

Cost of  
Living

Haringey  
LONDON

CAAWINTA

# QIIMAH NOLOSHA

Hage qeexaya kaalmada iyo taageerada ay heli karaan dadka deggan Haringey inta lagu jiro dhibaataada Qiimaha-nololeedka iyo wixii ka dambeeya.

"Ici pour  
vous aider"

"Aquí para  
ayudar"

"Yardım  
için Buraya  
Tıklayın"

"Tutaj, aby  
pomóc"

"Тук, за да  
помогнем"

"Είμαστε  
εδώ για  
βοήθεια"

"Qui per  
aiutare"

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*Ii baadh ilaha  
onlaynka ah!*



## Hordhac



Dhawrkii sano ee la soo dhaafay aad bay ugu adkeyd qof kasta oo bulshadeena ka mid ah.

Ugu horrayn, waxa aanu qabnay cudurka safmarka ah ee Covid-ka, haddana waxa aanu la kulmaa dhibaataada Qiimaha-Nolosha. Waxaa jira dad badan oo degan degmada oo aan si fudud u haysan karin bilasha tamarta, bixinta kirada, iyo kharashyada kale ee noloshu.

Sicir bararka ayaa keenay in qiimaha cuntada, dharka, iyo waxyaabaha kale ee lagama maarmaanka u ah qoyska ay sare u kacdo heer aan la awoodi karin oo ay ku kacayaan dad badan oo aan hore ula kulmin dhibaatan oo kale.

masiibada kadib, waxaan bilownay ololahayaga Haringey, Here to Help si aan u hubinno in dadka deegaanka lagu wargeliyay kaalmada dhaqaale iyo taageerada ay heli karaan.

Baahidu hadda way ka sii weyn tahay, wax-soo-saarkayaguna waxa uu u horumaray in lagu daro, degelka halkan lagu caawinayo, xisaabiyaha dheefaha onlaynka ah, iyo khad caawinaad maaliyadeed oo toos ah si ay degananayaasheena u helaan taageero lacag iyo deyn si degdeg ah oo fudud.

Fadlan sii wad ka faa'iidaysiga kheyraadkan qiimaha leh, oo hubi inaad ka hesho maalgelinta laga heli karo golaha, dawladda, iyo sidoo kale la-hawlgalayaasha kale.

Intaa waxaa dheer waxaan sidoo kale haysanaa Sanduuqa Taageerada Qoyska. Koonsilku waxa uu qaybin doona £4.8m si uu u caawiyo qoysaska xaafada oo dhan waxa kale oo aanu wax ka siinaynaa dhaliyarada balaadhinta cuntada dugsiga ee bilaashka ah.

Kaliya tan ma samayn karno gole ahaan. Dadka iyo jaalyadaha ka kala yimid daafaha xaafadeena waxay had iyo jeer isugu yimaadaan habab aan caadi ahayn si ay isu taageeraan inta lagu jiro xiisadda una caawiyaan kuwa aadka u baahan.

Waqtigaan kama duwana. Waxaan dhawaan furnay goobahayaga soo dhawaynta diiran ee Haringey halkaaso dadka deggan iyo meheradaha maxalliga ahi ay muujinayaan deeqsinimo cajiib ah si ay u siiyaan cunto, cabitaan, iyo jawi saaxiibtinimo iyo diiran kuwa aan la qabsan karin kharashkooda tamarta.

Qaybta bulshada iskaa wax u qabso ah waxay qabanaysaa shaqo cajiib ah, shakhsiyaadkuna waxay kor u qaadayaan si ay u caawiyaan deriskooda oo ay u sameeyaan kooxo gargaar wadaag ah. Qaar ka mid ah dadka deegaanka ayaa ku tabarucaya oo ku tabarucaaya waqtigooda si ay lacag ugu ururiyaan ururada bulshada ee degmada oo dhan.

Waxaan ku dhiirigelinaynaa qof kasta oo awood u leh inuu kaalintiisa ka qaato waqtiyadan aan hore loo arag.

Buug-yarahan, waxaad ka heli doontaa wax walba laga bilaabo caawinta dheefaha iyo guriyeynta, shaqada iyo taageerada caafimaadka dhimirka, Koonsalka, Dawladda, iyo la-hawlgalayaasha kale ee deegaanka.

Waxaan sidoo kale ku haynaa agab badan iyo xisaabiyaha dheefaha ee Haringey. Halkan si aad uga caawiso websaydka: [www.haringey.gov.uk/HereToHelp](http://www.haringey.gov.uk/HereToHelp)

Haddii aad u baahan tahay in lagaa caawiyo helitaanka mid ka mid ah taageerada aan soo sheegnay, markaa fadlan ka wac Khadka Caawinta Taageerada Maaliyadeed 020 8489 4431.

Mahadsanid.

**Cllr Peray Ahmet**



### Caawi internetka

Haddii aanad geli karin internet-ka ama aanad u baahnayn in lagaa caawiyo helitaanka khadka, waxaad booqan kartaa mid ka mid ah maktabadahayada. Maktabado kastaa waxay leedahay kombiyuutaro, Wi-Fi bilaash ah, iyo shaqaale ku caawin kara.



### La xidhiidh xildhibaanaka deegaankaaga

Haddii aad runtii ka welwelsan tahay Qiimaha Nolasha, oo aadan hubin meesha aad aadi karto, waxaa laga yaabaa in xubinta golaha deegaankaaga uu ku caawiyo: [www.haringey.gov.uk/Councillors](http://www.haringey.gov.uk/Councillors)

## Caawinta Lacagta iyo Deynta

### Warbixin iyo talo

Haringey, Here to Help

wax badan i baadh!



Waxaan rabnaa inaan hubinno in dhammaan dadka deggan Haringey ay helaan kaalmada iyo taageerada ay heli karaan. Boggeena Halkan Ka Caawinta bogga, waxaad ka heli kartaa kaalmo dhaqaale oo kala duwan, iyo sidoo kale shaqo, waxbarasho, iyo taageerada caafimaadka dhimirka.

Waxa kale oo aanu haynaa xisaabiyaha dheefaha khadka ee anfacya oo aad isticmaali karto si aad u ogaato faa'iidooyinka aad awoodid inaad ka caawiso xaaladaada dhaqaale.

[www.haringey.gov.uk/HereToHelp](http://www.haringey.gov.uk/HereToHelp)

### Khadka Caawinta Taageerada Dhaqaale

Kooxdayada taageerada maaliyadeed waxay ka caawin karaan dadka deggan Haringey inay hagaajiyaan xaaladdooda dhaqaale iyagoo siinaya taageero iyo talo ku saabsan deynta, kaydinta, faa'iidooyinka aan la sheegan, kharashyada daryeelka carruurta, iyo wax ka badan.

020 8489 4431

[FinancialSupportTeam@haringey.gov.uk](mailto:FinancialSupportTeam@haringey.gov.uk)

[www.haringey.gov.uk/FST](http://www.haringey.gov.uk/FST)

### Bulshooyinka Ku Xidhan

Communities Connected waa barnaamij golaha loogu talagalay in lagu horumariyo gelitaanka golaha iyo taageerada tabaruca ee Haringey. Waxaan rabnaa inaan caawino oo aan ku dhiirigelino dadka deegaanka inay ku noolaadaan qaabkooda nolol wanaagsan, sidaa darteed waxaan kula shaqeyneynaa inaad si fiican u fahamto sababaha asaasiga ah ee arrimahaaga oo aan ku taageerno sidii aad xal u heli lahayd.

[www.haringey.gov.uk/connected-communities](http://www.haringey.gov.uk/connected-communities)

[ConnectedCommunities@Haringey.gov.uk](mailto:ConnectedCommunities@Haringey.gov.uk)

**Connected Communities**

### Haringey Credit Union

Ururka Credit Union waa iskaashato kayd iyo deyn oo ay leeyihiin oo ay maamulaan xubnahooda oo bixisa badeecooyin maaliyadeed oo kala duwan oo la awoodi karo sida deymo jaban..

[www.haringey.gov.uk/credit-union](http://www.haringey.gov.uk/credit-union)

## Xafiska Talobixinta Muwaadinka Haringey

Haringey Citizen's Advice Bureau waxa ay ku bixisaa talo sir ah onlayn, taleefoon, iyo qof ahaan, bilaash. Waxaad caawinaad ka heli kartaa wax kasta laga bilaabo lacagta, kululaynta, iyo arrimaha deynta, ilaa guriyeynta iyo socdaalka.


 [www.haringeycabx.org.uk](http://www.haringeycabx.org.uk)



**Dami heeganka**  
Badbaadi ku dhawaad £65 sanadkii adiga oo ka damiya qalabkaaga furka.

## Caawinta Lacagta

Caawiye Lacageed wuxuu bixiyaa hagitaan bilaash ah oo ku saabsan arrimaha la xiriira lacagta, oo ay ku jiraan deynta, faa'iidooyinka, hawlgabyada, iyo kaydinta.

 [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

## Qiimaha Hubka Nolasha

Duqa Magaalada London's Cost of Living Hub ayaa loo dejiyay inuu caawiyo dadka helida macluumaadka, taageerada dhaqaale, iyo talada si ay gacan uga geysato maareynta dhaqaalaha qoyska.

 [www.london.gov.uk/cost-of-living](http://www.london.gov.uk/cost-of-living)

## Kharashka nolasha hagaha badbaadada dhibaataada

MoneySavingExperts iyo MoneySavers waxay abuureen hage leh in ka badan 90 siyaabood oo lagu badbaadiyo lacagta tamarta, balaadhinta, kharashka daryeelka carruurta, alaabta guriga, biyaha, cuntada, shidaalka iyo wax ka badan.

