

Gacaliye deggan xaafadda Islington,
Waa caadi in aan la dareemin fiicnan OK inta lagu jiro waqtiyada adag.
Hoos ka eeg waxyaabo badan oo aad sameyn kartid, iyo taageerada hadda la heli karo.

1

U naxariiso naftaada

Raadi wakhti aad ku qabato wax aad jeceshahay

Waa caadi inaad naftaada ula dhaqanto waxyaabaha kaa dhigaya dhoola cadeynta iyo inaad dareento fiicnaan.

Sii wad Barashada ...

Isku day wax cusub. Dib u cusbonaysi xiisihi hore. Isku qor koorsadaas. Qaado masuuliyad kale shaqada. Dayactir baaskii Baro sida loo ciyaaro aalad, ama sida loo kariyo cuntada aad ugu jeceshahay. Samee caqabad aad ku raaxaysan doonto gaaritaankeeda. Barashada waxyaabo cusub waxay ku sinaysa kalsooni dheeraad ah, iyo sidoo kale inaad ku raaxaysato inaad sameyso.

Wax bixi ...

U samee wax fiican saaxiib, ama shisheeye. Mahadsanid qof. Dhoolacadee Tabaruce waqtigaaga. Ku biir koox bulsho. Raadi, sidoo kale ka eeg gudaha. Isku xirnaanta naftaada bulshadaada guud waxay noqon kartaa mid si qurux badan u abaalmarinaysa waxayna abuureysaa xiriir dadka kugu xeeran. Wixii fikrado ah si aad ugu tabarucdo waqtigaaga, booqo www.islington.gov.uk/social-care-and-health/coronavirus-covid-19/offer-help

Ogaysiis ...

Xiiso yeelo. Qabso indhaha quruxda badan. Ka hadal waxyaabo aan caadi ahayn. U fiirso xilliyada isbeddelaya. Xilligaan dhadhanso, haddii aad qado cunayso ama saaxiib aad taleefan kula hadlayso. La soco dunida kugu xeeran iyo waxa aad dareemeysa. Milicsiga khibradahaaga ayaa kaa caawin doona inaad qadarto waxa adiga ku khuseeya.



2

La xiriir kuwa kale

taleefan, qoraal, baraha bulshada, warqad ugu qor ama u dhoola caddee deriskaaga

Inbadan oo naga mid ah ayaa qoyskeena iyo asxaabtooda u arka in ay yaryihiin oo aan kaqeyb qaadan howlo badan oo ku weena caadiga ah ka mid ah.

Waa muhiim inaan isku xirnaano. La xiriir qoyska iyo asxaabta si aad ula wadaagto fikradahaaga oo aad ula sheekaysato.

Ma ogtahay inay jiraan 3 adeeg oo la heli karo si ay kuugu xiraan kuwa kale?

Khadka caawinta ee golaha deegaanka ee We Are Islington wuxuu ka caawiyaa dadka deegaanka dhibaatooyinka la soo darsa oo dareema cidlo ama go'doon si ay u helaan taageero ballaaran - wac [020 7527 8222](tel:02075278222) (7 maalmood usbuucii 9 am-5pm) ama booqo weareislington@islington.gov.uk. Ama waxaad wax ugu qori kartaa Ground Floor, 222 Upper Street, London N1 1XR



3

Firfircoonow

Raadi siyaabo kala duwan oo aad fir-fircooni ugu hesho

Firfircoonidu waxay yareysaa culeyska fekerka, waxay naga saacideysaa inaan si wanaagsan u seexanno waxayna ku weyn tahay isku kalsoonaanteena iyo is qiimeynteenaa

Haddii aad marin u hesho beer ama aad booqan karto jardiinada deegaankaaga, ka dib hel hawo nadiif ah, oo aad ugu yaraan socod 20-daqiqo ah ama orod.

Ma ogeyd inay jiraan waxyaabo aad sameyn kartid haddii aysan

macquul aheyn inaad banaanka ku firfircoonaan kartid?

Haddii ka bixidda iyo dhaqaaqa aysan kuu sahlaneyn ama macquul kuu ahayn, ku sii soco guriga dhexdiisa inta badan ama inta aad awooddo. Haysashada jimicsi aad ku samayn karto guriga waa muhiim.

Firfircoonidu ma aha inay cabsi geliso. Ku bilaw wax yar oo hel wax adiga kuu shaqeeya websaydhka One You ee oneyouislington.org/topic/get-active/



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4

Welwelka lacagta

Taageero ayaa la heli karaa si ay kaaga caawiso maaraynta deynta iyo welwelka lacagta

Iyaga oo aan wax khalad ah iska lahayn, aafada ayaa horseeday dad badan oo la halgamaya shaqo la'aan iyo dakhli lumis.

Haddii aad ka walwalsan tahay deynta ama aad u baahan tahay inaad ka hadasho dhaqaalahaaga, talo bilaash ah, eex la'aan ayaa la heli karaa. Ka wac Adeegga Talobixinta Lacagta **0800 138 1777** ama booqo moneyadviceservice.org.uk.

