

October is Breast Cancer Awareness Month, Cost of living Challenge poverty week & Menopause awareness

NHS Grampian – Menopause

For many women, menopause causes a great deal of stress, and being at work can make it worse.

Although it is rarely discussed at work, the menopause is a natural stage of life that millions of women workers are either going through now or will experience in the future. The menopause is marked by changes in the hormones and the ending of menstruation (when a woman's periods stop for 12 consecutive months). For most women it happens between the ages of **45 and 55**, although a minority of women experience it in their **30s** or earlier. In the UK the average age for a woman to reach the menopause is **52**. During the period before the menopause (perimenopause) these changes lead to menstrual irregularities. Symptoms associated with the menopause include hot flushes, palpitations, night sweats and sleep disturbance, fatigue, poor concentration, irritability, mood disturbance, skin irritation and dryness. Overall, this period of hormonal change and associated symptoms can last from four to eight years. The menopause can lead to changes in a women's health and may also lead to emotional changes. These can affect how a woman does her work and her relationship with her colleagues. Unfortunately there is often very little understanding of the issues and very little support for women who are going through the menopause.

For further information and advice on the Menopause visit our information sections below:

[Menopause and Menstrual Health Workplace Policy](#)

[Menopause and Menstrual Health and Toolkit](#)

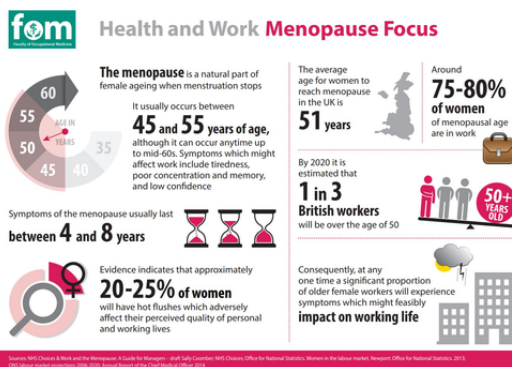
[Treatment and Top Tips for Dealing with you Symptoms](#)

[Menopause Help and Advice](#)

[Symptom Checker](#)

[Menopause Events](#)

[Useful 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 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**

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>

BBV Postal Kits

Order your BBV testing kit by post now

publichealth helping health happen

NHS Grampian

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.

To view our information leaflet, please scan the QR code below:

SCAN ME

To find out more please visit the NHS Grampian Sexual Health Service website:
www.grampiansexualhealthservices.com

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

Supported by
U=U Undetectable equals untransmittable

Original Artwork: Copyright © 2022 Fast Track Cities London.

How to order a
Testing Kit by post:
Email:
gram.bbvpostaltesting@nhs.scot
or
Phone Healthpoint:
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

MEN'S MONTHLY BREAKFAST GROUP

BUTTERY & BLEATHER

GOOD FOOD. GREAT CHAT. REAL ENCOURAGEMENT.

LAST SATURDAY OF THE MONTH

8-9AM

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

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

Are you game?

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

Why not give Sporting Memories a go?

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

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

Are you game?

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

sport aberdeen

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@atfct.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
Older Services Community Resource

MELDRUM MEN

FRIENDSHIP & COMMUNITY GROUP

STRONGER TOGETHER
BETTER TOGETHER
TOGETHER WE MAKE A DIFFERENCE

GOOD FOOD
GREAT CHAT
LOTS OF FUN!

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

Inchgarth Community Centre

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
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

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.

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

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@aberdeency.gov.uk or phone: 07799860899

Aberdeen City Health & Social Care Partnership
A caring partnership

Communities

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: 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 1TA
07484 081 133
/company/northbridge-berdeen
www.north-bridge.org

Pathways into new opportunities
Wellbeing support
A space for discovery and collaboration
Learning events and shared conversations
Routes to new skills and purpose
A physical space for co-working and co-creating

Bridging people and possibilities
Linking entrepreneurial ideas with what's next
Support for secure futures

Aberdeen City Health & Social Care Partnership

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 and a charitable company limited by guarantee SC 050638. Registered office: 82 Summer Street, Aberdeen, AB10 1SB.