 [www.moneysavingexpert.com/family/cost-of-living-survival-kit](http://www.moneysavingexpert.com/family/cost-of-living-survival-kit)

## Taageerada dawladda

Dawladdu waxay siinaysaa taageero qoysaska si ay uga caawiyaan kor u kaca qiimaha nolasha. Dadka deegaanka qaarkood waxay xaq u yeelan doonaan lacago kala duwan sanadka oo dhan.

 [costoflivingsupport.campaign.gov.uk](http://costoflivingsupport.campaign.gov.uk)

## Taageerada Dhaqaale

### Heerarka Caalamiga ah

Universal Credit waa lacag-bixin bille ah si looga caawiyo kharashka nolasha haddii aad ku jirto dakhli yar ama shaqo la'aan.

 [www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)


### Sanduuqa Taageerada Qoyska

Qoysaska ugu nugul Haringey waxay heli doonaan lacag-bixin hal-mar ah si ay uga caawiyaan kor u kaca qiimaha-nololeedka dhibaataada taasoo qayb ka ah Deeqaha Taageerada Qoyska ee Dawladda.

 [www.haringey.gov.uk/household-support-fund](http://www.haringey.gov.uk/household-support-fund)

### Sanduuqa Taageerada Haringey

Waxaan bixin karnaa lacag-bixinno hal mar ah xaaladaha degdegga ah waxaanan kaa caawin karnaa baahiyahaaga nololeed ee aasaasiga ah, oo ay ku jiraan cuntada, dharka iyo gaaska iyo dib-u-xidhka korontada, iyo sidoo kale alaabta muhiimka ah ee ay adag tahay in miisaaniyad loo sameeyo, sida qalabka guriga iyo alaabta guriga.

 [www.haringey.gov.uk/haringey-support-fund](http://www.haringey.gov.uk/haringey-support-fund)

## Gunnada Hawlgabka

Gunnada Hawlgabku way ka duwan tahay Hawlgabka Dawliga ah waxayna ku siinaysaa lacag dheeraad ah si ay kaaga caawiso kharashaadkaaga nolosha haddii aad ka weyn tahay da'da Hawlgabka Dawliga oo dakhligiisu yar yahay. Waxa kale oo ay kaa caawin kartaa kharashka guriga, oo waxaad heli kartaa caawimo dheeraad ah haddii aad tahay daryeele, aad naafo ah, ama masuul ka ah ilmo ama qof dhallinyaro ah.

Waxaad heli kartaa Gunnada Hawlgabka xitaa haddii aad leedahay dakhli kale, kayd ama aad leedahay guri adiga kuu gaar ah.

 [www.gov.uk/pension-credit](http://www.gov.uk/pension-credit)

## Caawi inaad Diirimaaddo

*wax badan  
i baadh!*



## Haringey Soo Dhoweyn

Qolalka fadhiga ee deegaankaaga

Soo dhawaynta diiran ee Haringey waa shabakad soo koraysa oo loo dhan yahay, diiran, iyo goobo soo dhawayneed oo degmada oo dhan ah kuwaas oo ay maamulaan ganacsiyo, ururo, iyo goobaha cibaadada.

Haddii ay kugu adag tahay inaad gurigaaga ku sii diirimaaddo kharashyada tamarta oo kor u kacaysa, 'Qolka-Loolaanshaha Deegaanka' waxay ku siinayaan meel diiran oo ammaan ah oo aad kula kulanto dad cusub, iyo xaaladaha qaarkood, ka qayb qaado dhaqdhaqaaqyada.

### darbiga naxariista

Meelaha qaar ee ka dhex jira Shabakadda Soo dhawaynta diiran ee Haringey, waxaad awoodi doontaa inaad ka soo qaadato cunto ama shay bilaash ah.

Haddii aad dukaanka ku aragto calaamad 'Soo dhawayn diiran', ama daaqada, waxaad ka soo qaadan kartaa foojarka 'Darbiga naxariista', gee miiska miiska, shayga ku yaalna adigaa iska leh bilaash.

Kaliya xasuuso inaad u gudbisoo deeqsinimadan si aad ugu naxariisato qof kale, adigoo dhoola cadeynaya, ama u yabooha caawinta qof kale oo u baahan kara. Naxariistu adigay kaa bilaabataa!

Booqo websaydkayaga si aad u aragto halka uu ku yaal qolka fadhiga ee kuugu dhow, ogow sida loogu hadiyado qof cunto ama shay, ama sida loo diiwaan geliyo booska beeshaada oo aad ku biirto Haringey Warm Network: [www.haringey.gov.uk/WarmWelcome](http://www.haringey.gov.uk/WarmWelcome)



# Taageerada Dhaqaale

## £2500 qiimaha tamarta ayaa la sharaxay

Dammaanadda Qiimaha Tamarta ee Dawladdu maaha wadarta guud ee waxa aad bixiso, laakiin koodhka qaddarka alaab-qeybiyayaashu ku dalaci karaan khidmadaha taagan iyo qiimaha cutubyada. Inta u dhaxaysa 1 Oktoobar 2022 iyo Abriil 2023, celceliska qoyska UK waxay bixin doonaan £2500 sannadkii tamarta, laakiin tani weli waxay ku xidhan tahay isticmaalka. Haddii aad isticmaasho tamar yar, waxaad bixinaysaa wax yar, laakiin haddii aad isticmaasho wax badan waxaad bixinaysaa wax badan. Dammaanad qaadkii Qiimaha Tamarta ee hore wuxuu ahaa £1,971 sannadkii, marka waxay u badan tahay inaad weli arki doonto korodhka kharashyada laga bilaabo Oktoobar.



**Qabyo daaqaadaha iyo albaabada ceysan adigoo xiraya daldaloolada**  
Kahortagga luminta kulaylka habkan waxay badbaadin kartaa ku dhawaad £125 sanadkii

## Qorshaha taageeraan Dhimista Biilasha Tamarta

Dhammaan qoysaska guriga ku nool ee UK waxay heli doonaan lacag dhan £400 oo ka timid alaab-qeybiyaha tamarta ee hoos yimaada Qorshaha Taageerada Biilasha Tamarta ee Dowladda. Tan waxa lagu xisaabin doonaa bilka tamarta laga bilaabo Oktoobar waxaana lagu bixin doonaa £66 qaybood muddo 6 bilood ah.

## Deeqaha laga helo qeybiyaha tamartaada

Qaar badan oo ka mid ah qeybiyayaasha tamarta ee waaweyn ayaa bixiya deeqo aan dib loo bixin si ay uga caawiyaan dhimista deynta tamarta ee qoysaska ay haysato dhibaato dhaqaale. Nidaamyadu way ku kala duwan yihiin shirkadaha, markaa waxaad u baahan doontaa inaad la xiriirto alaab-qeybiyaha tamarta si aad u hubiso waxay bixiyaan iyo cidda codsan karta.

## Dhimista Guriga Diiran


Qiima dhimista Diirimaadka Guriga waxay ku siinaysaa dhimis hal mar ah £150 biilasha korontada inta u dhaxaysa Oktoobar iyo Maarso haddii aad halis ugu jirto faqriga shidaalka. Dawladdu waxay u sheegtaa alaab-qeybiyayaasha macaamiisha u qalma inay codsadaan qiimo dhimista, markaa qiimo dhimista waxaa si toos ah loogu dabaqi doonaa kuwa xaqa u leh.

Si aad u ogaato haddii aad u qalanto, waxaad wici kartaa kooxda qiimo dhimista guriga ee diiran 'Warm Home Discount' 0800 731 0214 inta u dhaxaysa 14 Noofambar 2022 iyo 31 March 2023.

## Lacag bixinta Shidaalka Jiilaalka

Dhammaan dadka deggan ee qaata lacagta hawlgabka dawladda waa inay si toos ah u helaan Lacag-bixinta Shidaalka Jiilaalka inta u dhaxaysa £250 iyo £600 si ay uga caawiyaan kharashyada kulaylinta. Tan waxa ku jira Kharashka Noloshka Hawlgabka.

 [www.gov.uk/winterfuel-payment](http://www.gov.uk/winterfuel-payment)

 0800 731 0160

## Lacag-bixinta Cimilada Qabow

Deganeyaasha hela faa'iidooyinka qaarkood waxay heli karaan lacag dhan £25 si ay u daboosho kharashaadka kuleyliyaha dheeriga ah haddii heerkulku hoos uga dhaco baraf toddoba maalmood oo isku xigta. Kadib xilli kasta oo cimilo aad u qabow ka jirto agagaarkaaga, waa in aad lacag ku heshaa 14 maalmood oo shaqo gudahood akoon bangi oo la mid ah lacagaha waxtarkaaga.

## Qorshaha Guryaha Kulul

Barnaamijka Guryaha Warmer ee Duqa London waxa uu bixiyaa kuleyl, dahaadh iyo hagaajinta



### Buuxi weel-dhaqahaaga

Adigoo isticmaalaya kaliya marka ay buuxsanto oo ay yareyso isticmaalka hal xamuul todobaadkii, waxay ku badbaadin kartaa £17 sanadkii.

hawo-mareenka bilaashka ah mulkiilayaasha guryaha dakhligoodu yar yahay iyo kiraystayaasha gaarka ah. Deeqaha ilaa £25,000 waa la heli karaa, iyadoo ku xidhan taada. Qiimaynta waxtarka tamarta, mudadaada, iyo nooca shidaalkaaga hadda (sida, gaaska, korontada, saliidda, ama LPG).

Wixii macluumaad dheeraad ah oo ku saabsan nidaamka, booqo:



[www.london.gov.uk/warmer-homes](http://www.london.gov.uk/warmer-homes)

## Adeegyada Taageerada Kale

### SHINE London

Waxaan la kaashanay SHINE London si aan u siino adeeg tixraac ah oo hal joogsi ah oo loogu talagalay dadka deegaanka ee ku dhibtoonaya bixinta biilasha tamarta. Waxay ku qiimayn karaan dadka deegaanka adeegyo kala duwan si ay u horumariyaan caafimaadka, dhaqaalaha, iyo waxtarka tamarta.



