

## June is Oral Health Month

This year marks **50 years** of **National Smile Month**, celebrating five decades of promoting good oral health across the UK from **11 May to 11 June**.



### Top tips for a healthy smile:

- Brush twice daily (morning and before bed)
- Use a pea-sized amount of toothpaste (a smear for children under 3)
- Choose toothpaste with at least 1000 ppm fluoride
- Brush for 2 minutes using small circular motions
- Remember, spit, don't rinse after brushing!

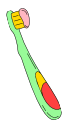


Regular dental visits are important at every age to keep your teeth and mouth healthy. If you are registered with an NHS dentist, this registration is lifelong, and check-ups are free. If you're not registered, you can find practices currently accepting new NHS patients here:

[Which Practices Are Registering Patients? | Dental Advice Grampian](#)



The [Grampian Dental website](#) is a one-stop shop for dental information, with resources for both the public and professionals. A recent addition is the Pregnancy & Oral Health section, highlighting the importance of oral health during pregnancy. Did you know? Babies can be registered with a dentist from birth!



Our DIAL cards are also widely used, providing the number for the Dental Information and Advice Line for those experiencing a dental emergency without a dentist, along with a QR code linking to our website.

Additional resources can be found on our website, including some that are not available through HPAC.

[Resources and Links | Dental Advice Grampian](#)

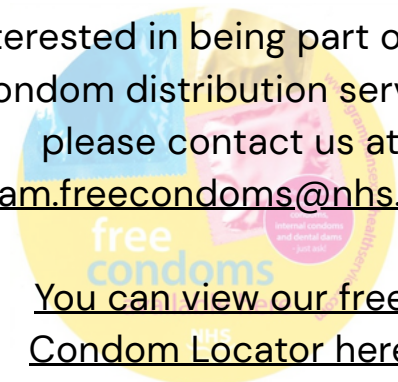
## Mental Health

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](mailto: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.



## 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**



#### 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/>



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

Watch the 3<sup>rd</sup> sector video



## 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](mailto: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](mailto: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](mailto:gram.bbvpostaltesting@nhs.scot)

For more information on BBVs visit [BBV Leaflet - E-Version final.pdf](#) ([grampiansexualhealthservices.com](http://grampiansexualhealthservices.com))

# What's on in June

**sport aberdeen** | 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: lbenson@sportaberdeen.co.uk

**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](mailto:info@afccf.org) or call 01224 650 400

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.

**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 5TR

Mud Kings Community FOUNDATION

Helping You Live Well with Chronic Pain

**Chronic Pain Community Appointment Days 2026**  
Tuesday 17th February  
Tuesday 16th June

Aberdeen Vaccination & Wellbeing Hub  
Bon Accord Centre

Join us for expert advice, community support and practical tools & strategies to help you live well with Chronic Pain

Reserve Your Place Today  
Click on QR Code or email [Gram.citycad@nhs.scot](mailto:Gram.citycad@nhs.scot)  
Telephone: 07870 998369 (leave message)

**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.

**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

**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

**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](mailto:Hello@north-bridge.org)  
07484 081 133

**The Phoenix Club**  
Mondays 7-9pm  
Thursdays 1-3pm

Time with Friends  
Crafts & Looking  
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: [inchgarthc5@gmail.com](mailto:inchgarthc5@gmail.com) or call 01224 479061 for more information.

**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  
2nd & 16th March  
7th & 21st April  
4th & 18th May  
2nd & 16th June  
6th & 20th August  
3rd & 17th September  
1st & 15th October  
5th & 19th November  
3rd & 17th December

For more information please email: [swsc@aberdeencity.gov.uk](mailto:swsc@aberdeencity.gov.uk) or phone: 07799860899

Aberdeen City Health & Social Care Partnership  
A caring partnership

Communities

**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@north-bridge.org](mailto:company@north-bridge.org)  
[www.north-bridge.org](http://www.north-bridge.org)

