

September is Suicide Prevention & Alzheimer's Month

Suicide Prevention Support in Northeast Scotland



If you or someone you know is struggling, help is available.



Thinking about suicide is very common.

It is estimated that up to 1 person in 20 is thinking about suicide at any one time. In Scotland that means 262,740 people may be thinking about it, that is enough people to fill Hampden Park 5 times. That means you are not alone, there are thousands of other people like you.

People who might be struggling with thoughts of suicide who, just like you, feel a whole number of different emotions. Thinking about suicide is not necessarily about wanting to die; it can be about not wanting to live, which is not the same thing. It can be a feeling that you can't keep going, it's too painful, too difficult or you can't see a solution to the pain or the problems. People can live with suicidal thoughts for years. Sometimes they are constant, always there at the back of the mind, and other times they can come and go. Sometimes they get too much and there may be times you feel you need to act on those thoughts. If you feel like this then you don't have to act on your thoughts, you can choose to keep yourself safe, and you can seek help from another person.

Suicide Prevention Support in Northeast Scotland

Need urgent support?

Call Breathing Space on **0800 83 85 87**

NHS 24 mental health hub on **111**

Or contact the Samaritans on **116 123** – available 24/7. or use the online chat at [samaritans.org](https://www.samaritans.org).

Looking for emotional support or information?

Reach out to SAMH at **0344 800 0550** (Monday to Friday, 9am–6pm)

If you are ever in immediate danger or have the means to cause yourself harm, you should dial **999** and request an ambulance.

You're not alone. Support is here. ❤️

If you are ever in immediate danger or have the means to cause yourself harm, you should dial **999** and request an ambulance.

If you don't feel you can keep yourself safe right now, seek immediate help.

Getting help in an emergency

» go to any hospital Accident & Emergency department

» call **999** and ask for an ambulance

if you can't get to A&E, or tell someone and ask them to contact **999** for you. If you need some support right now, but don't want to go to A&E, here are some other options for you to try:

» call NHS 24 on **111**

» call the Samaritans on **116 123**, they're open 24 hours and are there to listen

» contact your GP for an emergency appointment

World Alzheimer's Month is an international campaign held every year during September

The campaign is a chance for everyone to come together to raise awareness of dementia and to address the stigma and discrimination that still exists around the condition. World Alzheimer's Day takes place during the month on 21st September. Why does World Alzheimer's Month matter? Today, nearly one million people in the UK live with dementia. That's almost a million families living with the condition. Yet too often their voices go unheard. This World Alzheimer's Month we're amplifying those millions of voices – people living with dementia, their carers, their families and their friends.

Alzheimer's disease | NHS inform Alzheimer Scotland

Home Age Scotland

The Scottish Charity for Older People Home

Dementia UK

Mental Health

Here to Help: Our Mental Health Self Help Guides
[NHS Grampian:: NHS Grampian](#)

The National Wellbeing Hub is a valued site with a wealth of information including Mental Wellbeing, Financial Wellbeing, Physical Wellbeing, Psychological Wellbeing, Supporting Staff's Wellbeing and Responding to Emergencies
Home – National Wellbeing Hub [Useful Links](#)

Free Condom Distribution

Interested in being part of our condom distribution service, please contact us at gram.freecondoms@nhs.scot

[nhs.scot](#)
free condoms
available here
You can view our free [Condom Locator](#) [here](#)



Community Information Points

For information on where Community Information Points are located, please visit our [site here](#) or scan the QR Code.



Use Ketamine? Stop & Think – New Ketamine Awareness Resources Now Available

A range of resources are now available to help people understand the risks linked to ketamine use, how to reduce harm, and where to access support. The pack includes posters, social media graphics and videos that can be downloaded and shared to help spread awareness across local communities.

Access all resources here: [Ketamine Resources for Staff – Hi-Net Grampian](#)

Udny Community Newsletter

<https://www.hi-netgrampian.scot.nhs.uk/wp-content/uploads/2026/08/011-UCTC-Blether-Monthly-Newsletter-2026-08.pdf>

Snowdrop Cafe

<https://www.hi-netgrampian.scot.nhs.uk/wp-content/uploads/2026/08/Snowdrop-Leaflets.pdf>

BBV Postal Kits

Order your BBV testing kit by post now

Hepatitis B, Hepatitis C and HIV (blood borne virus) testing by post

Do I need a test?
Yes, if you have ever:

- Had unprotected sex.
- Injected drugs, even if it was a long time ago or only once.
- Shared drug snorting equipment.
- Had a tattoo or piercing in conditions that were not sterile.
- Been in prison.
- Had medical treatment abroad.
- Received a blood transfusion or blood products before 1991.

