

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



Winter Flu & COVID Vaccinations



The Winter Flu Programme commences on the 16th September. Those aged 16-64 eligible for flu only will be invited between the 16th – 28th September. The joint flu & COVID19 programme commences from 30th September. If you are eligible for both, you will be invited to attend between the 30th September through to December. To find out more about eligibility, please visit nhs inform 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
	

If you require to re-schedule your appointment please contact the National Contact Line on: 0800 030 8013

RSV Vaccines

The RSV Vaccine will continue to be delivered from the 1st – 13th September. Thereafter the flu programme commences. If you have received an appointment, please attend or re-arrange before the 13th September. You can find more about eligibility here:

www.nhsinform.scot/healthy-living/immunisations/vaccines/RSV-vaccine-for-adults/



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



In distress, Low mood, Anxiety? Mental Health Support Walk In Service

Listening ear and practical support for people in distress
Just walk in. No appt necessary



Every Friday
10-3 pm

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.

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

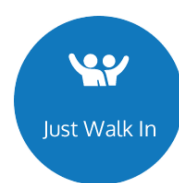


CFINE Community Food Outlet
Aberdeen City Vaccination and Wellbeing Hub
Bon Accord Shopping Centre, Aberdeen



Aberdeen Vaccination & Wellbeing Hub

Monthly Calendar of Events 1st – 14th September



Monthly Calendar

Mon 2nd Sept	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.30	AFCCT - Knit and Natter 2–4pm		
Tues 3rd Sept	Scottish Fire & Rescue Home Safety 10.00 – 12.00noon	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	Aberdeen Care & Repair 1.00 – 4.00pm	
Wed 4th Sept	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.30	Aberdeen City Council 25/26 Budget Consultation 10.00 – 12.00 noon	
Thurs 5th Sept	Aberdeen City Health & Social Care Partnership Strategy Plan Consultation 10-12noon	Asthma & Allergy Foundation 9.30 – 12.30	Alzheimer's Scotland / Brain Health 10.00 – 12.00	Bon Accord Care Telecare & Digital Support 1.00 – 4.00pm
Fri 6th Sept	Penumbra Mental Health Drop In 10.00 – 3.00pm	Quarriers – Wee Blether Carers Café 11 – 1pm	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.30	
Mon 9th Sept	Scottish Fire & Rescue Home Safety 10.00 – 12.00noon	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.30	AFCCT - Knit and Natter 2–4pm	Blood Pressure UK Week
Tues 10th Sept	Aberdeen Cyrenians Digital & Financial Support 10.30 – 12.30	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.30	Adult Autism Assessment Drop In Session 12.00 – 4.30
Wed 11th Sept	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30	Abdominal Aortic Aneurysm (AAA) Screening 9.00 – 2.00pm	Home Energy Scotland 1.00 – 4.00pm	
Thurs 12th Sept	Asthma & Allergy Foundation 9.30 – 12.30	Aberdeen Cyrenians - Digital & Financial Support 10.30 – 12.30	Bon Accord Care Telecare & Digital Support 1.00 – 4.00pm	ACHSCP Strategic Plan Engagement 2.00-4.00pm
Friday 13th Sept	Penumbra Mental Health Drop In 10.00 – 3.00pm	Quarriers – Wee Blether Carers Café 11 – 1pm	Abdominal Aortic Aneurysm (AAA) Screening 9.00 – 2.00pm	ACC 2024/45 Budget Consultation 10.00 – 12.00



Aberdeen Vaccination & Wellbeing Hub

Monthly Calendar of Events (16th – 30th September)



