

Caafimaad ku joog jiilaalkan

Macluumaad iyo adeegyo
loogu talagalay dadka
degan Barnet, Camden,
Enfield, Haringey iyo
Islington

Qaboobaha 2023-24



NHS 111 loogu talagalay baahiyaha caafimaad ee degdegga ah

Marka aad qabto baahi caafimaad oo degdeg ah oo aan nafta halis gelinayn, ama aadan hubin waxa la sameeyo, booqo [111.nhs.uk](https://www.nhs.uk) ama wac **111** si lacag la'aan ah adigoo isticmaalaya moobilkaaga ama leenleenkaaga.

NHS 111 had iyo jeer way furan tahay oo, iyadoo ku xiran xaaladda, waxay:

- kaala talin kartaa adeegyada deegaanka ee ku caawin kara
- kugu xiri kartaa kalkaaliso, dhakhtarka ilkaha ee xaaladaha degdega ah, farmashiistaha ama GP-ga
- ku qaban kartaa ballan fool ka fool ah haddii loo baahdo
- ku siin kartaa waqtiga imaatinka haddii aad u baahan tahay inaad aado A&E, xarun daawaynta xaaladaha degdega ah, ama xarumaha ballan la'aan la iska aado
- kuu sharaxi kartaa sida loo helo daawo kasta oo aad u baahan tahay
- ku siin kartaa talo is-daryeel ah.

Siyaabaha kale ee lagula xiriiri karo NHS 111:

- Gudbinta qoraalka: Wac **18001 111**
- Luuqadda dhegoolaha ee Ingiriiska (BSL): Isticmaal [signvideo.co.uk/nhs111](https://www.signvideo.co.uk/nhs111)
- Caawimaad luqadaha kale ah: Wac **111** oo codso turjumaan.

Wixii la xiriira dhaawacyada ama jirrooyinka nafta halis gelinaya si toos ah u aad A&E ama wac **999**. Isticmaalayaasha gudbinta qoraalka waxay wici karaan **18000** si loogu gudbiyo **999**.

Farmashiyeyaasha: Caawinadu kaama foga

Farmashiyeyaashu waa khabiirada caafimaad oo aad u tababaran, kuwaas oo ku siin kara talo caafimaad iyo dawooyin aan dhakhtar qorin oo loogu talagalay cudurrada fudud ee kala duwan. Haddii astaamuhu soo jeediyaan inay tahay xaalad caafimaad oo daran, farmashiistayaasha ayaa kuu sheegi doona haddii aad u baahan tahay inaad aragto GP, kalkaalige caafimaad, ama xirfadle caafimaad oo kale.

Farmashiyo badan ayaa furan xilliyada dambe iyo maalmaha dhamaadka asbuuca Uma baahnid inaad ballan qabsato, intooda badana waxay leeyihiin qol la-talined oo gaar ah oo halkaas oo aad ku hadli karto adigoo cidna codkaaga maqal Farmashiyaha kuugu dhow iyo wakhtiyada furitaanka ka raadi [nhs.uk/find-a-pharmacy](https://www.nhs.uk/find-a-pharmacy)

Haddii aad ku nooshahay Barnet, Camden, Enfield, Haringey ama Islington waxa laga yaabaa in lagaa caawiyo kharashka dawooyinka aan dhakhtarka qorin iyadoo loo marayo nidaamka Koowaad ee Is-daryeelka Farmashiyaha.

Booqo [nclhealthandcare.org.uk/self-care](https://www.nclhealthandcare.org.uk/self-care) si aad u hesho wixii faahfaahin ah.

Adeegyada GP-ga oo ay ku jiraan kuwa galbihii iyo maalmaha fasaxa ah

Rugta caafimaad ee GP-gaaga waxay kaa caawin karaan walaacyada xagga caafimaadka jirka iyo maskaxda, waxayna kuu gudbin karaan isbitaal ama adeeg kale oo caafimaad haddii aad u baahan tahay daryeel takhasus leh ama degdeg ah.

