



Routine Vaccinations



The Shingles & Pneumococcal Vaccine programme commenced from January 2026.

Shingrix helps protect you against **Shingles** - a painful condition caused by the reactivation of the chickenpox virus later in life. It boosts your immunity so if you do develop shingles, you're more likely to have a milder illness and avoid long-term complications.

Pneumococcal Vaccine helps protect you against serious infections such as pneumonia and meningitis.

You will receive a letter if you are eligible to attend. If the date, time or venue are not suitable for you and you need to arrange or re-arrange an appointment, please get in touch with our local contact centre on 01224 555333 **It is important that you arrive as close to your appointment as possible.**

Shingles



For more information go to www.nhs.inform

Pneumococcal



Winter Vaccinations 25/26

It's not too late to get your Winter Vaccinations. To find out if you are eligible scan QR Code or go to www.nhsinform.scot/wintervaccines

To book an appointment contact the National Contact Centre on 0800 030 4713.

Get a Digital Copy of this Newsletter Here

Download



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

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

Urine Good Company

Are you a Catheter User?

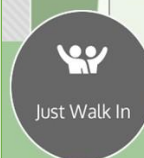
Or

Living with a Chronic Bladder Condition?

Join our Informal Support Group

**Saturday 21st February
11.00 – 12.00pm**

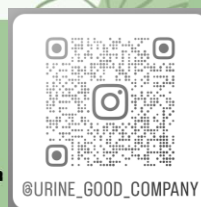
**At the Vaccination & Wellbeing Hub,
Bon Accord Centre**



Just Walk In

For more information:

Instagram: [urine_good_company](https://www.instagram.com/urine_good_company)
Email: urinegoodcompany1@gmail.com



@URINE_GOOD_COMPANY

The group will be held once a month as a social catch-up about all things bladder related – or not! First meeting Saturday 21st February from 11.00am at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre.

This group will be helpful to you whether you want to chat about issues related to your condition, celebrate those small (or big) achievements or generally have a chat with like minded people without having to explain the difficulties associated when living with a chronic bladder condition.

Treatment is often focussed solely on a medical approach, which is essential, but it can miss the hugely important social and emotional side of living with a chronic condition. As it can feel isolating at times, this group hopes to create a space to help make those important connections.

Drop in on the day or e-mail urinegoodcompany@gmail.com

SERVICES AT THE HUB

Vaccination Team

to re-schedule your or your child's routine vaccines, or any other vaccination enquiries, please contact our local Contact Centre on **01224 555333**

Travel Vaccinations - To find out more and book an assessment visit www.grampianvax.com/travel-vaccination/



Community Treatment & Care (CTAC)

The Community Treatment and Care (CTAC) clinics are a nurse led service providing Blood Tests and Chronic Disease Management tests 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**

FREE HEALTH CHECKS AT THE HUB

**HEALTH
DEFENCE
SCOTLAND**



**HELPING YOU LIVE
A HEALTHIER LIFE**

The Health Defence Team are here to help and ensure no life is half lived!

- Free health & wellbeing appointments at the hub
- Free blood pressure & cholesterol checks
- Free health information & advice
- Outreach to community venues
- Links to further support

**GET IN TOUCH
TO BOOK
YOUR FREE
APPOINTMENT**



Find us at

Aberdeen City Vaccination & Wellbeing Hub

Unit 19 Bon Accord Centre
George Street, Aberdeen
AB25 1HZ

Appointments available here
Tuesdays, Thursdays and Fridays



and...

Get Active Northfield

Kettlehills Crescent
Aberdeen
AB16 5TL

Appointments available here
Mondays and Wednesdays

Get in touch:

email: grampianhub@chss.org.uk
or visit: www.chss.org.uk/healthdefence

**NO LIFE
HALF LIVED**

Chronic Pain Community Appointment Day

Tues 17th February

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre

Drop in Between 10.00 - 4.00pm

Are you living with Chronic Pain? Join us for a host of talks & stalls to support you.

Talks

NHS Grampian Chronic Pain
Management Team Talk at
**11.00am, 11.45am, 1.00pm,
1.45pm, 2.30pm**

Peer support
in the
PAIN CAFÉ



Access the
PAIN POD
Signposting you
to support



Just Drop In

Or to book a place
Click on QR Code or Email
gram.citycad@nhs.scot
or phone/text 07870998369



Department for
Work and Pensions



IMMUNISATION SPOTLIGHT – School Vaccines

The World Health Organisation (WHO) describes vaccines as one of the two public health interventions that have the greatest impact on the world's health, the other being clean water. Vaccination can prevent or reduce the severity of disease, minimise disability and save lives. This month's Spotlight is HPV (Source NHSInform)

Secondary School (S3) – DTP & MenACWY

DTP vaccine – protects against **diphtheria, tetanus and polio**, serious diseases that can cause breathing problems, paralysis, and other severe complications.

