

Xiriirrada waxtar leh

Xiriirrada qaran

Allergy UK (Xasaasiyadda Ingiriiska)

01322 619 898
www.allergyuk.org

Association of Breastfeeding Mothers (Ururka Hooyooyinka Carruurta naasnuujiya)

0300 330 5453
9.30 subaxnimo ilaa 10.30 habeenimo www.abm.me.uk

Asthma UK (Cudurka naqaska ama neefta ee Ingiriiska)

0800 121 62 44
www.asthma.org.uk

Baby LifeCheck (Hubinta Nolosha Ilmaha)

www.babylifecheck.co.uk

Child Accident Prevention Trust (Ururka Ka hortagga Shilka Ilmaha)

020 7608 3828
www.capt.org.uk

Cry-sis (Shiddo oohin)

08451 228 669
www.cry-sis.org.uk

Dental Helpline (Khadka caawinta Ilkaha)

0845 063 1188

Diabetes UK (Cudurka macaanka ama sonkorowga ee Ingiriiska)

www.diabetes.co.uk

Family Lives (Nololaha Qoyska)

0808 800 2222
www.familylives.org.uk

Healthy Start (Bilowga Caafimaad leh)

www.healthystart.nhs.uk

La Leche League GB (Isbaahaysiga Naasnuujinta ee Ingiriiska)

0845 120 2918 la heli karo 24 saacadood 7 maalmood toddobaadkii. www.laleche.org.uk

The Lullaby Trust (Ururka Heesaha carruurta lagu seexiyo)

www.lullabytrust.org.uk

Meningitis Now (Cudurka qoorgooyaha Iminka)

0808 80 10 388

www.meningitisnow.org

National Breastfeeding Network Helpline (Khadka caawinta Shabakadda Naasnuujinta ee Qaran)

0300 100 0212, 9.30 subaxnimo ilaa 9.30 habeenimo

www.breastfeedingnetwork.org.uk

National Childbirth Trust (Ururka Dhalmada carruurta ee Qaran)

0300 330 0700 8da subaxnimo ilaa 10ka habeenimo 7 maalmood toddobaadkii

www.nct.org.uk

National Domestic Violence Helpline (Khadka caawinta Rabshadda Guriga ee Qaran)

0808 2000 247

www.refuge.org.uk

Netmums (Hooyooyinka internetka)

Talobixin iyo warbixin ku saabsan waalidnimada.

www.netmums.com

Adeegga Warbixinta ee Waalidiinta loogu talagalay ee NHS

www.nhs.uk/start4life

Red Cross (Laanqayrta Cas)

Warbixin ku saabsan nidaamka CPR (dhunkashada nafta lagu badbaadiyo)

www.redcrossfirstaidtraining.co.uk

Fikradaha Caafimaad leh ee Start4Life

www.nhs.uk/start4life

National At-home Dad Network (Shabakadda Qaran ee Aabbeyaasha Gurijoog ah)

Fikradaha, sheekaysiga, wararka iyo taageerada aabbeyaasha.

www.athomedad.org

Si aad u hesho takhtarka ilkaha ee adeegga NHS (Adeegga Caafimaadka Qaran)

Wac adeegga NHS 111 ama booqo www.nhs.uk

NHS 111

Haddii aad u aragto in aad si dhakhso ah gargaar ugu baahan tahay maalinta dhexdeeda ama habeenka gudihiisa waa in aad wacdo adeegga **NHS 111** ka hor inta aadan u tagin adeeg kaloo caafimaadeed. Marka aad wacdo adeegga **NHS 111** waxaa islamarkaaba lagu tilmaami doonaa adeegga xaafaddaada ka diyaar ah ee sida ugu fiican kuu caawin

kara. Waa bilaash in la waco, xataa marka laga waco telefoonka gacanta, waxaana la heli karaa 24 saacadood maalintii, 365 maalmood sanadkii.

Goormee habboon in aan waco adeegga **NHS 111**?

