



Jiilaalkan waxay noqon doontaa mid adag



Laakiin waxaa jira caawinaad loogu tala galay dadka Manchester

**Qaado caawinaad wax kaa difaaca hargabka iyo
Covidka haddii aad xanuunsato
Taageer Talo bixinta ku saabsan
lacagta
Hababka laysku diiriyo**





Hargabka iyo Covid

Jiilaalku waa xilliga dad badan ay Hargabka helaan (Influenza)

- iyo Covidkana weli jirto

Labadan fayras waxay kugu keeni karaan xanuun aad u daran

- in labadooda hal mar la qaadana waxay noqon kartaa mid aad halis u ah



Ka ilaali naftaada iyo dadka kugu

xeeran adiga oo iska tallaalaya

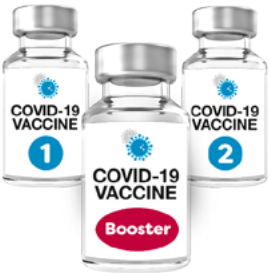
labadaba

Covid

Talaalka Covid waa bilaash waana badbaado.

Haddii aad mar hore Covid kugu dhacdey, mar kalena waad qaadi kartaa.

Haddii lagu tallaalay, difaaca ay ku siin doonto waa ay sii yaraanaysaa.



Qaad talaalka dheeraadka ah haddii aad:

- ka weyn tahay 50
- Kooxda kujira khatarta sare, sida dadka naafada ah
- Uurka leh
- Kuwa ka shaqeeya caafimaadka ama daryeelka bulshada

Haddii aad wax su'aalo ah qabtid wac khadkayaga Caawinta Manchester ee bilaashka ah oo nala hadal wax ku saabsan ballan sameynta tallaalka Covid xitaa haddii hore aadan lahayn - sababtoo ah weligii daahitaan ma aha inaad timaadid.

Telefoon lacag la'aan: 0800 840 3858

Isniinta ilaa Jimcaha, 9 subaxnimo ilaa 5 galabnimo. Adeeg

turjumaada waa diyaar u dir Qoraal: 07890 036 892

www.manchester.gov.uk/getmyjob





Hargab

Dadkan waxaa lala xiriiri doonaa tallaalka hargabka oo bilaash ah:

- Carruurta da'doodu tahay 2 iyo 3
- Carruurta dhigata dugsiga hoose iyo sare
- Dadka qaba arrimo caafimaad oo ka dhigaya inay 'khatar ku jiraan'
- Dadka ka weyn 50 sano
- Haweenka uurka leh
- Shaqaalaha caafimaadka iyo daryeelka bulshada
- Ku noolaanshaha guriga dadka la daryeelo
- Dadka la nool qof difaaca jidhkiisu uu daciif yahay



Takhtarkaaga guud, isbitaalka deegaanka, ama dugsiga ayaa kula soo xiriiri doona.



Talaalka hargabku kuma jiro wax hilib doofaar ah ama waxyaalo laga saarey xoolaha.

Carruurta sida caadiga ah waxaa la siiyaa buufin sanko, kani waxa ku jira hilib doofaar. Waxay bedelkeeda qaadan karaan talaalka.

www.manchester.gov.uk/getmyjob



Sida Caafimaadkaaga u ilaalin lahayd

- Gacmahaaga dhaq
- Xiro maaskaro haddii aad dareemaysid inay haboon tahay inaad sidaas samayso
- Haddii aad xanuun dareento, guriga joog

Caawinaad u hel caafimaadkaaga

Haddii aad u baahan tahay gargaar caafimaad waxaa jira siyaabo badan oo aad ku heli karto caawimo iyo talo



NHS 111

Kani waa adeeg 24-saac ah oo ku caawin kara haddii aad qabto dhibaato caafimaad oo degdeg ah iyo haddii aanad hubin waxaad samaynayso.

Waxay ku siin karaan talo caafimaad, waxay kugula xidhiidhin karaan kalkaalisada, dhakhtarka ilkaha ee degdega ah, farmashiistaha ama GP-ga.

Haddii aad u baahan tahay inaad aado qaybta degdega ah ee isbitaalka, waxay ku siin karaan wakhti.

Taleefanka: 111

Website: 111.nhs.uk



Xaalada degdega 999

Haddii qof si xun u bukoodo ama u dhaawacmo oo ay noloshoodu khatar ku jirto wac: 999



Farmashiste ama Farmasiga

Waxay ku siin karaan talo iyo dawooyin farmashiyaha laga gadan karo sida daawooyinka qufaca, hargabka, dhuun xanuunka iyo calool xanuunka.

Haddii aadan awoodin daawada aad u baahan tahay, weydii haddii aad lacag la'aan ku heli karto iyadoo la raacayo Qorshaha Xanuunnada Yaryar.



Xarumaha Dhaqtarka guud GP

Waa in aad ka diiwaan gashan tahay Dhakhtarka guud ee deegaanka Way ku daweyn karaan, ama waxay kuu diyaarin karaan in lagugu baaro ama aad ku arkaan dhakhtar takhasus leh, ama aad ka heli karto daryeelka bulshadaada dhexdeeda.



Xarumaha Dhaqtarka guud GP sidoo kale waxay leeyihiin kalkaaliyayaal ama shaqaale kale oo ku arko.