Waxa kale oo aad wici kartaa Deyn

La'aan London **0800 808 5700**

ama booqo www.debtfree.london

ama waxaad wici kartaa

Xarunta Sharciga ee Mary Ward

020 7269 5455/020 7269 0292, iimayl

debtadvice@marywardlegal.org.uk

amabooqo www.marywardlegal.org.uk

Bogga talo bixinta Lacagta iyo deynta ee golaha wuxuu leeyahay faahfaahinta taageerada la heli karo www.islington.gov.uk/advice/money-and-debt-advice



Wixii talo ah ee ku saabsan arrimo badan sida faa'iidooyinka, guryaha, shaqada, deynta wac Islington's Citizen Advice oo ah **0808 278 7836** ama booqo islingtoncab.org.uk

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Dhibaatooyinka shaqsiyeed

Caawinaad ayaa la heli karaa haddii aad ku jirto dhibaato shaqsiyeed ama dakhligaago hooseeyo

Haddii aad isku aragto baahi dhaqaale ama shaqsi oo deg deg ah, waxaa jira taageero iyo macluumaad aad adigu heli karto. Waxaan nahay Islington waxaan ku siineynaa taageero helitaanka cunno ama daawo, ama haddii aad la dhibtooneyso dhaqaale - wac **020 7527 8222** (7 maalmood usbuucii 9 subaxnimo ilaa 5 galabnimo) ama booqo weareislington@islington.gov.uk

Haddii aad ku jirto dhibaato dhaqaale oo daran oo aad u baahan tahay lacag-bixin deg-deg ah si aad u bixiso biilasha korontada ama aad u iibsato cunto waxaad wici kartaa Qorshaha Taageerada Degaanka **020 7527 4990** ama booqo www.islington.gov.uk/advice/resident-support-scheme



6

Hadaadan Ficnayn

Caawinaad ayaa la heli karaa hadaadan fiicnayn

Tani waxay ahayd sanad aad u dhib badan oo arrimuhu si adag u dareemaan mararka qaarkood. Taageero ayaa loo heli karaa wax kasta oo aad soo marto - rajo ayaa jirta oo kaligaa ma tihid.

Ma kugu adkaatay la qabsiga walaacaaga, welwelkaaga, niyad-jabkaaga ama hurdo la'aan?

Ka hadalka dhibaatooyinkaaga runtii way ku caawin kartaa. **iCope** waxay bixisaa lacag la'aan, qarsoodi ah, taageero. Si is-tixraac u booqo www.icope.nhs.uk ama wac **020 3317 7252** (Isniinta ilaa Jimcaha, 9-ka ilaa 5-ta galabnimo). Ama waxaad ugu qori kartaa iyaga **iCope**, Finsbury Health center, 17 Pine Street, London EC1R 0LP. Waxa kale oo jira ilo badan oo khadka tooska ah ah oo laga helo good-thinking.uk/

Talk for Health Hadalka Caafimaadka ayaa dadka u suurta geliya inay dhisaan iyo / ama ka qayb galaan kooxo wada hadlaya oo taageera caafimaadkaaga iyo kan dadka kaleba. Ka raadi waxa ka socda mailchi.mp/

talkforhealth/whats-happening-this-week-at-talk-for-health-4645529.

Islington MIND wali waa la heli karaa si loo bixiyo taageero caafimaad maskaxeed oo fog oo ay ka mid yihiin taleefoonka dareenka shucuurta, socodsiiinta adeegyo takhasus leh meel fog, iyada oo la siinayo takhasus gaar ah oo shaqsiyadeed iyo sidoo kale bulsho caadi ah, goobo bulsho iyo waxqabadyo. Wac **020 3301 9850**, ama email u soo dir admin@islingtonmind.org.uk

Haddii aad la kulanto xadgudub guri fadlan la xirii Solace-ka Islington oo bixiya taageero bilaash ah oo qarsoodi ah oo loogu talagalay haweenka iyo ragga ku nool Islington ee dhibaataadu saameysey. Wac **020 3795 5070** ama email u advocacy@solacewomensaid.org (Khadadka ayaa furan Isniinta-Jimcaha, 9ka subaxnimo ilaa 5 galabnimo). Haddii aad khatar degdeg ah ku jirto wac **999**. Booqo www.islington.gov.uk/community-safety/violence-against-woman-and-girls wixii taageero dheeraad ah oo la heli karo.



Ma u raadineysaa cunuggaaga adeeg ka-kaalmeynta ladnaanta ah oo bilaash ah?

Kooth waa adeeg badbaado oo qarsoodi ah oo xagga maskaxda ah oo loogu talagalay carruurta iyo dhallinyarada. Ka hubi www.kooth.com/

Haddii aad la kulantid dhibaato caafimaad maskaxeed oo aadan dareemeynin inaad ilaalin kartid naftaada hadda, raadso taageero dhakhtar takhasus gaar ah u leh caafimaadka maskaxda adoo wacaya khadka dhibaataada **0800 917 3333** (24 saac x 7 maalmood), haddii ay tahay xaalad deg deg ah mana sugi kartid, waa inaad wacdaa **999**. Waxa kale oo aad la xirii kartaa GP-gaaga oo aad weydiisan kartaa ballan degdeg ah.