

## Chronic Pain Community Appointment Day

NHS Grampian Putting People First

**Tues 16th June**

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

**To Secure your Place**  
Click on QR Code or Email [gram.citycad@nhs.scot](mailto:gram.citycad@nhs.scot) or phone/text 07870998369



**Chronic Pain Community Appointment Day (CAD) on Tuesday 16th June at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre**, running as a drop-in between **10.00am and 4.00pm**. This event offers a supportive space for people living with chronic pain to access a range of information, advice and practical support. Attendees can take part in scheduled talks from the Chronic Pain Management Team throughout the day, visit a variety of partner stalls, and connect with others at the Pain Café for informal peer support.

If you would like to attend, you can **secure a place by scanning the QR code on the poster or by contacting the team directly**. To book, email [gram.citycad@nhs.scot](mailto:gram.citycad@nhs.scot) or phone/text **07870 998369**. Whether you drop in or plan ahead, this is a valuable opportunity to learn more about managing chronic pain and to connect with local services that can support your wellbeing.



## COVID19 – Top up your Immunity this Spring

If you are eligible for your COVID 19 Spring Vaccination you will have received an appointment letter.

If you would like to re-schedule your appointment, for example to attend at the same time as a family member or to a more suitable date, you can do this by calling the National Vaccination line on 0800 0303 8013 or by using the online booking system.

**Get a Digital Copy of this Newsletter Here**



### Top up your immunity THIS SPRING

**The COVID-19 vaccine is offered in spring and winter to people at increased risk of getting seriously ill from COVID-19. It's important to keep up to date with all the vaccines you're offered.**

**Who's eligible?**

- Adults aged 75 years and over
- People aged 6 months and over with a weakened immune system
- Residents in care homes for older adults

Look out for your letter, email or text with appointment details or information on how to book. If you live in a care home, the staff will give you the details.



[nhsinform.scot/covid19vaccine](https://nhsinform.scot/covid19vaccine)  
0800 030 8013

## 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**

### 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**

Travel Vaccinations - To find out more and book an assessment visit [www.grampianvax.com/travel-vaccination/](http://www.grampianvax.com/travel-vaccination/)  
Or Click on the QR Code here:



### Vitamin B12 Injections

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

### Health Defence Team – Free Health Checks

Free health checks are available at the Hub on Tuesdays, Thursday & Fridays by appointment only. You can refer yourself by e-mailing the team at **grampianhub@chss.org.uk**

## Urine Good Company

**Are you a Catheter User?**

**Or**

**Living with a Chronic Bladder  
Condition?**

**Join our Informal Support Group**

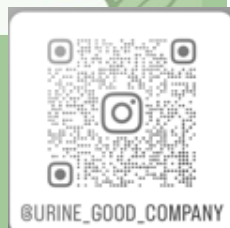
**Saturday 27<sup>th</sup> June  
11.00 – 12.00pm**

**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](mailto:urinegoodcompany1@gmail.com)**



The group will be held once a month as a social catch-up about all things bladder related – or not! The next meeting will be held on Saturday 18th April from 11.00am – 12.00pm 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](mailto:urinegoodcompany@gmail.com)

# FOUNDATIONS FOR LIFE

Chest  
Heart &  
Stroke  
Scotland



## 10 Week Journey

*Build Healthy Habits for Life*

Join our free taster sessions and discover how small steps can lead to big changes.

Small steps today for a healthier tomorrow

Starting 29<sup>th</sup> June  
For more information & to book a place scan here



 **Aberdeen Vaccination & Wellbeing Hub**  
Bon Accord Centre

### WHAT IS FOUNDATIONS FOR LIFE?

Foundations for Life is a **10-week journey** to healthier daily habits. It supports you to build a strong foundation of consistent, realistic and sustainable nutrition and lifestyle habits.

Through small, manageable changes and a supportive group environment, you will:



Improve your heart, chest & stroke health



Feel stronger, more confident and in control



Sleep better and have more energy



Make healthier food choices and build good habits



Be empowered to make positive changes for life

### WHAT TO EXPECT

- ✓ Weekly face-to-face group sessions
- ✓ Practical tips and education
- ✓ Support to make small, achievable changes
- ✓ Focus on long-term health and wellbeing



Chest  
Heart &  
Stroke  
Scotland



COME ALONG, FIND OUT MORE, AND TAKE YOUR FIRST STEP TOWARDS LIVING WELL.