0300 555 0195



[contact@shine-london.org.uk](mailto:contact@shine-london.org.uk)

### Diiwaanka Adeegyada Mudnaanta leh (PSR)

Kani waa adeeg bilaash ah oo ay bixiyaan alaab-qeybiyayaasha tamarta macaamiisha kuwaas oo u baahan kara xoogaa taageero ah. Deganeyaasha nugul waxay iska diiwaan gelin karaan adeeggan si ay u hubiyaan inay helaan caawimo iyo taageero mudnaan leh haddii ay jirto arrin la xiriirta sahaydooda tamarta.

La xidhiidh alaab-qeybiyahaaga si aad u ogaato macluumaad dheeraad ah oo aad isu diiwaan geliso.

### Rakibaadda mitirka Smart

Ku hagaajinta mitirka smart ee alaab-qeybiyahaaga tamarta waa bilaash waxayna kaa caawin kartaa inaad kaydsato tamar iyo lacag.

Mitirka smart wuxuu ururiyaa akhriin tamar sax ah wuxuuna kuu ogolaanayaa inaad aragto meesha iyo sida aad tamarta u isticmaalayso wakhtiga dhabta ah, iyada oo loo marayo bandhig guriga dhexdiisa ah.

Mitirkaaga smart ayaa sidoo kale si toos ah u soo diri doona akhrinta tamarta alaab-qeybiyahaaga, markaa uma baahnid, oo ku siinaya biilal sax ah.

Si aad u ogaato wax ku saabsan rakibaadda mitirka smart, fadlan la xidhiidh alaab-qeybiyahaaga tamarta.



## Caawinta Biilasha Biyaha

### Caawinta Biyaha

WaterHelp waa nidaamka biyaha Thames kaas oo ku siinaya qiimo dhimis 50% biilkaaga haddii aad ku nooshahay qoys dakhligoodu yar yahay oo ka hooseeya £20,111 sanadkii.

wax badan  
i baadh!





### WaterSure

Haddii aad ku jirto mitirka biyaha laakiin ay kugu adag tahay inaad biyo badbaadiso sababtoo ah waxaad leedahay qoys weyn ama xaalad caafimaad oo biyo ku tiirsan, Thames Water waxaa laga yaabaa inay awood u yeelato inay biilashaada ku daboolaan WaterSure.

Si aad ugu qalanto, qof qoyskaaga ka tirsan waa inuu

- helaan macaashka la tijaabiyey IYO
- ay qabaan xaalad caafimaad oo u baahan biyo dheeraad ah AMA
- aad haysato saddex ama in ka badan oo carruur ah oo ka yar 19 oo ku nool guriga taasoo kaa dhigaysa inaad xaq u yeelato dheefaha ilmaha

 0800 009 3652

 [www.thameswater.co.uk/waterhelp](http://www.thameswater.co.uk/waterhelp)

### WaterDirect

Haddii aad dib uga dhacayso lacag-bixintaada biyaha, waxa laga yaabaa inaad awoodo inaad isku darto biilkaaga sannadlaha ah iyo baaqigaaga oo aad si toos ah uga bixiso dheefahaaga hal lacag-bixin toddobaadle ah.

 [www.thameswater.co.uk/water-direct](http://www.thameswater.co.uk/water-direct)

### Qorshayaasha lacag-bixinta dabacsan

Thames Water waxay ku siin kartaa qorshooyin lacag-bixineed dabacsan iyo, xaaladaha qa-arkood, lacag-bixinno haddii aad u baahan tahay inaad si ku-meel-gaar ah u dhimo ama aad joojiso lacagahaaga si ay kaaga caawiso dhibaatooyinka maaliyadeed ee muddada-gaaban.

### Sanduuqa Caawinta Macmiilka

Kani waa nidaamka taageerada deynta Thames Water. Haddii aad u qalanto, waxay la mid noqon doonaan lacag kasta oo aad ku bixiso deyntaada biyaha, laakiin waxaad u baahan doontaa inaad bixiso biilasha biyaha ee hadda oo aad bixiso lacag la awoodi karo oo ku saabsan deyntaada bil kasta. Haddii aad sii waddo lacag-bixinta caadiga ah muddo laba sano ah, waxay bixin doonaan wixii dayn ah ee hadhay dhammaadka nidaamka.

 0800 009 3652.

### Diiwaanka Adeegyada Mudnaanta

Sida adeegga mudnaanta tamarta, diiwaangelintu waxay hubisaa in kaalmada mudnaanta leh la siiyo macaamiisha dhaqdhaqaaqa iyo caqabadaha kale ama kuwa qaba baahi caafimaad oo biyo ah, haddii ay jirto dhibaato xagga sahaydooda biyaha ah.

Kala xidhiidh Thames Water lambarka kore si aad macluumaad dheeraad ah u hesho.

# Caawinta Waalidiinta iyo Daryeelayaasha

## Qorshaha Bilowga Caafimaadka

Haddii aad uur leedahay ama aad leedahay ilmo ka yar 4, oo aad leedahay dakhli yar, waxaad heli kartaa ilaa £450 cunug kasta sannadkii si aad uga caawiso iibsashada caano iyo cunto caafimaad leh, taas oo qayb ka ah Qorshaha Bilowga Caafimaadka. Qoysaska waxaa la siin doonaa kaar ay u isticmaali karaan tafaariqlayaasha iibiya cuntooyinka ku habboon, waxaana lacag loogu dari doonaa bil kasta ilmo kasta oo xaqa u leh.

 [www.haringey.gov.uk/healthy-start](http://www.haringey.gov.uk/healthy-start)

*wax badan  
i baadh!*



## Cuntooyinka Dugsiga ee Bilaashka ah

Ilmahaaga/carruurtaada waxa laga yaabaa in ay heli karaan Cuntooyinka Dugsiga ee Bilaashka ah haddii aad tahay waalidka/masuulka oo aad qaadata manfacyada u-qalmitaanka. Haddii aad u qalanto, waxaad sidoo kale codsan kartaa deeq dhar ah oo dhan £60 si aad ugu soo iibsato dharka dugsiga iyo kabaha ilmahaaga.

Carruurta da'doodu u dhaxayso 16-18 waxay sidoo kale codsan karaan Cunnada Dugsiga ee Bilaashka ah haddii ay dhigtaan machad waxbarasho oo dheeraad ah.

 [www.haringey.gov.uk/FSM](http://www.haringey.gov.uk/FSM)

## Fasaxa, Hawlaha iyo Barnaamijka Cuntada (HAF)

Carruurta da'doodu u dhaxayso 5 ilaa 16 ee hela Cunnooyinka Dugsiga ee Bilaashka ah waxay heli karaan waxqabadyo lacag la'aan ah inta lagu jiro Ciidaha Easter-ka, Xagaaga, iyo Ciidaha Kirismaska iyagoo isticmaalaya nidaamka HAF.

 [www.haringey.gov.uk/HAF](http://www.haringey.gov.uk/HAF)



## Taageerada SEND

Waxaa jira faa'iidooyin iyo taageerooyin kala duwan oo ay xaqa u yeelan karaan carruurta iyo dhallinyarada leh baahida waxbarasho ee gaarka ah ama naafada. Kuwaas waxaa ka mid ah miisaaniyada shakhsi ahaaneed, Gunnada Ardayga Naafada ah, Gunnada Taageerada Shaqada, Lacag bixinta Madaxbanaanida Shakhsi ahaaneed, Gunnada Nolasha Naafada, Gunnada Daryeelaha, Deeqaha Xarumaha Naafada iyo wax ka badan.

 [www.haringey.gov.uk/local-offer](http://www.haringey.gov.uk/local-offer)

## Caawinta kharashka daryeelka ilmaha

Iyadoo ku xiran duruufahaaga gaarka ah, waxaa jira taageero kala duwan oo ay heli karaan waalidiinta shaqeeya si ay uga caawiyaan bixinta kharashaadka daryeelka ilmaha, sida Xanaanada Ilmaha ee Cashuur-La'aanta ah, Dhibcaha Canshuurta, Lacagta Caalamiga ah iyo Gunnada Nolasha Naafada ee qoysaska leh carruurta naafada ah.

 [www.haringey.gov.uk/helpchildcare-costs](http://www.haringey.gov.uk/helpchildcare-costs)

 [www.gov.uk/childcare-calculator](http://www.gov.uk/childcare-calculator)

## **Waxbarashada Hore iyo Waxbarashada Bilaashka ah**

Ilaa 15 saacadood oo Barashada Hore ee Bilaashka ah ayaa u diyaar ah waalidiinta 2-sano jirka ah ee helaya taageero dhaqaale, iyo dhammaan 3- iyo 4-jirka. Waalidiinta shaqeeya ee 3-iyo 4-jirka ah waxay sidoo kale heli karaan ilaa 30 saacadood xanaano caruur oo bilaash ah todobaadkii.




**Waqtii yar ku qaado qubeyska**  
Qubeyska kaliya 4 daqiiqo waxay kaa badbaadin kartaa ilaa £95 sanadkii.

 [www.haringey.gov.uk/free-earlyeducation](http://www.haringey.gov.uk/free-earlyeducation)

## **16-19 Sanduuqa Bursary**

16-19-sano jirku waxay heli karaan lacag ay kaga caawiyaan kharashaadka waxbarashada, sida dharka, buugaagta, gaadiidka, ama qadada, haddii ay wax ku bartaan dugsi ama kulliyad ay dawladdu maalgeliso, ama koorsada tababarka, oo ay ku jirto lacag la'aan waayo-aragnimo shaqo.

