

# What's Going on at the Vaccination & Wellbeing Hub In February 2025

## Shingles & Pneumococcal

From January to March the Shingles and Pneumococcal programmes will be running at our Vaccination Centres in Bridge of Don, Airyhall and the Vaccination & Wellbeing Hub. These will be by appointment only. If you are eligible you will be invited for an appointment. You can find out more about your eligibility here:

### Shingles



### Pneumococcal



Re-schedule your appointment by contacting the local Call Centre on **01224 555333**

## Winter Vaccinations

It's not too late to get your Flu Vaccinations. You can walk into the Aberdeen Vaccination & Wellbeing Hub, Bridge of Don or Airyhall Clinics. Check your eligibility here: [www.nhsinform.scot/healthy-living/immunisation](http://www.nhsinform.scot/healthy-living/immunisation)



## Drop In for Free Cuppa & Conversation

Just Walk In

in our Community  
Space

Open Monday to Saturday  
9.30 – 4.00pm



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

## Q-CARRIERS

ABERDEEN CARERS  
SUPPORT SERVICE



## “Wee Blether” Carers Conversation Cafe

Free Soup & Hot Drinks,  
Meet with Wellbeing Team, Carers Support  
Service and Care Management Team



Every Friday  
11-1 pm

Get a Digital  
Copy of this  
Newsletter  
Here



Download



## 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.

## CLINICAL SERVICES

### Vaccination Team

**Winter Vaccines** – To re-schedule your Winter Vaccinations, you can do this via the Online Vaccination Portal at [https://vacs.nhs.scot/csp@id+csm\\_login](https://vacs.nhs.scot/csp@id+csm_login) or by contacting the National Contact Centre on 0800 030 8013 or Walk into the Aberdeen Vaccination & Wellbeing Hub – No appointment necessary. COVID vaccines are available until 31<sup>st</sup> January and Flu Vaccines are available until 31<sup>st</sup> March 2025.

**Routine Vaccines (Shingles, Pneumococcal and RSV)** – to re-schedule your routine vaccines or any other vaccination enquiries, please contact our local Contact Centre on 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 tests 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.

If you are interested in  
promoting your service/  
support within the Hub –  
please contact  
[gram.acvcbonaccordbookin@nhs.scot](mailto:gram.acvcbonaccordbookin@nhs.scot)



Local Fruit, Veg & Eggs Sale  
**Every Tuesday 10 – 3pm**



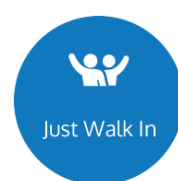
**CFINE Community Food Outlet**  
Aberdeen City Vaccination and Wellbeing Hub  
Bon Accord Shopping Centre, Aberdeen



# Aberdeen Vaccination & Wellbeing Hub

## Monthly Calendar of Events

### 3<sup>rd</sup> -14<sup>th</sup> February



#### Monthly Calendar

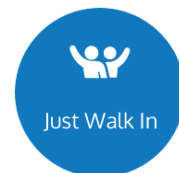
Mon 3 <sup>rd</sup> Feb	<b>Wellbeing Co-ordinators</b> Motivational Monday 10.00 - 12.00pm	<b>Scottish Fire &amp; Rescue</b> 1.00-4.00pm	<b>AFCCT - Knit and Natter 2-4pm</b>		
Tues 4 <sup>th</sup> Feb	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	<b>Alcohol &amp; Drugs Action</b> 1.00 - 4.00pm	<b>Four Pillars LGBTQ &amp; Workshop – Online Safety</b> 2.00 – 4.00pm		<b>World Cancer Day</b>
Wed 5 <sup>th</sup> Feb	<b>Chronic Pain Community Appointment Day</b> <b>Drop In – 10.00 – 4.00pm</b>				
Thurs 6 <sup>th</sup> Feb	<b>Asthma &amp; Allergy Foundation</b> 9.30 – 12.30pm	<b>Alzheimer Scotland</b> 10.00-12.00pm	<b>Pathways Employment Keyworker</b> 10.00 – 12.00	<b>Bon Accord Care Telecare &amp; Digital Support</b> 1.00 – 4.00pm	
Fri 7 <sup>th</sup> Feb	<b>CFINE Safe Team</b> Financial / Benefits Advice 10.00-12.00pm	Quarriers – Wee Blether <b>Carers Café</b> 11 – 1pm			<b>Safer Internet Day</b>
Mon 10 <sup>th</sup> Feb	<b>AFCCT - Knit and Natter 2-4pm</b>				
Tues 11 <sup>th</sup> Feb	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	<b>Scottish Fire &amp; Rescue</b> 1.00-4.00pm	<b>Barclays Bank</b> Digital Safety – Fraud and Scams 1.00 – 4.00pm		
Wed 12 <sup>th</sup> Feb	<b>Aberdeen In Recovery</b> 10:30-12.30				
Thurs 13 <sup>th</sup> Feb	<b>Asthma &amp; Allergy Foundation</b> 9.30 – 12.30	<b>Pathways Employment Keyworker</b> 10.00 – 12.00pm	<b>Bon Accord Care Telecare &amp; Digital Support</b> 1.00 – 4.00pm		
Friday 14 <sup>th</sup> Feb	<b>CFINE Safe Team</b> Financial / Benefits Advice 10.00-12.00pm	Quarriers – Wee Blether <b>Carers Café</b> 11 – 1pm			<b>International Book Giving Day</b>



