Community Information Point
October Newsletter

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

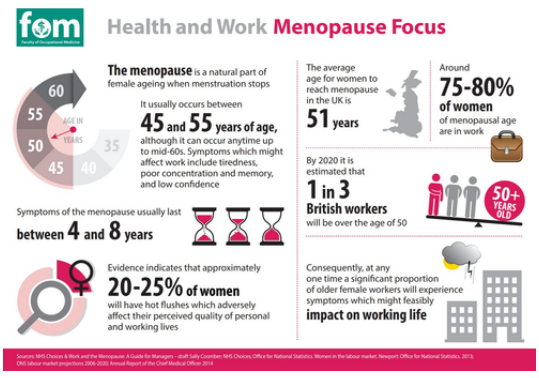
Treatment and Top Tips for Dealing with you Symptoms

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 wealthof information including Mental Wellbeing, Financial Wellbeing, Physical Wellbeing, Psychological Wellbeing, Supporting Staff's Wellbeing and Responding to Emergencies Home - National Wellbeing Hub Useful Links

Free Condom Distribution

Interested in being part of our condom distribution service, please contact us at gram.freecondoms@nhs.scot

You can view our free Condom Locator here

Community Information Points

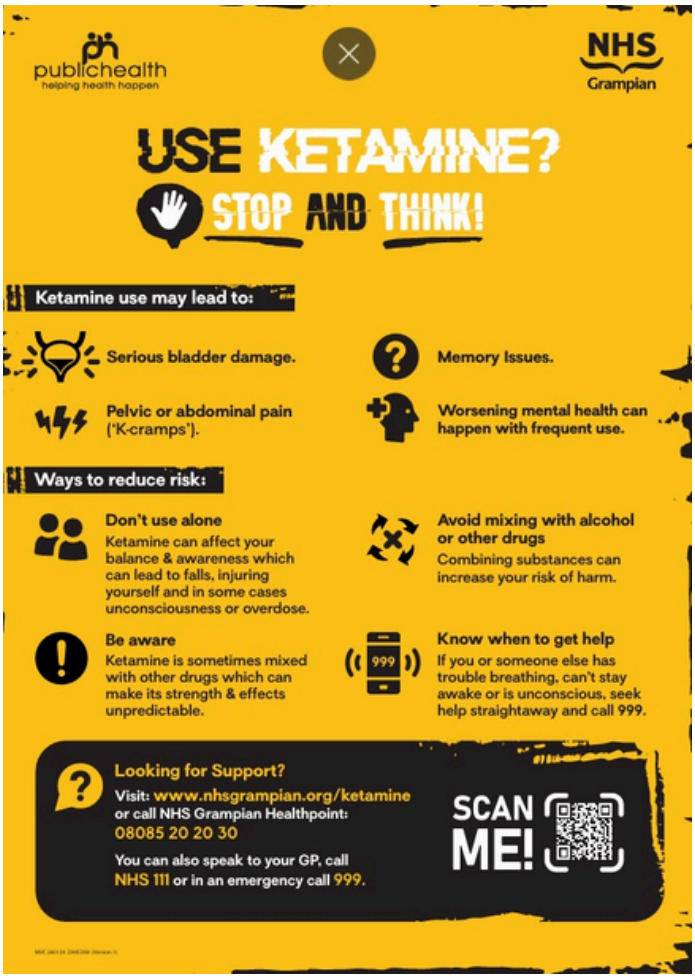
For information on where Community Information Points are located, please visit our site here or scan the QR Code.

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



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

grampiansexualhealthservices.com

publichealth
helping health happen

What's on in October

NHS Grampian

sport aberdeen
Charity no SC040973

community sport

nestrans

Women's Wellbeing Cycle
Thursdays 10-11.30

Join us for a gentle cycle, accompanied by ride leaders.
Start point - Aberdeen Cycle Hub @Seaton
(Raymond Kelly Pavilion, Seaton – nxt to Mrs Murrays cat & dog home)

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







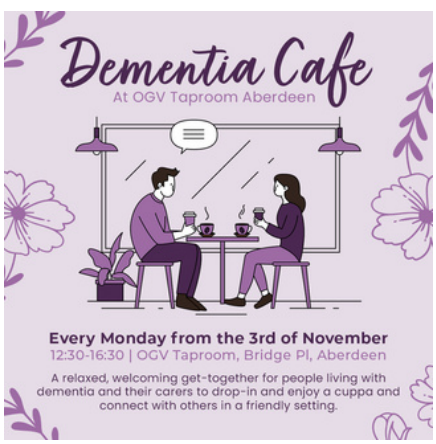
















What's on in October

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

King's Community FOUNDATION



MEN'S GROUP

Connect. Laugh. Belong.

