



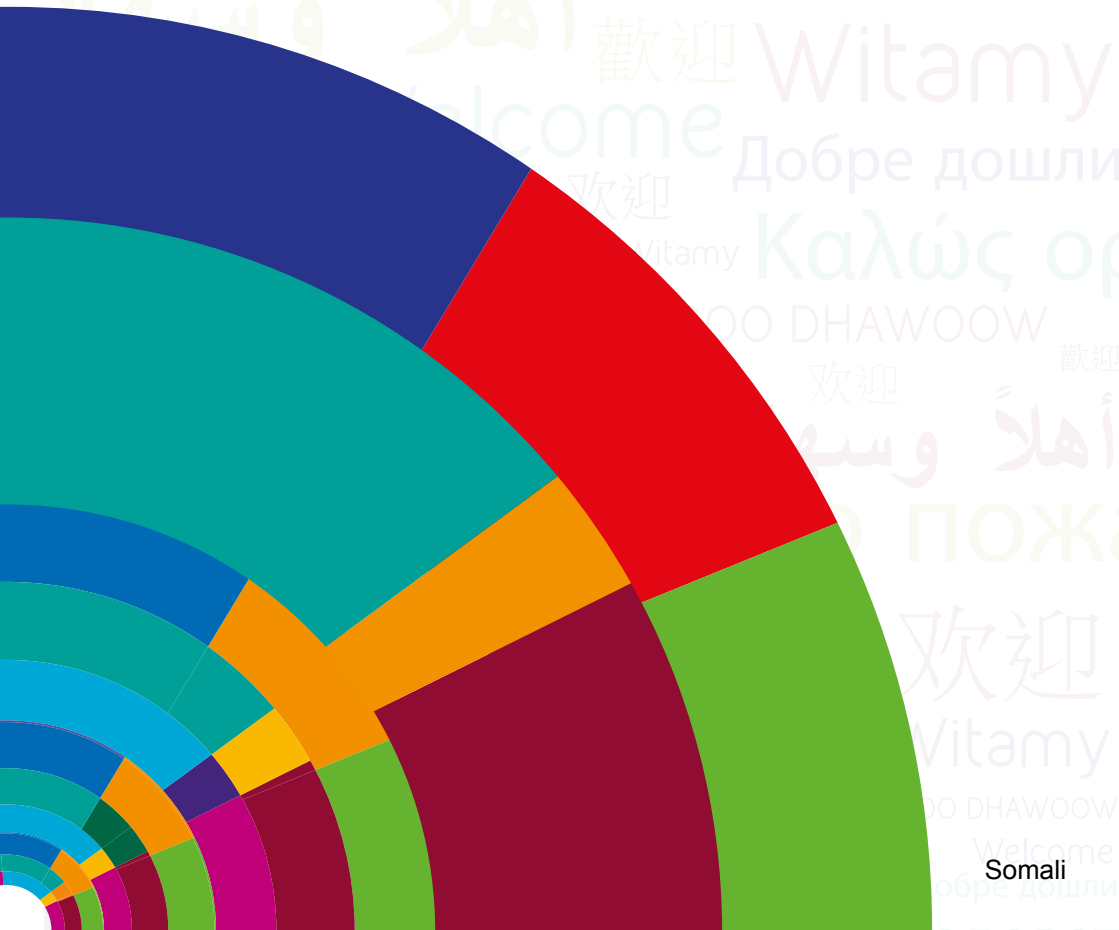
Mersey Care
NHS Foundation Trust

Community and Mental Health Services



Social Inclusion Team

Lagaa Caawinayaa helitaanka
Adeegyada NHS



Somali

Yaanu nahay?

Kooxda ka qayb-gelinta bulshada waxay fududaysaa aqoonta iyo helitaanka adeegyada caafimaadka, gaar ahaan kooxaha dhaqan ahaan kala duwan ay ku jiraan Jinsiyadaha Laga Badan yahay ee Madow (BME) iyo bulshooyinka dhagoolaha ah. Waxaan la xiriirnaa xirfadlayaal iyo hay'ado kala duwan si ay u caawiyaan shaqsiyaadka iyo qoysaska nugul ee guud ahaan Liverpool.

