

# Ma la dhibtoonaysaa awooditaanka kharashaadka waxyaabaha daruuriga ah?



## Halkaan ayaan kuu joogaa

- 📍 Macluumaad iyo talo ku saabsan cuntada, deynta, biilasha tamarta, kulaylinta guriga, caafimaadka dhimirka iyo in badan oo kale ka hel [camden.gov.uk/CostOfLiving](https://camden.gov.uk/CostOfLiving)
- 📍 La xirii Ururka Shabakadda Talo-Bixinta ee Camden (eeg bogga 11)
- ☎️ Naga soo wac **020 7974 4444**

## Talada Lacagta ee Camden iyo Deeqda Kharashka Noloshaha

Ma ku jirtaa xaalad dhaqaale oo degdeg ah oo miyaadan haysan lacag aad ku bixiso waxyaabaha daruuriga ah? Iska diwaangeli adeegeena Talo-bixinta Lacagta ee bilaashka ah ee Camden. Waxaan hubin doonaa inaad helayso dhammaan gunnooyinka iyo lacagaha aad xaqa u leedahay – oo ay ku jiraan Kharashka Noloshada, kaas oo bixinaya lacag-bixinno ku-talo-gal ah oo qiimahoodu dhan yahay £500 laba jeer sannadkii lana siinayo dadka deegaanka ah ee ku jira xaalad maaliyadeed oo degdeg ah.

### Si aad isu diiwaan geliso:

- 📍 [camden.gov.uk/MoneyAdviceService](https://camden.gov.uk/MoneyAdviceService)
- @ [MoneyAdvice@camden.gov.uk](mailto:MoneyAdvice@camden.gov.uk)

### Wixii caawimaad ah si aad isu diiwaan geliso:

- ☎️ Naga soo wac **020 7974 4444**



Si aad buug-yarahan ugu hesho luqad kale ama far waaweyn, fadlan iimayl u dir @ [CamdenTalking@camden.gov.uk](mailto:CamdenTalking@camden.gov.uk)



Isticmaalayaasha aragga naafada ka ah: waxaan kula talineynaa isticmaalka muujiyaha PDF ee adeegsada midabada isbarbardhigga ah iyadoo 'midabyada dukumeentiga' ee qaybta setting-ka lagu bedelayo 'isticmaal midabyo is-barbar dhig sare leh'.



## Hordhac:



Dad badan oo deggan xaafadda Camden ayaa lagu qasbay inay sameeyaan xulashooyin aan macquul ahayn oo ku saabsan sidii ay lacagtooda u isticmaali lahaayeen. Qofna waa inuusan ka walwalin inay awoodi karaan inay iska bixiyaan cunto ama biilal.

Camden, oo ay weheliyaan la-hawlgalayaasheena, waxaan sii wadeynaa inaan sameyno wax kasta oo aan awoodno si aan u taageerno dadka deegaanka ah ee ku sugan xaaladdan. Tan waxaa ka mid ah:

- **Deeqdeena Kharashaadka Nolasha oo gaaraya £2 milyan** – iska diiwaan geli adeegeena Talo-bixinta Lacagta ee Camden si aad u hesho caawimaad (p1).
- **Naadiyada quraacda ee bilaashka ah iyo foorjarrada suuqyada waaweyn ee ay dawladdu maalgeliso** – si aad u hesho taageeradan, haddii aad u qalanto, ilmahaaga ka diiwaangeli cunto dugsiyeedka bilaashka ah (p8).
- **Qorshahayaga Taageerada Canshuurta Dawladda ee £31 milyan** – hubi haddii aad u qalanto oo iska diiwaangeli [camden.gov.uk/CTS](http://camden.gov.uk/CTS)
- **Goobaha 'soo dhawaynta diiran' waxay ka furan yihiin dhammaan xaafadda Camden** – si aad u diiranaato, ugu biirto hawlaha, aad ula kulanto dad kale, oo aad talo u hesho (p5).

Haddii aad tahay kirayste degan guryaha koonsalka, Kooxdayada Talobixinta Tamarta Guriga waxay kaa caawin karaan inay gurigaaga ka dhigaan mid diiran oo ay yareeyaan biilasha tamarta (p6).