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

**Weekly 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**  
A&E Walks  
Walks on training, walk and networking opportunities. Fortnightly from the 4th November 9-11am

**WEDNESDAY**  
ASMT  
Expert self-empowering skills to support recovery. Fortnightly from the 10th Jan 1-4:30pm

**THURSDAY**  
Talk for Life  
A topic focused meeting where a wide range of life experiences is necessary are explored 1-2:30pm

**FRIDAY**  
ASMT  
Focuses on the science of addiction. Held fortnightly. Starts 9:30am 10:30am-12pm

Club  
Casual Meet with others each Friday in the Suburban Army Club building. 11am-1pm

Helpline 01233 446 355  
Email [adagroup@abdnandgrangecare.org.uk](mailto:adagroup@abdnandgrangecare.org.uk)  
Or pop into 7 Hadden Street, Aberdeen, AB11 6NU for info.

**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.

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

**Session 1 – Green Health & Nature Prescriptions Showcase**

This interactive afternoon session will focus on sharing Green Health activity across Aberdeen, learning from local practice and community delivery, showcasing the Aberdeen Nature Prescription film, and exploring ways to strengthen connections between services and communities.

Tuesday 23 June 2026 | 12:00pm – 2:30pm  
Greyhope School and Community Hub

**Session 2 – RSPB Nature Prescriptions: Train the Trainer**

This practical session is designed for those interested in delivering and cascading Nature Prescriptions approaches within their own service, team, or community.

Tuesday 7 July 2026 | Morning session  
Greyhope School and Community Hub

If you'd like to take part, please sign up here: [Green Social Prescribing in Aberdeen](https://www.abdnandgrangecare.org.uk). Should you have any questions or need further information, please email [healthimprovement@aberdeencity.gov.uk](mailto:healthimprovement@aberdeencity.gov.uk)

**June**

Choose the suggestions each month that feel realistic and enjoyable for you. And make up your own too!

Golden Ring Dragonfly

**Healing Arts Scotland – Aberdeen Day Tickets, Monday 15 June •**  
**10:30 AM – 4 PM | Eventbrite**

Join us in Aberdeen for the launch of Healing Arts Scotland, the day includes panel discussions, project presentations & creative workshops.

You are warmly invited to join us in Aberdeen for the launch of Healing Arts Scotland, for a day celebrating Healing Arts featuring panel discussions, Q&As, keynote speakers, spotlight speakers, workshops and creative wellbeing activities connected to the themes of Healing Arts Scotland 2026.

Everyone is welcome to join us for a day of inspiration, connection and creativity, exploring how the arts can support health and wellbeing for individuals and communities in the North East and across Scotland.

The Aberdeen Day of Healing Arts Scotland is programmed and supported by: Grampian Hospitals Art Trust, Citymoves Dance Agency SCIO, Jameel Arts & Health Lab, World Health Organisation, Creative Scotland, The Scottish Government, and Public Health Scotland. Find out more on the Healing Arts Scotland website: <https://www.healingartsscotland.org/>

**Aberdeenshire Carer Support Service (VSA) and Aberdeenshire Health & Social  
Aberdeenshire in May and June.**

Unpaid carers are warmly invited to drop in to learn what carer support is available locally, speak to VSA and AHSCP staff about carer support and find out about carers' rights Care Partnership (AHSCP) are hosting a series of pop-up Carer Events across

**Location & Dates**

- Portsoy, Portsoy Church Centre – Tuesday 19th May 2026, 10:00am – 12:00noon, Coffee n' Company
- Westhill, Green Pastures – Tuesday 26th May 2026, 10:00am – 3:00pm
- Portlethen, Asda – Wednesday 27th May 2026, 10:00am – 2:00pm
- Stonehaven, Townhall – Thursday 11th June 2026, 1:00pm – 7:30pm
- Ellon, GPH (Broomiesburn Road) – Friday 12th June 2026, 10:00am – 2:00pm

Carers events are planned across Aberdeenshire during 2026, with further dates to be announced for June (check VSA Aberdeenshire Carers Events for details when confirmed). For more information on VSA Aberdeenshire Carers Service, including referral forms, carer information, events, leaflets and toolkits, visit [www.vsa.org.uk/our-services/aberdeenshire-carers](http://www.vsa.org.uk/our-services/aberdeenshire-carers) Further information on Carer Support in Aberdeenshire can be found on Caring for others – Aberdeenshire Council, including Carers' Rights, Short Breaks, Training and Qualifications for Unpaid Carers.

