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



ABERDEEN BEFRIENDING NETWORK

The Aberdeen Befriending Network is hosting a special event all about making connections, reducing loneliness, discovering local support, and finding out how volunteering can make a real difference in our community.

Join us at the Aberdeen Vaccination & Wellbeing Hub on Saturday 7th November 11.00am - 3.00pm

Get a Digital Copy of this Newsletter Here

Aberdeen City Health & Social Care Partnership
A caring partnership

Aberdeen City Vaccination & Wellbeing Hub

Unit 19, Bon Accord Centre
(Across from Costa Coffee)

Just Walk In

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 Thursdays & Fridays by appointment only. You can refer yourself by e-mailing the team at **grampianhub@chss.org.uk**





GP WALK-IN CENTRES

On-the-Day Care for Minor Health Problems

NHS Grampian



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.

www.nhsgrampian.org/service-hub/gpwalk-in-centres/

Shingles



Shingles can be **very painful** and is more common among **older people.**
The older you are, the worse it can be. For some, the pain caused by shingles can last for many years.

People who have a **severely weakened immune system** are at a higher risk of getting shingles or experiencing further complications from shingles.

The shingles vaccine helps to build up your immunity to the virus.
This means if you do get shingles, your body will fight it off more easily. Having the vaccine helps to reduce the risk of you experiencing long-term pain from shingles.

You can get the shingles vaccine if you:

- **were aged 65 or 70 on 1 September 2026**
- **were aged 71 to 79 on 1 September 2026**
- **You have a severely weakened immune system as follows:**
  - have a severely weakened immune system and are aged 18 or over
  - are about to start immunosuppressive therapy, are aged 18 or over, and your doctor has told you to get the shingles vaccine
  - If you had the Zostavax vaccine before becoming immunosuppressed, it's recommended that you now get 2 doses of the Shingrix vaccine.

If you can get the shingles vaccine depends on your age and if you have an eligible health condition.

Click on the QR code for more info or visit:

www.nhsinform.scot/healthy-living/immunisation/shingles-vaccine/

Scan for more information

Our shingles Vaccination Programme will commence from December 2026 onwards with appointment letters starting to be sent out to all eligible people from **November 2026.**

For more information: **www.grampianvax.com**

SAVE THE DATE

FREE HEALTH MOTs FOR OVER 50s

11 opportunities in 2027 to check in on your health!

Small steps... Healthier tomorrows



Prioritise your health & wellbeing

A Health MOT provides an opportunity to check your health and wellbeing, identify potential health **risks and** receive personalised advice and support to help you stay healthy and active.

- **Blood Pressure Check**
- **Height & Weight Measurement**
- **Lifestyle & Wellbeing Advice**
- **Signposting to Local Support Services**

Open to all adults aged 50+

2027 HEALTH MOT DATES

- Monday 25 January
- Monday 22 February
- Monday 29 March
- Monday 26 April
- Monday 31 May
- Monday 28 June
- Monday 26 July
- Monday 30 August
- Monday 27 September
- Monday 25 October
- Monday 29 November

VENUES TO BE CONFIRMED

Further details, locations and booking arrangements will be released closer to each event.

Keep an eye on local community notices and social media channels for updates.

Supporting you to stay well, active and independent

Aberdeen City Health & Social Care Partnership
A caring partnership

Chest Heart & Stroke Scotland

sport aberdeen
Charity no SC040973

Healthier People Stronger Communities

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*

10:30AM – 12:00PM

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

Everyone is welcome.