 [www.gov.uk/1619-bursary-fund](http://www.gov.uk/1619-bursary-fund)

## **Qorshaha Abaalmarinta John La Rose**

Qorshahan waxaa loogu talagalay dhalinyarada da'doodu tahay 25 iyo kuwa ka yar, ee ka soo jeeda qoysaska dakhligoodu yar yahay, si ay uga caawiyaan helitaanka jaamacadda mid caddaalad ah. Waxay bixisaa dib u soo celinta kharashyada khidmadda codsiga UCAS, iyo 2 safar oo jaamacadeed ama maalin furan. Waxa kale oo jira tiro xadidan oo ah deeqaha waxbarasho si ay u caawiyaan daboolida kharashka nololaha, iyo meelaynta shaqada iyo fursadaha hagitaan.

 [www.haringey.gov.uk/JohnLaRoseAward](http://www.haringey.gov.uk/JohnLaRoseAward)


## **Gunnada Daryeelaha**

Waxaa laga yaabaa inaad hesho £67.60 todobaadkii si ay kaaga caawiyaan inaad daryeesho qof leh baahiyo daryeel oo la taaban karo. Uma baahnid inaad qaraabo la noqoto, ama la noolaato, qofka aad daryeesho.

 [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)

## **Daryeelaha Koowaad**

Golaha Haringey waxa uu kala shaqaynayaa Carers First si ay u siiyaan daryeelayaasha aan mushaharka qaadan macluumaadka ku saabsan doorashooyinka taageerada maaliyadeed, sida qiimo dhimis, deeqo, iyo dheefo. Carers First waxay sidoo kale ku siin karaan talo shakhsiyeed oo ku habboon onlayn, taleefan, ama waji ka waji.

 0300 303 1555

 [www.carersfirst.org.uk/register](http://www.carersfirst.org.uk/register)

 [hello@carersfirst.org.uk](mailto:hello@carersfirst.org.uk)

## **Kooxaha Taageerada Daryeelaha**

Haringey waxaa ka jira ururo dhowr ah oo bixiya kooxaha taageerada iyo la-talinta daryeelayaasha. Si aad wax badan u ogaato, oo aad u aragto kooxaha laga heli karo agagaarkaaga, fadlan booqo:

 [www.haringey.gov.uk/support-groups](http://www.haringey.gov.uk/support-groups)

## Caawinta Cuntada

wax badan  
i baadh!



Haringey waxay leedahay shabakad aan rasmi ahayn oo kooxaha bulshada ah iyo bangiyada cuntada ay maamulaan mutadawiciin kuwaas oo siiya cunto degdeg ah dadka maxalliga ah ee u baahan taageerada.

Waxaad geli kartaa bangiga cuntada inta lagu jiro saacadaha shaqada, laakiin waa fikrad wanaagsan inaad wacdo urur marka hore si aad u hubiso in waqtiyada furitaanka aysan isbeddelin. Waxa kale oo aad wakhtiyada furitaanka ee cusub ka heli kartaa shabakada cuntada beesha Haringey: [www.HCFN.org.uk](http://www.HCFN.org.uk).

Qof walba waa lagu soo dhaweynayaa inuu tago inta badan bangiyada cuntada, laakiin waxaa laga yaabaa inaad u baahato foajarrada bangiga cuntada si aad u gasho kooxaha qaarkood. Kuwan waxaad u baahan doontaa tixraac shaqaale bulsho, xarun carruurta, GP-gaaga, Waaxda Shaqada iyo Hawlgabka (DWP), ama urur samafal ah sida Xafiiska La-talinta Muwaadinka Haringey Wixii macluumaad dheeraad ah ee ku saabsan isticmaalka bangiga cuntada, fadlan booqo:

 [www.citizensadvice.org.uk/using-a-food-bank](http://www.citizensadvice.org.uk/using-a-food-bank)

## ISNIINTA

### Sanduuqa Cuntada ee Beesha Haringey

Tixraac/voucher kaliya. Cunto degdeg ah iyo waxyaabaha daruuriga ah waa la keenay. 11 subaxnimo-3 galabnimo. Xarunta Bulshada Waddada Ganacsiga, N22 8EP.

### Tottenham Foodbank

Tixraac/voucher kaliya. 3 maalmood oo degdeg ah cunto nolosha dheer, alaabta musqulaha, iyo alaabta guriga. 12-2pm. Hoolka Magaalada Tottenham, N15 4RY

### Community FoodHub

Looma baahna tixraac/boono. Miro cusub, khudaar, rooti, caano, hilib, iyo cunto diyaarsan. 4-6 galabnimo. Hoolka Magaalada Tottenham, N15 4RY





## Dharka oo la dhaqo

Isticmaal wareegga 30oc oo yaree dhaqistaada hal rar todobaadkii oo kaydi qiyaastii £34 sannadkii.

## TALAADO

### Tottenham Food Hub

Looma baahna tixraac/boono. Xirmooyinka cuntada oo ay ku jiraan miro cusub, khudaar iyo agab nadaafadda shaqsiyeed ee qof kasta oo u baahan. 11am-1pm (Talaado kasta oo kale).

*Qolka fadhiga (Ka soo horjeedka Xarunta Shaqada ee Tottenham) Waddada Sare ee Tottenham, N17 8AA.*

### Sanduuqa Cuntada ee Beesha Haringey

Tixraac/voucher kaliya. Cunto degdeg ah iyo waxyaabaha daruuriga ah waa la keenay. 11 subaxnimo-3 galabnimo.

*Xarunta Bulshada Waddada Ganacsiga, N22 8EP.*

### Ururka Hubka ee Antwerp

Looma baahna tixraac/boono. Qado bilaash ah oo loogu talagalay dadka u baahan. 12-2:30 duhurnimo.

Hubka Antwerp, 168-170 Waddada Kaniisadda, N17 8AS

### Kaniisadda Adventist ee Maalinta toddobaad ee Tottenham

Looma baahna tixraac/boono. Baakadaha cuntada oo ay ku jiraan miro daray ah iyo khudaar. 12.30-2.30pm.

*255 West Green Road, N15 5EG*

### Bounds Green Foodbank

Looma baahna tixraac/boono. Xirmooyinka cuntada ee qof kasta oo u baahan N11, N13 ama N22. Fadlan keen I.D ama caddaynta ciwaanka. 1-4 galabnimo

*St Michaels Hall, 37 Bounds Green Road, N22 8HE*

### Xarunta Cuntada Selby

Looma baahna tixraac/boono. Baakadaha cuntada oo ay ku jiraan miro cusub iyo khudaar. 2-4 galabnimo

*Waddada Selby, N17 8JL*

## ARBACADA

### PCF Foodbank

Looma baahna tixraac/boono. Baakadaha cuntada oo ay ku jiraan khudaar, khudaar iyo alaabta guriga. 11 subaxnimo-12 galabnimo.

*89 Layn Balaadhan, N15 4DW*

### Sanduuqa Cuntada ee Beesha Haringey

Tixraac/voucher kaliya. Cunto degdeg ah iyo waxyaabaha daruuriga ah waa la keenay. 11 subaxnimo-3 galabnimo.

*Xarunta Bulshada Waddada Ganacsiga, N22 8EP.*

### Community FoodHub

Looma baahna tixraac/boono. Miro cusub, khudaar, rooti, caano, hilib, iyo cunto diyaarsan. 4-6 galabnimo.

*Hoolka Magaalada Tottenham, N15 4RY.*

## KHAMIISTA

### **Bulshada Ku Karsan**

Looma baahna tixraac/boono. Cuntooyinka kulul, raashinka, iyo taageerada kale. 10 subaxnimo - 1 galabnimo.

*Eric Allin Community Centre, N17 0QA*

### **Hornsey Foodbank.**

Looma baahna tixraac/boono. ay ku jiraan rooti cusub, khudaar iyo khudaar, iyo alaabta guriga. 10:30 subaxnimo-1pm.

*Kaniisadda Methodist ee Dhexe, N8 7JN*

### **Lordship Hub Café**

In ka badan 50s kafee/shaah/ buskud subax. 11 subaxnimo - 1 galabnimo.

*Lordship Hub, Lordship Rec, N17 6NU*

### **Sanduuqa Cuntada ee Beesha Haringey**

Tixraac/voucher kaliya. Cunto degdeg ah iyo waxyaabaha daruuriga ah waa la keenay. 11 subaxnimo-3 galabnimo.

*Xarunta Bulshada Waddada Ganacsiga, N22 8EP.*

### **OK Foundation**

Looma baahna tixraac/boono. Cunto kulul oo la kariyey oo bilaash ah, iyo baakado cunto oo ay ku jiraan khudaar, khudaar, ismaris iyo cunto diyaarsan. Horey iskaga diiwaan geli: [www.OKFoundation.org](http://www.OKFoundation.org). 12-3pm.

*Lordship Hub, Lordship Rec. N17 6NU.*

### **London oo la cuni karo**

Looma baahna tixraac/boono. Cuntooyinka dhirta ku salaysan ee horay loo sameeyay, iyo khudaar iyo khudaar daray ah. 12-4pm.

*20-22 Waddada Bernard, N15 4NE*

### **Bounds Green Foodbank**

Looma baahna tixraac/boono. Xirmooyinka cuntada ee qof kasta oo u baahan N11, N13 ama N22. Fadlan keen I.D ama caddaynta ciwaanka. 1-4 galabnimo.

*St Michaels Hall, 37 Bounds Green Road, N22 8HE*

### **Xarunta Cuntada Selby**

Looma baahna tixraac/boono. Baakadaha cuntada oo ay ku jiraan miro cusub iyo khudaar. 1.30-3.30 galabnimo.

