

MACLUUMAADKA MAALINTA CAAFIMAADKA MASKAXDA ADDUNKA:

HARROW SAMARITANS

44 Station Road, Harrow

Soo wac waqti walba: 020 8427 7777

08457 90 90 90

08457 90 91 92 (dadka maqalka ku adag)

jo@samaritans.co.uk

www.samaritans.org

Samaritans waxay bixisaa ayidaad sir ah, qof kasto u ka gudbaayo dhibaato, rajo dhigid, ama ka fikiraayo inuu isdilo. Annaga waxaan siina waqti iyo dhaxaysiin si dadka ka hadlaan dareenkooda iyo ka fakaraan dhammaan fursaddaha mustaqbalka. Annaga waa dhagaysana, annaga ma go'aamino iyo annaga ma bixinno talo. Annaga 24ka saacadood diyaar ayaa nahay, 7da maalin ee casbuuca. Wax kastaba oo aad ka gudbaysid, annaga waa kula soconayna.

CARERS SUPPORT HARROW (TAAGREERADA DARYEELKA HARROW)

25 – 27 Pinner Green, Pinner, Middx HA5 2AF.

Tel: 020 8868 5224.

www.carers.org/harrow

Taageerada daryeelka Harrow waxaa caawin ayidaad siiyaan dadka daryeelada qofka lagu aqoonsado cudurka maskaxda. Taageerada shaqaalaha caafimaadka maskaxda ay caawiyaan dadka daryeelaan qoosyada, saaxibadood ama diriska ama ninkooda ama naagtooda.

Adeegyada la siiyo daryeelada:

- Jimicsiga maskaxda/Kooxaha cilmi – nafsi caawimaad kobcid daryeelid cusboon iyo la qabsasho habboon
- CETP (Barnaamijka Wax Barashada iyo Tababarka Daryeelada) – Caawimaad shaqsiyada fahmid garashada kala duwan, fulin kala duwan iyo dabbirid dhibaataada.
- Daryeelada Caafimaadka Maskaxda Soo-dhicid
- Konsiling (La talin)
- Shirar iyo saminaaro
- Advocacy (Qofka difaaca)

MIND

Maskaxda Harrow

8 Havelock Place,

Harrow, HA1 1LJ

020 8426 0929

mindinharrow.org.uk

Mind (maskax) waxay hogaamisa samafalka caafimaadka Maskaxda ee Ingriiska iyo Wales ka shaqeysa wanaajinta nolosha qof kasto soo maray dhibaataada maskaxda. Ujeedada samafalka waxaa weeyaan “in heer sare la gaarsiiyo caafimaadka maskaxda ee caawin roonaansho iyo ladnaanta dadka cudurka maskaxda qaba ama xaalad dhibaataada niyad-kac oo uu bahaan talo ama daawayn ee deggan Xaafadda Harrow ee London”

HARROW RETHINK SUPPORT GROUP (KOOXDA TAAGEERADA KA FAKARID EE HARROW)

45 Devonshire road Harrow Middlesex HA1 4LS

020 8427 7737 (Ann)

020 8954 0837 (Greta)

www.rethink.org

annfree@hotmail.com

Kani wuxuu u furan yahay dadka oo dhan ee sii daran uu qaba curdurka maskaxda. Waxay Haroow isla kulmaan Arbacada ugu dambeeyey ee bil walba (ku jirin Agosto) laga bilaabo 7da fiiduinimo. Soo dhawayn diiran ah, khudbo-jeediye oo ku-khuseeyo ujeedooyinka caafimaadka maskaxda iyo qabasho qodobo muhiim aj, waqti oo lagula taliyo, wadaagis, caawin, caawin wadaagis, naxariis iyo is-faham. Oggaansho maclumaad walba iyo waraaq/warside bil walba. Annaga doonayno oo saamayno siyaasada gudaha caafimaadka maskaxda u soo jeedino ee kor u qaadno ra'yiga daryeelada iyo guddiga isticmaalaha iyo shirarka ka qayb-gelid sii loo caawiyo ee loo hagaajiyo/horumariyo Adeegyada dadka saameeyay cudurka maskaxda.