Si aad ballan u qabsato, taleefan u dir ama booqo rugta caafimaadka. Waxaad sidoo kale awoodaa in aad ballan qabsato adiga oo galaya akoonkaaga NHS, adigoo isticmaalaya abka NHS ama [Websaydka NHS](#). Waxaad sidoo kale sida caadiga ah la xirii kartaa GP-ga adiga oo isticmaalaya foom onlayn ah oo qarsoodi ah oo laga helo websaydka rugta caafimaadka, si aad u ogeysiiso astaamahaaga, u weydiiso wixii su'aalo ah, ama aad wax uun dabagal ugu samayso.

Ballamaha waxaa laga yaabaa in lala yeesho GP, kalkaaliye caafimaad, ama xirfadle kale oo daryeel caafimaad waxayna u dhacayaan si fool ka fool ah, taleefan ahaan, ama khadka tooska ah - iyadoo ku xiran baahidaada.

Balamaha fiidkii iyo dhamaadka usbuuca ah ayaa laga heli karaa agagaarkaaga. Si aad ballan u sameysato, la xiriir GP-gaaga saacadaha shaqada ee caadiga ah.

Inaad iska diiwaan geliso GP-ga waxay kaa caawin doontaa inaad hesho daryeelka saxda ah markaad u baahan tahay. Qof kasta oo England jooga wuu isdiiwaangelin karaa isla markaana uu heli karaa daryeel - uma baahnid inaad sheegto/caddeyo ciwaankaaga ama aqoonsigaaga qaxootinimada socdalka, aqoonsigaaga ama lambarka NHS. La xiriir rugta caafimaadka GP-ga deegaankaaga ama booqo [nhs.uk/nhs-services/gps](#) si aad u hesho wixii faahfaahin ah.

Xarumaha ballan la'aanta la aado ee NHS

Waxaa Barnet ku yaala laba xarumood oo NHS ah oo ballan la'aan la aadi karo halkaas oo aad ka heli karto caawimaadda xaaladaha degdegga ah, laakiin aan nafta halis gelinayn, dhaawacyo ama jirro. Uma baahnid ballan qabsi laakiin qaar baa diyaar u ah in aad hore ballan uga sii qabsato adigoo isticmaalaya NHS **111**.

- Xarunta Ballan La'aanta La Tago ee Edgware NHS, Edgware Community Hospital, Burnt Oak Broadway, HA8 0AD, **020 8732 6459** (Furan maalin kasta laga bilaabo 8am ilaa 6pm).
- Xarunta Ballan La'aanta La Tago ee Finchley NHS, Finchley Memorial Hospital, Granville Road N12 0JE, **020 8349 7470**. Furan 8am ilaa 8pm, 7 maalmood usbuucii (boos-qabsashada ugu dambeeya ee bukaanka waa 7pm). Xaruntaan waxay u furan tahay bukaanada qaba dhaawacyo iyo xanuuno fudud. Website: [clch.nhs.uk/services/walk-in-centres](#)

Xarumaha Daaweynta Xaaladaha Degdegga ah ee NHS

Xarunta Daaweynta Degdegga ah ee Isbitaalka Chase Farm (Dabaqa dhulka ah, The Ridgeway, Enfield, EN2 8JL, **020 8375 1010**) waxay bukaanada ka caawin kartaa dhaawacyada iyo xannunada degdegga ah, laakiin aan nafta halis galin, maalin kasta laga bilaabo 8am ilaa 10pm (boos-qabsashada ugu dambaysa ee bukaanka waa 9pm). Uma baahnid ballan. Booqo [royalfree.nhs.uk/services/services-a-z/urgent-treatment-centre](#) si aad u hesho wixii macluumaad ah.

Booqo [nhs.uk/service-search](#) si aad u hesho wixii faahfaahin ah oo la xiriira adeegyada kale ee daryeelka degdegga ah.

Taageerada caafimaadka maskaxda

La xirii GP-gaaga haddii adiga, ama qof aad daryeesho, u baahan tihiin taageerada caafimaadka maskaxda. Waxaad sidoo kale booqan kartaa:

- good-thinking.uk si aad uga hesho talooyin iyo macluumaad loogu talagalay London oo dhan oo ay ansixisay NHS
- samaritans.org ama wac **116 123** wakhti kasta, habeen iyo maalinba, haddii aad la kulanto fikrado isdil ah.