Haddii aad leedahay dakhli yar, haddii

aad naafo tahay, ama haddii aad leedahay ilmo naafo ah, waxaan kugu boorinayaa inaad hubiso inaad helayso dhammaan gunnooyinka aad xaqa u leedahay sababtoo ah kumannaan qoys oo Camden ah ayaanan helin. Shabakadda La-talinta ee Camden ayaa ku caawin karta (p11), ama isticmaal Kalkulaytarkeena Wanaagsan ee [camden.gov.uk/BetterOff](http://camden.gov.uk/BetterOff)

Haddii aad qaadato gunnooyinka dhaxalka ah sida Gunnada Shaqada iyo Taageerada (Employment and Support Allowance, ESA), dowladdu waxay dhawaan warqad kuu soo qori doontaa oo ay kuu sheegi doontaa inaad u wareegto Universal Credit – u fiirso warqadda (p5).

Haddii aad tahay hawlgab, hubi inaad xaq u leedahay Gunnada Hawlgabka. Waxay kor u qaadi doontaa dakhligaaga oo waxay kaa caawin doontaa inaad hesho taageero kale – oo ay ku jirto Lacag-bixinta Shidaalka Jiilaalka (p5).

Haddii aad rabto taageero jiilaalkan – oo ay ku jiraan walaacyada lacagta, ka noqoshada biilasha, guriyeynta, cuntada, iyo caafimaadka dhimirka – fadlan caawimaad raadso. Kaligaa ma tihid. Haddii aad awooddo inaad caawiso dadka kale, aad **bogga 12**, si aad u ogaato siyaabaha aad uga qayb qaadan karto.

Camden waa meel aan isugu nimaadno si aan u xaqiijino in qofna aan laga harin. Waad ku mahadsan tahay wax walba oo aad qabato, oo fadlan sii wad inaad midba midka kale ka fikirtaan.

**Xildhibaan Richard Olszewski**  
**Hogaamiyaha, Golaha Camden**

## Hel talo bilaash ah oo la xiriirta deynta



Dib miyaad uga dhacaysaa biilasha, ama ma leedahay deyn aadan awoodin inaad dib u bixiso? Kaligaa ma tihid. Hel caawimaad, talo iyo taageero bilaash ah.

- ☎ National Debtline **0808 808 4000**
- 📍 [nationaldebtline.org](http://nationaldebtline.org)
- 📍 Citizens Advice [citizensadvice.org.uk/debt-and-money/help-with-debt](http://citizensadvice.org.uk/debt-and-money/help-with-debt)
- ☎ Haddii aad la dhiban tahay haraaga canshuurta golaha, naga soo wac **020 7974 6414**
- ☎ Iska diiwaangeli adeegeena bilaashka ah ee Money Advice Camden service [camden.gov.uk/MoneyAdviceService](http://camden.gov.uk/MoneyAdviceService)



Haddii aad u baahan tahay deyn, yaan lagugu qalqaalin inaad u dhawaato dadka amaahda dadka ku gaada ama inaad hesho deyn lacag-bixineed. Taas beddelkeeda, tixgeli ururada deymaha bixiyaha ama bixiyeyaasha kale ee amaahda anshaxeed.


- 📍 [credit-union.coop](http://credit-union.coop) ☎ **020 7561 1786**
- @ [info@credit-union.coop](mailto:info@credit-union.coop)

Haddii dadka dhiigmiiratada ah ay kugu leeyihiin dayn, ama haddii laguugu hanjabay dayn, hel caawimaad qarsoodi ah 📍 [stoploansharks.co.uk](http://stoploansharks.co.uk)

## Hubi inaad kordhin karto dakhligaaga ama aad lacag kaydsan karto

1. Hubi in lagu siinayo Mushaharka ugu Yar ee Qaranka 📍 [gov.uk/am-i-getting-minimum-wage](http://gov.uk/am-i-getting-minimum-wage)
2. Hubi haddii aad u qalanto Taageerada Cashuuraha Golaha si aad u hesho dhimista cashuurta golaha oo dalbo 📍 [camden.gov.uk/CTS](http://camden.gov.uk/CTS)
3. Haddii aad keligaa nooshahay, codso 'hal qof' 25% oo ah qiimo dhimista Canshuurta golahaaga 📍 [camden.gov.uk/CTsingle](http://camden.gov.uk/CTsingle)
4. Hubi inaad ku jirto tacriifada ugu hooseeya ee dhammaan biilashaada. Waydii adeeg-bixiyahaaga hadda heshiis ka wanaagsan ama wax ka iibso agagaarka
5. Haddii aad hesho gunnooyin – waxa laga yaabaa inaad u qalanto 'tarifka bulshada' qiimo jaban ee khadka internetka ama taleefanka gacanta. Kala hadal adeeg bixiyahaaga hadda qiimo jaban ama booqo 📍 [ofcom.org.uk/cheap-broadband](http://ofcom.org.uk/cheap-broadband)

