

What's Going on at the Vaccination & Wellbeing Hub In November 2024

Winter Flu & COVID Vaccinations

The joint flu & COVID19 programme continues during November. If you are eligible for both, you will be invited to attend between the 30th September through to mid December. To find out more about eligibility, please visit [nhs inform](http://nhsinform.scot/healthy-living/immunisation) via the below website addresses or click on the QR Code below.

www.nhsinform.scot/healthy-living/immunisation or click on QR code below:

Flu	COVID-19

Re-schedule your appointment by contacting the National Contact Centre on 0800 030 8013

Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season

Get the Flu Vaccine
The flu vaccine is the first step in protecting yourself

- Avoid touching eyes, nose, mouth
- Wash your hands
- Cover your sneeze/cough
- Stay home if you're sick
- Avoid contact with sick people

Drop In for Free Cuppa & Conversation in our Community Space

Open Monday to Saturday
9.30 – 4.00pm



We are located in Unit 19, Ground Floor
Bon Accord Centre next to the lifts

Get a Digital Copy of this Newsletter Here

Download



Community Information Point

Come in and browse our range of health & wellbeing leaflets.

Pick up free sanitary products, condoms & blood borne virus home testing kits.



Health Defence Scotland (Helping you live a healthier life)



Chest Heart & Stroke Scotland are looking to bring our Health Defence service to Grampian!

Our Health Defence project offers a range of services aimed at supporting individuals and communities to improve their health and wellbeing.

From free blood pressure and cholesterol checks, to healthy eating, physical activity opportunities and more, we are here to help you live life to the full.

We are looking to roll out this Service within Aberdeen City at the Aberdeen Vaccination & Wellbeing Hub during 2025.

We want to hear from you. We would be grateful if you could take a moment to complete the following questionnaire as part of our public consultation process. Please scan the QR code below or go the following link:

[CHSS Community Health Survey](#)



CLINICAL SERVICES

Vaccination Team

Winter Vaccines – To re-schedule your Winter Vaccinations, you can do this via the Online Vaccination Portal at https://vacs.nhs.scot/csp@id+csm_login or by contacting the National Contact Centre on 0800 030 8013

Routine Vaccines (Shingles, Pneumococcal and RSV) – to re-schedule your routine vaccines or any other vaccination enquiries, please contact our local Contact Centre on 01224 555333.

Pre-school Immunisations – You can now walk into the Hub on Tuesdays and Thursdays to speak to a pre-school immunisation nurse about your child's vaccine schedule anytime between 9.30 – 3.30pm. If you already have an appointment at another venue, please attend your appointment or call our contact centre on **01224 555333** to re-arrange your appointment.

Community Treatment & Care (CTAC)

The Community Treatment and Care (CTAC) clinics are nurse led service providing Blood Tests and Chronic Disease Management from the Hub. Appointments for the clinic can be made by calling the booking line between 8.30 – 4.30pm on **01224 550200**

Vitamin B12 Injections

Vitamin B12 Injections administered at the Hub on GP Prescription. By Appointment only.
Call 01224 555333

Community Respiratory Team

Collaboration between NHS Grampian and Chest Heart Stroke Scotland, Community Respiratory Team hold weekly clinics at the Hub to provide wrap around care to people living with respiratory conditions and lung disease in Grampian. From early diagnosis, supported self management, acute illness and chronic disease management. By appointment only via GP Referral.



Health Visiting Team

Aberdeen City Central Health Visitors are inviting 8 month old babies to the Aberdeen City Vaccination and Wellbeing Hub for their developmental review to support early intervention. Please note that this service is by appointment only and if you have any questions please contact your health visiting team.

If you are interested in promoting your service/ support within the Hub – please contact gram.acvcbonaccordbookings@nhs.scot



Local Fruit, Veg & Eggs Sale
Every Tuesday 10 – 3pm

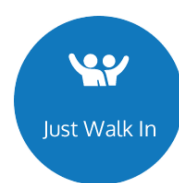


CFINE Community Food Outlet
Aberdeen City Vaccination and Wellbeing Hub
Bon Accord Shopping Centre, Aberdeen