Dadka deggan Barnet

Waxaad sidoo kale booqan kartaa:

- lets-talk-iapt.nhs.uk ama wac **020 8702 5309** si bilaash ah, caawimaad qarsoodi ah oo ku aadan dhibaatooyinka caadiga ah sida walbahaarka, walaaca, niyad jab iyo hurdo la'aanta
- barnet.gov.uk/mental-health si aad u hesho macluumaad ku saabsan adeegyada iyo taageerada.

Haddii aad u baahan tahay caawimaad ku aadan dhibaato caafimaad oo maskaxeed ama xaalad degdeg ah, wac khadka caawinta qalalaasaha **0800 151 0023** si aad ula hadasho xirfadle aqoon leh. Khadka caawimadu had iyo jeer wuu furan yahay waxaana loogu talagalay dadka waaweyn iyo carruurta iyo dhallinyarada labadaba.

Dadka degan Camden

Waxaad sidoo kale booqan kartaa:

- icope.nhs.uk ama wac **020 3317 6670** si bilaash ah, caawimaad qarsoodi ah oo ku aadan dhibaatooyinka caadiga ah sida walbahaarka, walaaca, niyad jab iyo hurdo la'aanta

- mentalhealthcamden.co.uk si aad u hesho wixii macluumaad ah ee ku saabsan adeegyada Camden
- Camden Crisis Sanctuary (50-52 Hampstead Road, NW1 2PY) ee taageerada laga bilaabo 5-11pm, 365 maalmood sanadkii (hestia.org/camden-crisis-sanctuary) ama wac **07825 165 464**).

Haddii aad u baahan tahay caawimaad ku aadan dhibaato caafimaad oo maskaxeed ama xaalad degdeg ah, waxaad la hadli kartaa xirfadle aqoon leh oo aad ka heli kartaa talo ku saabsan adeegyada adigoo isticmaalaya khadadkayaga caawinta dhibaatooyinka kuwaas oo had iyo jeer furan:

- Carruurta iyo da'yarta (kayar 18): **0800 151 0023**
- Dadka waaweyn (18+): **0800 917 3333**.

Dadka degan Enfield

Waxaad sidoo kale booqan kartaa:

- lets-talk-iapt.nhs.uk ama wac **020 8342 3012** si bilaash ah, caawimaad qarsoodi ah oo ku aadan dhibaatooyinka caadiga ah sida walbahaarka, walaaca, niyad jab iyo hurdo la'aanta
- mindeb.org.uk si aad u hesho macluumaad ku saabsan adeegyada iyo taageerada.

Haddii aad u baahan tahay caawimaad ku aadan dhibaato caafimaad oo maskaxeed ama xaalad degdeg ah, wac khadkayaga caawinta qalalaasaha **0800 151 0023** si aad ula hadasho xirfadle aqoon leh. Khadka caawimadu had iyo jeer wuu furan yahay waxaana loogu talagalay dadka waaweyn iyo carruurta iyo dhallinyarada.

Dadka degan Haringey

Waxaad sidoo kale booqan kartaa:

- lets-talk-iapt.nhs.uk/haringey ama wac **020 3074 2280** si bilaash ah, caawimaad qarsoodi ah oo ku aadan dhibaatooyinka caadiga ah sida walbahaarka, walaaca, niyad jab iyo hurdo la'aanta
- haringey.gov.uk/mental-health si aad u hesho macluumaad ku saabsan adeegyada iyo taageerada.

Haddii aad u baahan tahay caawimaad ku aadan dhibaato caafimaad oo maskaxeed, wac khadkayaga caawinta qalalaasaha **0800 151 0023** si aad ula hadasho xirfadle aqoon leh. Khadka caawimadu had iyo jeer wuu furan yahay waxaana loogu talagalay dadka waaweyn, carruurta iyo dhallinyarada.