*Waddada Selby, N17 8JL.*

### **Tottenham Foodbank**

Tixraac/voucher kaliya. 3 maalmood oo degdeg ah cunto nolosha dheer, alaabta musqulaha, iyo alaabta guriga.5-7 galabnimo.

*Hoolka Magaalada Tottenham, N15 4RY.*

## JIMCAHA

### **Sanduuqa Cuntada ee Beesha Haringey**

Tixraac/voucher kaliya. Cunto degdeg ah iyo waxyaabaha daruuriga ah waa la keenay. 11 subaxnimo-3 galabnimo.

*Xarunta Bulshada Waddada Ganacsiga, N22 8EP.*

### **Community FoodHub**

Looma baahna tixraac/boono. Miro cusub, khudaar, rooti, caano, hilib, iyo cunto diyaarsan. 4-6 galabnimo.

*Hoolka Magaalada Tottenham, N15 4RY.*



## Dami nalalka

Deminta marka aad qol ka baxdo waxay kuu badbaadin kartaa ilaa £25 sanadkii.

## SABTIYADA

### Wheely Tots

Tixraac/voucher kaliya. Horey iskaga diiwaan geli wheelytots.com, oo haddii codsigaagu guulaysto, waxa lagu siin doonaa wakhti Sabtida soo socota fariin qoraal ah. 10-11 subaxnimo

*Beerta Broadwater, Manston Block, Adams Road, N17 6HU.*

### Cunnada Uptown

Looma baahna tixraac/boono. Miro cusub, khudaar, rooti, caano, hilib, iyo cunto diyaarsan. 2-7pm. 161 Park Lane, N17 0HU

### Community FoodHub

Looma baahna tixraac/boono. Miro cusub, khudaar, rooti, caano, hilib, iyo cunto diyaarsan. 3-5 galabnimo.

*Hoolka Magaalada Tottenham, N15 4RY.*

### Bangiga Cuntada ee Trinity Holy

Looma baahna tixraac/boono. Xirmooyinka cuntada oo ay ku jiraan miro cusub iyo khudaar. 12-1pm *Saddexmidnimada Quduuska ah (C. ee E) Kaniisadda Parish, Philip Lane, Tottenham, N15 4GZ.*

### Kaniisadda Adventist ee Maalinta toddobaad ee Tottenham

Looma baahna tixraac/boono. Baakadaha cuntada oo ay ku jiraan miro cusub iyo khudaar. 3.30-5.30 galabnimo.

*255 West Green Road, N15 5EG*

### Xarunta Injiilka ee bangiga cuntada

Looma baahna tixraac/boono. Khudaar iyo khudaar cusub, cunto aan baabi'in, alaabta musqulaha, sahayda ilmaha, iyo alaabta nadiifinta. 10 subaxnimo-12 galabnimo.

*Wightman Road, Harringay Ladder, N8 0LT*

## AXADAHA

### OK Foundation

Looma baahna tixraac/boono. Cunto kulul oo la kariyey oo bilaash ah, iyo baakado cunto oo ay ku jiraan khudaar, khudaar, ismaris iyo cunto diyaarsan. Horey iskaga diiwaan geli: [www.OKFoundation.org](http://www.OKFoundation.org). 12pm ilaa cuntadu ka baxdo. 7 Waddada Holcombe, N17 9AA.

### RCCG/PHCC Food Hub

Looma baahna tixraac/boono. Xirmooyinka cuntada oo ay ku jiraan miro cusub, khudaar iyo waxyaabaha lagama maarmaanka u ah guriga. 11 subaxnimo-1:30 galabnimo. 454A Waddada Sare, N17 9JD.

### Shan Loaves Bank Food

Tixraac/voucher kaliya. Xirmooyinka cuntada ee dadka u baahan gudaha. 1-2 galabnimo *Triumphant Church International, 136 West Green Road, N15 5AD*

## Caawinta kharashka guryaha

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i baadh!



### Taageerada Dhaqaale


#### Lacagaha Guriyeynta Khaaska ah (DHP)

Kuwani waa lacag-bixinno waqti-gaaban oo kaa caawin kara kiradaada haddii aad la kulanto dhibaato dhaqaale. Si aad u hesho DHP waa in aad bixisa kirada oo aad heshaa Dheefta Housing ama kharashyada guryaha ee credit Universal.

 [www.haringey.gov.uk/DHP](http://www.haringey.gov.uk/DHP)

#### Taageerada Canshuurta Golaha

Waxaan ku siin karnaa dhimista kharashka biilka Canshuurta Dawladda Hoose ilaa 100% iyadoo ku xiran duruufahaaga shaqsiyeed. Waxaa jira fursado kala duwan oo loogu talagalay dadka deggan dakhligoodu hooseeyo, degganayaasha ku tiirsan, kuwa hawlgabka ah, iyo kuwa aan hawlgabka ahayn ee naafada ah.

 [www.haringey.gov.uk/CTRS](http://www.haringey.gov.uk/CTRS)

#### Heerarka Caalamiga ah

Universal Credit waa lacag-bixin bille ah si ay kaaga caawiso kharashaadkaaga nolosha, oo ay ku jiraan bixinta guryaha. Waxaa laga yaabaa inaad heli karto haddii aad ku jirto dakhli yar ama shaqo la'aan.

 [www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

#### Dheefta Guriyeynta


Dheefta Housing waxay kaa caawin kartaa inaad bixiso dhammaan ama qayb ka mid ah kiradaada haddii aad ku jirto dakhli yar. Waxaad codsan kartaa Dheefta Housing haddii aad tahay da'da hawlgabka dawladda iyo/ama aad ku nooshahay hoy la taageeray, hoy ama hoy ku meel gaar ah. Inta badan dadka u baahan in laga caawiyo bixinta guriyeynta waa in ay codsadaan Credit Universal bedelkii Dheefta Guriyeynta.

 [www.haringey.gov.uk/Housing-Benefit](http://www.haringey.gov.uk/Housing-Benefit)

#### Deeqaha Guryaha Wanaagsan


Kaalmada guryaha ee wanaagsan waxay siisaa kaalmo dhaqaale codsade u qalma. Haddii hantidaadu ay ku guuldareysato, heerka guryaha wanaagsan oo waxaad heleysaa faa'iidada u qalmidda.

Wixii macluumaad dheeraad ah, fadlan kala xidhiidh Kooxda Hagaajinta Guriyeynta (waaxda gaarka ah):

 020 8489 5112.

#### Deeqaha Xarumaha Naafada

Deeqahani waxay diyaar u yihiin deganayaasha u qalma waxaana lagu maamulaa Daryeelka Bulshada ee Dadka Waaweyn. Codsadayaasha waa in uu qiimeeyaa daaweeyaha shaqada taas oo qayb ka ah habka codsiga.

 020 8489 1400



## Caawin iyo Talo

### Kooxda Ku darida Maaliyadda

Kooxda Ku darista Maaliyadeed waxay siisaa fursad ay ku helaan talo maaliyadeed oo la awoodi karo iyo adeegyo dhijitaal ah oo loogu talagalay kiraystayaasha golaha Haringey si ay uga caawiyaan inay dhistaan xirfado iyo kalsooni. Kooxdu waxay bixisaa aqoon-is-weydaarsiyada arrimaha Money, talo-mid-mid ah, macluumaad faa'iido leh, iyo taageero kiro celin ah si looga fogaado guri-saar, iyo wax kaloo badan.

📞 020 8489 5611



### U beddel nalalka LED

Waxaad kaydsan kartaa ilaa £15 san-nadkii adiga oo ku beddela nalalkaaga laydhka LED.

@ financialinclusion@haringey.gov.uk

## Caawinta Hoy la'aanta

### Khatarta guri la'aanta

Haddii aad ka welwelsan tahay inaad noqoto guri la'aan, wac 020 8489 1000 sida ugu dhaqsaha badan si aan uga hortagno inay taasi dhacdo. Haddii aad halis ugu jirto guri la'aan 56 maalmood ee soo socda, isticmaal foomkeena isku-gudbinta tooska ah si aad ula xiriirto Adeegga Kahortagga Hoyla'aanta:

🌐 [www.haringey.gov.uk/contact-housing-advice](http://www.haringey.gov.uk/contact-housing-advice)

Haddii aad hurdo xun tahay ama aad ka warqabto qof hurdo xun, waxaad u diri kartaa Streetlink adiga oo wacaya 0300 500 0914. Haddii kale, la tali qofka inay ka heli karaan soo dhaweyn diirran iyo taageero takhasus leh Isgoysyada Mulberry, 332 High Road, N15 4BN, maalmaha shaqada laga bilaabo 8.15 subaxnimo ilaa 4 galabnimo.

wax badan  
i baadh!



## Taageerada Ka Hortagga Hoy la'aanta

Taageerada Sabaynta waa adeeg bilaash ah oo qarsoodi ah oo ka shaqeeya si loo gaaro natiijooyin ka caawiya dadka deggan Haringey arrimo badan oo keeni kara dhibaatooyin guriyeynta oo ay ku jiraan guri ka saarid iyo guri la'aan.