Sports • Walks • Game Nights
Workshops • Guest Speakers • Community Projects

JOIN US — ALL MEN WELCOME

Contact us to find out more!

St George's Tillydrone Community Centre
Hayton Road, Tillydrone. AB24 2RN
01224 036189
saintgcc@hotmail.com
Register Charity in Scotland SC052297

St.G's

Cornhill Association Soup & Sandwich Cafe

ABERDEEN CITY COUNCIL

Held on the first & third Thursday of every month at Cornhill Community Centre 1100am-1300pm.

Dates for the year:
15th January
5th & 19th February
5th & 19th March
2nd & 16th April
7th & 21st May
4th & 18th June
2nd & 16th July
6th & 20th August
3rd & 17th September
1st & 15th October
5th & 19th November
3rd & 17th December

For more information please email:
swsc@aberdeencity.gov.uk
or phone: 07799860899

Aberdeen City Health & Social Care Partnership
A caring partnership

Communities

The Phoenix Club

Mondays 7-9pm
Thursdays 1-3pm



A social club for adults with additional support needs. Every week there are lots of different activities to take part in, from board games to pool and crafts. As well as a programme of different activities and entertainment that changes throughout the year.

Contact: Inchgarthcc5@gmail.com *or* call 01224 479061 for more information.



A partnership approach

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

NorthBridge is built on collaboration. We're seeking organisations who want to support people across Aberdeen during this time of change.

Why partner with NorthBridge

- Showcase your expertise
- Evidence your local ESG impact
- Faster hiring for hard-to-fill roles
- Access to transferable skills
- Staff development opportunities
- Shape support for future skill needs

Ways you can get involved

- Delivering workshops or talks
- Providing specialist advice
- Offering training or upskilling
- Creating pathways into employment
- Hosting drop-in sessions
- Signposting individuals to the hub
- Events or community initiatives
- Advocacy and awareness raising
- Offer discounts to clients
- Contribute resources or in-kind

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



Speak to us today to find out more about getting involved:
Hello@north-bridge.org
07484 081 133



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

Green Social Prescribing event

RSPB SCOTLAND

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.

Weekly Groups DROP IN

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

ADA Alcohol & Drugs Action

MONDAY	Women's Group	A relaxed meeting, open to all women in recovery. 10.30am - 12pm
TUESDAY	ABZ Works	Info on training, work and volunteering opportunities. Fortnightly from the 4th November. 9 - 11am
WEDNESDAY	ADAPT	Explore self - empowering skills to support recovery. Fortnightly from the 14th Jan. 5 - 6.30pm
THURSDAY	Tools For Life	A topic focused meeting where a wide range of life experiences in recovery are explored. 1 - 2.30pm
FRIDAY	ADAPT	Focusses on the science of addiction. Held fortnightly. Starts 9th Jan. 10.30am - 12pm
	Craft	Creative? Meet with others each Friday at the Salvation Army Citadel building. 11am - 1pm

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

2026 Printed Material

We have designed a set of posters available to order free of charge, they promote our health campaigns from January through to December. New 2026 Campaign Material available to order. To order your 2026 Printed Material please email gram.resources@nhs.scot

Health Posters A3



Health Campaign Monthly Posters A4



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

Healthpoint pull up banners



Websites

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)



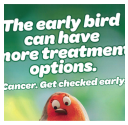
Spot breast cancer early(L46185)



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 have better news to tell their family. Cancer: Get checked early (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



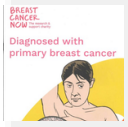
Your Breast Screening Explained - Easy Read (A4)(L66006)



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 Laguage



Know your breasts - Arabic(L23137)



Know your breasts - Polish(L23136)