If you think you have been at risk take a test. It's better to know so that you can get treatment and keep well.

NHS Grampian postal blood borne virus testing is a free and confidential service.

How to order a testing kit
Email: gram.bbvpostaltesting@nhs.scot
or phone Healthline on: **08085 20 20 30**

Supported by
U=U Undetectable = Untransmittable

Original artwork: Copyright © 2022 Post Track Cities London.

How to order a Testing Kit by post:

Email:

gram.bbvpostaltesting@nhs.scot

or

Phone Healthline: 08085 202030

If you are a service who would like to stock these test kits to give out to clients please email stating the number of kits, and the address to send them to.

gram.bbvpostaltesting@nhs.scot

For more information on BBVs visit:

[BBV Leaflet - E-Version final.pdf](#)
gramplansexualhealthservices.com

Women's Wellbeing Cycle Thursdays 10-11.30

Join us for a gentle cycle, accompanied by ride leaders.
Start point - Aberdeen Cycle Hub @Seaton
(Raymond Kelly Pavilion, Seaton - next to Mrs Murrays cat & dog home)

Bikes & helmets available to borrow.
Free but booking required
Scan QR Code, or contact: Lbenson@sportaberdeen.co.uk



More people are now eligible for free improvements.

Fur real?

You could get £10,000 or more of home energy improvements.

Subject to eligibility criteria.

HOME ENERGY SCOTLAND
Scottish Government
Riaghaidh na h-Alba

BUTTERY & BLEATHER

GOOD FOOD. GREAT CHAT. REAL ENCOURAGEMENT.

LAST SATURDAY OF THE MONTH

8-9 AM

DYCE CHURCH LOUNGE
VICTORIA STREET, DYCE

ALL MEN AGED OVER 18
Invited!

Come for the food. Stay for the fellowship.

SOME LIVELY CHAT, BANTER & ENCOURAGEMENT

GOOD COMPANY. STRONGER TOGETHER.

GOOD FOOD TO START YOUR WEEKEND RIGHT!

NO CHARGE TO ATTEND
DONATIONS ACCEPTED

Donations help cover the costs of food and coffee.

THE MEN'S TABLE

Pull up a chair.

A place where men can enjoy a cuppa, good conversation and make new mates.

A CUPPA
Good coffee. Warm welcome.

GOOD COMPANY
Real men. Real mates.

GREAT CONVERSATION
Have a chat. Be heard.

A PLACE TO BELONG
You're not alone. You matter.

MEETING EVERY TUESDAY
ASDA DYCE CAFE
TUESDAY FROM 10-11:30 AM

WHO WE ARE
The Men's Table is a group of local men who believe that friendship, listening and encouragement can make a real difference.

Everyone welcome.

NO MEMBERSHIPS NO PRESSURE NO EXPECTATIONS

NOBODY SHOULD HAVE TO DO LIFE ALONE.

DIFFERENT STORIES • DIFFERENT BACKGROUNDS • ONE TABLE

Launching 18th August 2026!

Do you like to chat about sport?

Join our friendly weekly club to look back at your favourite sporting memories with a relaxed blether and a brew.

Every Tuesday
11.00am - 12.30pm

Greyhope Community Hub
Tulloch Circle, Aberdeen
AB11 8ND

If you would like to:

- Meet other like-minded people
- Share stories about your favourite sporting moments and players
- Take part in fun inclusive activities
- Improve your physical and mental wellbeing

Why not give Sporting Memories a go?

It's free to attend!
Run by trained volunteers
Dementia-friendly and all welcome

Are you game?

Get in touch to register
activelifestyles@sportaberdeen.co.uk
01224 507 701

sport aberdeen

Launching 19th August 2026!

Do you like to chat about sport?

Join our friendly weekly club to look back at your favourite sporting memories with a relaxed blether and a brew.

Every Wednesday
10.30am - 12.00pm

Northfield Community Centre
Byron Square, Aberdeen
AB15 7LL

If you would like to:

- Meet other like-minded people
- Share stories about your favourite sporting moments and players
- Take part in fun inclusive activities
- Improve your physical and mental wellbeing

Why not give Sporting Memories a go?

It's free to attend!
Run by trained volunteers
Dementia-friendly and all welcome

Are you game?

Get in touch to register
activelifestyles@sportaberdeen.co.uk
01224 507 701

sport aberdeen

FREE

Pittodrie Community Hub

Every Thursday 12:30pm - 3:30pm

Pittodrie Stadium | Enter via RDS Reception
Hot food, activities & wifi available
All welcome!

