

Aberdeen City Vaccination & Wellbeing Hub



What's on - March



Pneumococcal Programme

Pneumococcal Infection can cause serious illnesses like pneumonia and bacterial meningitis. They can also cause other conditions like severe ear infections. If you are eligible for the vaccine you will receive an appointment letter. We are currently inviting all over 65s.

For more information please click on QR Code or pop in to speak to a member of the Team.



Shingles Programme

2nd Dose Shingles appointments commence from 10th March onwards. By appointment only. If you have not received your appointment call **0800 030 4713**.



Now Administered at Hub on GP Prescription. By appointment only
Call 0800 030 4713

MEASLES - MMR

Are you up to date with your / your child's MMR?

www.grampianvax.com/cases-of-measles-are-on-the-rise/ for more info

For an appointment call

0800 030 4713

You will require to take a **copy of your MMR vaccine history with you.**

Available from your GP.

Community Treatment & Care (CTAC)

Mon - Fri

Appointments can be made by calling the booking line on **01224 550200**

See Page 4 for More Information



March

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.

Healthy Eating



No Smoking Day
(13th March)



More Info Available in Hub

Mighty Oaks

Menopause Walk & Talk

Monday 4th March & Monday 18th March
1.00-2.30pm

No booking necessary
Just walk in.

Menopause support packs available in Hub



Every Tuesday 10 – 3pm
CFINE Community Food Outlet

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

Sale of Fruit, Veg, Eggs, Snacks

Walk into our Community Hub for a Free Cuppa & Conversation – Mon - Sat 10-4pm


Aberdeen Links
Connecting local communities
Aberdeen Links Practitioner onsite –
Tues – Fri (GP Referrals & service promotion)

healthpoint
WALK IN FOR INFORMATION

Come in and browse our range of health & wellbeing leaflets. Pick up free sanitary products & condoms.



Just Walk In

We are located in The Bon Accord Centre Across from Costa Coffee



Penumbra Mental Health

1st Response Team –
Every Friday 10 – 3pm
Walk In
(No appointment necessary)

QUARRIERS



Carers

Conversation Cafe

Every Friday 12 – 2pm



Community Partners Visiting in March

The following services and organisations will be visiting the hub to speak to people in the Community Café Area. Come along, have a cuppa & find out what support is available to you.



Date	Time	Organisation	Promoting	Location
Every Tues	10.00 – 3.00	CFINE	Community Food Outlet – Selling affordable Fruit, Veg, Eggs and snacks	Cafe
Every Wed	10.30 – 12.30	Aberdeen In Recovery	Naloxone Training & Peer Support	Cafe
	1.00 – 4.00pm	Home Instead Starting from 20 th March	Home Care, Companionship, Nutrition, Diabetes, Parkinson's, Cancer Care & more	Cafe
Every Thurs	10.00 – 12.30	Alzheimer Scotland	Brain Health Resource Centre Promotion	Cafe
	10.00 – 12.30	Pathways	Employment Keyworker	Just walk in.
	9.30 – 12.30	Social Security Scotland	Benefits, Debt advice, job start payments, energy bills payment, disability payments,	Cafe
	1.00 – 4.00	Bon Accord Care	Telecare equipment to support independent living & peace of mind for family/carers	Cafe
Every Fri	10.00 – 3.00	Penumbra Mental Health	Mental health 1 st Response Team -Offering listening ear and practical support for people in distress/ low mood, anxiety etc – Just Walk In	Walk in Service
	12.00 – 2.00	Quarriers	Carers “Wee Blether” Conversation Café	Cafe
Fri 1st	10.00 – 3.00	Penumbra	Self Injury Awareness Day	Bon Accord Foyer
Mon 4th	1.00 – 2.30	Menopause	Menopause Walk & Talk – Just Walk In	Workshop
Tues 5th	9.30 – 12.30	Childsmile	Children's Oral Health	Cafe
	1.00 – 4.00	Home Energy Scotland	Energy Savings Advice	Cafe
Wed 6th	9.30 – 12.30	Scottish Fire & Rescue	Home Safety	Café
Tues 12th	9.30 – 12.30	Scottish Fire & Rescue	Home Safety	Café
Wed 13th	10.00 – 12.00	SHMU	Adult Wellbeing Development Worker	Café
	10.00 – 4.00	No Smoking Day	Health Point Information Table	Cafe
Thur 14th	9.30 – 12.30	Childsmile	Children's Oral Health	Cafe
Mon 18th	9.30 – 12.30	Childsmile	Children's Oral Health	Cafe
	1.00 – 2.30	Menopause	Menopause Walk & Talk – Just Walk In	Workshop
Tues 19th	1.00 – 4.00	Home Energy Scotland	Energy Savings Advice	Cafe
Wed 20th	9.30 – 12.30	Scottish Fire & Rescue	Home Safety	Café
Mon 25th	10.00 – 12.00	SHMU	Adult Wellbeing Development Worker	Cafe
Tues 26th	10.00 – 12.30	Scottish Fire & Rescue	Home Safety	Cafe
Wed 27th	9.30 – 12.30	Community Assessment and Rehabilitation Service (CAARS) & Sport Aberdeen	Safer Mobility / Falls Prevention and Allied Health Professional Advice & support.	Cafe
	9.30 – 12.30	Childsmile	Children's Oral Health	Cafe





