

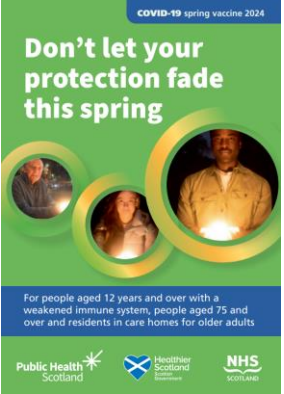
Aberdeen City Vaccination & Wellbeing Hub

Aberdeen City
Health & Social Care
Partnership
A caring partnership

What's on - April



The **Covid-19 Booster Spring Programme** will commence on the 1st April until 30th June and will be offered to the following eligible groups:



Residents in care homes for older adults

People aged 75+ on 30 June 2024 (i.e. born on or before 30 June 1949)

Those aged 6 months+ (on or before 31 March 2024) with a condition that places them at higher risk

Getting vaccinated is the safest and most effective way to protect yourself against COVID-19 circulating this spring. Even if you had a COVID-19 vaccine in the winter, it is important to get another dose this spring to help maintain protection. Optimum protection is derived during the first 3 months after vaccination. Protection does not stop after 3 months, but slowly will start to fade. You will receive an appointment if you are eligible.

More Info here



Aberdeen Pre-school Immunisations

Are you new to the area?
Not yet registered with a GP?
Or just need advice on your child's vaccine schedule?

Come along to the Aberdeen Vaccination and Wellbeing Hub, Bon Accord Centre

Walk in Clinic Tuesday and Thursday 9.30 - 3.30pm

You can now walk into the Aberdeen City Vaccination & Wellbeing Hub on **Tuesday's** and **Thursdays** to speak to an 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 0800 030 4713 to re-arrange your appointment.

Community Treatment & Care (CTAC)

Mon - Fri

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

VITAMIN B12 injections

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

healthpoint
WALK IN FOR INFORMATION

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

Stop by for a Cuppa and Conversation

Have a chat with a healthcare support worker or volunteer in our community area who have a wealth of info about support or where to signpost you.

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.

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.

Community Respiratory Team

Community Respiratory Team delivering clinics Monday – Thursday at the Hub to provide wrap around care to people living with respiratory conditions in Grampian. From early diagnosis, supported self management, acute illness and chronic disease management. By appointment only via GP Referral.

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





April

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.

Bowel Cancer Awareness Month



www.bowelcanceruk.org.uk/



www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/bowel-cancer/

Testicular Cancer Awareness Month



www.macmillan.org.uk



www.nhsgrampian.org/your-health/healthy-living/mental-health/

More Info Available in Hub



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.

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.

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.



Digital Copy of Brochure here



Healthy lifestyle, wellbeing & tackling inequalities



low mood
anxious
overwhelmed
don't want to be here
stressed out?
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



Working to empower communities in Aberdeen
www.acvo.org.uk



Community Food Outlet Selling affordable fruit, veg, eggs & snacks

Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Centre

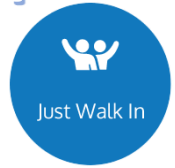


CFINE Community Food Outlet
Aberdeen City Vaccination and Wellbeing Hub
Bon Accord Shopping Centre, Aberdeen
FRUIT AND VEG AVAILABLE TODAY

Every Tuesday
10 - 3 pm

Community Partners Visiting in April

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. See more about what these services offer on page 4