*No life half lived*

Monday's  
Starting  
29th June

Week 1 – 29<sup>th</sup> June

Week 2 – 6<sup>th</sup> July

No Session 13<sup>th</sup> July  
– Public Holiday

Week 3 – 20<sup>th</sup> July

Week 4 – 27<sup>th</sup> July

Week 5 – 3<sup>rd</sup> August

Week 6 – 10<sup>th</sup> August

Week 7 – 17<sup>th</sup> August

Week 8 – 24<sup>th</sup> August

Week 9 – 31<sup>st</sup> August

Week 10 – 7<sup>th</sup>  
September

Kickstart your 10-week journey to better health, wellbeing & weight management with friendly support to build simple habits that stick.

Foundations for life is a free 10 week journey to healthier daily habits. It will support you to build a strong foundation of consistent, realistic, enjoyable and sustainable nutrition and lifestyle habits. Through small manageable changes and a supportive group environment, you will improve your chest, heart and stroke healthy. Make healthier food choices and build sustainable daily habits. Feel Stronger, more confident and in control. Have more energy and sleep better and be empowered to make positive changes for life.

Sessions are at 12.30 – 1.30pm at the Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre each week for 10 weeks. Scan QR Code to book a place.



Aberdeen City  
Health & Social Care  
Partnership

*A caring partnership*



**NHS**  
Grampian

# MMRV VACCINE

Measles, Mumps, Rubella and Varicella (Chickenpox)  
Protecting your child against 4 serious diseases

The MMRV vaccine helps protect your child against four different infections that can cause serious illness.



## MEASLES



A highly contagious viral infection that can cause fever, cough, sore eyes, runny nose and a rash. It can lead to serious complications.

## MUMPS



A viral infection that causes fever, headache, muscle aches and swollen glands, often around the ears and jaw. It can lead to serious complications.

## RUBELLA



Also known as German measles, this can cause a mild rash and fever. It can be very serious if caught during pregnancy.

## VARICELLA (CHICKENPOX)



A common infection that causes an itchy blister-like rash, fever and tiredness. It can lead to serious complications in some children and adults.



The MMRV vaccine is given in 2 doses at:

- 1 year old
- 3 years and 4 months old

Two doses provide the best and longest-lasting protection.



Contact your local  
immunisation team for  
more information on

**01224 555333**



Vaccination helps **protect** your child  
and the wider community.



For more information: [www.grampianvax.com](http://www.grampianvax.com)

# Chronic Pain Support

## “Pain Pod” at Hub

We're really proud to share our Pain Pod at the Aberdeen Vaccination & Wellbeing Hub.

Living with chronic pain can feel isolating, exhausting and overwhelming at times. The Pain Pod has been created as a calm, supportive space where people across Grampian can:

- Talk and be heard
- Access trusted chronic pain videos and trusted information
- Learn gentle coping strategies
- Be signposted to local support
- Take away helpful resources



## Pain Champion Support

We have a dedicated Pain Champion available on Thursdays only, who can help signpost you to appropriate services and support.

The Pod is open Monday to Saturday, 10am–4pm for self-guided use. A member of staff can show you how to use the space and resources and you're welcome to come and use the Pod as often as you like.

This isn't a clinical treatment service, it's a welcoming space to feel listened to, believed and supported at your own pace.

If you or someone you know is living with chronic pain, please help us spread the word.

Sometimes the most powerful support starts with feeling understood.



