

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

COVID Booster Spring Booster Final 2 Weeks

Did you have an appointment for your COVID Spring Booster but unable to attend? from the 1st – 12th July you will be able to walk into the Aberdeen Vaccination & Wellbeing Hub, Bridge of Don & Airyhall Vaccination Centres to receive this. You should bring along your original appointment to show eligibility, however we will be able to check you on the system. This programme will finish on Friday 12th July.

We also have arranged local community drop in Clinics at the following locations for COVID, Shingles or Pneumococcal.

Alternatively Contact 01224 555333 to make an appointment.

- Tues 2nd July** - Woodside Fountain Centre – 10.00 – 1.30
- Thurs 4th July** – Tillydrone Community Campus 10.00 – 3.30
- Tues 9th July** – Cummings Park Centre – 10.00 – 2.30
- Wed 10th July** – Northfield Community Centre – 10.00 – 3.30
- Thurs 11th July** – Seaton Community Centre – 10.00 – 3.30
- Friday 12th July** – Greyhope Community Hub – 10.00 – 4.00



Drop In for Cuppa & Conversation in our Community Space



Open Mon to Saturday

9.30 – 4.00pm

We are located in Unit 19, Ground Floor Bon Accord Centre next to the lifts



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.

FREE FAMILY HEALTH & WELLBEING DAY

Wednesday 24th July

10.30 - 3.30pm

Free refreshments, facepainting & tattoos, Bookbug Taster Sessions, Character meet & stalls of health & wellbeing information



Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Centre

Every Monday



Knit and Natter Group

Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Centre



Monday 2.00 - 4.00 pm

Get a Digital Copy of this Newsletter Here






www.nhsgrampian.org/globalassets/services/Aberdeen-vaccination-centre/newsletter/2024/july-Newsletter.pdf

CLINICAL SERVICES

Vaccination Team

During July the following vaccination programmes are being delivered – more information can be found at www.nhsinform.scot/healthy-living/immunisation or click on QR code below:

Shingles	Pneumococcal	COVID Spring Booster 2024
		 1 st – 12 th July only

You will be invited for an appointment if eligible. For any queries or re-scheduling appointments call Aberdeen City Vaccination contact centre **01224 555333 (New number)**



Aberdeen Pre-school Immunisations

Our phone number is changing from 3rd June!

You can re-arrange your appointment at any of the following clinics:

- Bridge of Don
Inverurie Road Bucksburn
College Street
- The Hub, Middlefield
Tillydrone Campus
- Old Aberdeen Med Practice
Aberdeen City Vaccination & Wellbeing Hub

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.

Aberdeen Vaccination & Wellbeing Hub

Monthly Calendar of Events 1st – 12th July



Monthly Calendar

Mon 1 st July	Home Energy Scotland Cost of Living 1-4pm	Knit & Natter AFCCT 2-4pm		Minority Mental Health Awareness Month
Tues 2 nd July	North East Sensory Service ICT Support	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm		
Wed 3 rd July	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30			Alcohol Awareness Week
Thurs 4 th July	Pathways Employment Keyworker (drop in) 10 – 12noon	Bon Accord Care – Telecare 1 – 4pm	Asthma & Allergy Foundation 9.30 – 12.30	Alcohol Awareness Week
Fri 5 th July	Penumbra Mental Health Support Drop In 10.00 – 3.00pm	Quarriers – Wee Blether Carers Café 11 – 1pm		Alcohol Awareness Week
Mon 8 th July	Closed for Public Holiday			
Tues 9 th July		CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm		Alcohol Awareness Week
Wed 10 th July	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30	British Liver Trust 10 – 12.30		Chronic Disease Day (Diabetes, Heart Disease and hypertension)
Thurs 11 th July	Pathways Employment Keyworker (drop in) 10 – 12noon	Social Security Scotland Benefits Support 10.00 – 12.30	Asthma & Allergy Foundation 9.30 – 12.30	Alzheimer Scotland / Brain Health 10.00 – 2.00pm
Fri 12 th July	Penumbra Mental Health Drop In 10.00 – 3.00pm	CFINE Safe Team Benefits Support 10.00 – 12.00	Quarriers – Wee Blether Carers Café 11 – 1pm	



