

STAY WELL STAY CONNECTED



COMMUNITY GARDENING

"How to get Involved"

Meet the CFINE Community Gardening Team – Lucy and Rebecca, and learn more about what they do. Ask your questions about how to get involved in volunteering or community gardens in Aberdeen, how to start your own community garden, and what gardening related events and training are available to you. Take away a plant or seeds and feel free to bring your own to swap.

Tuesday 7th May
Tuesday 21st May

1.00pm – 3.30pm
No Booking Necessary

At the Vaccination & Wellbeing Hub, Bon Accord Centre

Grow Food Indoors

A FREE course for all levels.
Learn about growing food at home over 5 course sessions

Register here:



Various dates throughout the year

No garden? No problem!

Or contact M: 07588471390 E: rdunn@cfine.org





Knit and Natter Group

Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Centre



Monday
2.00 - 4.00 pm



Bring your Own Knitting/Crocheting
Monday 29th April – 2.00 – 4.00pm
Monday 13th May – 2.00 – 4.00pm
Monday 27th May – 2.00 – 4.00pm








Drop In for Cuppa & Conversation

Mon – Saturday
10.00 – 4.00pm




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



Community Information Point




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

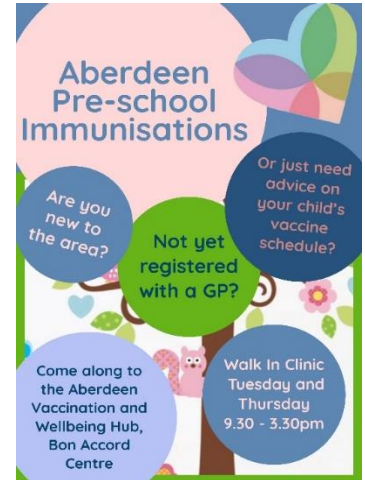


CLINICAL SERVICES

Vaccination Team

During May 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:

Shingles	Pneumococcal	COVID Spring Booster 2024
		



You will be invited for an appointment if eligible. For any queries or re-scheduling appointments call Aberdeen City Vaccination contact centre **0800 030 4712**

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 **0800 030 4713** 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 now administered at the Hub on GP Prescription. By Appointment only. **Call 0800 030 4713.**

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.





CARERS & INDEPENDENT LIVING

Bon Accord Care – Telecare Digital community alarms, sensors, pill dispensers etc
Every Thursday from 1.00 – 4.00pm



Dementia Carers Day – Occupational Therapy, Physiotherapy, Dietitian, Speech & Language Therapy & Mental Health Occupational Therapist staff to provide advice & info
Wednesday 29th May from 10.00 – 3.00pm

Home Instead – Home Care, Companionship, Specialist Care
Every Thursday from 1.00 – 4.00pm



Getting it Right For Everyone (GIRFE)

An opportunity to hear about the Scottish Government's "Getting it Right for Everyone" approach and to test new ideas for a national toolkit to support all adults. In Aberdeen City we are taking part with a particular focusing on Ageing well and Frailty.

Friday 10th May from 10.00 – 12.00 noon

Friday 17th May from 10.00 – 12.00 noon

Wee Blether Carers Conversation Cafe
Every Friday from 11.00 – 1.00pm



QARRIERS



Specsavers Home Visits – Promoting Home visits eye care in the comfort of your own home.

Friday 10th May – 1.00 – 4.00pm



COST OF LIVING SUPPORT/ HOUSING

Aberdeen Cyrenians – Outreach Session – supporting Independence and resilience.
Thursday 30th May – 1.00 – 4.00pm



CFINE Safe Team – Benefits & Cost of Living Support

Friday 3rd May from 10.00 – 12.00noon

Monday 13th May from 10.00 – 12.00 noon

Friday 31st May from 10.00 – 12.00noon



Castlehill Housing

Thursday 23rd May – 9.30 – 12.30pm

Tuesday 28th May – 1.00 – 4.00pm



Home Energy Scotland – Home Energy Savings Advice

Monday 13th May from 1.00 – 4.00pm

Monday 20th May from 1.00 – 4.00pm

Monday 27th May from 1.00 – 4.00pm



Social Security Scotland – Benefits, debt advice, job start payments, energy bills payments disability payments etc.

Thursday 9th May from 9.30 – 12.30pm

Thursday 23rd May – 9.30 – 12.30pm





DRUGS AND ALCOHOL SUPPORT

Aberdeen In Recovery – Naloxone Training & Peer Support

Every Wednesday from 10.00 – 12.30pm



DIGITAL INCLUSION

Learning Disability Week 24 – Digital Inclusion

Various teams attending to showcase Digital Services and support all week.

Monday 6th – Friday 10th May from 10.00 – 3.00pm every day.