## Gunnooyinka iyo caawimaadaha lacagta

Hubi inaad helayso dhammaan gunnooyinka aad xaqa u leedahay, oo hel talooyin miisaaniyadeed, addoo isticmaalaya Kalkulaytarka Wanaagsan  [camden.gov.uk/BetterOff](https://camden.gov.uk/BetterOff)

### Gunnooyinka loogu talagalay dadka shaqo la'aanta ah ama dakhligoodu yar yahay


**Universal Credit** – lacag bille ah oo loogu talagalay dadka dakhligoodu hooseeyo

 [gov.uk/UC](https://gov.uk/UC)

#### **Gunnada Daryeelaha** –

Haddii aad daryeesho qof qaata gunnooyinka qaarkood ugu yaraan 35 saacadood usbuucii, waxaad heli kartaa £81 todobaadkii.

 [gov.uk/carers-allowance](https://gov.uk/carers-allowance)

 Helitaanka Gunnada Daryeelaha waxa laga yaabaa inay saamayso gunnooyinka kale ee adiga iyo qofka aad daryeesho aad heshaan – markaa iska hubi inaad talo hesho ka hor intaadan codsan.

### Gunnooyinka loogu talagalay dadka carruurta leh

**Gunnada/Masruufka Carruurta** – dalbo gunnadan haddii aad mas'uul ka tahay korinta ilmo ka yar 16, ama ka yar 20 haddii ay ku sii jiraan waxbarashada ama tababarka la ansixiyay


 [gov.uk/child-benefit](https://gov.uk/child-benefit)

 0300 200 3100

### Gunnada caafimaadka iyo naafanimada


Haddii adiga ama ilmahaagu aad naafo tihiiin, aad qabtaan xaalad caafimaad oo wakhti dheer soo jirtey, ama daryeel ama baahi dhaqdhaqaaq – waxa jira saddex gunnooyin oo aad codsan karto:

#### **Gunnada Xaadiritaanka** –

Haddii aad tahay 66 sano jir ama ka wayn, waxaad heli kartaa £72 ilaa £108 usbuucii  0800 731 0122

 [gov.uk/attendance-allowance](https://gov.uk/attendance-allowance)

#### **Lacag Bixinta Madaxbanaanida Shakhsi ahaaneed (PIP)** –

Haddii aad tahay 66 sano jir ama ka wayn, waxaad heli kartaa £28 ilaa £184 usbuucii  0800 917 2222


 [gov.uk/pip](https://gov.uk/pip)

#### **Gunnada Nolasha Naafanimada ee loogu talagalay carruurta** –


haddii aad leedahay ilmo jira 16 ama ka yar, waxaad heli kartaa £28 ilaa £184 usbuucii

 0800 121 4600

 [gov.uk/disability-living-allowance-children](https://gov.uk/disability-living-allowance-children)

 Gunnooyinka ku qoran safkan maaha kuwo macne ahaan la tijaabiyey markaa dhib ma laha inta aad kasbato ama aad kaydsato. Sidoo kale uma baahnid inaad wadaagto caddaynta oggaanshaha cudurka.

## Gunnooyinka loogu talagalay dadka hawlgabka ah

**Gunnada Hawlgabka** – haddii aad tahay 66 ama ka weyn, hubi haddii aad xaqa u leedahay Gunnada Hawlgabka. Waxay kor u qaadeysaa dakhligaaga toddobaadlaha ilaa £218 (haddii aad tahay keligaa) ama £332 (lammaanayaasha). Waxay sidoo kale kaa caawin doontaa inaad hesho gunnooyin kale – sida adeegyada NHS ee la dhimay ama bilaashka ah, iyo Lacag-bixinta Shidaalka Jiilaalka.  0800 99 12 34

**Gunnada Guryaynta** – haddii aad leedahay dakhli yar, oo aad kiraysato gurigaaga, codso Gunnada Guryaynta  [camden.gov.uk/housing-benefit](https://camden.gov.uk/housing-benefit)





### U Wareegista Universal Credit – u firso warqadda

Haddii aad qaadato Gunnada Guryaynta, iyo Gunnada Taageerada iyo Shaqada (ESA), ama gunnooyinka kale ee dhaxalka ah, dawladda ayaa dhawaan warqad kuu soo diri doonta oo kuu sheegi doonta inaad u wareegto Universal Credit.




