Community Information Point
November Newsletter

November is World Diabetes Day & Lung Cancer Awareness Month

Diabetes Care in Grampian

For people who have **Type 2 diabetes**, the main care provider is their Primary Care team. General practices have their diabetes service arranged in different ways. All practices in Grampian have a linked Diabetes Specialist Nurse and Consultant, therefore specialist input or referral is readily available, should your primary care team think it necessary. **Click here** to find your GP practice details.

People with **Type 1 diabetes** are routinely seen within the specialist services in addition to support from their practice. Your practice can refer you to the **Diabetes Specialist Services** if you are not already known.

Across NHS Grampian, Language Line offers a direct language interpretation service through the phone lines and can be used for your appointment.

The specialist clinics are based across Grampian. Locations include **Aberdeen Royal Infirmary**, **Fraserburgh Hospital**, and **Kincardine Hospital** and **Dr Gray's Hospital**. Please see the **Diabetes Specialist Team – Where are we?** part of the website.

If you need extra help, knowing what support is available and having the opportunity for 1 to 1 information from professionals is key. For information on how to get this help please click here: **Contact details.**

Other opportunities to manage your diabetes

As well as what is available through NHS services, opportunities to help you manage your diabetes include leisure centres, walking groups, smoking cessation support, weight management classes, support for mood, motivation and mental health, as a few examples. This website will help you link to some of these resources.

General information about diabetes can be found on **NHS Inform** and **Diabetes UK** websites

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 wealthof 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

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.

publichealth
helping health happen

NHS Grampian

Know Who To Turn To Resources

In Grampian, a range of services are available to help you access the right medical care when you are ill, injured, or living with a long-term condition. These resources will help you find the most appropriate service for your needs.

KWTTT Leaflet - L30109



KWTTT Poster - P30025



To order a copy of this poster & leaflet visit
https://www.hpac.durham.gov.uk/HPAC/HPACIndex.jsp?sitename=www.nhsghpcat.org

Chronic Pain Community Prescription & Dates for 2026 & 2027





What's on in November

sport aberdeen
Charity no SC040973

community sport

nestrans

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 – nxt to Mrs Murrays cat & dog home)

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







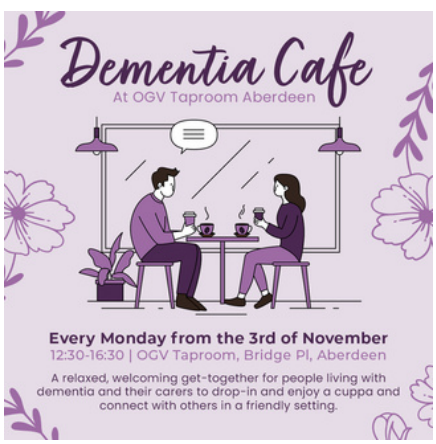
















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What's on in November

NHS Grampian

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 Balnagask Road
Aberdeen
AB11 8RR

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
saintgcc@hotmail.com
Register Charity in Scotland SC052297

St.G's

Cornhill Association Soup & Sandwich Cafe

ABERDEEN CITY COUNCIL

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

The Phoenix Club

Mondays 7-9pm
Thursdays 1-3pm



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: Inchgarthcc5@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



Aberdeen Cyrenians

Northbridge is a partnership project run by Aberdeen Cyrenians a charity registered in Scotland (SC 014849) and a charitable company limited by guarantee (SC 070903). Registered office: 82 Summer Street, Aberdeen, AB10 1SD.

A partnership approach

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

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

Skill development
Financial advice
Business start up
Employment opportunities
Mentorship
Career planning
Wellbeing



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 Cyrenians a charity registered in Scotland (SC 014849) and a charitable company limited by guarantee (SC 070903). Registered office: 82 Summer Street, Aberdeen, AB10 1SD.

You're Invited!

Coffee Morning

COFFEE, CAKE AND GREAT COMPANY.

Everyone Welcome!

A warm welcome awaits you!



WEDNESDAYS
10 AM – 12 NOON

Come along, relax, meet new friends and enjoy good conversation.

Cake, Coffee & Community

EL SHADDAI CHURCH
SHARING CHRIST'S LOVE WITH YOU

Kincorth Circle,
Kincorth, Aberdeen AB12 5NX
PASTOR: ANGELINE HENRY
07404087176

MELDRUM MEN

FRIENDSHIP & COMMUNITY GROUP

STRONGER TOGETHER
BETTER TOGETHER
TOGETHER WE MAKE A DIFFERENCE



FOOD | FUN | BANTER

LAST WEDNESDAY OF THE MONTH | 7-9PM

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

Weekly Groups
DROP IN

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

ADA
Alcohol & Drugs Action

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
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.

