

Childhood Immunisation Spotlight - MMR

The World Health Organisation (WHO) describes vaccines as one of the two public health interventions that have the greatest impact on the world's health, the other being clean water. Vaccination can prevent or reduce the severity of disease, minimise disability and save lives. The recommended coverage of 95% in a population is required to control or eliminate disease.



Over the next few months we will spotlight some of our Childhood Immunisation programmes.

The MMR Vaccine protects against measles, mumps & rubella (german measles). These 3 infections spread easily between people and can lead to serious problems including meningitis, blindness and hearing loss. Measles is one of the most transmissible infectious diseases. It can lead to serious and potentially life-threatening complications even years after the original infections. Two doses of the MMR Vaccines gives you long-term protection. Getting vaccinated also helps protect people who cannot be vaccinated, such as unborn babies and anyone with a weakened immune system. Scan for more info:

If your child still requires their 1st or 2nd Dose of MMR, please contact **01224 555333** to schedule an appointment



**Drop In for Free
Cuppa &
Conversation
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

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 Aberdeen 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**

**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.

Winter Flu Programme

It's not too late to get your Flu Vaccinations. If you are eligible to receive your free vaccine, you can walk into the Aberdeen Vaccination & Wellbeing Hub, Bridge of Don or Airyhall Clinics anytime up until the 31st March 2025.

Check your eligibility here:

www.nhsinform.scot/healthy-living/immunisation

CLINICAL SERVICES AT THE HUB

Vaccination Team

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

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.

NHS Grampian Travel Health Service

The new NHS Grampian Travel Health Service aims to help you travel safely by providing the information you need with as little fuss as possible. Travel Health includes information for everyone travelling abroad including information regarding protection against diseases, sun protection, foot and water safety. Most travel vaccinations need to be administered at least 8 weeks before departure. The Aberdeen Vaccination & Wellbeing hub is one of the locations in Grampian where you can access the travel health service. To find out more and book an assessment visit

www.grampianvax.com/travel-vaccination/



epilepsy scotland

**Monthly Aberdeen
Epilepsy Support Group
2-4pm**

**Citadel, 28 Castle St,
Aberdeen, AB11 5BG**

Drop in for a cuppa and chat with others living with epilepsy. Opportunity to meet new friends, find support and information about epilepsy.

For more info, please email
traceyharrison@epilepsyscotland.org.uk



Aberdeen Vaccination & Wellbeing Hub

Monthly Calendar of Events

3rd - 14th March



Monthly Calendar

Mon 3 rd March	Wellbeing Co-ordinators Motivational Monday 10.00 - 12.00pm	AFCCT - Knit and Natter 2-4pm			World Hearing Day
Tues 4 th March	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm	Alcohol & Drugs Action 1.00 - 4.00pm	Four Pillars LGBT+ Workshop Sexual Health 2-4pm	North East Tenants Residents & Landlords - Housing	
Wed 5 th March	Aberdeen In Recovery 10:30-12.30pm	Scottish Fire & Rescue 1.00-4.00pm			
Thurs 6 th March	Asthma & Allergy Foundation 9.30 – 12.30pm	Pathways Employment Keyworker 10.00 – 12.00pm	Bon Accord Care Telecare & Digital Support 1.00 – 4.00pm	Coffee with a Cop 9.30 – 11.30 Just Drop In	
Fri 7 th March	Quarriers – Wee Blether Carers Café 11 – 1pm				
Mon 10 th March	Barclays Bank Digital Safety – Fraud & Scams 10.00-12.30pm	AFCCT - Knit and Natter 2-4pm			MS Awareness Week
Tues 11 th March	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale – 10 – 3pm				
Wed 12 th March	Scottish Fire & Rescue 10.00-12pm	Aberdeen In Recovery 10:30-12.30			
Thurs 13 th March	Asthma & Allergy Foundation 9.30 – 12.30	Bon Accord Care Telecare & Digital Support 1.00 – 4.00pm	Pathways Employment Keyworker	Kidney Care UK & Kidney Disease Nurse	World Kidney Day & No Smoking Day
Friday 14 th March	Quarriers – Wee Blether Carers Café 11 – 1pm	ACHSCP Strategy Consultation 1.00 – 4.00pm			World Sleep Day

If you are interested in promoting your service/support within the Hub – please contact gram.acvcbonaccordbookings@nhs.scot



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



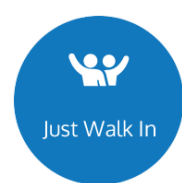
CFINE Community Food Outlet
Aberdeen City Vaccination and Wellbeing Hub
Bon Accord Shopping Centre, Aberdeen



Aberdeen Vaccination & Wellbeing Hub

Monthly Calendar of Events

17th – 28th March






Monthly Calendar

Mon 17th March	AFCCT - Knit and Natter 2.00–4.00pm				Nutrition & Hydration Week
Tues 18th March	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale 10 – 3pm	Alcohol Drugs Action (ADA) 1.00 - 4.00pm	Scottish Fire & Rescue 1.00-4.00pm	ACHSCP Strategy Consultation 1.00 – 4.00pm	
Wed 19th March	Aberdeen In Recovery Drugs & Alcohol Peer Support 10-12.30				
Thurs 20th March	Asthma & Allergy Foundation 9.30 – 12.30	Pathways Employment Keyworker 10.00 – 12.00pm	Alzheimers Scotland 10.00 - 12.00pm	Barclays Bank Digital Safety Fraud & Scams 10.00 - 12.30	Bon Accord Care – Telecare 1.00 – 4.00pm
Fri 21st March	Quarriers – Wee Blether Carers Café 11 – 1pm				World Down Syndrome Day
Mon 24th March	Dept. of Work & Pensions (DWP) 10.00 – 12.00	ACHSCP Strategy Consultation 9.30 – 12.30	Scottish Fire & Rescue 1.00-4.00pm	AFCCT - Knit and Natter 2–4pm	
Tues 25th March	CFINE Community Food Outlet Locally Sourced Fruit, Veg, Eggs & Snack Sale -10-3pm				
Wed 26th March	Aberdeen In Recovery Drugs & Alcohol Peer Support 10.30-12.30				
Thurs 27th March	Asthma & Allergy Foundation 9.30 – 12.30	Pathways Employment Keyworker (drop in) 10 – 12noon	Bon Accord Care – Telecare 1.00 – 4.00pm		
Fri 28th March	Quarriers – Wee Blether Carers Café 11 – 1pm				



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.aberdeencityhscp.scot/our-delivery/agile/

 Aberdeen City Health & Social Care Partnership
A caring partnership

 **JOB VACANCIES HERE**



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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



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




nutritionandhydrationweek.co.uk/



www.healthyweightgrampian.scot.nhs.uk/

No Smoking Day




www.cancerresearchuk.org/



www.nhsgrampian.org/your-health/healthy-living/tobacco/smoking-advice-service/



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