

August is Drugs Awareness, World Breastfeeding Week & Cycle to Work Day



Supported by WHO, UNICEF and many Ministries of Health and civil society partners, World Breastfeeding Week is held in the first week of August every year.

Breastfeeding is one of the most effective ways to ensure child health and survival and yet currently, fewer than half of infants under 6 months old are exclusively breastfed.

In 2018, a World Health Assembly resolution endorsed World Breastfeeding Week as an important health promotion strategy. With a different theme each year, it aims to promote the enabling environments that help women to breastfeed – including support in the community and the workplace, with adequate protections in government policies and laws – as well as sharing information on breastfeeding benefits and strategies.

UNICEF's work to support breastfeeding is based on extensive and resounding evidence that breastfeeding saves lives, improves health and cuts costs in every country worldwide.

- **Infant health:** Breastfeeding protects children from a vast range of illnesses, including infection, diabetes, asthma, heart disease and obesity, as well as cot death (Sudden Infant Death Syndrome)
- **Maternal health:** Breastfeeding also protects mothers from breast and ovarian cancers and heart disease
- **Relationship-building:** Breastfeeding supports the mother-baby relationship and the mental health of both baby and mother
- **Worldwide benefits:** The benefits are seen in both high- and low-income countries, with a study published in The Lancet in 2016 finding that increasing breastfeeding rates around the world to near universal levels could prevent 823,000 annual deaths in children younger than five years and 20,000 annual maternal deaths from breast cancer
- **Cost savings:** Breastfeeding contributes to significant savings to the NHS, with initial investments paying off within just a few years. A NICE **costing report** estimates that Baby Friendly accreditation will start to save a facility money after three years, owing to a reduction in the incidence of certain childhood illnesses. Baby Friendly's report **Preventing disease and saving resources** found that moderate increases in breastfeeding would translate into cost savings for the NHS of many millions of pounds, and tens of thousands of fewer hospital admissions and GP consultations. In addition, Baby Friendly's staged approach to assessment and accreditation allows facilities to spread costs and enables better financial planning.

Breastfeeding Information and Support

Breastfeeding Groups: NHS Grampian have a number of breastfeeding groups in Grampian, facilitated by breastfeeding peer support volunteers.

To find your local group, e-mail gram.breastfeedingsupport@nhs.scot

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.



Aberdeen City Council External Funding Newsletter

<https://communityplanningaberdeen.org.uk/wp-content/uploads/2024/04/Aberdeen-City-Council-External-Funding-Newsletter.pdf>

BBV Postal Kits

Order your BBV testing kit by post now

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 Murray's cat & dog home)

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



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

3rd Kings Community FOUNDATION

MUSIC IN THE GARDENS

@ SNUG Community Garden

Live performances from
Elisabeth Flett and Lucy Kennedy

Songwriting workshop from
John Montgomery

CFINE and Fresh Community Wellness presents Music in the Gardens at the SNUG Community Garden.

1pm: Free songwriting workshop from Elisabeth Flett and John Montgomery. No experience needed, get involved and write your own song! (Only 15 spaces so please book through Eventbrite).

2:30 pm: Live music from Lucy Kennedy and Elisabeth Flett.

Free tea, coffee, and refreshments

Saturday 15th August 1PM - 4PM

SNUG Community Garden
(Behind Northsea Court, Seaton Crescent, AB24 2WG)

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 breather and a brew

Every Wednesday
10.30am - 12.00pm

Northfield Community Centre
Byron Square, Aberdeen AB16 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?

Are you game?

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

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

MUSIC IN THE GARDENS

@ Ruthrieston Community Garden

Live performances from
Lucy Kennedy, Ian Reid and The Melting Pot

Scottish folk song workshop from
Elisabeth Flett

CFINE presents Music in the Gardens at the Ruthrieston Community Garden.

- Live music from Lucy Kennedy and Ian Reid from Aberdeen Ukelele Group.
- Scottish folk song workshop with Elisabeth Flett
- Jam session with The Melting Pot
- RSCDS Scottish Country Dancing demonstration
- Lucy Pilates in Nature
- Manisha Pilates Yoga and You
- Free food

Saturday 8th August 1PM - 4PM

Ruthrieston Community Centre
(532-536 Holburn St, Aberdeen AB10 7LL)

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@afcc.org or call 01224 650 400

More people are now eligible for free improvements.

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

Subject to eligibility criteria.

HOME ENERGY COUNSELLING

Scottish Government
Retrofitting no h-Alba

Fur real?

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



**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

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

Services offered:

- 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 City Health & Social Care Partnership (a charity registered in Scotland SC 554480) and a limited company limited by guarantee (SC 270505). Registered office: 40 Summer Street, Aberdeen, AB10 1SU.

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.

The Phoenix Club
Time with friends
Mondays 7-9pm
Thursdays 1-3pm



Crafts & Cooking
Animal visits & Entertainment
Games

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.



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

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

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.