Waxaad markaas haysan doontaa 3 bilood oo aad ku dalbato (ha codsan ka hor intaanad helin warqadda), waana inaad buuxisaa wakhtiga kama dambaysta ah – haddii kale gunnooyinkaaga way joogsanayaan.

#### **Waxaa jira 3 siyaabood oo loo codsado Universal Credit:**

1. Wac khadka taleefanka caawimada ee dawlada ee Universal Credit  0800 169 0328
  2. Ka wac khadka caawinta ee Talada Muwaadinka 'Ka Caawinta Sheegashada'  0800 144 8444
  3. Buuxi foomka  [gov.uk/UC](https://gov.uk/UC) – si aad u hesho caawimaad la xiriirta buuxinta foomkan daawo fiidiyowga ku jira [youtu.be/9Q2u64sKnn0](https://youtu.be/9Q2u64sKnn0)
- Wixii macluumaad dheeraad ah, booqo  [ucmove.campaign.gov.uk](https://ucmove.campaign.gov.uk)

### Raadi booska 'soo dhawaynta diiran' ee kuugu dhow

Goobaha 'soo dhawaynta diiran' ayaa laga heli karaa maktabadaha, xarumaha carruurta iyo dhismayaasha kale ee bulshada ee xaafadda Camden. Qof kasta waa lagu soo dhaweynayaa inuu soo booqdo goobahan si ay u shaqeeyaan, u nastaan, ugu biiraan waxqabadyo bilaash ah ama qiimo jaban, oo ay u helaan caawimaad ama taageero ku aadan kharashka noloshu ee meel ammaan ah oo diiran  [camden.gov.uk/WarmWelcome](https://camden.gov.uk/WarmWelcome)



## Ka caawinta biilasha tamarta

**Haddii ay deyn kugu leeyahay alaab-qeybiyahaaga tamarta:** la hadal iyaga. Waxaa laga yaabaa inay bixiyaan qorshe lacag-bixineed ama deeq si ay kaaga caawiyaan bixinta lacagta.

**Haddii aad haysato mitirka lacag-bixinta ee hormariska loo bixiyo oo aadana lacag ku shuban**

**karin:** weydii alaab-qeybiyahaaga tamarta amaah ku meel gaar ah oo haddii ay kaa dhamaato, weydii sida ay kuu caawin karaan.



**Bixi akhrinta mitirka caadiga ah** si loo hubiyo in lagugu dallaco isticmaalkaaga dhabta ah, maaha isticmaalkaaga la qiyaasay.

**Hubi haddii koontadaada ay ku jirto deyn, haddii lacag celin lagugu leeyahay ama haddii lacagtaada tooska ah la dhimi karo.**

Si aad u hesho tilmaamo dheeraad ah si loo yareeyo isticmaalka tamarta booqo:

[📍 camden.gov.uk/EnergySavingTips](https://www.camden.gov.uk/EnergySavingTips)

## Hay'adaha idin ka caawin kara adiga ama qof aad ka welwelsan tahay biilasha tamarta iyo deynta tamarta

**Kooxda La-talinta Tamarta Guriga ee Camden** – Taageero loogu talagalay kiraystayaasha guryaha koonsalka ee leh biilasha tamarta, deynta tamarta, ilaalinta gurigaaga iyo yaraynta isticmaalka tamarta. La xirii si aad uga hesho wixii talo ah ama si aad u samaysato booqasho guri 'diiran oo wanaagsan' [📞 0207 974 6207](tel:02079746207)

[@ EnergyEfficiencyHomeAdvice@camden.gov.uk](mailto:EnergyEfficiencyHomeAdvice@camden.gov.uk)

**Dhammaan dadka deegaanka ah waxay la xiriiri karaan:**

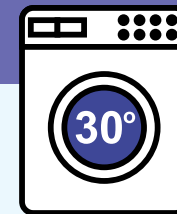
**WISH Plus** – u gudbi naftaada ama qof kale si aad u hesho caawinaad ku saabsan diiranaanta, welwelka lacagta, badbaadada iyo adeegyada caafimaadka [📍 camden.gov.uk/wish-plus](https://www.camden.gov.uk/wish-plus) [📞 020 7974 3012](tel:02079743012)

**Trust Saving Trust**

[📍 energysavingtrust.org.uk/energy-at-home](https://www.energysavingtrust.org.uk/energy-at-home)

**National Energy Foundation** – Ka caawinta biilasha tamarta, beddelka tamarta, deeqaha iyo in kale oo badan [📍 nef.org.uk](https://www.nef.org.uk) [📞 01908 665555](tel:01908665555)