Dadka degan Islington

Waxaad sidoo kale booqan kartaa:

- icope.nhs.uk ama wac **020 3317 7252** si bilaash ah, caawimaad qarsoodi ah oo ku aadan dhibaatooyinka caadiga ah caafimaadka Maskaxda sida walbahaarka, walaaca, niyad jab iyo hurdo la'aanta
- islington.gov.uk/mentalhealth si aad u hesho macluumaad dheeraad ah oo ku saabsan taageerooyinka iyo adeegyada deegaanka

Haddii aad u baahan tahay caawimaad ku aadan dhibaato caafimaad oo maskaxeed ama xaalad degdeg ah, waxaad la hadli kartaa xirfadle aqoon leh oo aad ka heli kartaa talo ku saabsan adeegyada adigoo isticmaalaya khadadkayaga caawinta dhibaatooyinka kuwaas oo furan 24 saacadood maalintii, 7 maalmood usbuucii:

- Carruurta iyo dhalinyarada (ka yar 18 sano): **0800 151 0023**
- Dadka waaweyn (18+): **0800 917 3333**.

Daryeelka ilkaha

Si aad u raadiso dhakhtarka ilkaha ee NHS ee kuu dhow booqo nhs.uk/service-search/find-a-dentist. Haddii, kadib markii aad la xiriirto dhowr rugood oo u qaabilsan ilkaha, aadan heli karin dhakhtar ilkaha u qaabilsan oo aqbala bukaannada NHS, wac Xarunta Xiriirka Macmiilka ee NHS England **0300 311 2233**.

Haddii aad u baahan tahay daawaynta ilkaha ee degdega ah, la xiriir xaruntaada daaweynta ilkaha ee caadiga ah. Waxa laga yaabaa inay ku arkaan ama kuu tilmaamaan adeega daryeelka ilkaha ee degdega ah. Haddi aanad lahayn dhakhtar ilkaha u qaabilsan oo caadi ah, booqo 111.nhs.uk ama wac **111** si aad talo u hesho.

Noqo mid adag xilliga jiilaalku

Qof kasta oo ka weyn 65 sano wuxuu heli karaa tallaalka COVID-19 iyo tallaalka hargabka xilligan daryarta. Dad badan aya sidoo kale heli kara tallaalka shingles-ka - ka hubi farmashiistahaaga ama dhakhtarkaaga haddii dadkaas aad ku jirto. Haddii aad u qalanto, xaqiiji inaad sida ugu dhakhsaha badan u qaadato tallaalka COVID-19 iyo tallaalka ifilada. Booqo nclhealthandcare.org.uk/covid si aad wax badan uga ogaato.

Hubi kabarka daawooyinkaaga

U diyaargarow qaboobahan oo, haddii aad awooddo, guriga ku hayso dawooyinka aan dhakhtar qorin ee loogu talagalay xaaladaha caadiga ah sida hargabka, dheefshiidka ama shubanka. Weydii farmashiistahaaga waxyaabaha adiga iyo kuwa aad jeceshahayba ku habboon. Qalabka gargaarka degdegga ah oo ay ku jiraan walxaha sida balastarrada, heerkulbeegga, iyo jeermis-dilka ayaa sidoo kale waxtar leh.

Si fudud u dalbo daawooyinka dhakhtarka qoro ee ku celiska ah

Haddii aad si joogto ah u qaadato daawo waxaad caadi ahaan heli doontaa daawo qoris ku celis ah. Tani waxay la macno tahay in aad dalban karto dawadaada marka aad u baahato adigoo u tagin GP-ga ilaa laga gaaro dib u eegida dawadaada ee xigta.

Hal wado oo fudud oo aad ku dalban karto dawooyinkaaga soo noqnoqda ayaa ah inaad gasho akoonkaaga khadka tooska ah ee NHS, adigoo isticmaalaya abka NHS ama websaydka NHS. Wax badan ka ogow oo iska diiwaan geli [nhs.uk/nhs-services/online-services](https://www.nhs.uk/nhs-services/online-services)

Waxaad dawada weydiisan kartaa rugta GP-gaaga haddii aadan rabin inaad sidaas ku sameyso internetka. Waydii rugtaada GP-ga sida aad ugu sheegi karto marka aad u baahan tahay daawada ku celiska ah.