# Aberdeen Vaccination & Wellbeing Hub

## Monthly Calendar of Events

### 17<sup>th</sup> – 28<sup>th</sup> February



#### Monthly Calendar

Mon 17th Feb	<b>AFCCT - Knit and Natter</b> 2.00–4.00pm	<b>Versus Arthritis</b> Chronic Pain Management 2.00 – 4.00pm			
Tues 18th Feb	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale 10 – 3pm	<b>Barclays Bank</b> Digital Safety – Fraud and Scams 10.00 – 12.00	<b>Alcohol Drugs Action (ADA)</b> 1.00 - 4.00pm	<b>Scottish Fire &amp; Rescue</b> 1.00-4.00pm	
Wed 19th Feb	Aberdeen In Recovery <b>Drugs &amp; Alcohol Peer Support</b> 10-12.30	<b>Andy's Man Club</b> <b>Men's Mental Health</b> 9:30-1:00pm			
Thurs 20th Feb	<b>Asthma &amp; Allergy Foundation</b> 9.30 – 12.30	<b>Pathways Employment Keyworker</b> 10.00 – 12.00pm	<b>Alzheimers Scotland</b> 10.00 - 12.00pm	<b>Bon Accord Care – Telecare</b> 1.00 – 4.00pm	<b>Adult Support &amp; Protection Day – Financial Harm</b>
Fri 21st Feb	Quarriers – Wee Blether <b>Carers Café</b> 11 – 1pm				
Mon 24th Feb	<b>Dept. of Work &amp; Pensions (DWP)</b> 10.00 – 12.00	<b>Barclays Bank</b> Digital Safety – Fraud and Scams 10.00 – 12.00	<b>Scottish Fire &amp; Rescue</b> 1.00-4.00pm	<b>AFCCT - Knit and Natter</b> 2–4pm	
Tues 25th Feb	<b>CFINE Community Food Outlet</b> Locally Sourced Fruit, Veg, Eggs & Snack Sale -10-3pm				
Wed 26th Feb	Aberdeen In Recovery <b>Drugs &amp; Alcohol Peer Support</b> 10-12.30				
Thurs 27th Feb	<b>Pathways Employment</b> Keyworker (drop in) 10 – 12noon	<b>Asthma &amp; Allergy Foundation</b> 9.30 – 12.30	<b>Bon Accord Care – Telecare</b> 1.00 – 4.00pm		
Fri 28th Feb	Quarriers – Wee Blether <b>Carers Café</b> 11 – 1pm				<b>Start of Ramadan</b>






**LGBT+  
WORKSHOPS**

## 4<sup>th</sup> March 2.00- 4.00pm – Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre: **Sexual Health in the LGBT+ Community**

Explore the topic of Sexual Health from the perspective of the LGBT+ community, looking at their specific needs and cultural differences. Learn about safer sex practices and how to access healthcare. **Sexual Health in the LGBT+ Community** talks about different categories of sexually transmitted infections, vectors of transmission, testing and treatment options - while acknowledging and highlighting the challenges LGBT+ people face when accessing sexual healthcare. No Booking necessary – Just drop in.

## College Street Pre-school Clinic

College Street Pre-school Immunisation Clinic is closing from **Monday 24<sup>th</sup> February**. Clinics are relocating to the following locations:

- Health Village from Mon 3<sup>rd</sup> March
- Torry Neighbourhood Centre from Tues 4<sup>th</sup> March
- Countesswells Health & Wellbeing Clinic from Wed 5<sup>th</sup> March

Please speak to your immunisation nurse at your next visit or contact 01223 555333 and one of the team will get back to you. If you are allocated a location that is not suitable, please get in touch to re-schedule your appointment at any one of our Clinic locations.

Health Village Frederick Street Aberdeen	Torry Neighbourhood Centre, Oscar Road, Torry	Countesswells Health & Wellbeing Clinic 31 Wisely Place
Inverurie Road Clinic, 106 Inverurie Rd, Bucksburn	Old Aberdeen Clinic 12 Sunnybank Road, Aberdeen	Middlefield Hub (Healthy Hoose) Manor Avenue, Aberdeen
Tillydrone Community Campus, 52 Hayton Road, Tillydrone	Bridge of Don Clinic Cairnfold Road Bridge of Don Aberdeen	Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre (Drop In Tues & Thurs)





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.aberdeencityhsc.scot/our-delivery/agile/](http://www.aberdeencityhsc.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



## February

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.

### National Heart Month



[www.bhf.org.uk/campaigns/heart-month](http://www.bhf.org.uk/campaigns/heart-month)



[www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/](http://www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/)



### World Cancer Day



[www.worldcancerday.org/](http://www.worldcancerday.org/)



[www.nhsinform.scot/illnesses-and-conditions/cancer/](http://www.nhsinform.scot/illnesses-and-conditions/cancer/)



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