Aberdeen Vaccination & Wellbeing Hub

Monthly Calendar of Events 1st – 15th November



Monthly Calendar

Fri 1st Nov	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.00pm	Quarriers – Wee Blether Carers Café 11 – 1pm	Cruse Scotland – Absent Friends Week 1-4pm		
Mon 4th Nov	Wellbeing Co-ordinators Motivational Monday 10.00 - 12.00pm	Dept. of Work & Pensions (DWP) 10.00 – 12.00 Scarf – Home Energy Savings 1.00 – 4.00pm	Cruse Scotland Bereavement Support 2-4pm	Versus Arthritis Pain Management 2.00 - 4.00pm	AFCCT - Knit and Natter 2–4pm
Tues 5th Nov	Andy's Man Club Men's Mental Health 9.30 – 1.30	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.00pm	Stand up to Falls Prevention – 1:00-3:00pm	Four Pillars Workshop- Understanding Transgender Dementia
Wed 6th Nov	Aberdeen In Recovery 10:30-12.30pm	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.00pm	Aberdeen Care & Repair 9:30-12:30pm	Home Energy Scotland 1.00 – 4.00pm	
Thurs 7th Nov	Stand up to Falls Prevention – 9:30-12pm	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.00pm	Asthma & Allergy Foundation 9.30 – 12.30	Alzheimer Scotland Dementia & Brain Health 10-12	Bon Accord Care Telecare & Digital Support 1.00 – 4.00pm
Fri 8th Nov	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.00pm	Quarriers – Wee Blether Carers Café 11 – 1pm			
Mon 11th Nov	Wellbeing Co-ordinators Motivational Monday 10.00 - 12.00pm	Dept. of Work & Pensions (DWP) 10.00 – 12.00	Aberdeen City Libraries 12:30-4:00pm	AFCCT - Knit and Natter 2–4pm	Versus Arthritis Pain Management 2.00 - 4.00pm
Tues 12th Nov	Alcohol & Drugs Action 1.00 - 4.00pm	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	Stand up to Falls Prevention – 1:00-3:00pm		World Pneumonia Day
Wed 13th Nov	Aberdeen In Recovery 10:30-12.30	Aberdeen Art Gallery & Museums Dementia Friendly events 10-3.00pm			
Thurs 14th Nov	Asthma & Allergy Foundation 9.30 – 12.30	Stand up to Falls Prevention – 9:30-12:00pm	Bon Accord Care Telecare & Digital Support 1.00 – 4.00pm		World Diabetes Day
Friday	CFINE Safe	Quarriers – Wee	Budget		



Aberdeen Vaccination & Wellbeing Hub

Monthly Calendar of Events 18th – 29th November






Monthly Calendar

Mon 18th Nov	Andys Man Club Men's Mental Health 9:30-12:30pm	Wellbeing Co-ordinators Motivational Mondays 10.00 - 12.00pm	Dept of Work & Pensions (DWP) 10.00 – 12.00	Pheonix Futures Scotland (Recovery) 1.00 - 4.00pm	AFCCT - Knit and Natter 2–4pm
Tues 19th Nov	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	Stand up to Falls Prevention 1.00 – 3.00pm	Public Health Team – Mouth Cancer Awareness 10.00 - 3.00pm		World Antibiotic Resistance Awareness Week
Wed 20th Nov	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30	Home Energy Scotland 1:00-4pm		World COPD Day Dr Fiona Mosgrove	Mouth Cancer Awareness Month
Thurs 21st Nov	Asthma & Allergy Foundation 9.30 – 12.30	Bon Accord Care – Telecare 1.00 – 4.00pm	Power of Attorney Day – ACC Social Care 10.00 - 12.30	Alzheimer's Scotland Dementia & Brain Health 10.00 - 12.00	Aberdeen City Libraries 12:30-4pm
Fri 22nd Nov	Quarriers – Wee Blether Carers Café 11 – 1pm	CFINE Safe Team Cost of Living & Benefits Advice 10.00 - 12.00pm			
Mon 25th Nov	Dept. of Work & Pensions (DWP) 10.00 – 12.00 Aberdeen City Libraries 12:30-4pm	Wellbeing Co-ordinators Motivational Mondays 10.00 - 12.00pm	Versus Arthritis Pain Management 2.00 - 4.00pm	Pheonix Futures Scotland (Recovery) 1.00 - 4.00pm	AFCCT - Knit and Natter 2–4pm
Tues 26th Nov	Andys Man Club Men's Mental Health 9:30-1:30pm	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale -10-3pm	Alcohol Drugs Action (ADA) 1.00 - 4.00pm	Stand Up to Falls Prevention 1.00 – 3.00pm	
Wed 27th Nov	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30	Great Western Community Centre 1.00 - 4.00pm	Mouth Cancer Awareness Public Health 10.00 - 4.00pm		
Thurs 28th Nov	Pathways Employment Keyworker (drop in) 10 – 12noon	Asthma & Allergy Foundation 9.30 – 12.30	Stand Up to Falls Prevention 9.30 – 12.00	Bon Accord Care – Telecare 1.00 – 4.00pm	
Fri 29th Nov	Quarriers – Wee Blether Carers Café 11 – 1pm	CFINE Safe Team Cost of Living & Benefits Advice 10.12			World Aids Day Sunday



Stay Connected with what is going on within the Partnership to support you and your families health & wellbeing

 Digital Copy of Brochure here  

The information contained in this booklet is for anyone who wants to know about the help and support that's available in Aberdeen to enable you to stay as independent as possible in your own home.

www.aberdeencityhscp.scot/our-delivery/agile/

 Aberdeen City
Health & Social Care
Partnership
A caring partnership

 **JOB VACANCIES HERE**



 Aberdeen City
Health & Social Care
Partnership
A caring partnership

Are you an NHS Hearing Aid Wearer?
You can now get your free NHS replacement Batteries from the Aberdeen Vaccination & Wellbeing Hub. Please remember to bring along your battery letter. Just ask at Admin desk.

*Sizes 13, 312 and 675 only



November

NHS Grampian aims to promote and improve health in Grampian, in partnership with others. Scan the QR Code to find out more about health issues that are important to you.



**World
Diabetes Day**



**Lung
Cancer
Awareness
Month**



 Listen to Grampian Hospital Radio
www.grampianhospitalradio.org/listen



 Listen to Shmu Radio Live online
www.stream.shmu.org.uk/fm

 Listen to 99.8fm online