Waxaan haysanaa hawl-wadeenno rag iyo dumar ah ee xiriirinta caafimaadka iyo shaqaalah u doodidda kuwaasoo siiya caawinaad dadka iyo kooxaha ku nool bulshada dhexdeeda kuwaasoo wajaha dhibaatooyin sidii ay ku heli lahaayeen adeegyada iyo fursadaha ka qayb qaadanaya hagaajinta wanaag-ahaanshahooda jismi iyo maskaxeed.

Maxaan caawinaad bixinaa?

Kooxda ka Qayb-gelinta Bulshada (Social Inclusion Team) ujeeddadeedu waa hagaajinta caafimaadka iyo wanaag-ahaanshaha adiga iyo qoyskaaga, kooxdu waxay ku siin kartaa talo-bixin ficil ah iyo caawinaad arrimo kala duwan ayna ku jiraan:

- Ka caawinta helitaanka adeegyada caafimaadka iyo iska-diiwaangelinta Dhakhtarka Guud (General Practitioner (GP))
- Boorar-calaamadayn ee adeegyada bulshada ee aad uga baahan karto bulshada dhexdeeda
- Ka caawintaada aqoonsiga iyo hawlaha xiriirka bulshada dhexdeeda
- Siinta talo-bixin takhasus leh oo ku salaysan baahiyahaaga la aqoonsaday
- Habayanta caawin tarjumaan/luuqad la helayo markii aan kugu soo booqanayno guriga
- Xaqijinta inaad hesho helitaan daryeel caafimaad loo siman yahay
- U doodida adigoo aan ku matalayno ee arrimaha la xiriira caafimaadkaaga aiyo arrimaha bulshada

Sidee naloola soo xiriirayaa:

Waxaan degannahay bulshada degaanka dhexdeeda waxaana nala helayaa Isniin ilaa Jimce laga bilaabo 9.00am-5.00pm. Fadlan la hadal **0151 296 7433** ama iimayl: siteam@merseycare.nhs.uk

Haddii wacitaankaaga uu qabto cod teleefoon ka jawaabe, fadlan u dhaaf fariin iyadoo qof ka mid ah kooxda uu ku soo wici doono. Waan kugu soo booqan karnaa guriga ama kuu habayn karnaa inaan kugula kulanno xarunta caafimaadka degaankaaga ama Xarunta Carruurta.

Macluumaad xiriir waxtar leh:

NHS 111

NHS 111 waxaa la helayaa 24 saac maalintii, 365 maalmood sannadkii. Wacitaannadu waa **BILAASH** ee khadka guryaha iyo teleefoonka gacantuba. NHS 111 waxay kuu fududaysay helitaanka adeegyo daryeel-caafimaad degdeg ah markii aad u baahan tahay caawinaad caafimaad oo dhaqso ah.

Wac: 111 ama booqo boggooda internet-ka: www.nhs.uk/111

Liverpool City Council

Tel: 0151 233 3000
www.liverpool.gov.uk

Women's Aid

Tel: 0808 2000 247
www.womensaid.org.uk

Asylum Link

Tel: 0151 709 1713
www.asylumlink.org.uk

Merseyside Society for Deaf People

Tel: 0151 228 0888
www.msdp.org.uk

Migrants Help

Tel: 0808 8000 630

British Red Cross

Tel: 0151 702 5067
www.redcross.org.uk

Bukaankanagu waa Na Quseeyaa

Ujeeddadayadu waa bixinta adeegyo tayo sare leh oo ka tarjumaya baahiyaha bulshadayada. Tani macnaheedu waa dhagaysiga iyo ka jawaabidda fikradaha si loo hagaajiyo adeegyada aan bixino.

Haddii aad hayso wax ra'yi ama cabasho ah waxaad kala xiriiri kartaa Kooxdaayada Daryeelka Macamiilka

Teleefoon: **0151 471 2377**

Taleefan Bilaash ah: **0800 328 2941**

limayl: **palsandcomplaints@merseycare.nhs.uk**

Si aan u dalbato macluumaadkan oo luuqad kale ama qaab kale ah fadlan kala xidhiidh kooxda Sinaanta iyo Kala Duwanaanshaha
0151 472 7458 ama iimayl **equality2@merseycare.nhs.uk**



Waxaad sidoo kale nagala socon kartaa Twitter
@Mersey_Care

Ogaysiimo:
