

## Jawaabta North Kensingtonhealth: Sida NHS ugu caawin karo dabagalka dabka Grenfell Tower

### Tusmooyinka

Saameynta naxdinta.....	1
Sida NHS ay kuu caawin karto .....	2
Fiiri GP-gaaga .....	2
Hadal ma u baahantahay? .....	2
Soo wac ama i-meel ku soo dir qadka caawinta gurmada NHS .....	2
Taageerada naxdinta waxaa ku jiro tixraaca-shaqsigu .....	2
Adeegyada carruurta .....	3
Ku caawinta canugaaga inuu wanaagsanaado.....	3
Kooxda wacyigelinta.....	3
Haddii aad ogtahay qof halis ugu jiraa isdil.....	4
Caafimaadka maskaxdaada.....	4
Daryeelka neefsashada .....	4
Ku caawinta canugaaga inuu wanaagsanaado.....	4
Tallaalka samboorka bilaash ah .....	5
Xaaladaha horay u jiray.....	5
Waxyabaha kale la heli karo taageerada.....	5
Websaydka loogu talo galay iyo app-ka.....	5
Caawinta lumitaanka .....	5
Taageerada laga heli karo Royal Borough of Kensington iyo Chelsea (RBKC).....	5
Adeegyada turjumaada .....	6
Taageerada socoto.....	6

### Adiga ama qof laga yaabo inaad garanaysid waxaa sameeyay dabka Grenfell Tower ee Juun.

Waxaa xiggo dhacdada sida dabka Grenfell Tower, kuwa badan oo kuwa ay saameysay waxay yeelanayaan baahiyada caafimaadka weyn, iyo sidoo kale waxay ka walaacayaan wax ku saabsan caafimaadka qoyska iyo saaxibada. Warqadaan waxay sharaxaysaa taageerada maskaxda iyo jirka ee laga heli karo NHS iyo sida aad ugu caawin kartid inaad caafimaad ku joogtid.

### Saameynta naxdinta

Haddii ay ku saameysay dabka, waxay aad ugu dhowdahay inaad la kulmeysid naxdin. Waxaad dareemi kartaa niyad jab, kabuubasho, xanaaq, jah wareer, walaac, walwalsan, ama daal.

Dadka qaarkood waxay ogaanayaan in inaysan joojin karin inay dareemaan waxay arkeen, uriyaan, qeylooyinka ay maqleen, ama iyo sida ay dareemeen maalintaas. Tani waxaa loo yaqaan dib u xasuusashada. Dib u xasuusashada waxay kaa dhigi kartaa inaad dareentid waaya aragnimada marar badan oo joogta ah oo kugu adkeyso inaad xakameysid afkaarahaaga iyo dareemaha.

La dhibaatoodka naxdinta waxay la micna yeelan kartaa inay maskaxdaada la yaabto wax ka badan sida caadiga ah. Waxaad lumin kartaa diirad saarida oo aad ilowdid waxa aad ku fakareysay ama xittaa halka aad joogtid. Waxaad sidoo kale la kulmi kartaa riyooyin xun.

Naxdinta waxay isku tusi kartaa nafsadeeda qaabab badan. Ma jiraan wax qalad ama saxnaan ah ee aad dareentid kadib shilka weyn sida dabka. Si kastaba waxaad dareemeysaa, NHS inay halkaan u joogto inay ku caawiso.

## **Sida NHS ay kuu caawin karto**

### **Fiiri GP-gaaga**

GP-gaaga guud wuxuu kowdii dabagalayaa balanta oo ku siinayaa booska looga hadlo caafimaadkaaga oo ay la jirto xirfada laga waaya arag qaatay oo garanayo taariiqdaada caafimaad.

Dhaqaatiirta Guud (GPs) waxay u balaamin karaan balamo dheer dadka ay saameysay dabka. Waxaad heleysaa waqti badan ee aad kaga hadashid wax walba oo aad la kulmeysid.

Haddii aadan ka diiwaangashaneyn GP waxaad ka heli kartaa sida la isaga diiwaangeliyo onleenka ee [www.nhs.co.uk](http://www.nhs.co.uk), ama ugu samey qof ahaan dhaqtarka kugu dhow. Uma baahnid aqoonsi ama cadeynta ciwaanka si aad isaga diiwaangelisid. Haddii aad caawin uga baahantahay buuxinta foomamka, i-meel noogu soo dir [grenfell.response@nhs.net](mailto:grenfell.response@nhs.net).

Liiska dhaqaatiirta la heli karo waxay ku qoran yihiin buug-yarahaan.

## **Hadal ma u baahantahay?**

### **Soo wac ama i-meel ku soo dir qadka caawinta gurmada NHS**

Qof walba ee u baahan caawinta dareenka degdega ama cilmi nafsiga, NHS deegaanka ayaa maamulo qadka caawin bilaasha ah, 24/7. Adeega waa qarsoodi oo lagaama rabo inaad sheegtid wax sharaxaadaha shaqsiga ah. Adeegyada waxaa lagala soo xiriiri karaa adiga oo wacayo 0800 0234 650 ama i-meel ugu soo dirayo [cnw-tr.SPA@nhs.net](mailto:cnw-tr.SPA@nhs.net) maalin walba, saacad walba, oo ay ku jiraan dhammaadyada isbuuca iyo fasaxyada bangiga. U sheeg kaliya qabtaha wacitaanka inuu ku saameysay dabka Grenfell Tower, oo waxay hubinayaan in durbadiiba laguu gudbiyo adeega kugu haboon iyo taageerada.

### **Taageerada naxdinta waxaa ku jiro tixraaca-shaqsiga**

Waxaa jiro adeeg bilaash ah oo qarsoodi ah NHS ee carruurta iyo dadka weyn ee ay saameysay dabka Grenfell Tower. Waxay taageero siisaa haddii aad adiga ama carruurtaada ay dareemayaan naxdin, aysan suurto galeynin inay jiiftaan, yeeshaan xasuusyada ama sawirada dhacdada aan laga filaneyn maskaxdaada, ama dareemanka walaaca, murugeysan ama walaacsan. Waxaa sidoo kale jiro barnaamijka baaritaanka dhameystiran si uu u aqoonsado dadka laga yaabo inay la dhibaatoonayaan Cudurka

Murugada Naxdinta La soo dhaafay (PTSD). Waxaad ka tixraaci kartaa: [www.take-time-to-talk.com](http://www.take-time-to-talk.com).

### **Adeegyada carruurta**

Tan iyo Juun, kooxyadeena waxay si dhow ah ula shaqeeyeen dugsiyada iyo qoysaska inay siiyaan taageerada caafimaadka maskaxda oo lagu taageerayo carruurta iyo qaangaarka. Adeega waxaa loo yaqaan CAMHS kaas oo u taagan canuga iyo adeegyada caafimaadka maskaxda qaangaarka. Tani waxaa ku shaqo leh qiimeynta lagu arkayo haddii aad muujineysid astaamaha murugada, iyo haddii ay sidaas tahay, kuu gudbinayo adeega kugu haboon. CAMHS way ogolaataa gudbinada ka imaanayo xirfadlayaasha caafimaad (oo ay ku jiraan GPs), dugsiyada, iyo kulliyadaha, laakin sidoo kale qoysaskaaga ama daryeelayaasha. Waxaad sidoo kale ka tixraaci kartaa shaqsigaaga adeega adiga oo wacayo: 0800 0234 650.

### **Ku caawinta canugaaga inuu wanaagsanaado**

NHS wuxuu si xoogan kaagala talinayaa inaad la soo xiriirtid mid ka mid ah adeegyada kore haddii aad la kulmeysid astaamaha naxdinta in buug-yarahaan sharaxo. Si kastaba, haddii aadan dareemin inaad diyaar u tahay inaad sidaas sameysid, waxaa jiro waxyaabo aad u sameyn kartid shaqsigaaga oo caafimaad ahaan loogu cadeeyay inay fududeyso astaamaha.

### **Neefta iyo xisaabinta**

Haddii aad ku aragtid nafsadaada inaad naxsantahay ama aad qabtid dib u xasuusashada, isku day inaad diirada saartid u neefsiga banaanka, oo aad tirineysid illaa shan. Dadka qaar waxay u arkaan in xisaabinta sheeyada - tusaale ahaan, xisaabinta shey walba aad arki kartid oo gaduudan - wuxuu sidoo kale noqon karaa mid aad u dagan.

### **Baro kiciyayaashaada**

Dhawaqyada, aragyada iyo urta waa kiciyayaasha caadiga ah ee maskaxdaada markii ay ka shaqeynayaan naxdin. Joogteynta xasuus qorka sida aad dareentay waxay kuu ogolaaneysaa inaad raadisid qaababka, oo aad aqoonsatid xili hore waxyaabaha u dhow inay kiciyaan argagaxa ama murugada. Haddii aad aragtid kuwaan astaamaha hore, way sahlanaan kartaa in laga soo kabsado iyaga. Tusaale ahaan, waxaad ogaan kartaa in socodka dhaaf bar gaar ah sida joogtada ah kuula dhammaato adiga oo luminayo diirad saarida, noqotid qof walaacsan, ama u siideynayo dambka sida haddii ay dhaceyso markale hadeer. Haddii aad u diyaargareysantahay dareemahaan waxaa kuu suurto gali karto inaad ka yareysid astaamahaaga buux dhaafa.

### **Qaabey nafsadaada**

Dadka la kulmaan naxdinta qaababka kala duwan ee ku qaabeeyaan nafsadooda. Dadka qaar waxay sameeyaan ujeedada qoyska, ama diirada saaraan sheyga mustaqbalka ee ku hayaa maskaxdooda joogta. Waxay u sahlanaan kartaa sida gabal dahab ah, saacad, faraanti furo ah, qalin, ama 'qalabka dajiyaha walaaca'. Sii nafsadaada ogolaanshaha lagu daryeelayo baahiyadaada gaarka ah. Qaado waqtiga lagu daawanayo filimkaaga aad jeceshahay, dhageyso muusiga aad garanaysid, aqri buuggaagta ku raaxo gelinayo, qosolka ama jarra'idyada, ama xasuusid nafsadaada inaad badbaado tahay hadeer.

### **Kooxda wacyigelinta**

Shaqada kooxda wacyigelinta waa qaadashada NHS ee dadka u baahan iyada, halka ay joogaan. Sidoo kale sida aadista albaab ku albaab, waxayn sidoo kale ku saleysanyihiin Kaniisada Notting Hill Methodist, 240 Lancaster Rd, London W11 4AH, ka bilow 11pm illaa 8am iyo ka bilow 10am illaa 8pm ee Curve, 10 Bard Road, W10 6TP. Kooxda waxay halkaan u joogaan inay ku caawiyaan inay siiyaan tababaro iyo ku taageeraan iskaa wax u

qabsiyada, ka jawaabida walaacyada dariska, qoyska iyo saaxibada iyo qabashada xarumaha caafimaadka ee lala ekeysiiyay baahida deegaanka. Kuwaan waxaa lagu heli karaa codsi adiga oo wacayo 020 8962 4393 ama adiga oo i-meel ku dirayo [grenfell.response@nhs.net](mailto:grenfell.response@nhs.net) .

Kooxda aad ayay u faraxsantahay inay imaadaan kulamada kooxd walba ama si loo diyaariyo kulamada ku saabsan mowduuc gaar ah haddii aad doorbidid.

### **Haddii aad ogtahay qof halis ugu jiraa isdil**

Haddii aad ogaatid in qof adiga kugu dhow la dhibaatoonayo inuu ka soo kabsado ama xittaa dareemo isdilka, waa inaad la soo xiriirtaa 24/7 qadka caafimaadka maskaxda gaarka ah 0800 0234 650 ama weydii qofka aad ka walaacsantahay inaad soo wacdid. Halkaas oo ay ka jiraan baahi degdeg ah, qabtayaasha wacitaanka waxay hubinayaan inaad heshid taageerada saxda ah, si dhaqso ah. Ma ahan in qof walbaa u baahanyahay taageerada taqasuska caafimaadka maskaxda - dadka qaar, caawin wax ku ool ah ayaa loo baahanyahay, iyo dadka kale waxay hadeer u baahanyihiin qof ay lahadlaan. Samaritans marwalba waa loo heli karaa inuu soo waco qarsoodiga 24/7 oo xor ka ah 116 116123.

## **Caafimaadka maskaxdaada**

### **Daryeelka neefsashada**

Public Health England way sii joogteynayaan inay kormeeraan tayada ee agagaarka Grenfell tower, oo weli soo wargeliyaa halis hooseyso ee caafimaadka dadka ee ka imaanayo wasaqowga hawada. Adiga Waxaad ka aqrin kartaa wargelinadooda [www.gov.uk](http://www.gov.uk).

Si kastaba, waxa weli ka walaacsanaan kartaa in dabka saameeyay neefsigaaga ama qabo walaacyo dheeraad ah haddii aad marhore qabtid xaalad saameysay neefsigaaga, sida neefta. Dhibaatooyinka neefsiga waxaa sidoo kale ka darsiin karo walaaca iyo naxdinta.

Haddii aad walaacsantahay, waxaad la sameyn kartaa balan GP-gaaga ee ku caawin karo oo haddii ay muhiim tahay kuu gudbiyaa taqasuska xarunta caafimaadka neefta kaas oo daaweeyo labadaba dadka weyn iyo carruurta. NHS waxay marka koowaad dabageleysaa qof walba oo uu saameeyay dabka, marka looma baahno inaad sugtid wax ka dheer 4 maalmood ee lagu arkayo gudbintaada kadib. Warbixin badan oo neefta iyo jaheynta waxaa laga helayaa la [www.grenfell.nhs.uk](http://www.grenfell.nhs.uk).

### **Ku caawinta canugaaga inuu wanaagsanaado.**

NHS waa la heli karaa marwalba haddii aad u baahatid caawinteenap. Laakin waxaa jiro dhoor jirooyin iyo dhaawacyo oo aad ka daaweyn kartid nafsadaada sida sarmada yar, madaxxanuunka, qufaca ama qabowga, ama mudaca. U diyaar garow oo ku hayso armaajada daawo saad wanaagsan.

Fiirinta caafimaadkaaga guud sidoo kale aad ayay muhiim u tahay. Waa inaad hubisaa inaad si wanaagsan u cuntid oo aad heshid jimcisi badan. Haddii aad sigaar cabtid waa inaad tixgelisaa joojinta adiga oo isticmaalayo adeega sigaar joojinta Kick It. Si aad u heshid adeegyada ama si aad u heshid wax badan, [emails.smoking@nhs.net](mailto:emails.smoking@nhs.net), soo wac 020 3434 2500, ama booqo websaydka: [www.kick-it.org.uk](http://www.kick-it.org.uk). Haddii aad qamri cabtid, waa inaad hubisaa inaad joogteysid heerarka qamriga joogtada ah ee lagu taliyay.

Haddii uu ku saameeyay dabka Grenfell Tower waa muhiim inaad sidoo kale joogteysid xiriirka bulshada, ka qeybgashid dhammaan balamahaaga oo haka cabsan inaad caawin raadisid.

### **Tallaalka samboorka bilaash ah**

Waxaan balaarineynaa tallaalka samboorka sannadlaha dhammaan dadka dagan ee ka imaanayo Grenfell Tower iyo xaafada agagaarka. Qalinka GP-ga deegaankaaga ama farmashiga ayaa bixin karo oo si toos ah ayaad ula xiriiri kartaa. Wixii ka tagid la'aanta guriga ama dadka barakacay fadlan la xiriir shaqaalaha qaliinkaaga ama wacyigelinta si ay kaaga caawiyaan diyaarinta tallaalka.

### **Xaaladaha horay u jiray**

Intaa waxaa dheer saameynada dabka waxaa laga yaabaa inaad horaan ula nooleyd xaaladaha sida waalida maskaxda, sonkorta ama dhibaatooyinka kale ee caafimaadka iyo maskaxda. Waa muhiim in lagala hadlo GP-gaaga taageerada dheeraadka ah ee u baahantahay iyo si aad u weydiisid qeybta hay'adaha iqtiyaarka ama samafalada ee ku caawin karo.

## **Waxyaabah kale la heli karo taageerada**

### **Websaydka loogu talo galay iyo app-ka**

Waxaad ka heli kartaa taageero badan hal meel, oo websaydka jawaabteena cusub. Websaydka wuxuu wataa warbixin muhiim ah ee caafimaadka maskaxda iyo dareenka iyo fayd qabka, Sharaxaadaha dhacdooyinka, aqbaaraha caafimaadka la xiriiro iyo qadadka ee illaha kale ee la heli karo. Ciwaanka waa [www.grenfell.nhs.uk](http://www.grenfell.nhs.uk).

Gudaha qaboobaha 2017 nooca barnaamijka ee websaydka wuxuu bilaabayaa gelitaan degdeg ah, sahlan ee qalabyada mobeelka ee kuwa rabaan inay ka aqriyaan warbixinta aaditaanka.

### **Caawinta lumitaanka**

Calool xumada waa nidaam dabiici ah ee xigaa lumitaanka ee qof kuu dhow, laakin waxay noqon kartaa baab'a. Haddii adiga ama qof aad garanaysid lumiyo saaxib ama qaraabo oo jeclaan lahaa inuu hadlo, taageero waxaa laga helayaa Daryeelka Lumitaanka Cruse. Cruse waxay siisaa taageero dadka weyn, dhalinyarada iyo carruurta oo dhinaca balamaha waji-ku-waji, taleefonka, i-meelka iyo taageerada websaydka. Qadka taleefonkooda bilaashka ah waa 0808 808 1677 oo wuxuu furanyahay Isniin illaa Jimco 9:30am illaa 5pm (marka laga reebo fasaxyada bangiga), oo ay la jiraan saacadaha la kordhiyay 8pm ee Tallaadooyinka, Arbacooyinka iyo Qamiisaha. Sidoo kale i-meel ayaad ugu diri kartaa iyaga [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk).

### **Taageerada laga heli karo Royal Borough of Kensington iyo Chelsea (RBKC)**

Daryeelka kooxda Grenfell wuxuu bixiyaa hal bar oo laga galo adeegyada iyo taageerada ee laga helo karo RBKC. Kooxda waxay ka shaqeyneysaa inay xaliso oo ay jaheyso weydiinada ee kooxyada inta badan ku haboon oo hubiyaa in dadka dagan la siiyo taageerada ay u baahanyihiin. Saacadaha furitaanka ugu muhiimsan waa 8am illaa 8pm maalin walba, laakin, marka laga saaro saacadaha adeegyada sidoo kale wuxuu shaqeeeyaa todoba maalmood oo gurmadyada. Wixii warbixin dheeraad ah soo wac 0207745-3226414. [careforgrenfell@rbkc.gov.uk](mailto:careforgrenfell@rbkc.gov.uk) ama booqo [www.rbkc.gov.uk/newsroom/care-grenfell](http://www.rbkc.gov.uk/newsroom/care-grenfell).

**0800 0234 650 [www.grenfell.nhs.uk](http://www.grenfell.nhs.uk)**

**Adeegyada turjumaada**

Haddii aad u baahantahay turjubaan marka aad ka qeybgaleysid adeega NHS (neefta, wacyigelinta ama daaweynta PTSD tusaale ahaan), tani waxaa lagu bixinayaa qof ahaan haddii aan garaneyno inaad xili hore imaaneysid, ama dhinaca taleefonka haddii aad keentid ogeysiin gaaban. GP-gaaga wuxuu sidoo kale kuu diyaarin karaa adeega fasiraada adiga.

**Taageerada socoto**

Meesha NHS waxaan aqoonsannahay inaad u baahaneysid taageero oo dhinaca dhoor sanno ah oo waxaan rabnaa inaan kula shaqeyno si aan u hubino in tani ay buuxiso baahiyadaada.

Waxa aad noo sheegtid waxay nagu caawineysaa qaabeynta adeegyadeena.