For enquiries contact info@afct.org or call 01224 650 400

COME ALONG TO THE

ALTENS MEN'S GROUP

MONDAYS AT 1.00PM

- Make some new pals!
- Enjoy games? Play cards / dominoes / darts!
- On-site cafe

MEMBERS £1.00
NON MEMBERS £2.00

CONTACT

Altens and Cove Community Association - Altens Community Centre
Strathburn Street, Altens, Aberdeen AB12 3SE
Phone: 01224 896798
Email: altenscc@gmail.com

OSCR
Registered 5015
Scotcharity

Dementia Cafe

At OGV Taproom Aberdeen

Every Monday from the 3rd of November
12:30-16:30 | OGV Taproom, Bridge Pl, Aberdeen

A relaxed, welcoming get-together for people living with dementia and their carers to drop-in and enjoy a cuppa and connect with others in a friendly setting.

MELDRUM MEN

FRIENDSHIP & COMMUNITY GROUP

STRONGER TOGETHER
BETTER TOGETHER
TOGETHER WE MAKE A DIFFERENCE

GOOD FOOD
GREAT BANTER
LOTS OF FUN!

FOOD | FUN | BANTER

LAST WEDNESDAY OF THE MONTH

7-9 PM

OLDMELDRUM SPORTS PAVILION
WE MEET, WE EAT, WE ENCOURAGE.

FREE TO ATTEND
DONATIONS ACCEPTED

JUST TURN UP!
NO NEED TO BOOK

ALL MEN AGED 18+ WELCOME

BE PART OF SOMETHING GREAT
FRIENDSHIP • COMMUNITY • ENCOURAGEMENT

CLUBS & CLASSES FOR ADULTS WITH ADDITIONAL SUPPORT NEEDS

Phoenix Club
Mondays & Thursdays
A social club for adults with additional support needs

Inclusive Zumba
Thursdays
An inclusive Zumba class designed for those with disabilities

Create Aberdeen
Monday - Friday
Arts and Performance Activities for Adults with Additional Support needs and disabilities

Future Choices
Tuesdays
A lunch and social club for adults with disabilities

Check out our ASN Guide to see our full programme of ASN & ASN inclusive clubs and classes

<https://www.inchgarth.co.uk> or call 01224 479061



SOARING SENIORS

You're warmly invited to our brand new weekly Get-together for over 55s!

- ◆ Chatting
- ◆ Singing
- ◆ Dancing
- ◆ Games
- ◆ Gardening
- ◆ Staying fit
- ◆ Uplifting talks
- ◆ Day trips

Enjoy a complimentary homemade lunch made by our lovely team plus drinks and treats too! Come along, have some fun and make new friends... it's time to soar!

Every Wednesday, 11am-1pm

The Bridge Centre, Torry
258 North Balmagask Road
Aberdeen
AB11 8RR

Isle Kings Community FOUNDATION



MEN'S GROUP

Connect. Laugh. Belong.

Sports • Walks • Game Nights
Workshops • Guest Speakers • Community Projects

JOIN US — ALL MEN WELCOME

Contact us to find out more!

St George's Tillydrone Community Centre
Hayton Road, Tillydrone, AB24 2RN
01224 036189
saintgccc@hotmail.com
Register Charity in Scotland SC052297



**Cornhill Association
Soup & Sandwich Cafe**

**Held on the first & third Thursday of every month
at Cornhill Community Centre 1100am-1300pm.**

Dates for the year:
15th January
5th & 19th February
5th & 19th March
2nd & 16th April
7th & 21st May
4th & 18th June
2nd & 16th July
6th & 20th August
3rd & 17th September
1st & 15th October
5th & 19th November
3rd & 17th December

For more information please email:
swsc@aberdeencity.gov.uk
or phone: 07799860899

Aberdeen City Health & Social Care Partnership
A caring partnership

Communities



Green Social Prescribing event

Be part of our upcoming Green Social Prescribing event—two sessions designed to celebrate local practice, showcase our Nature Prescription film, and support people who want to deliver nature-based approaches within their own teams and communities.

Tuesday 23 June 2026 | 12:00pm – 2:30pm
Tuesday 7 July 2026 | Morning session

We're especially keen to welcome community organisations, third sector, health and social care services, and anyone who has trusted relationships in their communities to join us.