Kuleylinta guriga

Dadka qaar ayaa aad ugu nugul saamaynta cimilada qabow. Haddii aadan ahayn qof dhaqdhaqaaq badan sameeya, aad tahay 65 jir ama ka weyn, ama aad qabto xaalad caafimaad - sida cudurada wadnaha ama sambabada - kululeey gurigaaga ugu yaraan 18C haddii aad awooddo. Haddi ay suurtagal tahay, qolkaaga jifka ha ahaado 18C habeenkii oo dhan daaqada qolkaagana ha xirnaato.

Si loo yareeyo khatarta dhimashada degdega ah ee dhallaanka, carruurta waa inay seexdaan qolal kulaylkiisa u dhaxeeya 16C iyo 20C.

Haddii aad ka yar tahay 65, caafimaad qabto oo aad firfircoon tahay, waxaad si badbaado leh ugu dhex noolaan kartaa guri qabow ah oo ka hooseeya 18C, hadba inta aad ku qanacsan tahay.

Booqo [nhs.uk/keep-warm-keep-well](https://www.nhs.uk/keep-warm-keep-well) si aad u hesho macluumaad dheeraad ah.

Haddii aad la dhibtoonayso biilasha tamarta ama aad u baahan tahay taageero si aad diirimaad ugu joogto, ogow kaalmada maaliyadeed ee la heli karo.

Dadka deggan Barnet

Booqo [barnet.gov.uk/costofliving](https://www.barnet.gov.uk/costofliving) ama wac 020 8359 2000.

Dadka deggan Camden

Booqo [camden.gov.uk/costofliving](https://www.camden.gov.uk/costofliving) ama wac 020 7974 4444 (xulashada 9).

Dadka degan Enfield

Booqo enfield.gov.uk/helpingyou ama Golaha Enfield ka wac **020 8379 1000**.

Dadka degan Haringey

Booqo haringey.gov.uk/heretohelp ama wac **020 8489 4431**.

Dadka degan Islington

Booqo islington.gov.uk/benefits-and-support ama islington.gov.uk/costofliving, wac **020 7527 8222**, ama iimayl u dir heretohelp@islington.gov.uk

Ka taxadir kuwa kale

Deriska, asxaabta iyo qoyska ee waayeelka ah, waxa laga yaabaa inay u baahdaan caawimaad dheeraad ah xilliga jiilaalka. La xiriir oo hubi inay haystaan sahay ku filan iyo daawo, haddii ay dhacdo inaysan dibadda u bixi karin ilaa dhawr maalmood.

Haddii ay u baahan yihiin caawimaad iyadoo GP-ga ama farmashiga ay xiran yihiin ama aysan hubin la samayn karo, booqo 111.nhs.uk ama wac **111**.

Haddii aad aragto isbeddel ku yimid dabeecadda qof ama ay jahawareersan yihiin, waxa laga yaabaa inay u baahdaan daryeel caafimaad. Haddii ay yaqaanaan adeegga xusuusta ee deegaankooda ku dhiirigeli inay la xiriiraan adeegga. Haddii kale, la xiriir GP-gooda ama NHS 111 kuwaas oo kula talin kara haddii ay u baahan yihiin inay aadaan A&E.

Taageero ku aadan kharashaadka sii kordhaya ee nolasha

Haddii aad la dhibtoonayso kharashka cuntada, tamarta, iyo biilasha kale keligaa ma tihid oo caawimaad ayaa la heli karaa.

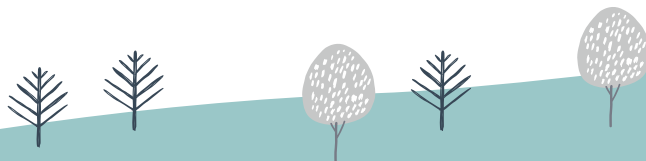
Dadka deggan Barnet

Booqo barnet.gov.uk/costofliving ama Golaha Barnet ka wac **020 8359 2000** si aad u hesho talo ku saabsan waxyaabaha ay ka mid yihiin biilasha guryaha, tamarta iyo adeegyada guriga, gunnooyinka iyo shaqada, lacagta iyo deynta, bangiyada cuntada, lacagta hawlgabka iyo adeegyada naafada, taageerada qoysaska iyo carruurta, iyo daryeelka bulshada ee dadka waaweyn.