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



Health Campaign Monthly Posters A4





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

Healthpoint pull up banners



Websites

World Diabetes Day

Diabetes UK

Diabetes in Grampian

Lung Cancer Awareness Month

NHS Inform - Lung Cancer

Roy Castle - Lung Cancer Foundation

Digital Newsletter

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

NHSG CIP Newsletters

November Listings for Printed Material

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

Diabetes



Live a better life with Diabetes [card] (L14401)



Food Labels made Easy - Diabetes UK(L00044)



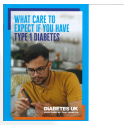
Newly Diagnosed With Diabetes, Diabetes UK, Know Diabetes, Fight Diabetes.(A6) (L00046)



DIABETES AND LOOKING AFTER YOUR FEET - Diabetes UK(L00049)



Eating Well with Diabetes - know Diabetes - fight Diabetes(L00042)



What Care To Expect If You Have Type 1 Diabetes(L00038)



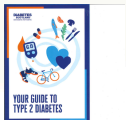
Your Guide To Type 1 Diabetes, Diabetes UK, Know Diabetes, Fight Diabetes(L00045)



A paraent and carer's guide to TYPE 1 DIABETES(L00037)



What Care To Expect If You Have Type 2 Diabetes(L00040)



Your Guide to Type 2 Diabetes - know Diabetes, fight Diabetes(L00043)



Understanding your risk of TYPE 2 DIABETES(L00039)



Diabetes - Are you at risk? - *A3 poster(P62002)



Live a better life with Diabetes [A3 poster) (P14092)



Have you previously had Gestational Diabetes(P62003)

Diabetes - Easy Read



Diabetes UK - why diabetes check - ups matter (Easy Read, A4)(L00041)

Diabetes - Ethnic Language



Why diabetes check-ups matter - Polish(L23125)



Why diabetes check-ups matter - Arabic(L23126)

Lung Cancer



Spot lung cancer early(L46183)



Let's Eat and Drink Healthily(L46142)



Healthy Eating and Cancer(L46241)



Let's eat and drink healthily - (A3 Cancer Research UK(P46040)

Lung Cancer - Easy Read



Lung Cancer - Easy Read(L46218)

November Listings for 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

Diabetes



Alcohol and diabetes(H05007)



Alcohol and Diabetes(H05016)



Understanding Diabetes (Diabetes UK) (H62001)



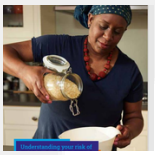
Gestational Diabetes(H62002)



Diabetes - Live a better life with(H62003)



Diabetes - Live a better life with Diabetes(H62004)



Understanding your risk of TYPE 2 DIABETES(H62006)



What Care To Expect If You Have Type 2 Diabetes(H62007)



A parent and carer's guide to TYPE 1 DIABETES(H62008)



What Care To Expect If You Have Type 1 Diabetes(H62009)



Depression & Anxiety Programme for Diabetes(H62012)

Diabetes - Easy Read



What to do when you have type 2 diabetes - Easy Read(H62010)



What do i need to know about diabetes? - Easy Read(H62011)



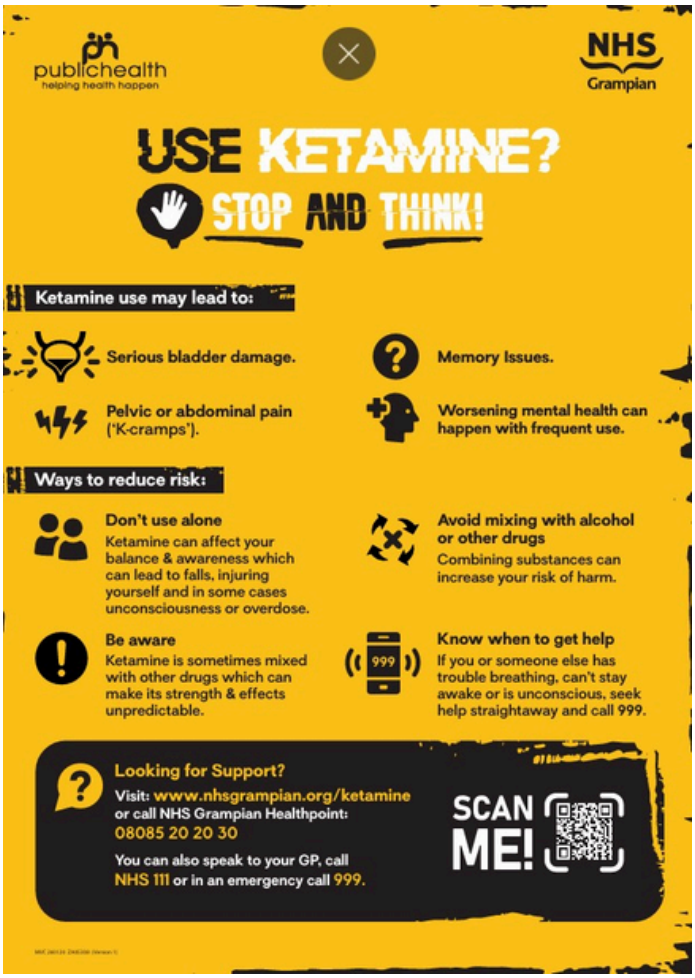
Diabetes - Easy Read(H62013)

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**

Stop & Think - P84001



Your bladder might be risk - P84002



To order a copy of these posters visit https://www.hpac.durham.gov.uk/HPAC/HPACIndex.jsp?sitename=www.nhsghpcat.org

Health Resources 2026

NHS Grampian aims to promote and improvehealthinGrampian,inpartnershipwithothers.Thebelow calendar shows our monthly campaigns.

January

CervicalCancer 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

NationalHeart 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

BowelCancer 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

BreastCancer 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/later-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause/

November

WorldDiabetes 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