Funded by
Aberdeen City Health & Social Care Partnership
Health Improvement Fund

RSPB SCOTLAND

A partnership approach

NorthBridge is built on collaboration. We're seeking organisations who want to support people across Aberdeen during this time of change.

Why partner with NorthBridge

- Showcase your expertise
- Evidence your local ESG impact
- Faster hiring for hard-to-fill roles
- Access to transferable skills
- Staff development opportunities
- Shape support for future skill needs

Ways you can get involved

- Delivering workshops or talks
- Providing specialist advice
- Offering training or upskilling
- Creating pathways into employment
- Hosting drop-in sessions
- Signposting individuals to the hub
- Events or community initiatives
- Advocacy and awareness raising
- Offer discounts to clients
- Contribute resources or in-kind

Speak to us today to find out more about getting involved:
Hello@north-bridge.org
07484 081 133

NorthBridge is a partnership project run by Aberdeen City Health & Social Care Partnership, a charity registered in Scotland (SC14488) and a charitable company limited by guarantee (SC207603). Registered office: 42 Summer Street, Aberdeen, AB10 1SB.

The Phoenix Club

Time with Friends
Mondays 7-9pm
Thursdays 1-3pm

Crafts & Cooking

Games

Animal visits & Entertainment

A social club for adults with additional support needs. Every week there are lots of different activities to take part in, from board games to pool and crafts. As well as a programme of different activities and entertainment that changes throughout the year.

Contact: Inchgarthec5@gmail.com or call 01224 479061 for more information.



NORTHBRIDGE
A bridge between what's ending and what's next

A physical space in Aberdeen to co-work, create, and connect while navigating career transitions and exploring new directions in a changing economic landscape.

1 Huntly St, Aberdeen, AB10 1TJ
07484 081 133
/company/northbridge-aberdeen
www.north-bridge.org

Pathways into new opportunities

A space for discovery and collaboration

Wellbeing support

Bridging people and possibilities

Learning events and shared conversations

Linking entrepreneurial ideas with what's next

Routes to new skills and purpose

A physical space for co-working and co-creating

Support for secure futures

NorthBridge is a partnership project run by Aberdeen City Health & Social Care Partnership, a charity registered in Scotland (SC14488) and a charitable company limited by guarantee (SC207603). Registered office: 42 Summer Street, Aberdeen, AB10 1SB.

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

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
Focuses 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.

2026 Printed Material

We have designed a set of posters available to order free of charge, they promote our health campaigns from January through to December. New 2026 Campaign Material available to order. To order your 2026 Printed Material please email gram.resources@nhs.scot

Health Posters A3

Healthpoint pull up banners



Health Campaign Monthly Posters A4



Please note that the BHF links have changed so the most up to date ones will be available below.

Websites

Suicide Prevention



[NHS Grampian](https://www.nhs.uk)



[Mental Health UK](https://www.mentalhealthuk.org)

Alzheimers



[Alzheimer's Society](https://www.alzheimersociety.org)

Digital Newsletter

To read a digital version of this newsletter, scan the QR Code or visit the site below

[NHS Grampian CIP Newsletters](https://www.nhs.uk)

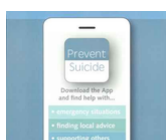


September Listings for Printed Material & Downloads

Listed below are the leaflets and posters available which are all available for you to order for next months focused campaigns, available via:

<https://www.hpac.durham.gov.uk/HPAC/LoginPagev4.jsp>

Suicide Prevention



Prevent Suicide App - Signposting poster A3(P13046)



Accessing the right mental health care from NHS 24(L30154)



How to feel better mentally in 5 steps (P13050)

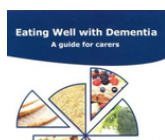


What to expect after a near fatal overdose(L06231)

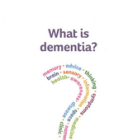
House Full of Emotions(A13049)
LOAN ITEM

Box full of feelings(A13048)
LOAN ITEM

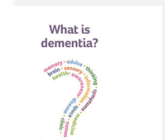
Alzheimers



Eating well with dementia(L14373)



What is Dementia - Age Scotland(L70004)



Caring for someone with early stage dementia(L70005)



Reducing your risk of Dementia(L70006)



Living well with early stage dementia - Age Scotland(L70007)

Suicide Prevention - Easy Read & Ethnic Language



Getting help with your suicidal thoughts - Easy Read(H13072)



Offering support to someone if you think they are suicidal - Easy Read(H13073)

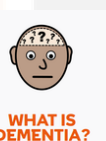


Getting help with your suicidal thoughts - Polish(H23054)



Offering support to someone who is suicidal - Polish(H23047)

