

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



# COVID Booster Spring Vaccination Final 2 Weeks

Did you have an appointment for your COVID Spring Vaccination but unable to attend? from the 1<sup>st</sup> – 12<sup>th</sup> 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 12<sup>th</sup> 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 2<sup>nd</sup> July - Woodside Fountain Centre - 10.00 - 1.30
Thurs 4<sup>th</sup> July - Tillydrone Community Campus 10.00 - 3.30
Tues 9<sup>th</sup> July - Cummings Park Centre - 10.00 - 2.30
Wed 10<sup>th</sup> July - Northfield Community Centre - 10.00 - 3.30
Thurs 11<sup>th</sup> July -Seaton Community Centre - 10.00 - 3.30
Friday 12<sup>th</sup> July - Greyhope Community Hub - 10.00 - 4.00





## **Aberdeen City Vaccination & Wellbeing Hub**

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



01224

555333

College Street The Hub, Middlefield

Tillydrone Campus Old Aberdeen Med Practice

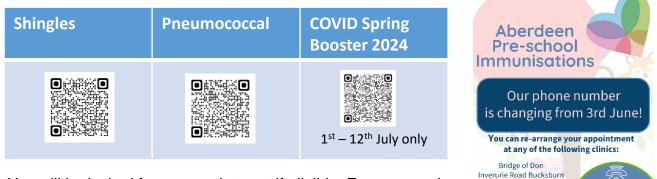
Aberdeen City Vaccination &

Wellbeing Hub

#### **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:



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)

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 1<sup>st</sup> – 12<sup>th</sup> July



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





Community Food Outlet 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 (15<sup>th</sup> – 31<sup>st</sup> July)



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



Grampian Gathe Saturday 28th September 2024

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

# What is on at the Gathering

Stalls from community based interventions

# Speakers and workshop on

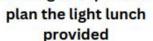
- Getting it right in end planning for death & dying
- Managing physical and mental health
- Living with long term ill health or degenerative disease
- Over 50 gathering or parliament



Grampian Gathering 2024 Booking From

Email: granitecitygathering@aberdeencity.gov.uk





Booking is required to

The Event is free!!!

Book using the link or Phone 01224045624





Stay Well Stay Connected



## Aberdeen City Health & Social Care Partnership

## A caring partnership

## Aberdeen City Vaccination Wellbeing Hub

Unit 19, Bon Accord Centre



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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/



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 23<sup>rd</sup> July – 12.00pm – 4.30pm and 10<sup>th</sup> September – 12.00 – 4.30pm

Anyone on the waiting list is welcome to stop by for as long or as little as they like.



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Listen to 99.8fm online