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

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RSPB SCOTLAND

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

Breast Cancer Awareness



[NHS Inform - Breast Cancer](#)



[Breast Cancer Now](#)

Menopause Awareness



[NHS Inform - Menopause](#)

Cost of living, challenge poverty week



[Social Security](#)



[Home Energy Scotland](#)



[NHS Grampian](#)

Digital Newsletter

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

[NHSG CIP Newsletters](#)



October 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>

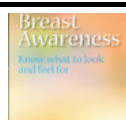
Breast Cancer Awareness



Know your breasts (L46239).



Breast screening could save your life (L46172).



Breast Awareness (L46116).



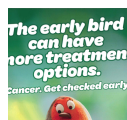
Spot breast cancer early (L46185).



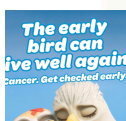
Understanding chemotherapy (L46207).



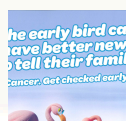
Understanding Radiotherapy (L46195).



The early bird can have more treatment options. Cancer: Get checked early (A3 poster). (P46041).



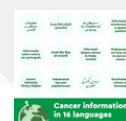
The early bird can live well again. Cancer: Get checked early (A3 poster). (P46043).



The early bird can have better news to tell their family. Cancer: Get checked early (A3 poster). (P46042).



What to expect at your breast screening appointment - Ethnic Languages (P23001).



Cancer Information in 16 Languages (A3). (P23002).



Cancer Information in 16 Languages (A4). (P23003).

Breast Cancer Awareness - Easy Read



Your Breast Screening Explained - Easy Read (A4) (L66006).



Breast Care and Screening - Easy Read (L46201).



Surgery for Primary Breast Cancer - Easy Read (L46233).



Diagnosed with Primary Breast Cancer - Easy Read (L46234).



Radiotherapy - Easy Read (L46230).

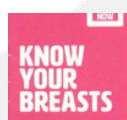


Chemotherapy - Easy Read (L46231).

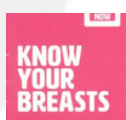


What is cancer? - Easy Read (A4) (L46223).

Breast Cancer Awareness - Ethnic Language



Know your breasts - Arabic (L23137).

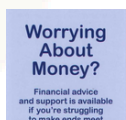


Know your breasts - Polish (L23136).

Cost of Living, Challenge Poverty Week



Worrying About Money 2 (Aberdeenshire). (L78009).



Worrying About Money 2 - Aberdeen (L78013).



Prevent Suicide App - Signposting poster A3 (P13046).



Find help to balance your budget (L78005).



Find out about a range of payments you may be entitled to (Cost of Living Support). A3 (P78001).



Feel Overwhelmed by Financial Pressures? - A3 Poster (P78005).

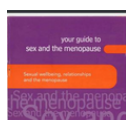


Feeling overwhelmed by the cost of living crisis? (Laminated A3 poster). (P78004).

Cost of Living, Challenge Poverty Week - Ethnic Language



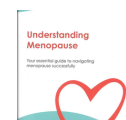
Financial Support - Polish (L23114).



Your Guide to Sex and the Menopause (L79003).



Your guide to the menopause (L21324).



Understanding Menopause (L21328).



Menopausal (A3). (P30059).

Menopause Awareness

October 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>

Breast Cancer Awareness - Ethnic Language



Breast Cancer - Arabic(H23043).



Breast Cancer - Polish(H23046).



Breast Cancer - Russian(H23041).

Cost of Living, Challenge Poverty Week - Ethnic Language



Worrying About Money, ABERDEENSHIRE(H23056) - Russian

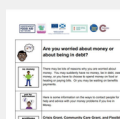


Worrying About Money, Aberdeenshire (H78017) - Arabic



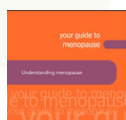
Worrying About Money, Aberdeenshire (H78015) - Polish

Cost of Living, Challenge Poverty Week - Easy Read



Worrying About Money, Easy Read Version(H78020).

Menopause Awareness



Your guide to Menopause(H79001).



Menopause Support Poster symptoms(H79003).



Menopause Support Pack(H79004).