- Marka aad si dhakhso ah gargaar ugu baahan tahay laakiin aanay naftaadu halis ku jirin.
- Marka aad u aragto in aad u baahan tahay in aad tagto Waaxda Gurmada degdeg ah ee isbitaalka (A&E) ama adeeg kaloo NHS oo laga helo daryeel dhakhso ah.
- Waqtiga ka baxsan saacadaha uu furan yahay xafiiska takhtarkaagu.
- Marka aadan garanayn cidda aad wici karto si aad uga hesho gargaar caafimaadeed.
- Haddii aadan xaafaddaada ku lahayn takhtar aad wici karto.

Wac lambarka 999 marka ay xaalad degdeg ah jirto

Wac lambarka 0800 032 0102 ama booqo www.smokefree.nhs.uk

Xiriirrada xaafadda

Ururka isbitaal ee Royal Free London NHS Foundation Trust

Xarunta xiriirinta telefoonnada 0203 758 2000

Xulashada 1 isbitaalka Royal Free

Xulashada 2 isbitaalka Barnet Hospital

Xulashada 3 isbitaalka Chase Farm Hospital

www.royalfree.nhs.uk

Isbitaalka Chase Farm Hospital

Weydiimaha Bukaansocodka Carruurta

Xarunta Daryeelka Dhakhso ah

Qaybta Baarista Carruurta

Kiliniigga Dhalmada ka hor

Isbitaalka Barnet Hospital

Weydiimaha Bukaansocodka Carruurta

Qaybta Baarista Carruurta

Kiliniigga iyo Ballamaha Dhalmada ka hor

Kooxda Hawlaha maamulka Ummulisooyinka Bulshada

Isbitaalka jaamacadeed ee North Middlesex University Hospital

Xarunta xiriirinta telefoonnada 0208 887 2000

www.northmid.nhs.uk

Weydiimaha Bukaansocodka Carruurta

Xarunta Daryeelka Dhakhso ah

Waaxda Gurmada degdeg ah ee Carruurta

Kiliniigga dhalmada ka hor

Xafiiska Ummulisoooyinka Bulshada

Enfield Universal Services & Specialist Children Services

(Adeegyada Guud iyo Adeegyada Takhasus leh ee Carruurta ee Enfield)

Cedar House, St Michaels Primary

Care Centre, Gater Drive,

Enfield EN2 OJB.

0208 375 2945

Enfield CAMHS (Adeegga Caafimaadka Maskaxda ee Carruurta iyo Dhowr iyo toban jirka ee Enfield)

Charles Babbage House,

1 Orton Grove, Enfield EN1 4TU.

0208 379 2000

Enfield Safeguarding Children Board (Guddiga Dhawritaanka Carruurta ee Enfield)

Telefoonka: 0208 379 2767

Fakis: 0208 379 2888

Haddii aad ka walwal qabto wanaagga ilme kaste, fadlan walaaca aad qabto ka wargeli:

Waaxda Daryeelka Bulsheed ee Carruurta (Children's Social Care) oo aad ka helayso

0208 379 2507 Isniinta ilaa Khamiista 9ka subaxnimo ilaa 5ta galabnimo, Jimcaha 9ka

subaxnimo ilaa 4.45 galabnimo.

Saacadaha aanan la shaqaynin wac lambarka 0208 379 1000 (doro xulashada 2).

Waxaad weliba kula xiriiri kartaa email.

Haddii ay xaalad degdeg ah jirto, marwalba wac lambarka 999

Haddii aad ilme ka walwal qabto fadlan walaaca aad qabto noo soo sheeg si aan u caawin

karno.

Telefoonka: 0208 379 2507

Isniinta ilaa Jimcaha: 9.00 subaxnimo ilaa 5.00 galabnimo

Saacadaha aanan la shaqaynin: 0208 379 1000, dooro xulashada 2 waxaana lagu gudbin doonaa lataliye.

www.enfield.gov.uk/enfieldlscb

Xadgudubka Guriga

Solace Women's Aid Helpline (Khadka caawinta ururka Gargaarka

Haweenka Qalbi qaboojiska)

0808 802 5565

Men's Advice Line (Khadka Talosiinta Ragga)

0808 801 0327

Haddii ay xaalad degdeg ah jirto, marwalba wac lambarka 999

www.enfield.gov.uk/domesticabuse

