

What's Going on at the Aberdeen Vaccination & Wellbeing Hub In October 2026

Protect Yourself This Winter – Get your Flu Vaccination

Winter can bring increased levels of flu and other seasonal illness, which can have a significant impact on individuals, families, and health and care services. The flu vaccine remains the most effective way to help protect yourself and those around you from serious illness.

If you are eligible for a Winter Flu vaccination, you will receive an invitation letter over the coming weeks with details of your appointment. We encourage everyone who is eligible to take up the offer and get vaccinated.

If you are unable to attend your allocated appointment, please re-arrange it as soon as possible. This allows your appointment slot to be offered to someone else and helps ensure as many people as possible are protected this winter. To help clinics run efficiently, please arrive as close as possible to your appointment time.

For more Information about the Winter Flu & COVID19 Vaccines
Please visit www.nhsinform.scot/wintervaccines or scan code here



Under 25? You could be eligible for the MenB vaccine

Some older teens and new
students are at higher risk –
check if that includes you.

Meningococcal B (MenB) Vaccination Programme

Protect yourself against meningitis and sepsis. A new time limited MenB vaccination programme is being offered to young people in Scotland to help protect against meningococcal group B disease, a rare but very serious illness.

To check eligibility and to book your appointments online (you need two doses), please visit

www.grampianvax.com/menb

or scan the QR code



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/
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 10th October
11.00 – 12.00pm

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



For more information:

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



Chronic Pain Community Appointment Day

Putting
People
First

Tues 16th February 2027
Tues 15th June 2027

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre

Drop in Between 10.00am – 3.00pm

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



TALKS THROUGHOUT THE DAY

DELIVERED BY THE CHRONIC PAIN
MANAGEMENT TEAM



Chronic Pain Education

Understanding chronic pain, how it
affects the body and mind, and ways
to manage day to day.



The Impact of Pain

Exploring how chronic pain can
affect daily life, work, relationships
and wellbeing.



Pacing & Movement

Practical advice on activity, pacing
and keeping as active as possible
in a way that works for you.



Medication

An overview of medication options,
including benefits, limitations and
possible alternatives.

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
or phone/text 07870998369

GP WALK-IN CENTRES

On-the-Day Care for Minor Health Problems



Our new GP Walk-In Centres are for people who feel they need to see a doctor or nurse today for a new health problem that is not life-threatening or an emergency.

They offer on-the-day care, for minor illnesses and health concerns that would normally need a GP appointment.



What we **CAN** usually help with:

- New minor illnesses or infections.
- Your problem has started recently.
- Mild to moderate symptoms needing prompt attention.
- Health problems that can usually be treated in one visit.
- Minor concerns that do not require hospital tests, scans or specialist care.



What we **CAN'T** help with:

- Chest pain, breathing difficulties or signs of stroke.
- Serious injuries or emergencies.
- Broken bones, burns or severe wounds.
- Repeat prescriptions or medication reviews.
- Sick notes, forms or paperwork.
- Long-term or ongoing health conditions.
- Dressings or wound checks.
- Dental conditions.
- Drug dependency prescribing.



Location and opening times

Aberdeen Health Village

50 Frederick St, Aberdeen AB24 5HY



**SCAN HERE
FOR OPENING TIMES**



To allow enough time for assessment and treatment, walk-in patients should arrive at least 45 minutes before closing.

Unfortunately, patients arriving after this time may not be able to be seen.



To ensure safe patient care, we may need to stop accepting new patients earlier than advertised when demand is especially high. If we are unable to see you, we will try to support you to an alternative service which may include your GP, NHS24, pharmacies or another service.

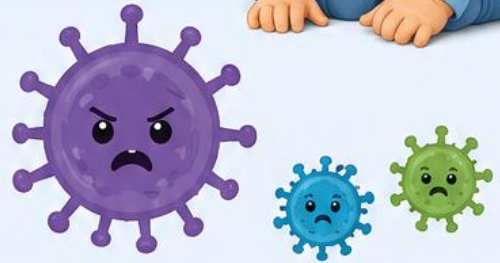
PNEUMOCOCCAL VACCINE

Protecting your baby against pneumococcal disease



The pneumococcal vaccine helps protect your baby against pneumococcal disease caused by bacteria.

It can cause serious illnesses such as meningitis, pneumonia and septicaemia.



WHAT IS PNEUMOCOCCAL DISEASE?



Pneumococcal bacteria can cause serious infections such as meningitis (an infection of the lining of the brain and spinal cord), pneumonia (an infection of the lungs) and septicaemia (blood poisoning).

These illnesses can be very serious and life-threatening.



The pneumococcal vaccine helps protect your baby against these serious infections.

YOUR BABY'S PNEUMOCOCCAL VACCINE SCHEDULE

The pneumococcal vaccine is given as a course of 2 doses:



1st dose
16 weeks old



2nd dose
1 year old



If you have any questions, please contact your local immunisation team.



01224 555333

We're here to help.



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



For more information, visit www.nhsgrampian.org

For more information: www.grampianvax.com



Chronic Pain Support at the Hub - Just Drop In



The Pain Pod

A calm, supportive space for people living with chronic pain.