Alzheimers - Easy Read & Ethnic Language



What is Dementia - Easy Read(H73043)



Signs of Dementia - Easy Read(H73045)



Dementia - Easy Read(H73051)



What is dementia? - Arabic(H23060)

Suicide Prevention - Downloads



After Suicide(H13029)



Suicide How to Ask(H13030)



Suicide - Are you worried about Someone?(H13032)



A Brief Guide to Understanding Mental Health Problems(H13033)



We All Have Mental Health Issues(H13035)



Suicide Prevention(H13060)

Alzheimers - Downloads



What is Dementia? (H73052)



Caring for someone with early stage dementia(H73053)



Living Well with Early Stage Dementia(H73054)



Reducing Your Risk of Dementia(H73055)



What is Dementia? (H73056)



Age Scotland - Useful Contacts(H70007)

Community Information Points – Are you aware?

The Community Benefit Gateway is an online, free and easy-to-use platform. It makes it simple to match community needs submitted by third-sector organisations with NHS Scotland's suppliers.

Third-sector organisations, located at the heart of Scottish communities, submit to community needs.



Community Benefit Gateway

Connecting NHS Scotland suppliers with third sector organisations to **reduce health inequalities** and **improve wellbeing** in communities



<https://www.nss.nhs.scot/procurement-and-logistics/governance-and-sustainability-services/access-our-community-benefit-gateway/>

Watch the 3rd sector video



Why should my organisation get involved?

The CBG is a platform that will help you to showcase your community initiative (or 'need') to many NHS Scotland suppliers who can offer you support in the delivery of community benefits aiming at improving the lives of the people in our communities.

What type of support community organisations can receive through the CBG?

Your organisation can benefit from receiving the support of NHS Scotland suppliers in, for example, work placement opportunities, provision of professional advice, donation of equipment, environmental proposals...and much more!

How to get involved?

For further information, user guides and how to register your organisation you can visit <https://www.nss.nhs.scot/procurement-and-logistics/governance-and-sustainability-services/access-our-community-benefit-gateway/>

January

Cervical Cancer Screening

www.nhsinform.scot/healthy-living/screening/cervical-screening-smear-test

Dry January

www.alcoholchange.org.uk/

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

February

National Heart Month

www.bhf.org.uk/campaigns/heart-month www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/

World Cancer Day

www.worldcancerday.org/

www.nhsinform.scot/illnesses-and-conditions/cancer/

March

Brain Health

www.nhsgrampian.org/your-health/brain-health/

Dementia

www.alzscot.org/ www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/dementia/types-of-dementia/

Healthy Eating

www.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/

April

Bowel Cancer Awareness Month

www.bowelcanceruk.org.uk www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/bowel-cancer/

Testicular Cancer Awareness Month

www.macmillan.org.uk www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/testicular-cancer/

Women's Health

www.nhsinform.scot/healthy-living/womens-health/

May

National Walking Month

www.livingstreets.org.uk

www.nhsgrampian.org/your-health/healthy-living/physical-activity/walking/

Mental Health Awareness

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

Women's Health

www.nhsinform.scot/healthy-living/womens-health/

June

Oral Health

www.dentalhealth.org/mouth-cancer-action-month

www.nhsgrampian.org/service-hub/dental-services/

July

World Hepatitis Day

www.who.int

www.grampiansexualhealthservices.com/

Alcohol Awareness Week

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

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

August

Drugs Awareness

www.nhsgrampian.org/your-health/wecare/drugs/

www.nhsinform.scot/healthy-living/drugs-and-drug-use

www.knowthescore.info

www.alcoholanddrugsaction.org.uk

World Breast Feeding Week

www.worldbreastfeedingweek.org

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

Cycle to Work Day

www.cyclescheme.co.uk

www.nhsgrampian.org/your-health/healthy-living/physical-activity/

September

World Alzheimer's Day

www.alzheimers.org.uk/

World Suicide Prevention

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

October

Breast Cancer Awareness Month

www.breastcancernow.org/

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/breast-cancer-female

Cost of living, Challenge Poverty Week

www.nhsgrampian.org/your-health/healthpoint/financial-support/

www.homeenergyscotland.org

www.socialsecurity.gov.scot/

Menopause Awareness

www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause/

November

World Diabetes Day

www.diabetes.org.uk

www.nhsgrampian.org/your-health/diabetes-in-grampian/

Lung Cancer Awareness Month

www.roycastle.org

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/lung-cancer/

December

World Aids

www.worldaidsday.org

www.grampiansexualhealthservices.com