## Talooyin lagu dhimayo isticmaalka tamartaada



- Hoos u dhig heerkulbeeggaaga 1 darajo si aad u yarayso biilasha kuleylinta guriga ilaa 10%
  - Dami alaabta korontada adigoo ka deminaya daare-demiyaha wayn marka aan la isticmaalayn
  - Kaliya jaajareey qalabyada marka aad u baahan tahay
  - Ku dhaq dharka 30 digrii ama dhaqid qabow, adigoo buuxinaya mashiinka dharka mar kasta
  - Xir albaabada iyo daaqadaha si aad u yarayso qabyada oo aad kulaylka ugu dhex ilaaliso guriga
  - Qaado qubeys gaaban halkii aad wakhti dheer ku qubaysan lahayd si aad u yarayso isticmaalka tamarta iyo biyaha
- Wixii macluumaad dheeraad ah, booqo [📍 camden.gov.uk/reducing-energy-bills](https://www.camden.gov.uk/reducing-energy-bills)

## Caawimaad ku aadan biilasha biyaha

Haddii aad leedahay dakhli yar, waxaad u qalmi kartaa qiimo dhimis 50% ah oo xagga biilka biyaha Thames Water ah [📍 thameswater.co.uk/waterhelp](https://www.thameswater.co.uk/waterhelp) [📞 0800 009 3652](tel:08000093652)



## Caawimaad la xiriirta cuntada

Haddii aad si degdeg ah ugu baahan tahay taageero cunto:

[📍 findfood.camden.gov.uk](https://www.findfood.camden.gov.uk)

[📞 020 7974 4444](tel:02079744444)

[📍 camden.gov.uk/access-food](https://www.camden.gov.uk/access-food)



**Haddii aad uur leedahay ama aad leedahay ilmo ka yar 4:** hel caawimaad si aad cunto iyo caano u gadato adiga oo isticmaalaya Qorshaha HealthyStart ee NHS [📍 healthystart.nhs.uk](https://www.healthystart.nhs.uk)

Xaalad kasta ha ahaatee, tixgeli inaad ku biirto ama bilowdo iskaashi cunto si aad si joogto ah u hesho cunto jaban [📍 cooperation.town](https://www.cooperation.town)

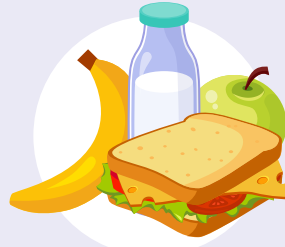
## Ilmahaaga ka diiwaangeli cuntada bilaashka ah ee dugsiya oo badbaadso in ka badan £500 sannadkii

Ilmo kasta oo dhigta dugsiya hoose waxa uu helaa cunto dugsiyeed bilaash ah oo uu maalgeliyo Duqa London. Carruurta xaqa u leh ee dhigata dugsiyada sare sidoo kale waxay heli karaan cunto dugsiyeed bilaash ah – laakiin waa in laga diiwaangeliyaa nidaamka.

Camden, waxaanu sidoo kale siinaa ilmo kasta oo u qalma oo iska diiwaan galiyay nidaamka cuntada dugsiya ee bilaashka ah taageero dheeraad ah oo cunto qiimaheedu gaarayo £500 sannadkii – oo ay ku jiraan:

- naadiyada quraacda ee bilaashka ah
- fojarrada cuntada ee ciidaha.

**Haddii aad hesho gunnooyin gaar ah – oo ay ku jiraan Universal Credit – ilmahaagu wuxuu xaq u leeyahay dhammaan taageerooyinkan, markaa fadlan diiwaangeli maanta.**



## Haddi ilmahaagu qabo baahi cunto ama xasaasiyad, waa la tixgelin doonaa

- Haddii ilmahaagu qabo baahi cunto ama xasaasiyad, weydii dugsiya ilmahaaga sida loo ogeysiyo shirkadda cuntada – tusaale ahaan; waxaa laga yaabaa inaad u baahato inaad foom buuxiso.
- Haddii ilmahaagu u baahan yahay cunto Xalaal ah ama Kosher, fadlan si toos ah arrintan ugala hadal dugsiya ilmahaaga.
- Haddii ilmahaagu yahay mid cuna khudrad oo keliya, uma baahnid inaad wax samayso - shirkad kasta oo cuntada bixisa waxay bixisaa fursadahan sida caadiga ah.

## Ilmahaaga ka diiwaangeli cunto bilaash ah maanta

[camden.gov.uk/free-school-meals](https://www.camden.gov.uk/free-school-meals)

☎ 020 7974 4444 ama ☎ 020 7974 5771 (Talaado, Arbaco iyo Khamiis, 9am ilaa 3pm – wakhtiga teeramka oo keliya).