The Pain Pod has been created as a calm, supportive space where people from across Grampian can:

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

This is not a clinical treatment service.
It's a space to feel supported at your own pace.



The hub has a dedicated Pain Champion available on Thursdays who can help signpost you to appropriate services and support.

However the space is available during opening hours for self guided support.
Just drop in – No appointment necessary.



You're welcome at
The Listening Cup
Chronic Pain Support Café



A relaxed peer support space for people living with chronic pain.



Connect with others who understand



Share experiences and explore helpful ways of coping



No clinical programme – just conversation, support & a cuppa



3RD SATURDAY
of every month



ABERDEEN VACCINATION & WELLBEING HUB
BON ACCORD CENTRE
ABERDEEN AB25 1HZ

10:30AM – 12:00PM



Everyone is welcome.



NHS
Grampian



Aberdeen Vaccination & Wellbeing Hub Calendar of Events

1st – 17th October 2026



Monthly Calendar

Thurs 1 st Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Bon Accord Care Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Fri 2 nd Oct	CHSS Health Defence Team Health Checks by Appointment only				
Mon 5 th Oct	CFINE – Safe Team Welfare Rights & Budgeting 9.30-12.00pm	ACH& SCP Budget Consultation 9.30-12.30pm	Pathways Employment 1.00-4.00pm	Scottish Fire & Rescue 1.00-4.00pm	AFCCT – Knit and Natter 2-4pm
Tues 6 th Oct	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Stand Up to Falls 9.30 – 12.00pm		
Wed 7 th Oct	Home Energy Scotland 1.00-4.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm			
Thurs 8 th Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Social Security Scotland 10.00-4.00pm	Bon Accord Care Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 9 th Oct	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only			
Sat 10 th Oct	Urine Good Company Bladder Support Group 11.00-12.00pm			World Mental Health Day	
Mon 12 th Oct	CFINE – Safe Team Welfare Rights & Budgeting 9.30-12.00pm	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	Scottish Fire & Rescue 1.00-4.00pm	Pathways Employment 1.00-4.00pm	AFCCT – Knit and Natter 2-4pm
Tues 13 th Oct	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Stand Up to Falls 9.30 – 12.00pm	Scottish Fire & Rescue 1.00-4.00pm	
Wed 14 th Oct	Silver City Surfers 1:1 IT Support 2.00-4.00pm				
Thurs 15 th Oct	Asthma & Allergy Foundation 9.30 - 12.30pm	Clan Cancer Support 9.30-1pm	Bon Accord Care Telecare 1.00 - 4.00pm	CHSS Health Defence Team – Health Checks by Appointment Only	
Fri 16 th Oct	CHSS Health Defence Team Health Checks by Appointment Only				
Sat 17 th Oct	The Listening Cup Chronic Pain Peer Support Café 10.30 - 12.00noon				

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

19th – 30th October 2026



Monthly Calendar

Mon 19 th Oct	CFINE – Safe Team Welfare Rights & Budgeting 9.30-12.00pm	Pathways Employment 1.00 -4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm	
Tues 20 th Oct	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Stand Up to Falls 9.30 – 12.00pm	Scottish Fire & Rescue 1.00-4.00pm
Wed 21 st Oct	Home Energy Scotland 1.00-4.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm		
Thurs 22 nd Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Bon Accord Care Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only	
Fri 23 rd Oct	Quarriers Carers Drop-In 11.00 – 12.00pm	CHSS Health Defence Team Health Checks by Appointment only		
Mon 26 th Oct	Scarf Energy Advice Home Energy Savings 10.00 - 12.00pm	CFINE – Safe Team Welfare Rights & Budgeting 9.30-12.00pm	Pathways Employment 1.00 -4.00pm	AFCCT – Knit and Natter 2.00 – 4.00pm
Tues 27 th Oct	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		Stand Up to Falls 9.30 – 12.00pm	
Wed 28 th Oct	Scottish Fire & Rescue 1.00-4.00pm	Silver City Surfers 1:1 IT Support 2.00-4.00pm		
Thurs 29 th Oct	Asthma & Allergy Foundation 9.30 – 12.30pm	Clan Cancer Support 9.30-1pm	Bon Accord Care Telecare 1.00-4.00pm	CHSS Health Defence Team Health Checks by Appointment only
Fri 30 th Oct	CHSS Health Defence Team Health Checks by Appointment only			

Free Health Check

To book in for a free health check with the CHSS Health Defence Team email the team at grampianhub@chss.org.uk
 Or complete a booking form here:



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.



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/



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



October

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.

Breast Cancer Awareness Month



www.breastcancernow.org/



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

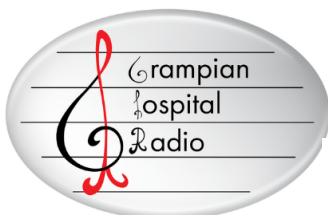
World Menopause



www.imsociety.org/



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



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Hospital Radio

www.grampianhospitalradio.org/listen



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



Listen to 99.8fm online