Takhaatiirta Guud qaarkood waxay ku siin karaan talo taleefoon ama fiidiyow ahaan.

Si aad ballan u qabsato, wac, ama gal website-ka dhaqtarka guud GP.



Taageerada caafimaadka maskaxda

Haddii adiga ama qof aad taqaan uu qabo arrimaha caafimaadka dhimirka, la xidhiidh Khadka Caawinta Dhibaataada Caafimaadka Dhimirka ee Greater Manchester.

Waa bilaash in la waco waana furan tahay



**Greater Manchester
Mental Health**
NHS Foundation Trust

mar walba 0800 953 0285

Caawinaadka lacagta

Haddii ay dhibaato kaa haysato lacagta, bixinta biilasha ama cuntada, ama aad u baahan tahay talo ku saabsan waxyaabo kale, caawinaada ayaa halkan ka jira



Khadka Talobixinta Kharashka Nolasha

Wixii taageero ah oo ku saabsan:

- Kaalmada lacagta iyo bixinta kiradaada
- Talo bixinta deynta iyo biilasha
- Taageerada cuntada
- Caawinaad si aad online u isticmaalid

Taleefanka: 0800 023 2692

Isniinta ilaa Jimcaha, 9 subaxnimo ilaa 4:30 galabnimo

Haddii ay ku haysato dhibaato dhinaca acagta

Waxaa jira noocyo kala duwan oo taageero ah oo la heli karo

Hubi haddii aad codsan karto caawinaadka lacagta

kirada guriga iyo Cashuurta Dawladda Hoose ee

Ikhtiyaari ah.

Haddii aad haysato dhibaato lacageed, codso deeqda tamarta a iyo lacag kaash ahaan.

www.manchester.gov.uk/financialsupport



Talobixinta lacagta kaalmada

Hubi inaad hesho wax kasta oo aad xaq u leedahay. Isticmaal

hubinta lacagta kaalmada ee onlaynka ah si aad u dalbato

lacagta kaalmada dheeraadka ah.

www.gov.uk/benefits-calculators



Bixinta biilasha tamarta

Haddii aadan bixin karin biilka korontada ama gaaska, ama aadan buuxin karin mitirka la xiriir qaybiyaha tamartaada sida ugu dhaqsaha badan.

Haddii aad haysato mitirka lacagta lagu shubo waxa laga yaabaa inaad u qalanto deeqda tamarta ee degdegga ah.

www.manchester.gov.uk/helpinghands



Lacag ka amaahso credit union

Manchester Credit Union waxay bixisaa amaah waqti gaaban online ah oo u dhexeeya £100 ilaa £750, in ka badan 3 ilaa 9 bilood.

ad ka dalban kartaa onlayn oo aad isla markiiba go'aan ka heli kartaa.

www.manchestercreditunion.co.uk



Caawinaadka cuntada

Bankiga cuntada ama dukaamada bulshada ayaa ku caawin kara.

www.manchester.gov.uk/helpinghands

Cuntada dugsiga ee bilaashka ah

Cuntada Dugsiga ee Bilaashka waa cunto bilaash ee dhammaan ardayda ku jirta Reception, iyo fasalka 1 iyo 2. Haddii aad qaadato lacagta kaalmada gaar ah carruurtaadu waxay heli karaan cunto bilaash ah ee dugsiga.

www.manchester.gov.uk/helpinghands





Caawimo iyo talo kale

Waxaa jira caawimo la heli karo dhibaatooyin badan oo kala duwan



Citizens Advice/ Xafiiska talo bixinta dadweynaha
Wuxuu ku siin karaa talo bilaash, xafidsan oo ku saabsan mowduucyo badan.

Taleefanka bilaashka ah: 0808 278 7800

www.citizensadvicemanchester.org.uk



Daryeeleyaasha

Haddii aad tahay daryeele ama aad daryeesho qof kale,
caawimo ka raadso Daryeelayaasha Manchester.



Telefoon: 0161 543 8000

Visit: www.carersmanchester.org.uk

E-mail: contactpoint@carersmanchester.org.uk



Caawinta dadka da'da ah

Ururka samafalka ee Da'da madax-bannaanida ayaa kaa caawin karta
inaad codsato Gunnada Hawlgabka.

Taleefanka: 0800 319 6789

www.independentage.org

Leesanka TV bilaashka ah



Haddii adiga ama lammaanahaagu aad qaadanaysid Gunnada Hawlgabka, waxaad xaq u leedahay leesanka TV-ga oo bilaash ah.

Khadka La-talinta Noloshu ee Qiimaha Bilaashka ah ee Manchester ayaa ku caawin kara.

Taleefanka: 0800 023 2692



meel diiran ee aad aadi karto

Maktabka deegaankaagu waa saaxiibtinimo, diiran waana bilaash in la booqdo. Waad joogi kartaa inta aad rabto.



Haddii internetka kaa dhammaaday

Isticmaal wi-fi-ga bilaashka ah ee maktabadda xaafaddaada waxaadna soo qaadan kartaa SIM kaarka bilaashka ah.



Ka hel warbixin dheeraad ah:

u qor fariin Qoraal: 07860 064 128

www.letsgetdigitalmanchester.com



Tababar

Manchester Adult Education Service offers free training.

www.manadulted.org.uk



MANCHESTER
CITY COUNCIL



**Manchester Local
Care Organisation**