Si naloo siiyo jawaab ama haddii aad qabtid wax su'aalo ah ama walaacyo ah, soo wac 020 3350 4224 ama i-meel noogu soo dir [grenfell.response@nhs.net](mailto:grenfell.response@nhs.net)

## Isbitaalada u furan diiwaangelinta

### Foreland Medical Centre

188 Walmer Road  
London W11 4EP  
Tel: 020 7727 2604  
[www.forelandmedical.co.uk](http://www.forelandmedical.co.uk)

### The Practice Beacon

111-117 Lancaster Road  
London W11 1QT  
Tel: 020 7985 9900  
[www.thepracticebeacon.nhs.uk](http://www.thepracticebeacon.nhs.uk)

### Notting Hill Medical Centre

14 Codrington Mews  
London W11 2EH  
Tel: 020 7727 5800  
[www.nottinghillgp.co.uk](http://www.nottinghillgp.co.uk)

### Portobello Medical Centre

14 Codrington Mews  
London W11 2EH  
Tel: 020 7727 2326  
[www.portobellomedicalcentre.co.uk](http://www.portobellomedicalcentre.co.uk)

### St Quintin Health Centre

St Quintin Avenue  
London W10 6NX  
Tel: 020 8960 5677  
[www.stquintinhealthcentre-gppractice.co.uk/](http://www.stquintinhealthcentre-gppractice.co.uk/)

### North Kensington Medical Centre

St Quintin Avenue  
London W10 6NX  
Tel: 020 8969 5151  
[www.northkensingtonmedicalcentre.nhs.uk](http://www.northkensingtonmedicalcentre.nhs.uk)

### Colville Health Centre

51 Kensington Park Road  
London W11 1PA  
Tel: 020 7727 4592  
[www.colvillehealthcentre.co.uk](http://www.colvillehealthcentre.co.uk)

### The Portland Road Practice

16 Portland Road  
London W11 4LA  
Tel: 020 7727 7711  
[www.portlandroadsurgery.nhs.uk](http://www.portlandroadsurgery.nhs.uk)

### Exmoor Surgery St Charles Centre for Health and Wellbeing

Exmoor Street  
London W10 6DZ  
Tel: 020 8962 5166  
[www.exmoorsurgery.nhs.uk](http://www.exmoorsurgery.nhs.uk)

### Barlby Surgery St Charles Centre for Health and Wellbeing

Exmoor Street  
London W10 6DZ  
Tel: 020 8962 5100

### Dr Razak

**The Golborne Medical Centre**  
12-16 Golborne Road  
London  
Greater London W10 5PE  
Tel: 020 8964 4801  
[www.golbornemedical.nhs.uk/](http://www.golbornemedical.nhs.uk/)

### The Golborne Medical Centre

12-14 Golborne Road  
London  
Greater London W10 5PG  
Tel: 020 8969 2058  
[www.golbornemedical-drramasamy.co.uk](http://www.golbornemedical-drramasamy.co.uk)

Isticmaal booskaan oo lambarada taleefon walboo muhiim ah ama qoraalada laga yaabo inaad rabtid inaad joogteysid.

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Muuji kaarkan oo gacanta ku hayso sharaxaadaha xiriirka gacanta si markaas aad u haysatid marka aad u baahantahay. 



Kooxda Jawaabta NHS  
sharaxaadaha xiriirka:

Taleefonta: 0800 0234 650

I-meel: [cnw-tr.SPA@nhs.net](mailto:cnw-tr.SPA@nhs.net)

Websaydka: [www.grenfell.nhs.uk](http://www.grenfell.nhs.uk)



Haddii aad qabtid wax su'aalo ah ama jawaabta ku saabsan buug-yarahaan ama aad jeclaan laheyd koobiga oo daabacaad weyn ama luuqad kale, soo wac 020 3350 4224 ama i-meelka [grenfell.response@nhs.net](mailto:grenfell.response@nhs.net)

- Waa inaad caawin raadisa haddii aad isku aragtid kuwa xiggo ama qof aad garanaysid:
- Isbadelada dabaacada
  - Ka laabashada
  - U muuqashada isku mashquulka ama walaaca
  - Isbadelada qaababka hurdada
  - Dhahida waxyabo walaac ah

**NHS**

NHS West London CCG

W: [www.grenfell.nhs.uk](http://www.grenfell.nhs.uk)

E: [grenfell.response@nhs.net](mailto:grenfell.response@nhs.net)

T: 020 3350 4224