

World Hepatitis Day – July 28th 2026

287 million people are living with viral hepatitis – the world’s deadliest communicable disease. Most don’t even know.

Viral hepatitis often shows no symptoms, so many won’t know they have it until it’s too late. Chronic hepatitis B and C are the world’s leading cause of liver cancer. More than 1.3 million people die because of hepatitis B or C each year – that’s the most of any communicable disease. Each year, there are nearly two million new cases.

But hepatitis is preventable and treatable. We have fast and accurate tests, effective and affordable treatments, and a proven vaccine for hepatitis B. We already have everything we need to eliminate it. What’s holding us back? Low awareness, misinformation, myths and stigma are stopping people from accessing hepatitis services – and leading to a lack of action by decision makers.



What is viral hepatitis?

Hepatitis C and Hepatitis B are viruses carried in the blood (known as Blood Borne Viruses or BBVs. HIV is also a blood borne virus). These viruses cause inflammation of the liver. When your liver becomes inflamed, it can become damaged and eventually have difficulty carrying out its various and vital functions. Over a long period of time, this can lead to serious liver damage such as cirrhosis or liver cancer.

How are Blood Borne Viruses passed on?

- Unprotected sex (sex without a condom)
- Sharing needles or other drug injecting equipment or sharing snorting equipment and pipes.
- Skin puncture by blood contaminated sharp instruments such as needlestick injury, tattoos, body piercing or aesthetic procedures.
- Receiving medical /dental treatment or blood products overseas
- From receiving a blood transfusion or blood products in the UK before 1991
- Exposure to blood from, for example, splash to open cut, penetrating human bite, sharing razors or toothbrushes.
- From an infected mother to her child, usually during delivery or breastfeeding



How can you prevent getting a Blood Borne Virus?

- Use a condom when having sex
- Never share needles, syringes, water or any other paraphernalia if you use or inject drugs. Use fresh, clean equipment every time you inject, snort or smoke.
- Go to a licensed practitioner if you are getting a tattoo, piercing or any other procedure involving skin puncture
- Keep cuts and wounds clean and covered with a waterproof dressing
- Wear rubber gloves to clean up blood spills and follow **Standard Infection Control Precaution Guidelines**
 - PrEP (**Pre Exposure Prophylaxis for HIV**)
 - PEP (**Post Exposure Prophylaxis for HIV**)
 - Never share toothbrushes or razors.
 - Hepatitis B vaccine for people at risk



Treatment

All blood borne viruses are treatable, but if left untreated can lead to serious illness and death. Hepatitis C can be treated and cured with a short course of tablets and Hepatitis B can be treated to ensure the person affected can stay healthy. There is also a vaccine available to anyone at risk that can prevent Hep B.

Get tested- it’s better to know so that you can get treated and stay healthy

Testing for and treating blood borne viruses also prevents others becoming infected. You can get a test at your GP, at Grampian Sexual Health Services or by ordering a postal testing kit- email gram.bbvpostaltesting@nhs.scot or call **08085 202030** for a testing kit
For information on prevention, testing and treatment visit: [Blood Borne Viruses](#)

For information about Hepatitis C visit: <https://www.nhsgrampian.org/your-health/healthy-living/hepatitis-c/>

Or call the NHS Grampian liver service on **01224 554757**

Mental Health

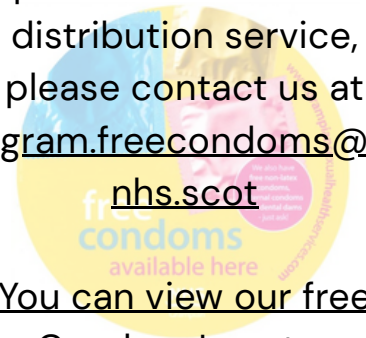
Here to Help: Our Mental Health Self Help Guides
[NHS Grampian:: NHS Grampian](#)

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/freecondoms](https://www.nhs.scot/freecondoms) 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.



Community Information Points – Are you aware?



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/>

Grampian Dental Website

Check out the Grampian Dental Website by following the link below

<https://www.grampiandental.com/>

BBV Postal Kits

Free and confidential 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, piercing or aesthetic procedure involving skin puncture 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.