Kaliya waxay qaadataa 10 daqiiqo in la buuxiyo foomka. Diyaarso Caymiskaaga Qaranka ama Nambarkaaga Magangalyo-doonka Qaranka.



## Talada guriyaynta

**Haddii aad tahay kireystaha guryaha koonsalka** oo ay dhibaato kaa haysato bixinta kiradaada ama kharashka, la hadal kooxdayada kirada si aad uga hesho wixii talo ah.

☎ 020 7974 4444 📍 [camden.gov.uk/your-council-rent](https://www.camden.gov.uk/your-council-rent)

**Haddii aad tahay kireyste gaar ah** oo ay dhibaato kaa haysato bixinta kiradaada, la hadal mulkiilahaaga. Wixii talo ah, la xiriiri Isutaga Camden ee Kiraystayaasha Gaarka ah @ [admin@cfpt.org.uk](mailto:admin@cfpt.org.uk) ☎ 020 7383 0151 ama waxaad sidoo kale booqan kartaa websaydkeena kiraystayaasha gaarka ah 📍 [camden.gov.uk/web/private-renters-in-camden](https://www.camden.gov.uk/web/private-renters-in-camden)

**Haddii aad tahay mulkiilaha guriga** oo ay dhibaato kaa haysato bixinta lacagtaada deynta ee guriga, la hadal bixiyahaaga amaahda - waxa laga yaabaa inay ku caawiyaan.



Kahor intaadan la hadlin mulkiilaha gurigaaga ee gaarka loo leeyahay ama bixiyaha amaahda guryaha, tixgeli inaad raadsato la-talin sharci oo bilaash ah si ay kaaga caawiso inaad fahamto xuquuqdaada - bogga 11 ka eeg wixii faahfaahin ah.

## Caawimaad iyo taageero la xiriirta xadgudubka guriga

Haddii adiga ama qof aad taqaan uu la kulmo, ama khatar ugu jiro, xadgudubka guriga nooc kastaba ha ahaadee, la xiriir Camden Safety Net:

📍 [camden.gov.uk/domestic-violence](https://www.camden.gov.uk/domestic-violence) ☎ 020 7974 2526

@ [CamdenSafetyNet@camden.gov.uk](mailto:CamdenSafetyNet@camden.gov.uk)

! Haddii ay tahay xaalad degdeg ah wac 999

## Caawimaad la xiriirta helitaanka shaqo ama tababar

Iska diiwaangeli Good Work Camden si aad u hesho taageero iyo talo lacag la'aan ah si aad u hesho shaqo mushahar wanaagsan ama tababar.

📍 [camden.gov.uk/employment-support](https://www.camden.gov.uk/employment-support)

@ [jobhub@camden.gov.uk](mailto:jobhub@camden.gov.uk) ☎ 020 7974 1666

Haddii ay da'daadu tahay 13 ilaa 19, ama ilaa da'da 25 aadna qabto dhibaato waxbarasho ama naafanimo, la xiriir Camden Connexions.

@ [connexions@camden.gov.uk](mailto:connexions@camden.gov.uk) ☎ 020 7974 7252



## Haddii aad dareento hoos u dhac, walaac ama niyadjab

- 🗨️ La hadal GP 📍 Booqo [icope.nhs.uk](https://www.icope.nhs.uk)
- ☎️ iCope ka wac **020 3317 6670**
- 📍 Booqo [camden.gov.uk/mental-health](https://www.camden.gov.uk/mental-health)



⚠️ Haddii aad la kulanto dhibaato caafimaad oo maskaxeed, wac khadka qalalaasaha ee 24-saac shaqeeya **020 3317 6333** si aad u hesho taageero takhasus leh. **Haddii ay jirto xaalad degdeg ah, had iyo jeer wac 999.**

### Tallaalka Pneumococcal

Tallaalkani waxa uu kaa ilaaliyaa cudurrada halista ah sida oof wareenka iyo qoorgooyaha. Waxaa lagula talinayaa dadka khatarta sare ugu jira cudurradan – oo ay ku jiraan dhallaanka iyo dadka waaweyn ee da'doodu tahay 65 iyo wixii ka weyn.