📞 [www.riverside.org.uk/engage-haringey](http://www.riverside.org.uk/engage-haringey)

## Adeegyada Taageerada Sabaynta Takhasuska leh

### CARIS Haringey

Waxay caawisaa qoysaska darbi-jiifka ah ee la tacaalaya caqabadaha maalinlaha ah oo ay ku jiraan ka saarida, faa'iidooyinka, deyn, rabshadaha, shaqa la'aanta, saboolnimada, fursad la'aanta iyo go'doominta. *St. Philip's Church, Philip Ln, London N15 4HJ*

📞 020 8801 3004

🌐 [www.carisharingey.org.uk](http://www.carisharingey.org.uk)

### Bikur Cholim


Waxay siisaa macluumaadka ka hortagga guri la'aanta, talo, iyo hagitaan dadka deegaanka ee ka socda Beesha Yuhuuda ee Chareidi. *Dabaqa hoose, 2a Northfield Road, London, N16 5RN*

📞 020 8800 7575

🌐 [bikurcholim.co.uk](http://bikurcholim.co.uk)

## Xaringey Somali Community & Cultural Center


Waxay siisaa talo inta badan dadka ka socda Soomaalida iyo bulshooyinka kale ee Afrikaanka ah iyo sidoo kale bulshooyinka kale ee Carabiga ku hadla. Fadlan wac horudhac si aad ballan u qabsato. *Selby Centre, Selby Rd, Tottenham, London N17 8JL*

 020 8885 1307

 [www.hscca.co.uk](http://www.hscca.co.uk)

## Xarunta La-talinta Kurdishka


Inta badan waxay ka caawisaa guriyeynta iyo kireysiga, laakiin sidoo kale taageero guud oo dheeraad ah si ay uga caawiso dadka deegaanka inay u guuraan nolol madax banaan. *Eastfield Rd, London N8 7AD, UK*


 020 8347 9657


 [www.kurdishadvicecentre.org.uk](http://www.kurdishadvicecentre.org.uk)

## Polish & Eastern European Christian Family Centre

Waxay siisaa caawimo iyo taageero dadka ka yimid Poland iyo Bariga Yurub arrimaha la xiriira guryaha, oo ay ku jirto caawinta fahamka dukumentiyada. *St. Ignatius Parish, 27 High Road, London N15 6ND*

 0741 496 2199


 0736 699 6861

 0795 657 4275

 [www.peec.org.uk](http://www.peec.org.uk)

## Mashruuca Haweenka Qubrus ee Turkiga


Waxay siisaa talo iyo taageero la xiriirta guriyeynta deganeyaasha Haringey Council meelaha ay ku jiraan faa'iidooyinka iyo deynta, kirada baaqiga ah, ka saarista, iyo shaqada. *140A Falkland Road, London, N8 ONP*

 020 8340 3300

 [www.tcwp.org.uk](http://www.tcwp.org.uk)

## Xarunta Sharciga ee Haringey

Waxay bixisaa bilaash, lacag go'an iyo guul-la'aan/lacag la'aan sharci ah oo madax-bannaan iyo matalaad xagga magangalyada iyo socdaalka, deynta, guryeynta, iyo sharciga dheefaha daryeelka. *7 Holcombe Rd., London N17 9AA*


 020 8808 5354

 [haringeylawcentre.org.uk](http://haringeylawcentre.org.uk)

## Taageero kale

### Hoyga

Talada hoyga iyo adeegyada taageerada waxay bixiyaan mid-ka-mid ah, caawimo shakhsi ahaaneed ee arrimaha guryeynta iyo guri la'aanta.

 0808 800 4444

 [england.shelter.org.uk](http://england.shelter.org.uk)

### Codka Dadweynaha - Gaaritaanka & Adeegga Isku xidhka

Adeegga Haringey Reach and Connect wuxuu bixiyaa macluumaad, taageero, iyo saaxiibtinimo in ka badan 50s ee ku nool Haringey.

Is-Gudbinta: [reachandconnect.net/refer-yourself](http://reachandconnect.net/refer-yourself)

Gudbinta dhinaca saddexaad: [reachandconnect.net/refer-another-person-third-party-referral-form](http://reachandconnect.net/refer-another-person-third-party-referral-form)

020 3196 1905

## Adeegyada Xadgudubka Haweenka & Gabdhaha (VAWG)

Adeegga Taageerada ee Haringey Floating Support Service oo ay bixiso Solace Women's Aid waxay siisaa talo bilaash ah oo qarsoodi ah, taageero, iyo u doodid haweenka iyo gabdhaha da'doodu ka weyn tahay 16 ee ay saameeyeen rabshadaha guriga iyo galmada. Waxay bixiyaan taageero muddo gaaban iyo mid dhexe ah si loo kordhiyo badbaadada.

Waxaad isu gudbin kartaa adiga oo wacaya 020 8885 3557 ama u soo dir haringey.fs@solacewomensaid.org. Tixraaca waxa kale oo samayn kara xirfadle laakiin qofku ogolaansho buuxda ka haysto.

## Xarunta Taageerada iyo Talada Rabshadaha Guriga ee Hearthstone

Hearthstone waxay siisaa taageero niyadeed iyo mid wax ku ool ah qof kasta oo la kulma xadgudubka guriga gudaha Haringey. Xirmada taageerada waxaa ku jira la-talinta guryeynta oo ay ku jiraan gelitaanka hoy magangalyo, talo sharci oo bilaash ah, iyo nidaamka quduuska ah si gurigaaga looga dhigo mid ammaan ah. Saacadaha shaqadu waa maalmaha shaqada, 9 subaxnimo ilaa 4 galabnimo.

☎ 020 8489 341 1    📧 hearthstone.domesticviolence@haringey.gov.uk

## Caawinta shaqada

wax badan  
i baadh!



## Talo iyo Tababar

### Haringey Works

#### Haringey Works

Haringey Works waa adeeg dukaan joogsi ah oo u heellan in lagu taageero dadka Haringey si ay shaqo u helaan iyadoo la siinayo waddooyin kala duwan oo loo maro qaybo kala duwan. Booqo websaydkayaga si aad u hesho boosaska banaan, u gal CV-gaaga oo aad isu diiwaan geliso:

🌐 [works.haringey.gov.uk](http://works.haringey.gov.uk)

#### Haringey Baro

Haringey Learns waxay kaa caawin kartaa inaad sare u qaaddo, hesho shahaadooyin iyo inaad samayso doorashooyin xirfadeed oo togan, oo ay ku jiraan koorsooyin bilaash ah oo kala duwan.

🌐 [www.webenrol.com/haringeylearns](http://www.webenrol.com/haringeylearns)



## Taageerada Gelitaanka Shaqada ee la Bartilmaameedsaday (JETS)

JETS waa barnaamij shaqaaleysiin siya talobixin khaas ah iyo tababarid waraysi oo loogu talagalay dadka shaqo la'aanta ah ee codsanaya mid Universal Credit ama Gunnada Shaqo raadiyaha ugu yaraan 13 toddobaad.

## Barnaamijka Akadeemiyada Shaqada Ku Salaysan Sector (SWAP)

SWAP waxay ku siinaysaa tababar, waayo-aragnimo shaqo iyo waraysi dammaanad ah oo lala yeesho loo-shaqeeyaha deegaanka, qof kasta oo helaya Gunnada Shaqo Doonka, Dhibcaha Caalamiga ah ama Gunnada Shaqada iyo Taageerada. Macluumaad dheeraad ah oo ku saabsan JETS ama SWAP, fadlan la xidhiidh Xarunta Shaqada Plus ee degaankaaga oo la hadal tababarahaaga shaqada.

# Taageerada Dhaqaale

## Sanduuqa Taageerada dabacsan (FSF)

FSF waxa laga yaabaa inay ku caawiso kharashaadka dheeraadka ah ee la xidhiidha gelitaanka iyo bilaabista shaqada, sida, kharashaadka safarka si aad waraysiyada u gasho, iyo agabka iyo dharka ama lebiska si aad shaqo u bilowdo. Haddii aad codsanayso Credit Universal, waxa kale oo aad heli kartaa caawimo bisha ugu horreysa ee kharashka daryeelka ilmaha.

## Safarka oo jaban

Haddii aad shaqo la'aan tahay, oo aad macaashka codsanayso oo aad shaqo raadinayso, waxaad heli kartaa kaadhka tareennada dhimista ee xarunta shaqada oo bilaash ah. Gaadiidka London (TFL), iyo Stagecoach, waxay u fidiyaan socdaal qiimo dhimis ah ilaa 50% kuwa haysta Kaarka Tareenka.

## Gunnada Ganacsiga Qaranka (NEA)

Haddii aad rabto inaad bilowdo ganacsi adiga kuu gaar ah, ama aad horumariso ganacsigaaga haddii aad horeba iskeed u shaqeysey, waxaa laga yaabaa inaad taageero ka hesho NEA. Waxaad u baahan tahay inaad hesho faa'iidooyin gaar ah oo aad leedahay fikrad ganacsi oo shaqayn karta. Wixii macluumaad dheeraad ah fadlan la xidhiidh Xarunta Shaqada Plus ee degaankaaga.

## Gunnada Shaqada iyo Taageerada (ESA)

ESA waxaa loogu talagalay dadka da'doodu ka yar tahay da'da Hawigabka Qaranka ee leh naafo ama xaalad caafimaad oo saameeya inta ay shaqayn karaan. Waxaad heli doontaa lacag aad kaga caawiso kharashka nolasha haddii aadan awoodin inaad shaqeyso, iyo taageero aad ku soo laabato shaqada haddii aad awoodid.

 0800 055 6688

 [www.gov.uk/employment-support-allowance](http://www.gov.uk/employment-support-allowance)

## Helitaanka Deeq Shaqo

Lacagta Helitaanka shaqadu waxay bixin kartaa taageero wax ku ool ah haddii aad leedahay naafo, caafimaad ama xaalad caafimaad dhimir oo aad bilowdo inaad shaqeyso, u baahan tahay caawimo si aad shaqada u sii jirto ama u guurto iskaa u shaqeyste ama ganacsi bilowdo. Deeqdu waxay kaa caawin kartaa inaad la kulanto kharashka safarka shaqada; Bixi shaqaale taageero ama bixi qalab gaar ah oo aad u baahan tahay si aad ugu sii jirto shaqada.