Cost of Living, Challenge Poverty Week



Worrying About Money ? (Aberdeenshire) (L78009)



Worrying About Money? - 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)



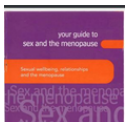
Feeling overwhelmed by the cost of living crisis? (Laminated A3 poster)(P78004)

Cost of Living, Challenge Poverty Week - Ethnic Language



Financial Support - Polish(L23114)

Menopause Awareness



Your Guide to Sex and the Menopause(L79003)



Your guide to the menopause(L21324)



Understanding Menopause(L21328)



Menopausal (A3) (P30059)

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 Laguage



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 - Balanace(H79005)



Menopause and Sleep(H79006)



Understanding Menopause(H79007)

Menopause Awareness - Easy Read



Menopause - Easy Read(H79008)

publichealth
helping health happen

NHS Grampian

Know Who To Turn To Resources

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

KWTTT Leaflet - L30109



KWTTT Poster - P30025



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

Health Resources 2026

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

January

CervicalCancer Screening

www.nhsinform.scot/healthy-living/screening/cervical-screening-smear-test

Dry January

www.alcoholchange.org.uk/

www.nhsgrampian.org/your-health/healthy-living/alcohol/

February

NationalHeart Month

www.bhf.org.uk/campaigns/heart-month www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/

World Cancer Day

www.worldcancerday.org/

www.nhsinform.scot/illnesses-and-conditions/cancer/

March

Brain Health

www.nhsgrampian.org/your-health/brain-health/

Dementia

www.alzscot.org/ www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/dementia/types-of-dementia/

Healthy Eating

www.nutritionandhydrationweek.co.uk/

www.healthyweightgrampian.scot.nhs.uk/

No Smoking Day

www.cancerresearchuk.org/ www.nhsgrampian.org/your-health/healthy-living/tobacco/smoking-advice-service/

April

BowelCancer Awareness Month

www.bowelcanceruk.org.uk www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/bowel-cancer/

Testicular Cancer Awareness Month

www.macmillan.org.uk www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/testicular-cancer/

Women's Health

www.nhsinform.scot/healthy-living/womens-health/

May

National Walking Month

www.livingstreets.org.uk

www.nhsgrampian.org/your-health/healthy-living/physical-activity/walking/

Mental Health Awareness

www.mentalhealth-uk.org www.nhsgrampian.org/your-health/healthy-living/mental-health/

Women's Health

www.nhsinform.scot/healthy-living/womens-health/

June

Oral Health

www.dentalhealth.org/mouth-cancer-action-month

www.nhsgrampian.org/service-hub/dental-services/

July

World Hepatitis Day

www.who.int

www.grampiansexualhealthservices.com/

Alcohol Awareness Week

www.alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/

www.nhsgrampian.org/your-health/healthy-living/alcohol/

August

Drugs Awareness

www.nhsgrampian.org/your-health/wecare/drugs/

www.nhsinform.scot/healthy-living/drugs-and-drug-use

www.knowthescore.info

www.alcoholanddrugsaction.org.uk

World Breast Feeding Week

www.worldbreastfeedingweek.org

www.nhsgrampian.org/your-health/healthy-living/breastfeeding/

Cycle to Work Day

www.cyclescheme.co.uk

www.nhsgrampian.org/your-health/healthy-living/physical-activity/

September

World Alzheimer's Day

www.alzheimers.org.uk/

World Suicide Prevention

www.mentalhealth-uk.org www.nhsgrampian.org/your-health/healthy-living/mental-health/

October

BreastCancer Awareness Month

www.breastcancernow.org/

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/breast-cancer-female

Cost of living, Challenge Poverty Week

www.nhsgrampian.org/your-health/healthpoint/financial-support/

www.homeenergyscotland.org

www.socialsecurity.gov.scot/

Menopause Awareness

www.nhsinform.scot/healthy-living/womens-health/later-years-around-50-years-and-over/menopause-and-post-menopause-health/menopause/

November

WorldDiabetes Day

www.diabetes.org.uk

www.nhsgrampian.org/your-health/diabetes-in-grampian/

Lung Cancer Awareness Month

www.roycastle.org

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/lung-cancer/

December

World Aids

www.worldaidsday.org

www.grampiansexualhealthservices.com