

## Talo ka socota NHS ta mandaqadda

Haddii ay ku hayso dhibaatooyin caafimaad ood la kulantay dhacdadii Grenfell kadib, ballan ka samayso dhakhtarkaaga GP. Haddii aad u baahantahay talo ku saabsan daryeelka caafimaad oo aanad lahayn GP uu xidhanyahay dhakhtarkaaga GP, waxaad wacdaa khadka taageerada NHS ee ah 111.

Dawooyinka aad caadi ahaan u qaadato ka dalbo dhakhtarkaaga GP. Fadlan dhakhtarkaaga u sheeg farmasiiga (chemist) aad rabto in dawada laguugu diro. Haddii ay ka dhammaato dawadu waxaad tegi kartaa farmasiiga oo aad ka dalban kartaa dawo degdeg ah.

Wixii macluumaad ah ee dheeraad ah booqo doorashooyinka NHS: [www.nhs.uk](http://www.nhs.uk) Adeegyada kale ee aad heli karto

Xarunta Isboortiga ee Westway, Crowthorne Road, W10 6RP ayaa laga heli karaa GPs, kalkaalisada degmada, muxtarifiinta caafimaadka maanka, iyo taageero ku saabsan guryaha, lacagta, caafimaadka, cuntada iyo adeegyada daryeelka ijtimaaciga ah ee xarunta laga bixiyo. Waxaad heli kartaa taageero fool ka fool ah oo la bixiyo 24/7. Fadlan isticmaal lambarrada hoose haddii aanad xarunta imaan karin.

Kooxda dabdemiska ee Grenfell Tower: Adeegga caafimaadka maanka oo bixiya taageero ku saabsan fayoobidaada dhinaca caaddifadda.

Tel: [0800 0234 650](tel:08000234650) (Khadku wuxuu furanyahay 24/7). Email: [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net) / TypeTalk: kala soo xidhiidh [18001 0800](tel:180010800) 0234 650.

Red Cross oo bixisa taageero ay ku jiraan arrimaha guryaha, deeqda degdegga ah, baafinta qoyska / saaxiibbada. Tel: [0800 4589472](tel:08004589472) (Khadku wuxuu furanyahay 24/7).

Samaritans oo bixiya taageero caaddifi ah oo qarsoodi ah.

Tel: [116 123](tel:116123) (Khadku wuxuu furanyahay 24/7). Waxaad kaloo tegest u soo diri kartaa [07725 90 90 90](tel:07725909090).

Daryeelka tacsida ee Cruse Bereavement oo taageero siisa dadka waawayn, dhallinta iyo carruurta ay cidi ka dhimatay. Tel: [0808 808 1677](tel:08088081677) (Khadku wuxuu furanyahay Isniin illaa jimce 9.30am illaa 5pm iyo saacado dheeraad oo ay furantahay 8pm ee Talaadada, Arbacada iyo Khamiisaha). Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk).

Kooxda adeegyada bulshada ee RBKC oo bixisa taageero ah guryaha, daryeelka carruurta, dharka, dhaqaalaha. Tel: [020 7361 3013](tel:02073613013) (Khadku wuxuu furanyahay 24/7).

Khadka wardoonka dawladda ee ku saabsan dheefah

Tel: [020 7941 6661](tel:02079416661) / 020 7941 6634 (Khadku wuxuu furanyahay 8am illaa 6.30pm, Isniin illaa jimce).

Khadka talada guryah RBKC oo laga heli karto talabixinta guryaha oo qaanuuni oo lacag la'aan u ah dadkii degganaa Grenfell Tower. Tel: [020 7361 3008](tel:02073613008) (Khadku wuxuu furanyahay 24/7).

Shelter ood ka heli karto talabixinta guryaha oo qaanuuni oo lacag la'aan ah.

Tel: [0344 515 1540](tel:03445151540) (Khadku wuxuu furanyahay 8am illaa 8pm maalmaha shaqada, 8am illaa 5pm Sabtida iyo axadda).