AGE CONCERN HARROW

Age Concern Harrow; Premier House, 1 Canning Road, Wealdstone HA3 7TS

0208 861 7980

enquiries@acharrow.org.uk

Xasfiiskeena wuxuu dadweynaha u furan yahay 10ka subahnimo ila 1da duhurnimo.

Age Concern Harrow waxay u shageysaa ee la shageysa dadka gaboobay (60 sanno ka wayn) oo deggan xaafada Harow. Adeega soo qabanno waa: Maclummaad iyo Talo, u doodid, shaqooyin yar iyo adeega dayactirka. Qorshaha nolol caafimaad, wehedid adeegsasho, booqasho gurigada, qado iyo klab bulsho iyo dar-daaran qorid. Waxaa kale soo qabanna shanqarada deg-deg ah (wicid gar-gaar), qorshaha duugta, qorshayn gaas iyo koronto iyo ubaxa samafalka ah.

CHILD & ADOLESCENT PRIMARY MENTAL HEALTH TEAM (KOOXDA AASASIGA CAAFIMAADKA MASKAXDA CARUUR IYO QAANGAAR)

Alexandra Avenue Health & Social Care Centre

Alexandra Avenue

Harrow HA2 9DX

020 8966 6393

020 8966 6479

In aan dhisno awood iyo karaan xiriirka daryeelka aasaasiga sii wakhtii hore loo ogaado ee la dhex-galo dhibaatada caafimaadka maskaxda carrurta.

STRESS MANAGEMENT (MAAMULKA WALWAL)

08701 999 235

www.stress.org.uk

Ururka maamulka walwal wuxuu ku yaala Harrow uruka ku shaqeeyo faidoo la'aan sidii dadka u kaalmayno xallinta walwalka sidii u bixinno talo, ayidaad iyo naseexo. Waxaan siina adeega tababar iyo la talin iyo ayidaad la tashi labada shaksi iyo shirkadaha weynaan kasta iyo adeegyada bixinno ee u dhigma.

Kooxdeena caafimaadka iyo la taliye xirfad leh ay bixiyaan tashi wanaagsaan oo heer sare ah, tababar, dhacdo abaabulid iyo natiijooyinka maamulka walwal.

Disability Employment Adviser Service (DEAs) (ADEEGA LATALIN SHAQAALE CURYAAN)

Annaga waxaan qabna labo Lataliyeyaalka Shaqaale Curyaan ee daboolo xaafadda Harrow:
Bhanu Popat – waxay daboolo boos-koodyada – HA3/HA5/HA7
12 Station Road, Harrow, Middlesex HA1 2UD 0208-210-5254
Vibha Rawal – waxay daboolo boos-koodyada – HA1/HA2/HA6
Kings House, Clarendon Road, Harrow, Middlesex,, HA1 1YJ 0208-426-3060

Waxaan ayidaad khaas ah siina dadka curyaanka ah ama dadka curyaanka xaaladda caafimaadkooda u darsaday ama xumaaday iyo u baahan yihiin la tashi hagga shaqada ah. Waxaan siina ayidaad dadka curyaanka ah oo dhibaato la kulmaan hagga shaqo helidda maxaa yeelay curyaan daradeed. Dhiri geliyaan loo-shaqeeye inuu noqdo isticmaale calaamad iyo taageero/ayido macaamilka curyaanka ah.