How to order a testing kit

Email: gram.bbvpostaltesting@nhs.scot
or phone Healthline on: 08085 20 20 30

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](#)
(grampiansexualhealthservices.com)

What's on in July

sport aberdeen Charity no SC0429373
community sport

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 - not to Mrs Murray's cat & dog home)

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

ROCK & RIDE
Cycling and rock climbing

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@afccf.org or call 01224 650 400

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
Mondays 7-9pm
Thursdays 1-3pm

Crafts & Cooking
Time with Friends
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: InchgarthCS@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

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

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
Riaghathas na h-Alba

Inchgarth Community Centre

CLUBS & CLASSES FOR ADULTS WITH ADDITIONAL SUPPORT NEEDS

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

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 Balmogask Road
Aberdeen
AB11 8RR

Vol Kings Community FOUNDATION

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

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
ABC Works
Help with writing work and volunteering opportunities
Fortnightly from the 4th November 9 - 11am

WEDNESDAY
ADAPT
Expert self-empowering skills to support recovery
Fortnightly from the 16th Jan. 5-4.30pm

THURSDAY
Talk 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 19th Jan. 10.30am - 12pm

Out
Circles? Meet with others each Friday at the Sabaton Army Circle building.
11am - 1pm

Helpline 0333 448 355
Email adagroups@alcoholanddrugaction.org.uk
Or pop into 7 Hidden Street, Aberdeen, AB11 6NU for info.

NORTHBRIDGE
A bridge between who's ending and who'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](http://company/northbridge-aberdeen)
www.north-bridge.org

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

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

Alcohol

Hepatitis

Sarcoma



[Alcohol Change](https://www.alcoholchange.org.uk/)



[World Hepatitis Day](https://www.worldhepatitisday.org/)



[Sarcoma UK](https://www.sarcoma.org.uk/)

Digital Newsletter

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

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



July 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>

Alcohol



Alcohol and later life(L05159).



What is a unit of alcohol? Units only(P05096).



daily diary (Drink Diary) (L05150).



Making a change(L05136).



Drinking more than you think? Alcohol Scratch Card(L05162).



Alcohol unit wheel(L05168).



A Sobering Thought(L05170).

Alcohol - Easy Read



Alcohol & Your Health - Easy Read(L05174).



Alcohol - Easy Read(H05036).

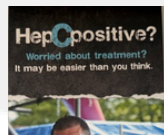


Alcohol & Your Health - Easy Read(H05035).

Hepatitis



Could you be at risk of Hep C?(L16055).



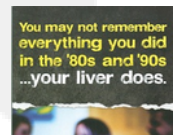
Hep C Positive - Worried About Treatment(L84005).



Hep C positive? Still using? (L16053).



YOUR HEP CARE - New to Scotland and living with HIV(L16063).



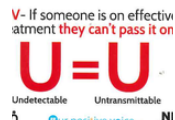
You may not remember everything you did in the '80s and '90s(L16054).



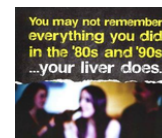
HIV - Think you might have been at risk?(L16062).



Blood Borne Viruses 2024(L16050).



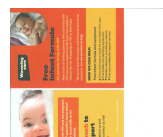
U=U (white Z card) (L16058).



You may not remember everything you did in the '80s and '90s (A4)(P16022).



Could you be at risk of Hep C?(A4)(P16023).



Free Infant Formula - for parents living with HIV(L16061).



Hep C positive? Still using? (A4)(P16024).



Blood Borne Viruses. Should You Have a Test (A4 laminated Poster)(P16033).



Hepatitis B, Hepatitis C and HIV (blood borne virus) testing by post (A4) (P16036).



Sexual Health Services - How can we help you (A4) (P02253).



Ever Injected - Get Tested Get Treated Get Cured A3 POSTER(P16032).



Ever Injected - Get Tested Get Treated Get Cured A3 POSTER(P16031).

July 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>

Alcohol - Ethnic Language



Making a change - POLISH VERSION(H23003).



Advice about alcohol - Arabic(H23057).



Making a change - RUSSIAN VERSION(H23004).

Hepatitis - Easy Read



Protect your baby from Hepatitis B - Easy Read(H16002).



5 HIV Facts - Easy Read(H16003).



What is Hepatitis? - Easy Read(H16004).



HIV & AIDS Information guide - Easy Read(H16005).

Hepatitis



Don't know where to turn if you have been raped or sexually assaulted? (H02006).



Blood Borne Viruses(H02004).



Free condom service distributors guide(H03001).

Alcohol



Alcohol and You - A self help guide(H05014).



Alcohol and Calories(H05018).



Alcohol and Diabetes(H05016).



Alcohol and Domestic Abuse(H05022).



Alcohol and your mood(H05019).



Alcohol and Relationships(H05020).



Alcohol First Aid(H05029).



Alcohol - Know your Stuff(H05030).



Alcohol and Sex(H05017).



Alcohol and Pregnancy dont mix pdf(H05015).



TRY DRY A3 Poster(H05023).



A Quick Guide to Alcohol in Social Contexts(H05032).



A Quick Guide to Alcohol(H05033).

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.breastcancer.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/after-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