NHS Grampian

Just Walk In

Aberdeen Vaccination & Wellbeing Hub Calendar of Events

2nd – 14th November 2026



Monthly Calendar

Mon 2nd Nov	**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 3rd Nov	**CFINE Community Food Outlet** Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		**Stand Up to Falls** 9.30 – 12.00pm	**Oral Health** 10.00-12.00pm
Wed 4th Nov	**Scottish Fire & Rescue** 9.00-12.00pm	**Home Energy Scotland** 1.00-4.00pm	**Silver City Surfers 1:1 IT Support** 2.00-4.00pm	
Thurs 5th Nov	**Asthma & Allergy Foundation** 9.30 – 12.30pm	**Stand Up to Falls** 9.30 – 11.30am	**Bon Accord Care Telecare** 1.00-4.00pm	**CHSS Health Defence Team** Health Checks by Appointment only
Fri 6th Nov	**CHSS Health Defence Team** Health Checks by Appointment only			
Sat 7th Nov	**Aberdeen Befriending Network Event** 11.00am – 3.00pm			
Mon 9th Nov	**CFINE – Safe Team** Welfare Rights & Budgeting 9.30-12.00pm	**Scarf Energy Advice** Home Energy Savings 10.00 - 12.00pm	**Pathways Employment** 1.00-4.00pm	**AFCCT – Knit and Natter** 2.00-4.00pm
Tues 10th Nov	**CFINE Community Food Outlet** Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		**Stand Up to Falls** 9.30 – 12.00pm	
Wed 11th Nov	**Scottish Fire & Rescue** 1.00-4.00pm	**Silver City Surfers 1:1 IT Support** 2.00-4.00pm		
Thurs 12th Nov	**Asthma & Allergy Foundation** 9.30 - 12.30pm **Working Health Services** 9.30-12.30pm	**Stand Up to Falls** 9.30 – 12.00pm	**Clan Cancer Support** 9.30-1.00pm	**Bon Accord Care Telecare** 1.00 - 4.00pm
Fri 13th Nov	**Quarriers Carers Drop-In** 11.00 – 12.00pm	**CHSS Health Defence Team** Health Checks by Appointment only		
Sat 14th Nov	**Urine Good Company** Bladder Support Group 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

Aberdeen Vaccination & Wellbeing Hub
Calendar of Events
16th – 30th November 2026



Monthly Calendar

Mon 16th Nov	**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 17th Nov	**CFINE Community Food Outlet** Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		**Stand Up to Falls** 9.30 – 12.00pm	**ACH& SCP Budget Consultation** 9.30-12.00pm
Wed 18th Nov	**Home Energy Scotland** 1.00-4.00pm	**Scottish Fire & Rescue** 1.00-4.00pm	**Silver City Surfers 1:1 IT Support** 2.00-4.00pm	
Thurs 19th Nov	**Asthma & Allergy Foundation** 9.30 – 12.30pm **Working Health Services** 9.30-12.30pm	**Stand Up to Falls** 9.30 – 11.30am	**Bon Accord Care Telecare** 1.00-4.00pm	**CHSS Health Defence Team** Health Checks by Appointment only
Fri 20th Nov	**CHSS Health Defence Team** Health Checks by Appointment only			
Sat 21st Nov	**The Listening Cup** **Chronic Pain Peer Support Café** 10.30 - 12.00pm			
Mon 23rd Nov	**CFINE – Safe Team** Budgeting 9.30-12.00pm	**Clan Cancer Support** 9.30-1.00pm **Scarf Energy Advice** 10.00 - 12.00pm	**Scottish Fire & Rescue** 1.00-4.00pm	**AFCCT – Knit and Natter** 2.00 – 4.00pm
Tues 24th Nov	**CFINE Community Food Outlet** Locally Sourced Fruit, Veg, Eggs & Snack Sale 10.00 – 3.00pm		**Stand Up to Falls** 9.30 – 12.00pm	**ACH& SCP Budget Consultation** 9.30-12.00pm
Wed 25th Nov	**Snowdrop Team- Kings Community Foundation** 2.30-4.00pm		**Silver City Surfers** **1:1 IT Support** 2.00-4.00pm	
Thurs 26th Nov	**Asthma & Allergy Foundation** 9.30 – 12.30pm **Working Health Services** 9.30-12.30pm	**Stand Up to Falls** 9.30 – 12.00pm	**Oral Health** 10.00-12.00pm	**Bon Accord Care Telecare** 1.00-4.00pm
Fri 27th Nov	**Quarriers Carers Drop-In** 11.00 – 12.00pm	**CHSS Health Defence Team** Health Checks by Appointment only		
Mon 30th Nov	**CFINE – Safe Team** Welfare Rights & Budgeting 9.30-12.00pm	**Pathways Employment** 1.00 -4.00pm	**Scottish Fire & Rescue** 1.00-4.00pm	**AFCCT – Knit and Natter** 2.00 – 4.00pm

Free Health Check

To book in for a free health check with the CHSS Health Defence Team visit www.chss.org.uk/healthdefence

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 City Health & Social Care Partnership
A caring partnership

Aberdeen City Vaccination Wellbeing Hub

Unit 19, Bon Accord Centre

Community Information Point

Aberdeen City Health & Social Care Partnership
A caring partnership

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

AGILE

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

NHS Grampian

publichealth
helping health happen

NHS Grampian

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

www.diabetes.org.uk/

www.nhsgrampian.org/your-health/diabetes-in-grampian/

Lung Cancer Awareness Month

www.roycastle.org/

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

Grampian Hospital Radio

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

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