 [www.gov.uk/access-to-work](http://www.gov.uk/access-to-work)

*Wax badan i baadh!*



## Caawinta muhaajiriinta iyo qaxootiga

Haringey waxay haysataa fursado taageero oo kala duwan oo loogu talagalay qaxootiga, soogalootiga, iyo dadka magangalyo doonka ah, oo ay ku jiraan saddex Hub oo Soo-dhaweyn ah oo ku baahsan degmada, oo bixiya taageero wax ku ool ah iyo mid bulsho. Dhowr adeegyo iyo ururada bulshada iskaa wax u qabso (VCS) ayaa ka qayb gala Hubs si ay uga caawiyaan waxyaabaha ay ka midka yihiin codsashada Credit Universal, helitaanka daryeel caafimaad, iyo ku xidhiidhiyaha dadka kale ee degmada:

### **Muswell Hill Soo dhawaynta Hub**

Muswell Hill Methodist Church, 28 Pages Lane, N10 1PP

Khamiis kasta 10.00 - 12.00

### **Tottenham Ku Soo Dhawoow Hub**

Ku hoos noolaanshaha Xarunta Beesha ee Mid Sun, Down Lane Park, Park View Road, N17 9EX

Jimce kasta 10.00 - 12.00

### **Qoryaha Cagaaran Soo Dhawaynta Hub**

Wood Green Library, 187 – 197A Waddada Sare, N22 6XD

Isniin kasta 13.30 - 16.30

### **Kooxda Dib-u-dejinta Haringey sidoo kale waxaa laga heli karaa Isgoosyada Mulberry Jimce kasta 9 subaxnimo - 12 galabnimo:**

Mulberry Junction, 332 High Road, Tottenham, London, N15 4BN

Mulberry Junction - Homeless England | Homeless Link

Waxa jira dhawr hay'adood oo kale oo talo iyo tusaale siya soogalootiga iyo dadka aan waxba ka qabanayn hantida dadweynaha:

### **Xarunta Taageerada Muhaajiriinta Haringey**

St John Vianney Church Hall, 386 W Green Rd, London N15 3QL

haringeymsc.org

## **Taageerada Caafimaadka Maskaxda iyo Ladnaanta**


*wax badan i baadh!*



Golaha iyo NHS-ta waxay la shaqeeyaan hay'adaha samafalka iyo ururada kale si ay u bixiyaan taageero caafimaad maskaxeed oo kala duwan iyo dadka deggan Haringey.


### **Maskaxda Haringey**

Mind in Haringey waxay siisaa macluumaad, talo iyo taageero dadka ay saameeyeen dhibaatooyinka caafimaadka dhimirka. Samafalku waxa ay la shaqaysaa NHS-ta deegaanka iyo koonsalka oo bixiya latalin, u doodid, iyo aqoon-isweydaarsiyo samafal iyo sidoo kale Shabakadda Ladnaanta Haringey.

 0208 340 2474


 [www.mindinharingey.org.uk](http://www.mindinharingey.org.uk)


**Shabakadda Ladnaanta Haringey** waa barnaamij waxqabadyo lagu caawiyo dadka si ay u horumariyaan caafimaadkooda maskaxeed iyo jireed, taageeridda dadka si ay isbeddello togan ugu sameeyaan noloshooda.

 0208 340 2474

 [Haringeywellbeingnetwork@mih.org.uk](mailto:Haringeywellbeingnetwork@mih.org.uk)

**Khadka Caawinta Safe Haven** waa khad badbaado, qarsoodi ah oo loogu talagalay dadka deggan Haringey, ee da'doodu tahay 18+ ee ku jira dhibaataada una baahan inay hadlaan.

 0800 953 0223

 07943 156 973

 [safehaven@mih.org.uk](mailto:safehaven@mih.org.uk)

## Fikir Wacan

Fikirka Wanaagsani wuxuu dadka reer London siya is-daryeelka maskaxeed ee khadka tooska ah iyada oo loo marayo qalab dhijitaal ah oo taageera xaaladaha ugu badan ee caafimaadka dhimirka: walaaca, niyadda hoose, dhibaatooyinka hurdada iyo walbahaarka.



[www.good-thinking.uk](http://www.good-thinking.uk)

## Kooth

Kooth waxay siisaa la-talin online ah oo bilaash ah carruurta iyo dhalinyarada Haringey, da'doodu tahay 11 ilaa 18-sano (ilaa 25-sano loogu talagalay dhalinyarada waxbarashadu ku adag tahay ama naafo ah). Adeegga waxaa la heli karaa 365 maalmood sanadkii. Furan Isniinta ilaa Jimcaha 12pm ilaa 10pm iyo maalmaha fasaxa laga bilaabo 6pm ilaa 10pm.



0203 984 9337



[contact@kooth.com](mailto:contact@kooth.com)

## NHS Go

NHS Go waa bilaash, talo caafimaad oo qarsoodi ah iyo abka macluumaadka loogu talagalay dadka da'da yar. Ujeeddadu tahay 16-ilaa 24-jirrada, waxay si toos ah xogta uga heshaa NHS.uk laakiin waxay abaabushaa macluumaadka si ay uga dhigto mid macno u leh da'yarta. Helitaanka adeeggu waa barnaamijka NHS Go ee bilaashka ah in lagu soo dejiyo Google Play iyo dukaamada iTunes. Macluumaadka sidoo kale waxaa laga heli karaa onlayn.



[www.NHSGo.uk](http://www.NHSGo.uk)

## 24/7 Khadka Taageerada Dhibaataada Caafimaadka Maskaxda

Haddii aad ka yar tahay 18 jir oo aad dhibaato ku jirto, ama haddii aad tahay waalidka ama daryeelaha ilmo ama qof yar oo dhibban, waxaad wici kartaa khadka taageerada dhibaataada caafimaadka dhimirka 24/7. Waxaa ka shaqeeya xirfadlayaal u tababaran caafimaadka dhimirka, kuwaas oo ku siin kara taageero degdeg ah, ama kuu gudbin kara ilo kale oo gargaar haddii loo baahdo.



0800 151 0023.

## Adeegyada GamCare

Haddii aad ka welwelsan tahay khamaarkaaga ama qof kale, la xidhiidh adeegga GamCare ee degaankaaga si aad u hesho taageero degdeg ah, bilaash ah, oo qarsoodi ah.



020 7801 7008



[www.gamcare.org.uk](http://www.gamcare.org.uk)

Taageero degdeg ah iyo talo wac 24/7 Khadka Caawinta Khamaarka Qaranka 0808 8020 133.

## Mid Adiga Haringey

Mid ka mid ah You Haringey wuxuu siya dadka deegaanka la-talin caafimaad oo kala duwan iyo taageero si ay u bogsadaan, u gaaraan miisaan caafimaad leh, joojiyaan sigaarka, cabbitaanka yar, oo ay u helaan Hubinta Caafimaadka NHS.



[www.oneyouharingey.org](http://www.oneyouharingey.org)

## Ciyaaraha Wabiga Cusub iyo Jirdhiska

New River Sport iyo Fitness waxay siisaa xubinimo bilaash ah iyo hawlo dadka da'doodu ka weyn tahay 65 sano iyo qiimo dhimis kuwa hela dheefaha.



0208 489 3443



[www.haringey.gov.uk/newriverlc](http://www.haringey.gov.uk/newriverlc)

Dadka qaarkood waxay aad ugu nugul yihiin saamaynta cimilada qabow, taasoo ka dhigi karta qaar ka mid ah dhibaatooyinka caafimaadka oo ka sii dara oo xitaa keena dhibaatooyin halis ah. Haddii aad awooddo, NHS-ta waxay kugula talinaysaa inaad raacdo talooyinkan si aad adiga iyo qoyskaagaba ugu ilaalisaa diiranaan iyo wanaag guriga:

- Haddii aadan aad u guurin, aad tahay 65 ama ka weyn, ama aad leedahay xaalad caafimaad, sida cudurada wadnaha ama sambabada, kuleyl gurigaaga ugu yaraan 18C
- Qolka jifkaagu ha ahaado 18°C habeenkii oo dhan haddii aad awooddo – oo ha xidho daaqadda qolkaaga hurdada.
- Haddii aad ka yar tahay 65, caafimaad qaba oo firfircoon, waxaad si badbaado leh u haysan kartaa qaboojiyaha gurigaaga wax ka badan 18 ° C, ilaa inta aad ku qanacsan tahay.
- isticmaal dhalada biyaha kulul ama buste koronto si aad sariirta ugu kululaato - laakiin ha isticmaalin labadaba isku mar.
- Qaado ugu yaraan hal cunto oo kulul maalintii haddii aad awooddo - cunista si joogto ah ayaa kaa caawinaysa inaad diiranto.
- cabbitaanka kulul si joogto ah u cab.
- sawir daahyada fiidkii oo xidh albaabbada si aad uga hortagto qulqulka.
- Fir fircoonow - sii wad dhaq-dhaqaaq si aad u hubiso inaad dhaliso diirimaadka jidhka kugu filan
- lakabayntu waa furaha - xidhashada dhawr lakab oo dhuuban waxay kaa ilaalin doontaa inaad ka diirimaad ka dhigto hal lakab oo qaro ah, maadaama lakabyadu ay dabinayaan hawo diiran.

Haddii ay kugu adagtahay in aad gurigaaga ku sii diirimaad sababtuna tahay kororka kharashka tamarta, fadlan ka ogow caawimada iyo taageerada laga heli karo bogga 6 ee buug-yarahaan.

### Talaalka jiilaalka

Haddii aad isku mar qaado hargab iyo COVID-19, cilmi-baaristu waxay muujinaysaa inaad u badan tahay inaad si xun u jirran tahay, taas oo ku keeni karta dhibaato iyo lumitaanka dakhliga adiga iyo qoyskaaga. Ka-tallaalidda hargabka iyo COVID-19 waxay ku siin doontaa difaac adiga iyo kuwa kugu xeeran. Markaa, haddii lagugu martiqaado inaad iska tallaalto, fadlan ballantaada qabso daahid la'aan. Wax badan ka ogow iyo sida aad uga ballansan karto [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations) ama la hadal farmashiyaha xaafaddaada ama GP-gaaga.