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-berdeen
www.north-bridge.org

Services offered:

- Pathways into new opportunities
- A space for discovery and collaboration
- Bridging people and possibilities
- Learning events and shared conversations
- Linking entrepreneurial ideas with what's next
- Support for secure futures
- Routes to new skills and purpose
- Wellbeing support
- A physical space for co-working and co-creating

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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

World Breastfeeding Week



[Breastfeeding](#)



[World Breastfeeding Week](#)

Drugs Awareness



[ADA](#)



[NHS Inform - Drug Use](#)



[Know the score](#)



[Drugs](#)

Cycle to Work Day



[Cycle Scheme](#)



[Physical Activity](#)

Digital Newsletter

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

[NHSG CIP Newsletters](#)



August 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>

Drugs awareness



What to expect after a near fatal overdose(L06231).



How to support someone after a near fatal overdose(L06232).



Get the facts: Cannabis smoking and health(L06180).



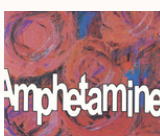
Dental health access when using drugs (Green). (L04200).



Looking after my dental health (Blue)(L84001).



Drug Info Card (4) - Mdma (Ecstasy, E)(L06126).



Drug Info Card (3) - Amphetamines (Speed, Whizz)(L06125).



Drug Info Card (2) - Cocaine (Charlie) and Crack (Rocks)(L06124).



Drug Info Card (1) - Heroin (H, Smack, Brown)(L06123).



Drug Info Card (7) - Solvents (Glue, Gas and Aerosols)(L06130).



Drug Info Card (14) - Methadone (Meth, Linctus, Phytone)(L06137).



Got Naloxone? Ask at your pharmacy now. A5(L06221)



Blood Borne Viruses 2024(L16050).



Hepatitis B, Hepatitis C and HIV (blood borne virus) testing by post (A4). (P16031).



Aberdeenshire Alcohol and Drugs Service - A4 POSTER(P06036).



Got Naloxone? Ask at your pharmacy now [A3 Poster] (P06039).

World Breastfeeding Week



Your Guide To Contraceptive Choices After You've Had Your Baby(L03016).



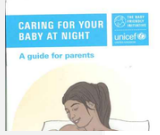
Tell Me About Dental Care For Mother And Baby(L04053).



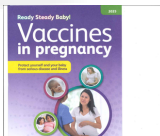
Breastfeeding - Your support in Grampian(L18028).



Baby's Feeding Diary(L18030).



Caring for your baby at night and when sleeping(L74025).



Vaccines in Pregnancy(L11147).



I Quit - stopping smoking when you're pregnant(L07206).

Cycle to Work Day

These maps are also available for:

- Aberchirder
- Banff
- Fraserburgh
- Kintore
- Macduff
- Mintlaw
- Portsoy
- Portlethen
- Huntly



Westhill Walking and Cycling Map(L09138).



Oldmeldrum Walking and Cycling Map(L09135).



Kemnay Walking and Cycling Map(L09131).



Inverurie Walking and Cycling Map(L09130).



Ellon Walking and Cycling Map(L09128).



Banchory Walking and Cycling Map(L09126).

August 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>

Drugs Awareness

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

Cannabis - Know your stuff(H84004).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

ECSTASY/MDMA - Know your stuff(H84008).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

Nitrous Oxide - Know your stuff(H84009).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

PSYCHEDELICS - Know your stuff(H84010).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

Steroids - Know your stuff(H84011).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

Understanding Risk - Know your stuff(H84012).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

Addiction Know Your Stuff(H84002).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

Benzodiazepines Know your stuff(H84003).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

Cocaine Know your stuff(H84005).

DSM Foundation
The drug education charity
www.dsmfoundation.org.uk

Volatile Substances - Know your stuff(H84013).



The Rehab Handbook(H84001).



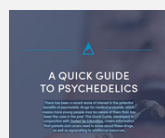
A Quick Guide to MDMA(H84018).



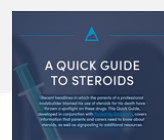
A Quick Guide to Cannabis(H84019).



A Quick Guide to Cocaine(H84020).



A Quick Guide to Psychedelics(H84021).



A Quick Guide to Steroids(H84022).



A Quick Guide to Festivals(H84015).

World Breastfeeding Week



ICON It's OK to wak away(H57007).



ICON How to manage when a baby cries(H57006).



ICON Comfort methods can sometimes soothe the baby and the crying will stop(H57003).



ICON I is for Infant Crying is Normal(H57004).



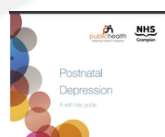
ICON Never, ever shake or hurt a baby(H58002).



ICON infant Crying and How to Cope(H58003).



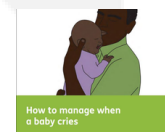
ICON Are you struggling with your baby crying(H57008).



Postnatal Depression - A self help guide(H13015).



ICON Infant Crying and How to Cope(H57005).



ICON How to manage when a baby cries(H57006).

Cycle to Work Day



Recreational Cycle Routes (1). Stonehaven & Mearns area(H09014).



Recreational Cycle Routes (2). Deeside & Donside(H09015).



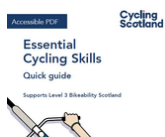
Recreational Cycle Routes (3). Inverurie & Bennachie(H09016).



Recreational Cycle Routes (4). Turriff, Fyvie & Formartine(H09017).



Recreational Cycle Routes (5). Peterhead & Central Buchan(H09018).



Essential Cycling Skills(H09028).



Walk it, bike it, try it(H09020).



No excuses (Westhill / Peterhead),(H09021).



Recreational Cycle Routes (6) Banff, Fraserburgh and the North Coast(H09019).

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