For any queries on this email please contact [carersupport@aberdeenshire.gov.uk](mailto:carersupport@aberdeenshire.gov.uk)

## 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](mailto: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

### Oral Health



[Grampian Dental](#)



[Oral Health Foundation](#)

## Digital Newsletter

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

[NHSG CIP Newsletters](#)



# June 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>

## Oral Health



Good breath Guide(P04044)



A guide to brushing your teeth and gums. A3 Poster(P04041)



Visit Your Dentist Regularly(L04171)



Snack ideas for children - Childsmile(L04191)



Drinks for Babies and Young Children(L04199)



DIAL - Dental Information & Advice Line (credit card size)(L04192)



Let's talk about Mouth Cancer(L04184)



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



Diet and my Teeth(L04044)



Caring for my teeth and gums(L04042)



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



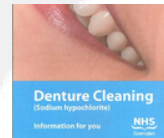
Looking after my dental health (Blue)(L84001)



Don't Let Bad Breath Ruin Your Chances(L04169)



Top Tips For Looking After Your Children's Teeth(L04069)



Denture Cleaning (NHS Grampian)(L04178)



A guide to brushing your teeth and gums (z-card). (L04183)

## Oral Health - Easy Read



Oral Health for Everyone - Easy Read(L04194)

## Oral Health - Ethnic Language



7 Steps to a Great Smile: Arabic(L23086)



7 Steps to a Great Smile: Polish(L23089)



7 Steps to a Great Smile: Russian(L23090)

## Oral Health - Downloads



Do you need a dentist(H04001)



DIAL (Digital Version) (H04004)



Want to Stop Smoking and have a Healthier Smile? (H07031)

## January

### Cervical Cancer Screening

[www.nhsinform.scot/healthy-living/screening/cervical-screening-smear-test](http://www.nhsinform.scot/healthy-living/screening/cervical-screening-smear-test)

### Dry January

[www.alcoholchange.org.uk/](http://www.alcoholchange.org.uk/)

[www.nhsgrampian.org/your-health/healthy-living/alcohol/](http://www.nhsgrampian.org/your-health/healthy-living/alcohol/)

## February

### National Heart Month

[www.bhf.org.uk/campaigns/heart-month](http://www.bhf.org.uk/campaigns/heart-month) [www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/](http://www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/)

### World Cancer Day

[www.worldcancerday.org/](http://www.worldcancerday.org/)

[www.nhsinform.scot/illnesses-and-conditions/cancer/](http://www.nhsinform.scot/illnesses-and-conditions/cancer/)

## March

### Brain Health

[www.nhsgrampian.org/your-health/brain-health/](http://www.nhsgrampian.org/your-health/brain-health/)

### Dementia

[www.alzscot.org/](http://www.alzscot.org/) [www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/dementia/types-of-dementia/](http://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/dementia/types-of-dementia/)

### Healthy Eating

[www.nutritionandhydrationweek.co.uk/](http://www.nutritionandhydrationweek.co.uk/)

[www.healthyweightgrampian.scot.nhs.uk/](http://www.healthyweightgrampian.scot.nhs.uk/)

### No Smoking Day

[www.cancerresearchuk.org/](http://www.cancerresearchuk.org/) [www.nhsgrampian.org/your-health/healthy-living/tobacco/smoking-advice-service/](http://www.nhsgrampian.org/your-health/healthy-living/tobacco/smoking-advice-service/)

