

## **Codka Memo 2:**

**Hello/ greetings in local language, my name is Mohidin from the British Somali Community and I will talk to you about the change ..**

### **Laga soo bilaabo xayiraada ilaa fududeeynta xeerarka xayiraada**

Waxaan dhamaanteen xiiso u qabnay in la fududeeyo xakamaynta xayiraadaha. Laakiin waxay u noqon doontaa isbeddel weyn innaga inteena badan iyo la qabsiga 'xaalada caadiga ah ee cusub' way ka adkaan kartaa sida aan filayno.

Waxaan dhamaanteen dooneynay inaan in badan banaanka u baxno, firfircoonaanno, oo aan dib ugu laabanno howlihii caadiga ahaa.

Ma jirto jawaab 'caadi ah' oo ku saabsan xayiraada ama ka soo bixida xayiraada. Dareenkaaga waxaa saameyn ku yeelan kara waxyaabo badan oo ka baxsan xakamayntaada. Waxaa laga yaabaa inaad siyaabo kala duwan dareento maalmaha kala duwan.

Waa muhiim inaad wax ku qabato xawaarahaaga. Ha u oggolaan naftaada inay dareento cadaadis uga imaanaya tilmaamaha cusub: kaliya raac ilaha lagu kalsoon yahay ee baraha bulshada, qaado waqtigaaga oo ku soco xawaare aad ku qanacsan tahay.

Dad badan waxay ogaadeen in wadaagista khibradahooda ay ka caawin karto iyaga inay kobcaan. Mararka qaarkood kaliya in qof ku dhageysto oo uu kuu muujiyo inuu ku daneynayo ayaa durba ku caawin karta.

Haddii aad ku dhibtoonayso badqabkaaga, keligaa ma tihid oo waa caadi inaad caawimaad weydiisato. Meel fiican oo laga bilaabo waa lahadlida GP-gaaga (Haddii GP-gaaga xarunta caafimaad uu asal ahaan ka soo jeedo asal kaaga la mid ah, waxaad codsan kartaa inaad aragtid).

Ama waxaad kula xiriiri kartaa icope. icope waa adeeg bilaash ah, qarsoodi ah, oo ah adeegga NHS-ta kaas oo taageera dadka la dhibtoonaya niyad-jabka, walwalka ama walbahaarka. icope waxay kaloo kuu diyaarin kartaa turjubaan ka soo qayb gala ballamahaaga. Waxaad macluumaad dheeraad ah ka heli kartaa [www.icope.nhs.uk](http://www.icope.nhs.uk).

Waxaa jira kheyraad badan oo loogu talagalay badqabka oo ku jira websaydhka Good Thinkiga ee <https://www.good-thinking.uk/>.

We know it is a difficult time so if you're struggling in any way, or know someone who is, please get in touch. Camden Council can provide you with support and advice on a range of issues, including mental health and wellbeing, housing, finances and employment support. Contact Camden on 020 7974 4444 (option 9) Monday to Friday, 9am to 6pm or visit [camden.gov.uk/support-for-individuals](http://camden.gov.uk/support-for-individuals). You can also write to: Contact Camden Reception, 5 Pancras Square, London N1C 4AG.

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