📍 [nhs.uk/vaccinations/pneumococcal-vaccine](https://www.nhs.uk/vaccinations/pneumococcal-vaccine)

### Tallaalka RSV ee loogu talagalay dadka uurka leh iyo dadka waaweyn

Tallaal cusub ayaa diyaar ah si looga hortago dadka inay qaadaan RSV (Respiratory Synytyal Virus), oo ah fayras caadi ah oo u horseedi kara caabuq sambabada oo daran, wuxuuna samayn karaa dhallaanka iyo dadka waaweyn ee aad u xanuunsan. Waxaa lagula talinayaa dadka da'doodu tahay 75 ilaa 79, iyo xilliga uurka (laga bilaabo 28 toddobaad) si tallaalka uu uga caawiyo ilaalinta ilmahaaga ka dib markay dhashaan. Wax badan ka ogow 📍 [nhs.uk/rsv-vaccine](https://www.nhs.uk/rsv-vaccine)

### COVID-19 iyo tallaallada ifilada

Kuwan ayaa diyaar u ah qof kasta oo khatar weyn ugu jira inuu si xun uga bukoodo COVID-19 ama hargabka. 📍 [nhs.uk/seasonalvaccinations](https://www.nhs.uk/seasonalvaccinations)

**Si aad wax badan uga ogaato tallaaladan, booqo websaydka aan kor ku soo sheegnay ama la hadal GP-gaaga.**

## Caafimaad ku joogis

- Booqo farmashiyaha xaafaddaada si aad uga hesho wixii talo ah ee ku saabsan cudurro fudud ee kala duwan, waxayna kuu sheegi karaan haddii aad u baahan tahay inaad booqato GP-gaaga.
- Haddii aad u malaynayso inaad u baahan tahay caawimaad caafimaad hadda, la xiriir NHS 111 wixii talo ah ee la sameeyo.  
☎️ Wac **111** 📍 si bilaash ah **111.nhs.uk**  
⚠️ Haddii ay jirto xaalad degdeg ah, had iyo jeer wac **999**

## Shabakadda Talobixinta ee Camden: Ururada ku salaysan xaafadda Camden ee bixiya talo bilaash ah oo madax bannaan oo ku saabsan arrimo badan

**Talo-siinta Muwaadiniinta Camden:** Taageero iyo talooyin guud oo la xiriira arrimo badan. ☎️ **0800 028 3146** 📍 [camdencabservice.org.uk](https://www.camdencabservice.org.uk)

**Age UK Camden:** taageerada iyo talada deynta ee loogu talagalay dadka deegaanka ah ee ka weyn 55. ☎️ **020 7837 3777** 📍 [ageuk.org.uk/camden](https://www.ageuk.org.uk/camden)

**The Living Centre (Xarunta Nololsha):** taageero iyo talo ku aadan shaqada iyo gunnooyinka. ☎️ **020 7380 0453** 📍 [thelivingcentre.org](https://www.thelivingcentre.org)

**Xarunta Sharciga ee Mary Ward:** taageero sharci oo bilaash ah oo takhasus leh oo la xiriirta guriyeynta, gunnooyinka iyo deynta. ☎️ **020 7831 7079**  
📍 [marywardlegal.org.uk](https://www.marywardlegal.org.uk)

**Xarumaha Sharciga ee North West London:** talo ku saabsan xuquuqahaaga sharciyeed. ☎️ **020 7284 6510** 📍 [nwllc.org.uk](https://www.nwllc.org.uk)

**Xarunta Haweenka ee Hopscotch:** Taageero takhasus leh oo ku saabsan arrimo badan, oo ay ku jiraan haweenka la kulma ama khatarta ugu jira xadgudubka ama rabshadaha guriga. ☎️ **020 7388 8198** 📍 [hopscotchuk.org](https://www.hopscotchuk.org)

**Xarunta Haweenka ee West Hampstead:** la-talin takhasus leh oo ku saabsan arrimo kala duwan. ☎️ **020 7328 7389** 📍 [whwc.org.uk](https://www.whwc.org.uk)

**Xarunta Dhalinyerada ee New Horizon:** latalinta iyo taageerada shaqada ee loogu talagalay da'da 16 ilaa 24. ☎️ **020 7388 5560** 📍 [nhyouthcentre.org.uk](https://www.nhyouthcentre.org.uk)

**Xarunta The London Irish:** talo iyo taageero kala duwan. ☎️ **020 7916 2222**  
📍 [londonirishcentre.org](https://www.londonirishcentre.org)

**Xarunta Kosmos iyo Xarunta Dhaqanka Soomaalida ee Camden:** taageero kala duwan ayaa lagu heli karaa Ingiriisi, Giriig Qubrus iyo Soomaali. ☎️ **020 7267 7194**  
📍 [kosmoscentre.org.uk](https://www.kosmoscentre.org.uk)