# Aberdeen Vaccination & Wellbeing Hub

## Calendar of Events

1<sup>st</sup> – 12<sup>th</sup> June 2026



### Monthly Calendar

Just Walk In

Mon 1 <sup>st</sup> June	<b>CHSS – Foundations for Life Taster Session</b> 12.30 – 1.30	<b>Home Energy Scotland</b> 1.00-4.00pm	<b>AFCCT – Knit and Natter</b> 2.00 – 4.00pm	<b>National Cancer Survivors Day</b>
Tues 2 <sup>nd</sup> June	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		<b>CHSS Health Defence Team</b> Health Checks by Appointment only	
Wed 3 <sup>rd</sup> June	<b>Oral Health</b> 10.00-12.00pm	<b>Silver City Surfers 1:1 IT Support</b> 2.00-4.00pm		
Thurs 4 <sup>th</sup> June	<b>Asthma &amp; Allergy Foundation</b> 9.30 – 12.30pm	<b>Stand Up To Falls Falls Prevention</b> 9.30-12.00pm	<b>Dietetic Healthcare</b> Providing specialist nutritional advice and support to improve health and wellbeing. 9.30-12.00pm	<b>Bon Accord Care – Telecare/ Independent Living</b> 1.00-4.00pm
Fri 5 <sup>th</sup> June	<b>Quarriers Carers Drop-In</b> 11.00 – 12.00pm	<b>CHSS Health Defence Team</b> Health Checks by Appointment only		
Mon 8 <sup>th</sup> June	<b>Scarf Energy Advice</b> Home Energy Savings 10.00 - 12.00pm	<b>CHSS – Foundations for Life Taster Session</b> 12.30 – 1.30	<b>AFCCT – Knit and Natter</b> 2.00 – 4.00pm	
Tues 9 <sup>th</sup> June	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 - 3.00pm			
Wed 10 <sup>th</sup> June	<b>Advocacy Service Aberdeen</b> 9.30-12.30pm	<b>Silver City Surfers 1:1 IT Support</b> 2.00-4.00pm		
Thurs 11 <sup>th</sup> June	<b>Asthma &amp; Allergy Foundation</b> 9.30 – 12.30pm	<b>Stand Up To Falls Falls Prevention</b> 9.30-12.00pm	<b>Pathways Employment</b> 10.00 - 12.00pm	<b>Bon Accord Care – Telecare / Independent Living</b> 1.00-4.00pm
Fri 12 <sup>th</sup> June	<b>Quarriers Carers Drop-In</b> 11.00 – 12.00pm			

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](mailto:gram.acvcbonaccordbookings@nhs.scot)



Pick up a Home Testing BBV Kit at the Aberdeen Vaccination & Wellbeing Hub or complete it with staff support on site.

Early testing can help detect hepatitis B, hepatitis C, and HIV and connect you to support and treatment.



# Aberdeen Vaccination & Wellbeing Hub

## Calendar of Events

### 15<sup>th</sup> – 30<sup>th</sup> June 2026






#### Monthly Calendar

Mon 15 <sup>th</sup> June	<b>Closed for Public Holiday</b>			
Tues 16 <sup>th</sup> June	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		<b>CHSS Health Defence Team</b> Health Checks by Appointment only	
Wed 17 <sup>th</sup> June	<b>Home Energy Scotland</b> 1.00-4.00pm	<b>Silver City Surfers 1:1 IT Support</b> 2.00-4.00pm		<b>Cervical Screening Awareness Day</b>
Thurs 18 <sup>th</sup> June	<b>Asthma &amp; Allergy Foundation</b> 9.30 – 12.30pm	<b>Stand Up To Falls Falls Prevention</b> 9.30-12.00pm	<b>Pathways Employment</b> 10.00 -12.00pm	<b>Bon Accord Care – Telecare /Independent Living</b> 1.00-4.00pm
Fri 19 <sup>th</sup> June	<b>Quarriers Carer Drop-In</b> 11.00 – 12.00pm	<b>CHSS Health Defence Team</b> Health Checks by Appointment only		
Mon 22 <sup>nd</sup> June	<b>Scarf Energy Advice Home Energy Savings</b> 10.00 - 12.00pm	<b>AFCCT – Knit and Natter</b> 2.00 – 4.00pm		
Tues 23 <sup>rd</sup> June	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		<b>Oral Health</b> 10.00 – 12.00pm	<b>CHSS Health Defence Team</b> Health Checks by Appointment only
Wed 24 <sup>th</sup> June	<b>Silver City Surfers 1:1 IT Support</b> 2.00-4.00pm			
Thurs 25 <sup>th</sup> June	<b>Asthma &amp; Allergy Foundation</b> 9.30 – 12.30pm	<b>Pathways Employment</b> 10.00 -12.00pm	<b>Bon Accord Care Telecare /Independent Living</b> 1.00-4.00pm	<b>CHSS Health Defence Team</b> Health Checks by Appointment only
Fri 26 <sup>th</sup> June	<b>Quarriers Carer Drop-In</b> 11.00 – 12.00pm			
Sat 27 <sup>th</sup> June	<b>Urine Good Company Bladder Support Group</b> 11.00- 12.00pm			
Mon 29 <sup>th</sup> June	<b>Home Energy Scotland</b> 1.00-4.00pm	<b>CHSS – Foundations for Life Taster Session</b> 12.30 – 1.30	<b>AFCCT – Knit and Natter</b> 2.00 – 4.00pm	
Tues 30 <sup>th</sup> June	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		<b>Podiatry Patient Focus Group</b> 10.00-2.00pm	<b>CHSS Health Defence Team</b> Health Checks by Appointment only



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/](http://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



**June**

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.

**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/)

**Breastfeeding**



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





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[www.grampianhospitalradio.org/listen](http://www.grampianhospitalradio.org/listen)





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Listen to 99.8fm online