low mood
anxious
overwhelmed
stressed out?
don't want to be here
self-harm
not going out
worried about life
thoughts of suicide

Our friendly team can offer a listening ear and practical support to help you safely plan your next steps

Drop in to see us!

Aberdeen City Vaccination Centre, Bon Accord Centre
Ground floor (Next to Costa)
Fridays 10am-3pm



0800 234 3695
Aberdeen 1st Response
Aberdeen1stResponse@penumbra.org.uk
penumbra.org.uk

Community Respiratory Team

Collaboration between NHS Grampian and Chest Heart Stroke Scotland, newly established Community Respiratory Team hold weekly clinics at the Aberdeen City Vaccination & Wellbeing 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.



Aberdeen
in Recovery.



Aberdeen in Recovery (AiR) is a Lived Experience Recovery Organisation and a Recovery Community in Aberdeen City Centre. AiR offer peer support to those in recovery from addiction and their families through a variety of groups and meetings as well as social events. AiR offer peer Naloxone Training and peer support every Wednesday from 10.30 – 12.30 at the Vaccination & wellbeing hub.

Healthy lifestyle, wellbeing & tackling inequalities



Aberdeen Links
Connecting local communities

What we do

Aberdeen Link's Service provides information and practical support to people linking them to services and their local communities, helping them to overcome challenges and barriers that are impacting on their life.

How can we help?

Link Practitioners can refer you to services that are experts in providing advice and practical support to you, so that you can deal with any issues affecting your life.

- Money and benefit advice, debt management and budgeting
- Local activities and social groups to help you with loneliness and getting involved in your local community
- Care services and carers' support groups
- Volunteering opportunities to help build confidence and combat isolation
- Getting into work, training and education
- Housing and homelessness

For more information about the service contact your local GP practice and ask for a referral to the Link's service.



Your information and the Aberdeen Links Programme
All personal data is processed and stored securely in accordance with the General Data Protection Regulation (GDPR) 2018. This referral is made with your consent and you can withdraw your consent at any time. For details of how to do this and about how your GP Practice will share and store your personal information in relation to a referral to the Aberdeen Links Programme (delivered by Scottish Association for Mental Health - SAMH) please refer to your GP Practices Privacy Notice which can be obtained from your GP Practice Manager.



Free songwriting course
No experience required

New course dates added!
Book now to avoid disappointment.

First course Fully Booked!

Tuesdays 2-4pm
Starting Tuesday 13th February for 5 weeks

Stories Through Songs

At the Vaccination & Wellbeing Hub, Bon Accord Centre

Register at QR code or contact:
M: 07588471390
E: rdunn@cfine.org

Aberdeen City Health & Social Care Partnership
cfine
Aberdeen City Council

What is a Link Practitioner?