## April

### Bowel Cancer Awareness Month

[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk) [www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/bowel-cancer/](http://www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/bowel-cancer/)

### Testicular Cancer Awareness Month

[www.macmillan.org.uk](http://www.macmillan.org.uk) [www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/testicular-cancer/](http://www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/testicular-cancer/)

### Women's Health

[www.nhsinform.scot/healthy-living/womens-health/](http://www.nhsinform.scot/healthy-living/womens-health/)

## May

### National Walking Month

[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

[www.nhsgrampian.org/your-health/healthy-living/physical-activity/walking/](http://www.nhsgrampian.org/your-health/healthy-living/physical-activity/walking/)

### Mental Health Awareness

[www.mentalhealth-uk.org](http://www.mentalhealth-uk.org) [www.nhsgrampian.org/your-health/healthy-living/mental-health/](http://www.nhsgrampian.org/your-health/healthy-living/mental-health/)

### Women's Health

[www.nhsinform.scot/healthy-living/womens-health/](http://www.nhsinform.scot/healthy-living/womens-health/)

## June

### Oral Health

[www.dentalhealth.org/mouth-cancer-action-month](http://www.dentalhealth.org/mouth-cancer-action-month)

[www.nhsgrampian.org/service-hub/dental-services/](http://www.nhsgrampian.org/service-hub/dental-services/)

## July

### World Hepatitis Day

[www.who.int](http://www.who.int)

[www.grampiansexualhealthservices.com/](http://www.grampiansexualhealthservices.com/)

### Alcohol Awareness Week

[www.alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/](http://www.alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/)

[www.nhsgrampian.org/your-health/healthy-living/alcohol/](http://www.nhsgrampian.org/your-health/healthy-living/alcohol/)

## August

### Drugs Awareness

[www.nhsgrampian.org/your-health/wecare/drugs/](http://www.nhsgrampian.org/your-health/wecare/drugs/)

[www.nhsinform.scot/healthy-living/drugs-and-drug-use](http://www.nhsinform.scot/healthy-living/drugs-and-drug-use)

[www.knowthescore.info](http://www.knowthescore.info)

[www.alcoholanddrugsaction.org.uk](http://www.alcoholanddrugsaction.org.uk)

### World Breast Feeding Week

[www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)

[www.nhsgrampian.org/your-health/healthy-living/breastfeeding/](http://www.nhsgrampian.org/your-health/healthy-living/breastfeeding/)

### Cycle to Work Day

[www.cyclescheme.co.uk](http://www.cyclescheme.co.uk)

[www.nhsgrampian.org/your-health/healthy-living/physical-activity/](http://www.nhsgrampian.org/your-health/healthy-living/physical-activity/)

## September

### World Alzheimer's Day

[www.alzheimers.org.uk/](http://www.alzheimers.org.uk/)

### World Suicide Prevention

[www.mentalhealth-uk.org](http://www.mentalhealth-uk.org)

[www.nhsgrampian.org/your-health/healthy-living/mental-health/](http://www.nhsgrampian.org/your-health/healthy-living/mental-health/)

## October

### Breast Cancer Awareness Month

[www.breastcancer.org](http://www.breastcancer.org)

[www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/breast-cancer-female](http://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/](http://www.nhsgrampian.org/your-health/healthpoint/financial-support/)

[www.homeenergyscotland.org](http://www.homeenergyscotland.org)

[www.socialsecurity.gov.scot/](http://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/](http://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](http://www.diabetes.org.uk)

[www.nhsgrampian.org/your-health/diabetes-in-grampian/](http://www.nhsgrampian.org/your-health/diabetes-in-grampian/)

### Lung Cancer Awareness Month

[www.roycastle.org](http://www.roycastle.org)

[www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/lung-cancer/](http://www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/lung-cancer/)

## December

### World Aids

[www.worldaidsday.org](http://www.worldaidsday.org)

[www.grampiansexualhealthservices.com](http://www.grampiansexualhealthservices.com)