EACH HARROW

Ground Floor, Signal House, 16 Lyon Road, Harrow, Middlesex
HA1 2AG
Tel: 020 8861 3884
Fax: 020 8863 9400

Waqtiyada furidda : Isniin – Jimco 9.30ka subaxnimo – 5ta galabnimo.
Arbacada iyo Khamiista waqtiga la kordhiyey ila 7.30 fiidnimo.
EACH waxay qabata adeegyada soo socdo:

* Shaksi shaksi la talin (Counselling): mawduuca darooga, mawduuca khamrada, rabshadaha guriga (hablaha Aasiya/Asian), dadka da'da yar (11 – 25 jir), qaraabaha iyo daryeelada qof wax gaarsiyey oo isticmaala khamrada ama daroogada.

- Ka soo gaar iyo kula shaqeeyn (qofka wayn iyo kuwa yar da'dooda 11 – 25 jir oo isticmaala mukhadaraadka) 12 cusbuuc ajande baxnaanin dadka soo maray nadifiin ama baxnaan.

HARROW ASSOCIATION OF VOLUNTARY SERVICES (URUKA ADEEGA ISKA-WAX U QABSO EE HARROW)

020 8863 6707
gurpreet.ahuja@harrowcvs.org
www.harrowcvs.org.uk

HAVS waa samafal diwaan-gelisan ee ujeedada ay tahay caawin, horumarin, dalacsiin iyo u ah wakiil iskaa-ah (voluntary) iyo uruuka bulshada ee Harrow.

Mashruuca ujeedadooda ay tahay inla xoojiyo iyo caawiyo iskaa-ah (voluntary) jiraan iyo kuwo cusub ama kooxaxa bulshada ee Harrow. Annaga waxaan la shaqeyna bulshada iyo waaxda iskaa-ah sii loo horumariyo iyo sii-wadid adeegyada bulshada sii loo daboolo baahida kala gedisan ee dadka deggan Harrow.

Admiral Nurse Service

Bentley House 2nd Floor, 15-21 Headstone Drive Harrow HA3 5QX
020 8424 7728

Mon-Fri 9am-5pm

Admiral Nurses (Kal-kaaliye Caafimaad) waa kal-kaaliyaal ku takhasusay cudurka maskaxda oo la shaqayaan qoysyada shacabka (aasaaska ahmiyad-siin) dadka waalan. Annaga waxaan booqana guryaha markay suurto-gasho. Admiral Nurses waxaan siina talo fulin, caawin qiira leh iyo macluumaad daryeelada u siino. Admiral Nurses waxaan siina tababar iyo wax-barashada waalida iyo baahida daryeelada.

Alzheimer's Society

Templeton House Joel Street Northwood HA6 1NL

01923 823 999 (Helpline)

01923 829 888 (Day centre)

www.alzheimers.org.uk

Templeton.centre@care4free.net

Isniin - Sabti 9ka subaxnimo – 5ta galabnimo

Shirarka kooxaha oo gudbiyo maclumaad iyo caawin. Waxaa jiraan labo koox aan rasmi ahayn ama cafes iyo seddax koox caawin ah uu ku jiro koox qofka da'da yar oo waalida qabaan caawiso. 01923 829 888 (taleefoon taagero) Adeega xaruun malmeedka Templeton cunto siin ilaa iyo 15 qofood maalintii iyo furan yahay laga bilaabo 9ka subax ilaa 5ta galab.

Community Mental Health Nursing

Bentley House 2nd Floor, 15-21 Headstone Drive Harrow HA3 5QX

020 8424 7728

www.cnwl.org/OlderAdults.html

Isniin-jimco 9ka – 5ta iyo 24 saac adeeg makinad ku jawaabto.

Annaga waxaan nahay kooxda nurses (kaal-kaaliye) caafimaadka maskaxda oo diwaan-gelisan oo ku takhasusay daryeelka dadka gaboobay (65 sano ka wayn) oo ku dhacay dhibaataada maskaxda oo deggan xaafada Harrow.