### Weydii farmashiistahaaga

Farmashiistaha xaafaddaada ayaa ku siin kara saaxiibtinimo, talo khabiir oo ku saabsan daawooyinka aan farmashiyaha laga qorin ee xaaladaha caadiga ah, sida shubanka, sanku duufsan, qufac xanuun badan, ama madax xanuun, iyada oo aan loo baahnayn ballan. Waxa laga yaabaa inaad u qalanto caawimo si aad u dabooشو kharashyada qaar ka mid ah dawooyinka aan farmashiyaha laga qorin iyada oo loo marayo nidaamka First Care Pharmacy ee ay bixiyaan farmasiyada Haringey qaarkood. Wixii macluumaad dheeraad ah booqo: [nclhealthandcare.org.uk/keeping-well/self-care/](https://nclhealthandcare.org.uk/keeping-well/self-care/)

### Dawooyinka


Waxaa dalban kartaa dawooyinkaaga soo noqnoqda adigoo u baahnayn inaad aado GP-ga ama farmashiyaha adoo isticmaalaya NHS App: [nhs.uk/nhs-app](https://nhs.uk/nhs-app) ama adeegyada khadka GP: [nhs.uk/nhs-services/gps/using-online-services](https://nhs.uk/nhs-services/gps/using-online-services)

# BOOST



your immunity this winter

WITH THE  
**FLU + COVID BOOSTER**  
VACCINES



The flu virus changes every year and protection from your COVID-19 vaccine decreases over time. If you're over 50, in an at-risk group, are pregnant, a carer or a health and social care worker, you are eligible for a free flu vaccine and a COVID-19 booster.

Find out more at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations) and book now.

GET BOOSTED. GET PROTECTED

**Haringey**  
LONDON



## Caawinta Dadka Kale

wax badan  
i baadh!



Waxaan u baahanahay dad isu yimaada jaaliyad ahaan si aan u hubinno in dhammaan dadka deggan Haringey ay helaan gargaarka iyo taageerada ay u baahan yihiin.

Waxaa jira kooxo badan oo bulsheed oo degmada ka jira kuwaas oo qabanaya shaqo cajiib ah si ay dadka ugu taageeraan dhibaataada Qiimaha-Nolosha, waxayna u baahan yihiin caawimadaada.

## Iskaa wax u qabso

### Bangiyada cuntada

Adiga oo iskaa wax u qabso ah uga shaqeeya bangiyada cuntada ee maxaliga ah iyo ururada iskaa wax u qabso ma aha oo kaliya inaad la kulmi doonto dad cusub oo aad gacan ka geysan doonto xoojinta dadka deegaanka, waxaad sidoo kale:

- Khibrad kororso
- Baro xirfado cusub
- Kalsoonidaada dhis
- Kor u qaad rajadaada shaqo

Waxaa jira fursado tabaruc ah oo laga heli karo ururada soo socda. La xidhiidh haddii aad ku taageeri karto 2 shaqo bishii:

- Xarunta Cunnada Bulshada. Hoolka Magaalada Tottenham, N15 4RY. [info@freedomspark.org](mailto:info@freedomspark.org)
- Xarunta Cuntada Selby. Waddada Selby, N17 8JL. [Sally@selbytrust.co.uk](mailto:Sally@selbytrust.co.uk)
- Bounds Green Foodbank. St Michaels Hall, 37 Bounds Green Road, N22 8HE. [VolunteerSupport@BoundsGreenFoodbank.org](mailto:VolunteerSupport@BoundsGreenFoodbank.org)
- London oo la cuni karo. 20-22 Waddada Bernard, N15 4NE. [info@ediblelondon.org](mailto:info@ediblelondon.org)
- Hubka Antwerp. 168-170 Waddada Kaniisadda, N17 8AS. [iskaa\\_wax\\_u\\_info@antwerparms.co.uk](mailto:iskaa_wax_u_info@antwerparms.co.uk)
- Ku barbaaray Tottenham. Ashley House, Ashley Road, London N17 9LZ. [communityumbrella@yahoo.com](mailto:communityumbrella@yahoo.com).

### Buundada Cusbooneysiinta Aaminadda

Buundada Cusboonaysiinta Trust waa hay'ad samafal oo bulshada ku salaysan oo ka shaqeysa yaraynta sinnaan la'aanta caafimaadka; in la dhiso bulshooyin xoog badan lana hagaajiyo tayada nolosha dadka Haringey.

Booqo shabakadooda liiska fursadaha tabaruca ee laga heli karo degmada oo dhan: [www.bridgerenewaltrust.org.uk/featured-volunteering-opportunities](http://www.bridgerenewaltrust.org.uk/featured-volunteering-opportunities)

## Ku-deeqidda

### Ku deeq bangiga cuntada ee xaafaddaada

Tirada qoysaska isticmaalaya bangiyada cuntada ee Haringey si aad ah ayay u korodhay dhawrkii sano ee la soo dhaafay, gaar ahaan intii lagu jiray masiibada COVID-19.

Waxaad ka caawin kartaa dadkayaga aadka u nugul inay ka gudbaan dhibaataada Qiimaha-Nololeed adigoo ku deeqaya lacag ama cunto, cabitaan, iyo alaabta musqulaha ee kaydka cuntada ee kuugu dhow - eeg boggaga 13-15 si aad u hesho liis dhamaystiran.

## Qorshahaaga Waxqabadka Qiimaha-Nololeed

Waxaad u isticmaali kartaa qaybtan inaad qoraal ka samayso caawimada iyo taageerada aad u malaynayso inay kaa caawin karto kor u kaca qiimaha nolosha.

### Caawinta Lacagta iyo Deynta

### Caawi inaad Diirimaaddo

### Caawinta Biilasha Biyaha

### Taageerada Waalidiinta iyo Daryeelayaasha



**Qubeyska halkii aad ka qubaysan lahayd**  
Haddi aad awoodo, ku badasho hal qubays  
todobaadkii 4-daqqiigo qubays oo kaydso  
£20 sanadkii.

### Caawinta Cuntada

### Caawinta Qiimaha Guryaha iyo Guri La'aanta

### Caawinta Shaqada

### Taageerada Caafimaadka Maskaxda iyo Ladnaanta

# Translations

This booklet outlines a range of financial support and information services to help with the rising cost of living, as well as support with employment, and mental health. If you would like this leaflet translated into your own language, please email: [translationandinterpreting@haringey.gov.uk](mailto:translationandinterpreting@haringey.gov.uk)

## Turkish

Bu kitapçık, artan yaşam maliyeti konusunda yardımcı olmak ile birlikte istihdam ve ruh sağlığı desteği almak konularında Haringey sakinleri için mevcut bulunan çeşitli finansal destek ve bilgi hizmetlerini ana hatlarıyla özetlemektedir. Eğer bu yaprakçığın kendi dilinize çevrilmesini arzu ediyorsanız, lütfen şu adrese bir e-posta gönderin: [translationandinterpreting@haringey.gov.uk](mailto:translationandinterpreting@haringey.gov.uk)

## Polish

Niniejsza broszura przedstawia zakres wsparcia finansowego i usług informacyjnych dostępnych, aby pomóc mieszkańcom Haringey w rosnących kosztach utrzymania, jak również zapewnić wsparcie w zatrudnieniu i zdrowiu psychicznym. Jeśli chcesz, aby ta ulotka została przetłumaczona na Twój język, wyślij e-mail do: [translationandinterpreting@haringey.gov.uk](mailto:translationandinterpreting@haringey.gov.uk)

## Spanish

Este folleto describe una serie de servicios de apoyo financiero e información disponibles para ayudar a los residentes de Haringey con el aumento del coste de la vida, apoyo con el empleo y salud mental. Si desea que este folleto se traduzca a su propio idioma, envíe un correo electrónico: [translationandinterpreting@haringey.gov.uk](mailto:translationandinterpreting@haringey.gov.uk)

## Portuguese

Este folheto descreve uma série de serviços de apoio financeiro e informação disponíveis para ajudar os residentes de Haringey a fazer face ao aumento do custo de vida, bem como apoio ao emprego e saúde mental. Se desejar que este folheto seja traduzido para o seu idioma, envie um e mail para: [translationandinterpreting@haringey.gov.uk](mailto:translationandinterpreting@haringey.gov.uk)

## Greek

Αυτό το φυλλάδιο περιγράφει μια σειρά από υπηρεσίες οικονομικής υποστήριξης και πληροφόρησης που διατίθενται για να βοηθήσουν τους κατοίκους του Haringey με το αυξανόμενο κόστος ζωής, καθώς και υποστήριξης σε θέματα απασχόλησης και ψυχικής υγείας. Αν θέλετε αυτό το φυλλάδιο μεταφρασμένο στη γλώσσα σας, παρακαλούμε στείλτε email: [translationandinterpreting@haringey.gov.uk](mailto:translationandinterpreting@haringey.gov.uk)

## Somali

Buug-yarahan waxa uu qeexayaa adeegyo kala duwan oo taageero maaliyadeed iyo macluumaad ah oo la heli karo si looga caawiyo dadka deggan Haringey kor u kaca qiimaha nolasha, iyo sidoo kale taageerada shaqada, iyo caafimaadka dhimirka. Haddii aad rabto in buug-yarahaan oo lagu turjumay luqadaada, fadlan iimayl u dir: [translationandinterpreting@haringey.gov.uk](mailto:translationandinterpreting@haringey.gov.uk)