Mon 1st	Closed for Public Holiday			
	09:30 – 12:30	13:00 – 16:00	10:00 – 15:00	Workshop Area
Tues 2 nd		Home Energy Scotland	CFINE Locally sourced Fruit, Veg & Eggs Sale	
Wed 3 rd	Aberdeen In Recovery	Home Instead		
Thurs 4 th	Social Security Scotland & Pathways	Bon Accord Care – Telecare		
Fri 5 th			Penumbra Mental Health Walk in Service	Wee Blether Carers Conversation Cafe
Mon 8 th	Parkinsons UK	Parkinson UK		
Tues 9 th	Parkinsons UK	Parkinsons UK	CFINE Locally sourced Fruit, Veg & Eggs Sale	
Wed 10 th	Aberdeen In Recovery	Home Instead	Parkinsons UK	
Thurs 11 th	Pathways Employability	Bon Accord Care	Parkinsons UK	
Fri 12 th	Parkinsons UK	Parkinsons UK	Penumbra Mental Health Walk in Service	Wee Blether Carers Conversation Cafe
Mon 15 th				Menopause – Bring your own Lunch & Chat – 12.30 – 1.15
Tues 16 th		Home Energy Scotland	CFINE Locally sourced Fruit, Veg & Eggs Sale	CFINE – Grow your own Food (booking required)
Wed 17 th	Aberdeen In Recovery	Home Instead		
Thurs 18 th	Social Security Scotland & Pathways	Bon Accord Care – Telecare		
Fri 19 th			Penumbra Mental Health Walk in Service	Wee Blether Carers Conversation Café
Mon 22 nd				
Tues 23 rd	Diabetes Supported Self Management Psychology Service		CFINE Locally sourced Fruit, Veg & Eggs Sale	CFINE – Grow your own Food (booking required)
Wed 24 th	Aberdeen In Recovery	Home Instead		
Thurs 25 th	Social Security Scotland & Pathways	Bon Accord Care – Telecare		
Fri 26 th			Penumbra Mental Health Walk in Service	Wee Blether Carers Conversation Café
Mon 29 th				Menopause – Bring your own Lunch & Chat – 12.30 – 1.15
Tues 30 th	Scottish Fire & Rescue	Home Energy Scotland	CFINE Locally Sourced Fruit, Veg & Eggs Sale	CFINE – Grow your own Food (booking required)

Digital Links to Visiting Partners during April

 <p>SCOTTISH FIRE AND RESCUE SERVICE Working together for a safer Scotland</p> <p>Scottish Fire & Rescue Staying Safe at Home</p>  <p>www.firescotland.gov.uk/at-home</p>	 <p>Pathways Employability, training & counselling</p>  <p>www.pathways-online.org</p>	 <p>Quarriers Independent Living & Aberdeen Carers Support Service</p>   <p>www.quarriers.org.uk</p>	 <p>CFINE – Community Food Outlet & Safe Team</p>  <p>www.cfine.org</p>
 <p>SHMU Skills Development, digital inclusion, employability, tackling inequalities, wellbeing</p>  <p>www.shmu.org.uk</p>	 <p>Home Energy Scotland Cost of Living Crisis advice on saving energy & keeping warm</p> <p>www.homeenergyscotland.org</p>   <p>www.scarf.org.uk</p>	 <p>Aberdeen in Recovery – Lived experience in recovery from Drugs and Alcohol</p>  <p>www.aberdeeninrecovery.org</p>	 <p>Home Instead Home Care, companionship, personal Care, Specialist care</p>  <p>www.homeinstead.co.uk</p>
 <p>Parkinsons Awareness Week</p>  <p>www.parkinsons.org.uk</p>	 <p>Social Security Scotland Benefits Support - Family, Disability, Carer, Heating, funeral, Job Start</p>  <p>www.socialsecurity.gov.scot/benefits</p>	 <p>Adult Social Care Adult Social Care, Telecare and Community Meals</p>  <p>www.bonaccordcare.org</p>	 <p>Childsmile Children's Oral Health & Healthy Eating</p>  <p>www.childsmile.nhs.scot</p>

Are you Interested In Volunteering in our Community Hub?

For more Information about Volunteering in the Health & Wellbeing Hub in Bon Accord Centre, please e-mail us at www.acvcbonaccordbookings@nhs.scot – Thank you



VOLUNTEER