Doorkeena ku jiro qiimaynta xaalada macaamilka iyo daryeelada, baarid xaaladda maskaxda iyo daawaynta macaamilka; inaan siino labada qof macaamilka iyo daryeelada caawin socdo; daryeelada macluumaad siino; saldhiga maamulka durin/mudin siino macaamilka.

Harrow Crossroads With Outreach

Milmans Resource Centre Grove Avenue Pinner HA5 5PF

020 8868 0903

www.harrowcrossroads.co.uk

sue@harrowcrossroads.co.uk

Waqtiyada xafiiska isniin-jimco 9ka – 5ta

Annaga waxaan siina seddax saacadood oo nasasho daryeelada lacag qadanin ee Harrow gudaheeda deggan. Waxaa jiraan 18 daryeelo caawin oo tababar buuxa qabaan oo adeega soo qabtaan. Annaga waxaan siina deeq £500 daryeelada dadka cillad maskaxeed (Learning Disabilities) ilaaliyaan sidii u qaadan lahayeen fasax aad loo baahan yahay.

Harrow Family Centre

Milmans Resource Centre 1st Floor, Grove Avenue Pinner HA5 5PS

020 8426 8029

Betty.green@harrow.gov.uk

Isniin-jimco, 9ka – 5ta

Dusha ka waardiyeen la xiriirida carrurta iyo reerka. Qiimayn xaalada waalidiinta la shaqayn ururada kale sidaa daroogada iyo khamrada iwm. Reerka/qoysyada bulshada lagu caawiyo. Shaqo taarikh nololeed. Muddo dheer hayn carrurta (Fostercare/korsasho [adoption]).

Harrow Mencap

4 Gordon Avenue Stanmore Middlesex HA7 3QD

020 8954 8444

www.harrowmencap.org.uk

mencap@harrowmencap.org.uk

Isniin-jimco, 9ka – 4ta (xafiis) – Khamiista, 9ka – 4ta (adeega maalin)

Harrow Mencap waxay la shaqeysa dadka qabaan cillad maskaxeed (Learning disability) oo uu saarto fursado sidii shaksi ahaan horumar u samaysid, doorasho iyo awood. Waxaan siina adeegyada guryaha iyo bulshada oo kusii dheer waqti yar adeeg malmeed, oo ah Harrow Activity Centre. Harrow Mencap waxaa kaloo bixisaa u dood (advocacy), adeeg ka soo gaar oo la siiyo dadka Aasiya (Asian), caawin daryeelada, mashruuc kubbada cagta, ururada bulshada (leisure iyo social clubs), mashruuc isticmaale ka-qayb qaadasho, mashruuc qof qaabilaad iyo adeega iska-ah.

Young Carers Project (Mashruuca Daryeelada Da'dayar)

Carers Support Harrow 25/27 Pinner Green Pinner HA5 2AF

020 8868 5224

www.carers.org/harrow

Youngcarers@carerssuportharrow.org

Furid xafiska – isniin-jimco 9ka – 5ta

Muhimadda hawsheena waa in laga soo saaro xaafadda daryeelada da'dayar iyo la siiyo macluumaad, caawin iyo nasasho la siiyo daryeelada da'da yar. Mashruuca daryeelada da'da yar lagu tala galay qofka da'da yar oo cimrigooda yahay 10-16 jir oo u yihiin daryeelo ilaaliyaan dadka da'da wayn (waayeel ah), curyaan, jiran, ama dadka wax si xun u isticmaalaan (substance misuses). Dadkaasi waa inay degnaadaan xaafadda Harrow.

Harrow Refugee Forum (Golaha Qaxootiga Harrow)

64 Pinner Road, Harrow HA1 4HZ

020 8863 9456

Golaha qaxootiga Harrow waxay ka mid tahay mashruuca qaxootiga iyo jinsiyada yar ee mashruucyada shacabka ee Harrow, siino caawin khiibrat leh waaxda iyo u sii dheer cod midoobe gudaha, gobbolada hoose iyo gobbolada siman.