- Link Practitioners are based in your GP practice and you're GP or any other person working in the surgery can refer you to the Link's service.
- Link Practitioners have the time to have meaningful conversations with you, helping you to identify and prioritise the issues you have that are affecting your quality of life.
- Link Practitioners know what is happening in the local area, helping people access all their local community has to offer.



Click for digital Copy of Brochure



Energy Savings Advice & funding



Health Visiting Team

Aberdeen City Central Health Visitors are currently introducing new ways of working and are inviting 8 month old babies to the Aberdeen City Vaccination and Wellbeing Hub for their developmental review. We are aware of the importance of early intervention and parents have so far been happy to attend. Any families living in the Central area may receive a phone call or letter inviting them to an appointment Hub.

Please note that this service is by appointment only and if you have any questions please contact your health visiting team.

QARRIERS

Live Independently
& Carer Support



tackling poverty
together



Employability, Learning
& Counselling



Children's
Oral
Health



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland



Home Safety
& Wellbeing



Community Alarm
Telecare



Aberdeen Brain Health Service

Do you know your risk
factors for dementia?

The Aberdeen Brain Health Service will enable you to understand and identify your own personal risk for the diseases that can lead to dementia and support you with a personalised action plan.



Identification
of Risk



Personalised
Action Plan



Telephone us:
NHS Grampian Healthpoint
08085 20 20 30

or visit us:
Alzheimer Scotland Brain Health
and Dementia Resource Centre,
13-19 King Street,
Aberdeen AB24 5AA

Opening hours:
Monday to Friday:
9.00am - 5.00pm

To find out more please visit:
www.nhsgrampian.org/brainhealth
or scan our QR code



Skills Development,
digital inclusion,
employability, tackling
inequalities, wellbeing



Social Security Scotland
Tearainteachd Shòisealta Alba

Benefits – Family,
Disability, Carer,
Heating, funeral,
Job Start



Home Care,
companionship,
personal Care,
Specialist care



Community Treatment and Care Services

Important notice for patients at Aberdeen City GP Practices

The Community Treatment and Care (CTAC) Clinics are a nurse-led service which provide a specialist range of services, some of which you may currently be more familiar with receiving at your GP Practice.

Services will include:

- **Blood Pressure** - Checking your blood pressure, if this has been requested by your GP Practice.
- **Blood Tests** - Taking blood samples that have been requested by your GP Practice.
- **Ear Care** - Specific criteria to be met, Clinics will advise.
- **Removal of sutures/staples** - After surgery or injuries.
- **Wound Care** - Assessing and dressing wounds in partnership with your GP surgery.
- **PICC Line Care** - If you have this in situ.
- **Routine Urinary Catheter Care** - Urinary Catheter change/removal, if requested by your GP.
- **ECG (Electrocardiogram)** - If this has been requested by your GP Practice



Scan for full list of
Services



What this means for me?

Patients will benefit from having access to expertly trained nursing staff at the CTAC Clinics for assessment and treatment, in addition to your GP Practice. This will offer you more options of locations to attend for your healthcare needs, across the City.

Your GP Practice will be kept up to date on your management, and involved in your care, should it be necessary.

It's a new way of receiving care - one which helps us ensure people are able to see the right person at the right place at the right time, and one which we are sure the community will come to value.

Where to find us?

Community Treatment and Care (CTAC) Clinics:

- Inverurie Road Clinic, 106 Inverurie Road, Bucksburn, Aberdeen, AB21 9AT
- Bridge of Don Clinic, Cairnfold Road, AB22 8LD
- College Street Hub, 90 College Street, Aberdeen, AB11 6FD
- Carden House, Carden Place, AB10 1UT
- Northfield Health Clinic, Quarry Road, Northfield, AB16 5UU
- Kincorth Medical Centre, Provost Watt Drive, AB12 5NA
- Airyhall Clinic, Springfield Road, AB15 7RF
- Aberdeen City Vaccination Centre, Bon Accord Centre, George Street, AB25 1BW

How do I book an appointment?

Appointments for the clinics can be made by calling the booking line between 8.30 am - 4.30 pm.