Monthly Calendar

Mon 16 th Sept	Scottish Fire & Rescue (Home Safety) 10 – 12.30	Knit & Natter AFCCT 2-4pm			
Tues 17 th Sept	North East Sensory Service 10.00 – 12.30	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	Stand up to Falls Prevention 1.00 – 3.00pm		
Wed 18 th Sept	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30				
Thurs 19 th Sept	Pathways Employment (drop in) 10 – 12	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 20 th Sept	Penumbra Mental Health Drop In 10.00 – 3.00pm	Quarriers – Wee Blether Carers Café 11 – 1pm	CFINE Safe Team Benefits 10- 12	Andy's Man Club Men's Mental Health 10 - 12	
Sat 21 st Sept	Grampian Hospitals Art Trust Art Room Session for people affected by Migraine – 10.30 – 12.30				World Alzheimer Day
Mon 23 rd	PUBLIC HOLIDAY				
Tues 24 th Sept	Scottish Fire & Rescue (Home Safety) 10 – 12.30	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	Aberdeen Cyrenians - Digital & Financial Support 10.30 – 12.30	Stand Up to Falls Prevention 1.00 – 3.00pm	Organ Donor Week
Wed 25 th Sept	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30	Home Energy Scotland Cost of Living Scotland 1.00 – 4.00pm	Working Health Services Scotland 1.00 – 4.00pm		World Lung Day
Thurs 26 th Sept	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 27 th Sept	Penumbra Mental Health Drop In 10.00 – 3.00pm	Quarriers – Wee Blether Carers Café 11 – 1pm	CFINE Safe Team – Benefits 10- 12	Andy's Man Club Men's Mental Health 10 - 12	
Sat 28 th Sept	Grampian Hospitals Art Trust Creative Writing Session for people affected by Migraine – 10.30 – 12.30				
Mon 30 th Sept	Scottish Fire & Rescue (Home Safety) 10 – 12.30	Abdominal Aortic Aneurysm (AAA Screening) 9.30 – 2.30	Knit & Natter AFCCT 2-4pm		



Artroom Workshop

For people living with migraine

This is an opportunity to express yourself through art, have some fun and meet others who live with migraine. All sessions are free and held on a Saturday at the Wellbeing Hub, Bon Accord Centre Aberdeen.

21 Sept	28 Sept	5 Oct	12 Oct
Artroom	Creative writing	Artroom	Creative writing

Join Grampian Hospitals Art Trust for Art Room & Creative Writing Sessions for people affected by Migraine. Click QR Code to book a space.

The BIG Conversation

18th September
2.00 - 4.00 pm

Developing a Chronic Pain Community Appointment Day Together

Aberdeen Venue to be confirmed

For more information or to register interest, please scan QR code and complete form.

<https://forms.office.com/e/cavfLfnrA>
or email - Gram.Citycad@nhs.scot

Information available in other languages and formats by contacting Equality and Diversity on 01224 551116 or emailing gram.communications@nhs.scot



Do you have experience of Chronic Pain. Are you currently or have you been through the Grampian Chronic Pain Management Service? Come and join our Big Conversation to jointly develop a Community Appointment Day

Grampian Gathering

Saturday 12th October 2024
Venue: Beach Ballroom, Beach Promenade AB24 5NR
Time: 10:30am - 4pm

What is on at the Gathering

- Stalls from community & voluntary sector
- Speakers and workshops on retiring well
- Living in good physical health
- managing long term health conditions
- Over 50 feedback forum on age friendly programs
- Getting it right in the end

The Event is free!!!
Booking is required to plan the light lunch provided
Book using the Form, link, Email, QRcode or Phone 01224045624
[Grampian Gathering 2024 Booking Form](#)



Email: granitecitygathering@aberdeencity.gov.uk

QUARRIERS
ABERDEEN CARERS SUPPORT SERVICE


"Wee Blether" Carers Conversation Cafe

Free Soup & Hot Drinks, Meet with Wellbeing Team, Carers Support Service and Care Management Team




Every Friday 11-1 pm

 **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



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

 Digital Copy of Brochure here 

AGILE

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.aberdeencityhsc.scot/our-delivery/agile/

Working to empower communities in Aberdeen www.acvo.org.uk

Aberdeen City Health & Social Care Partnership
A caring partnership


 **JOB VACANCIES HERE**



NHS Grampian's Adult Autism Assessment Team providing drop-in sessions at the Vaccination & Wellbeing Hub as an opportunity for those on the waiting list for an autism assessment to ask questions about the assessment process, resources, and autism in general. These are hosted by assistant psychologists Jack and Suzi.

10th September – 12.00 – 4.30pm


Anyone on the waiting list is welcome to stop by for as long or as little as they like.

September

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 Alzheimer's Day

  www.alzheimers.org.uk/

World Suicide Prevention

  mentalhealth-uk.org



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www.grampianhospitalradio.org/listen





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



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