Dadka degan Camden

Booqo camden.gov.uk/costofliving ama wac **020 7974 4444 (xulashada 9)** si aad u hesho wixii talo ah ee ku saabsan taageerada dhaqaale, helista cuntada, diirimaad, guriyeynta, shaqada, rabshadaha qoyska, iyo daryeelka bulshada ee dadka waaweyn.

Waxaad sidoo kale Citizens Advice Camden kala xiriiri kartaa **0808 278 7835** ama urur kasta oo ku jira Shabakadda Talobixinta Camden - booqo camden.gov.uk/costofliving ama wac **020 7974 4444 (xulashada 9)** si aad u hesho wixii faahfahin ah.



Dadka degan Enfield

Booqo enfield.gov.uk/helpingyou ama Golaha Enfield ka wac **020 8379 1000** si aad u hesho wixii talo ah oo ku saabsan waxyaalaha ay ka mid yihiin gunnooyinka, guryaynta, kaalmada biilasha, ka caawinta cuntada, taageerada waalidiinta iyo qoysaska, iyo taageerada daryeelka iyo deynta.

Dadka degan Haringey

Booqo haringey.gov.uk/heretohelp ama wac khadka Caawinta Taageerada Maaliyadeed ee Golaha Haringey **020 8489 4431** si aad u hesho wixii tallo ah ee ku saabsan waxyaalaha ay ku jiraan maaraynta biilasha iyo deynta, kharashyada daryeelka carruurta, gunnooyinka iyo deeqaha, taageerada shaqada, cashuurta golaha, iyo helitaanka cunto.

Dadka degan Islington

La xiriir Golaha Islington si aad u hesho wixii talo iyo taageero ah. Waxay aqoonsan karaan gunnooyinka iyo taageerada maaliyadeed ee aad xaqa u leedahay, waxay kaa caawin karaan inaad codsato waxayna kula xiriirin karaan adeegyada kale ee degaanka ee laga yaabo inay ku caawiyaan. Wac **020 7527 8222**, iimayl u dir heretohelp@islington.gov.uk ama booqo islington.gov.uk/costofliving

Booqo nhsbsa.nhs.uk/nhs-help-health-costs si aad u ogaato haddii aad ka heli karto caawimaad ku aadan kharashyada caafimaadka sida daawooyinka dhakhtarka uu soo qoro ama u safrida ballamahaaga isbitaalka.

Xarunta Xiriirka ee NHS England

Xubnaha dadweynaha, bukaanada, iyo wakiiladooda waxay Xarunta Xiriirka ee NHS England kala xiriiri karaan wixii su'aalo guud ah sida:

- macluumaadka ku saabsan dhakhaatiirta ilkaha ee NHS
- sida loo helo lambarkaaga NHS
- adeegyada gaarka ah ee taageera dadka qaba xaalado dhif iyo naadir ah oo kala duwan.
- helitaanka koobiga diiwaanada caafimaadka
- sida la iskaga diiwaangeliyo GP.

Xarunta xiriirka waxa la heli karaa 9am ilaa 4.30pm Isniinta ilaa Jimcaha (maalaha Arbaca laga bilaabo 9.30am). Waxay xiran tahay maalmaha fasaxyada bangiga.

Web: www.england.nhs.uk/contact-us/

Taleefanka: **0300 311 22 33**

Relay UK: loogu talagalay dadka maqalka ama hadalka naafada ka ah: wac **18001** kadibna **0300 311 22 33**.

Macluumaad dheeraad ah ayaa laga heli karaa websaydka Relay UK relayuk.bt.com

Isticmaalayaasha British Sign Language (BSL, Luqadda Calaamadaha Biritishka) waxay nagala soo xiriiri karaan turjumaanka fiidiyowga BSL Isniinta ilaa Jimcaha 9am ilaa 4.30pm.

Email: england.contactus@nhs.net

U qor: NHS England, PO Box 16738, Redditch, B97 9PT

