteering in Aberdeenshire, from awards and opportunities to advising groups on taking on and managing volunteers.

Volunteering in Aberdeen City

Volunteering is often referred to as the golden thread that connects everything that is good about our city together. Volunteers provide immense help in Aberdeen and volunteering is one of the most rewarding things you can do. Get involved



healthpoint

WALK IN FOR INFORMATION

If you would like to know more about Healthpoint, please watch our new animation on our Public Health Youtube Channel :

[NHS Grampian Healthpoint \(youtube.com\)](https://www.youtube.com/watch?v=...)

We have a range of support available to help people stop smoking. Please see our animations:

[Stop Smoking - Health Benefits - YouTube](https://www.youtube.com/watch?v=...)
[Stop Smoking - Medical Support \(youtube.com\)](https://www.youtube.com/watch?v=...)
[Stop Smoking - Mental Health Benefits \(youtube.com\)](https://www.youtube.com/watch?v=...)
[Stop Smoking - Financial Benefits \(youtube.com\)](https://www.youtube.com/watch?v=...)

NHS Grampian Health Information Resources Service

The Resources Team offer health information and materials to professionals and the general public throughout Grampian who are working to promote health and healthy lifestyles or are interested in their own health. They offer a wide range of formats such as:

Leaflets
Posters
Virtual/downloadable material
Display boards, Teaching Kits and Banners - available on loan.

Check out their website:

<http://www.hpac.durham.gov.uk/HPAC/Search> or email GRAM.resources@nhs.scot or call 01224 558504.

Vitamin D Supplement Advice

It's important that people get enough vitamin D. Vitamin D has a number of important functions and is needed to support bone and muscle health. Everyone in Scotland should consider taking a supplement between October and March. Our main source of vitamin D is sunlight. In Scotland, we only get enough of the right kind of sunlight for our bodies to make vitamin D between April and September.

Since vitamin D is found only in a small number of foods, it might be difficult to get enough from foods that naturally contain vitamin D and/or fortified foods alone. Good food sources are oily fish and eggs. Other food sources include fortified foods such as breakfast cereals and spreads.

Taking a daily vitamin D supplement

Everyone (including children) should consider taking a daily supplement containing 10 micrograms/ μ g of vitamin D (400 IU), particularly during the winter months (October – March). It is specifically recommended that groups at higher risk of vitamin D deficiency take a daily supplement all year round.

These groups include:

- all pregnant and breastfeeding women
- infants and children under 5 years old
- people who have low or no exposure to the sun, for example those who cover their skin for cultural reasons, are housebound, confined indoors for long periods or live in an institution.
- people from minority ethnic groups with dark skin such as those of African, African-Caribbean and south Asian origin, who require more sun exposure to make as much vitamin D.

For more information and guidance, visit- [Vitamin D](#) | [Food Standards Scotland](#)

Welcome to Grampian Dental

Which Practices Are Registering Patients?



"The mouth is the gateway to your body which is why it's really important for children, young people and adults of all ages to be seen regularly by a dentist to get advice and treatment to keep your teeth and mouth healthy. NHS dental registration is free and for life and ensures you have access to free regular check ups.

Some people still believe it is really difficult to access an NHS dentist in Grampian - We have good news! Access to an NHS dentist has improved in Grampian recently. Both kids and adults can register at any practice with availability no matter where you stay. Please click on the link below to head over to the NHS Grampian Dental website for all the details -

[Which Practices Are Registering Patients? | Dental Advice Grampian](#)

[Dental Advice Grampian | Advice and Information for maintaining oral health](#)

The flu and coronavirus vaccines are being offered from September 2025. If you're eligible, you will receive a letter, email or text message with details of your appointment or information on how you can book one. Please wait to be contacted.