EMPLOYMENT SUPPORT

Pathways Employment Keyworker – Drop In Service

Every Thursday from 10.00 – 12.00noon



FALLS PREVENTION & SPORT ABERDEEN PROGRAMMES

Sport Aberdeen & Community Adult Assessment & Rehab Service (CAARS)

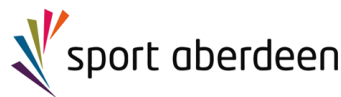
Stand Up to Falls Prevention & Safer Mobility






Friday 3rd May from 1.00 – 3.00pm

Monday 20th May – 9.30 – 12.30pm

Friday 24th May – 1.00 – 4.00pm

Monday 27th May – 9.30 – 12.30pm



<p>Active Lifestyles Programme</p> 	<p>Falls Prevention</p> 	<p>Parkinson's Disease Exercise Programme</p> 	<p>Stroke Exercise Programm</p> 	<p>Good Boost Programme (Back Pain, Osteoarthritis, Fibromyalgia, Rheumatoid arthritis etc)</p> 
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LONG COVID SERVICE

LONG COVID PRACTITIONER

Drop in to speak to a Long COVID Practitioner to answer your questions and support with signposting.

Thursday 2nd May – 9.30 – 12.30pm

Thursday 9th May – 12.30 – 4.00pm

Monday 13th May – 9.30 – 12.30pm

Monday 20th May – 12.30 – 4.00pm



MENTAL HEALTH & WELLBEING SUPPORT

Alzheimer Scotland – Dementia Support & Brain Health Service

Thursday 9th May from 9.30 – 12.30pm (Drop In)



Penumbra Mental Health 1st Response Service

Listening ear and practical support for people in distress, low mood, anxiety etc – Drop in Service (No appointment necessary)



Every Friday from 10.00 – 3.00pm

SAMH – Suicide Prevention Session

Thursday 2nd May from 10.00 – 3.00pm



SAMH – Aberdeen Links Practitioners

Provides information & practical support, linking people to services and Support in your local community, helping people to overcome challenges and barriers impacting on day to day life.

Available Monday to Friday by appointment only via GP referral.



SHMU – Adult Wellbeing Development Officer

Supporting with skills development, digital inclusion, employability Tackling inequalities and wellbeing activities.

Monday 13th May – 1.00 – 3.00pm



Health Coaching by Stefanie Cumming

Health Coaching and Health Talks on 10am Food Labelling (How to make sense of what is in our food and what alternative choices we can make & **1.30pm Lifestyle Changes** we can make to improve our physical and mental health.

Wednesday 1st May from 9.30 – 2.30pm

Tuesday 14th May from 9.30 – 2.30pm

MENOPAUSE

MENOPAUSE – WELLBEING CO-ORDINATORS



Bring Your Own Lunch & chat to people going through symptoms of Perimenopause and Menopause. Videos, Information & support available.

Monday 13th May – Fortnightly Drop in anytime between 12.30 – 1.15pm

Monday 27th May – Fortnightly Drop in anytime between 12.30 – 1.15pm



GRAMPIAN

Wellbeing festival

Aberdeen City Vaccination Wellbeing Hub

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



ORAL HEALTH

National Smile Day – Oral Health Advice
Wednesday 15th May – 10.00 – 3.00pm

SENSORY SERVICES

North East Sensory Service – Deaf Awareness Week Information Stall
Tuesday 7th – Friday 10th May 9.30 – 12.00pm

north east
sensory services
achieving independence for blind & deaf people



HOME SAFETY

Scottish Fire & Rescue Service – Information on Home Safety, Home Safety
Visits, Fire & smoke Alarms
Wednesday 22nd May from 9.30 – 12.30pm
Tuesday 28th May from 9.30 – 12.30pm



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland



Aberdeen City
Health & Social Care
Partnership
A caring partnership

Stay Connected with what is
going on within the Partnership

GRAMPIAN
Wellbeing festival

Scan here to find out about events in your area

May 2024

Promoting positive mental wellbeing in Grampian

Aberdeenshire Health & Social Care Partnership | Aberdeen City Health & Social Care Partnership | NHS Grampian



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



Locally sourced
Fruit, Veg, Eggs &
snacks for Sale

Every Tuesday from
10.00 – 3.00pm
Cash & Card

publichealth
helping health happen

NHS
Grampian

May

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 Walking Month



www.livingstreets.org.uk

www.nhsgrampian.org/your-health/healthy-living/physical-activity/

Mental Health Awareness



mentalhealth-uk.org

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



AGILE

Digital Copy of Brochure

acvo
aberdeen's 3rd sector interface

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



If you would like to speak to a Healthpoint Advisor about any of these topics please call our free local telephone line available Monday - Friday 9am - 5pm on 08085 20 20 30