Menopause and Me - Balance(H79005).



Menopause and Sleep(H79006).



Understanding Menopause(H79007).

Menopause Awareness - Easy Read



Menopause - Easy Read(H79008).

Know Who To Turn To Resources

In Grampian there are a range of services available to help you get the right medical assistance when you are ill, injured or living with a long term condition. These resources tell you who to turn to for the correct support.

KWTTT Leaflet - L30109



Injured or ill at the weekend or overnight?

When you are ill or injured **KNOW WHO TO TURN TO...**

Find out more on the range of healthcare services available and how to access them

know-who-to-turn-to.com

Call NHS24 on 111
If it's an emergency, always call 999
You can also use NHS Inform's symptom checker or find out more about self-care.

www.nhsinform.scot
0800 22 44 88

This publication is available in other languages and formats on request. Please call Health Information Resources Service on 01224 558504 or email: gram.resources@nhs.uk
Ask for publication MVC 260233

know-who-to-turn-to.com

In Grampian there are a range of services available to help you get the right medical assistance when you are ill, injured or living with a long term condition. Going directly to the person with the appropriate skills is important. This can help you to a speedier recovery and makes sure NHS services are run efficiently. Many people don't know for example that a pharmacist can help with minor problems like coughs and colds, aches and pains and you won't need to make an appointment. Most local opticians can help with emergency appointments too and may be able to solve your eye problem without having to visit your GP. Lots of times, we can help ourselves by making sure we don't run out of prescription medicines if the GP surgery is going to be closed over holidays and by making sure you have a well-stocked medicine cabinet. To find out more on the range of services available and how to access them visit know-who-to-turn-to.com or call NHS Inform on 0800 22 44 88. In accordance with national guidance if you attend an Emergency Department with a health problem that could be treated by a non-emergency service, you may be redirected to a more appropriate person such as a GP or pharmacist.

Self-Care
• Coughs, colds, sore throats
• Aches, pains and UTIs
• Diarrhoea or constipation
• Help if you run out of your repeat prescription.

Pharmacist
• Red and/or sticky eye
• Blurred or reduced vision
• Flashes and floaters.

Optometrist
A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues.

GP Practice
• Injury to mouth or teeth
• Swelling in mouth
• Toothache and general dental advice.

Dentist
• Cuts and minor burns
• Sprains and strains
• Suspected broken bones and fractures
• Call NHS 24 on 111.

Minor Injuries Unit
For emergencies including:
• Suspected heart attack or stroke
• Severe breathing difficulties
• Severe bleeding.

Emergency or 999

know-who-to-turn-to.com

If you think you need to attend A&E, but it is not life or limb threatening call NHS 24 on 111

KWTTT Poster - P30025



When you are ill or injured **KNOW WHO TO TURN TO...**

NHS
Grampian

Self-Care
nhsinform.scot provides a wide range of health information and self-care advice, including ways to treat common health problems at home.

NHS 24
When your GP and pharmacy are closed, and you are too ill to wait call NHS 24 on 111.

Pharmacist
• Coughs, colds, sore throats.
• Aches, pains and UTIs
• Diarrhoea or constipation
• Help if you run out of your repeat prescription.

Mental Health
nhsinform.scot/mind-to-mind Breathing Space 0800 83 85 87
For urgent mental healthcare call NHS 24 on 111

Optometrist
• Red and/or sticky eye
• Blurred or reduced vision
• Flashes and floaters.

Self-Management
Access support to help you stay well and manage your long-term condition.

GP Practice
A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues.

Minor Injuries Unit
• Cuts and minor burns
• Sprains and strains
• Suspected broken bones and fractures
• Call NHS 24 on 111.

Dentist
• Injury to mouth or teeth
• Swelling in mouth
• Toothache and general dental advice.

Emergency or 999
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• Severe bleeding.

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To find out more visit
know-who-to-turn-to.com or call NHS Inform on 0800 22 44 88

To order a copy of this poster & leaflet visit

<https://www.hpac.durham.gov.uk/HPAC/HPACIndex.jsp?sitenamewww.nhsghpcat.org>

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