MenACWY vaccine – protects against **meningococcal bacteria types A, C, W and Y**, which can lead to meningitis and sepsis, both life-threatening conditions.

These vaccines are offered to all young pupils in **S3 (around age 14)** as part of the national immunisation schedule. Getting vaccinated is the best way to stay protected against these illnesses.

Our School Team are currently attending Secondary Schools during February & March to deliver this programme. If you have not yet returned your consent form, please sign and return these to your school as soon as possible. Even if you do not wish your child to be vaccinated, the form should still be returned.

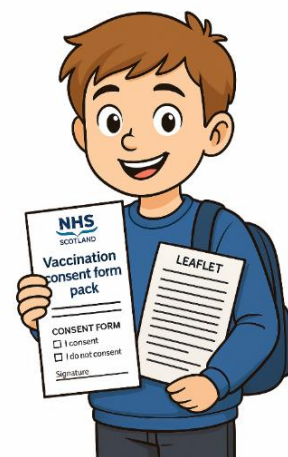
For more information on this vaccine, visit www.nhs.inform or the QR code



DTP



MenACWY



One to One IT Support at the Hub

Every Wednesday 2.00 – 4.00pm
Tea/Coffee & a friendly chat
Supportive 1:1 IT Help

A Safe and sociable space to learn and connect.



Join Us

Message through WhatsApp or call on 07799 371329 or email silvercitysurfers@gmail.com. For more information go to www.silvercitysurfers.co.uk or scan QR Code





Aberdeen Vaccination & Wellbeing Hub Calendar of Events

2nd – 13th February 2026



Monthly Calendar

Mon 2 nd Feb	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 3 rd Feb	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		CHSS Health Defence Team Health Checks by Appointment only	
Wed 4 th Feb	Silver City Surfers 1:1 IT Support 2.00-4.00pm			World Cancer Day
Thurs 5 th Feb	Asthma & Allergy Foundation 9.30 – 12.30pm	CHSS Health Defence Team Health Checks by Appointment only	Pathways Employment 10.00 -12.00pm	Bon Accord Care - Telecare 1.00-4.00pm
Fri 6 th Feb	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Mon 9 th Feb	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 10 th Feb	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs 10.00 – 3.00pm		CHSS Health Defence Team Health Checks by Appointment only	
Wed 11 th Feb	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 12 th Feb	Asthma & Allergy Foundation 9.30 – 12.30pm	Bon Accord Care - Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only	Pathways Employment 10.00 -12.00pm
Fri 13 th Feb	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only	Kidney Research UK 9.30-12.30pm	

If you are interested in promoting your service at one of our stalls in the Community Café within the Hub – please contact gram.acvcbonaccordbookings@nhs.scot

Aberdeen Vaccination & Wellbeing Hub

Calendar of Events

16th – 27th February 2026



Just Walk In

Monthly Calendar

Mon 16 th Feb	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 17 th Feb	Chronic Pain Community Appointment Day			
Wed 18 th Feb	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 19 th Feb	Asthma & Allergy Foundation 9.30 – 12.30pm	CHSS Health Defence Team Health Checks by Appointment only	Pathway Employment Keyworker 9.30-12.30pm	Bon Accord Care - Telecare 1.00-4.00pm
Fri 20 th Feb	Quarriers Carer Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Sat 21 st	Urine Good Company Bladder Support Group 11.00- 12.00pm			
Mon 23 rd Feb	Home Energy Scotland 1.00-4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm		
Tues 24 th Feb	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Aberdeen City Podiatry Team Foot Care Advice 9.30 - 16.00pm	Miss Carriage Support 9.30-1.00pm
Wed 25 th Feb	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 26 th Feb	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathway Employment Keyworker 9.30-12.30pm	Bon Accord Care - Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only
Fri 27 th Feb	Quarriers Carer Drop-In 11.00 – 12.00pm	Kidney Research UK 9.30- 12.30pm	CHSS Health Defence Team Health Checks by Appointment only	






To book a Free Health Check email:

Grampianhub@chss.org.uk





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



February

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.

<p>National Heart Month</p> <p> </p> <p>www.bhf.org.uk/campaigns/heart-month</p> <p> </p> <p>www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/</p>	<p>World Cancer Day</p> <p> </p> <p>www.worldcancerday.org/</p> <p> </p> <p>www.nhsinform.scot/illnesses-and-conditions/cancer/</p>
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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