CFINE Community Food Outlet

Aberdeen City Vaccination and Wellbeing Hub
Bon Accord Shopping Centre, Aberdeen

Community Food Outlet
Local Fruit, Veg & Eggs Sale
Every Tuesday 10 – 3pm

Aberdeen Vaccination & Wellbeing Hub

Monthly Calendar of Events (15th – 31st July)



Monthly Calendar

Mon 15 th July	Home Energy Scotland Cost of Living 1-4pm	Knit & Natter AFCCT 2-4pm			UV Safety Awareness Month Summer Health & Wellness UV Health Water Safety Summer Wellness
Tues 16 th July		CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm			
Wed 17 th July	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30				
Thurs 18 th July	Pathways Employment (drop in) 10 – 12	Bon Accord Care – Telecare 1 – 4pm	Asthma & Allergy Foundation 9.30 – 12.30		
Fri 19 th July	Penumbra Mental Health Drop In 10.00 – 3.00pm	Quarriers – Wee Blether Carers Café 11 – 1pm			
Mon 22 nd July	Menopause Peer Support Group 12.30 – 1.15	Knit and Natter 2–4pm			
Tues 23 rd July	CFINE CFO Locally Sourced Fruit, Veg, Eggs Sale – 10 – 3pm	NHS Grampian Adult Autism Assessment Team – Drop in Sessions for those on Waiting List 12.00noon – 4.30pm			
Wed 24 th July	Free Family Health & Wellbeing Day – Open Doors 10.30 – 3.30pm				International Self Care Day
Thurs 25 th July	Pathways Employment Keyworker (drop in) 10 – 12noon	Asthma & Allergy Foundation 9.30 – 12.30	Social Security Scotland Benefits support 10.00 – 12.30	Dementia Scotland / Brain Health 10.00 – 12.00	Bon Accord Care – Telecare 1-4pm
Fri 26 th July	Penumbra Mental Health Drop In 10.00 – 3.00pm		Quarriers – Wee Blether Carers Café 11 – 1pm		
Mon 29 th July	Home Energy Scotland Cost of Living 1-4pm	Knit & Natter AFCCT 2-4pm			World Hepatitis Day (28th)
Tues 30 th July		CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm			
Wed 31 st Jul	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30				



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


 ABERDEEN CARERS
SUPPORT SERVICE

**Every Friday
11-1 pm**

 Aberdeen City
Health & Social Care
Partnership
A caring partnership

 ABERDEEN
CITY COUNCIL

 NHS
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Are you an NHS hearing aid wearer?

You can now get your free NHS replacement batteries* from:

Aberdeen City Vaccination & Wellbeing Hub
Bon Accord Centre
(Mon - Sat, 9.15am - 4.30pm)

Aberdeen Community Health and Care Village
50 Frederick Street
(Mon - Fri, 8am - 5pm)

Community Nursing Outreach Team
Middlefield Community Project, Manor Avenue
(Mon - Fri, 9am - 4pm)

Please remember to bring along your battery letter.

* Sizes 13, 312 & 675 batteries only.

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Grampian Gathering
Saturday 28th September 2024

*Venue: King's Church Bridge of Don AB23 8BL * Time: 10:30am - 4pm*

The Event is free!!!

Booking is required to plan the light lunch provided

Book using the link or Phone 01224045624

What is on at the Gathering

- Stalls from community based interventions
- **Speakers and workshop on**
- Getting it right in end - planning for death & dying
- Managing physical and mental health
- Living with long term ill health or degenerative disease
- Over 50 gathering or parliament



Grampian Gathering 2024 Booking From
Email: granitecitygathering@aberdeencity.gov.uk

 Stay Well Stay Connected

 shmu
create • express • transform


 acvo

 age Scotland


 public health
helping health happen



Stay Connected with what is going on within the Partnership to support your 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/





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.

Tuesday 23rd July – 12.00pm – 4.30pm
and
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.




July



Alcoholchange.org.uk

Alcohol Awareness Week
3rd – 9th July



NHS Grampian Alcohol Support



Grampian Sexual Health

World Hepatitis Day
28th July



World Health Organisation



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www.stream.shmu.org.uk/fm



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