**Camden People First:** talo iyo taageero takhasus leh oo loogu talagalay dadka waaweyn iyo qoysaska la kulma dhibaatooyinka waxbarashada. ☎️ **020 7388 2007**  
📍 [camdenpeoplefirst.org.uk](https://www.camdenpeoplefirst.org.uk)

**Camden Disability Action (Wax-ka-qabadka Naafanimada Camden):** taageero takhasus leh oo loogu talagalay dadka waaweyn iyo carruurta naafada ah. ☎️ **0203 833 1125** 📍 [camdendisabilityaction.org.uk](https://www.camdendisabilityaction.org.uk)

## Caawimaad iyo taageero dheeraad ah oo laga helo gudaha Camden

**Camden Care Choices:** wixii macluumaad ah ee ku saabsan daryeelka iyo adeegyada taageerada dadka waaweyn.  
📍 [camdenpeoplefirst.org.uk](https://www.camdenpeoplefirst.org.uk)

If you don't speak English, call us on **020 7974 4444** and we'll help you in the language that's best for you, or you could ask a local community organisation to help you make a call.

إذا لم تكن تتحدث اللغة الإنجليزية، فاتصل بنا على هاتف رقم 020 7974 4444 وستساعدك باللغة الأنسب لك، أو يمكنك أن تطلب المساعدة من إحدى منظمات المجتمع المحلي لإجراء المكالمات الهاتفية.

ئەگەر ناتوانی بە زمانی ئینگلیزی قسه بکهیت، پهیوهندیمان پیوه بکه به ژماره 020 7974 4444 و ئیتمش بهو زمانهه که باشتره بۆ تو یارمهتیت دهمین، یان دهتوانی داوا له ریکخر اوکی کۆمهلهگهه خۆجیبی بکهیت یارمهتیت بدات له ئەنجامدانی پهیوهندی تلهفونیه.

Soki olobaka anglais te, benga biso na 020 7974 4444 mpe tokosunga yo na lokota oyo ebongi na yo malamụ, to okoki kotuna na lisanga ya organisation ya local basunga yo na kobenga.

Haddii aadan ku hadlin luuqadda Ingiriisiga, naga soo wac 020 7974 4444 oo waxaan ku dadaali doonnaa inaan kugu caawinno luqadda adiga kugu habboon ama waxaad waydiisan kartaa ururka bulshada ee deegaanka inay kaa caawiyaan inaad na soo wacdo.

Ikiwa huzungumzi Kiingereza, tupigie simu kwa nambari 020 7974 4444 na tutakusaidia kwa lugha inayokufaa, au unaweza kuomba shirika lililo karibu nawe likusaidie kupiga simu.

আপনে যদি ইংরেজিতে কথা কইতে না পারইন, 020 7974 4444 নাম্বারে আমরারে কল দেইন আর আমরা আপনারে আপনে যে ভাষা বুঝইন অই ভাষায় সাহায্য করার চেষ্টা করমু অথবা কল দেয়ার লাইগ্যা স্থানীয় কমিউনিটিরে জিগাইতে পারইন।

İngilizce konuşuyorsanız, 020 7974 4444 numaralı telefondan bizi arayın ve size uygun dilde yardımcı olalım. Dilerseniz arama yapmak için bir yerel topluluk kuruluşundan yardım isteyebilirsiniz.

## Haddii aad awooddo, waxaa jira habab badan oo aad dadka kale ku caawin karto jiilaalkan

1. Raadi fursad mutadawacnimo oo maxalli ah

 [volunteercentrecamden.org.uk](https://www.volunteercentrecamden.org.uk)  **020 7424 9990**

2. Deeq ku bixi Young Camden Foundation ama Camden Giving

 [camdengiving.org.uk/supportcamdengiving](https://camdengiving.org.uk/supportcamdengiving)

 [bit.ly/YCF\\_Donate](https://bit.ly/YCF_Donate)

3. Deeq ahaan u bixi cunto iyo waxyaabaha kale ee muhiimka ah adigoo gaynaya bangigaaga cuntada ama ururka bulshada. Raadi urur kuu dhaw

 [findfood.camden.gov.uk](https://findfood.camden.gov.uk)

4. Deeq ahaan u bixi xafaayadaha, alaabta musqulaha iyo in kale oo badan adigoo geynaya hay'adda samafalka ee Little Village

 [littlevillagehq.org/donate-stuff](https://littlevillagehq.org/donate-stuff)