



Taariikh Friday 9 February 2024

Degane Gacaliye,

Cusboonaysiinta dadka deegaanka Barton House - Friday 9 February

Waad ku mahadsan tahay dulqaadkaaga joogtada ah. Waxaan ku faraxsanahay in tani ay tahay waqti walaac badan adiga iyo qoysaskaaga, waxaan ka shaqeyneynaa inaan meel dhigno taageerada aad u baahan tahay. Haddii aad dareento inaad u baahan tahay xoogaa taageero caafimaad maskaxeed iyo dareen caafimaad, waxaa jira adeegyo la heli karo si ay kuu caawiyaan, kuwaas oo aad ka heli doonto xagga hoose ee warqaddan.

Ururka Kireystayaasha Cusub Ee Barton House: Kulan Lagu Sameynayo Ururka Kireystayaasha Cusub Ee Barton House Kulankan waxaa qabanaya dadka madaxa banaana ee Barton House mana aha munaasabad Bristol City Council. Kooxdan waxaa sameyn doona oo hogaamin doona kireystayaasha si ay u matalaan xubnaha arrimaha muhiimka ah, iyo inay abaabulaan munaasabadaha bulshada. Kulankan ayaa u furan kireystayaasha Barton House oo kaliya.

Kulanka waxaa lagu qaban doonaa Talaadada 13 February

Kings Centre
16-18 King Square,
Bristol,
BS2 8AZ

markay tahay 6.30pm - albaabadu waxay furan yihiin 6.10pm.

Haddii aad jeclaan lahayd macluumaad dheeraad ah oo ku saabsan Ururka Kireystayaasha cusub ee la soo jeediyay ee Barton House ama aad wax badan ka ogaato dhacdada, fadlan la xiriir bhtaofficial@yahoo.com

Ka dhigista guryahaaga diyaar u ah inay ku noqdaan: Waxaan fahamsanahay in shaqooyinku ay qarqaladeeyeen guryaha qaarkood iyo in laga yaabo inay jirto baahi loo qabo dib u qurxinta ama nadiifinta. Waxaan rabaa inaan kuu xaqiijiyo in tani ay dhici doonto ka hor intaadan guriga ku laaban Barton House. Waxaan diyaarineynaa nadiifiyeyaal takhasus leh iyo dib-u-qurxin, halkaas oo tan looga baahan yahay. Waxaan hubin doonaa in dalab kasta uu gaar u noqon doono guri kasta.

Tallaalka jadeecada: Kiisaska jadeecada ayaa si heer qaran ah kor ugu kacaya, sidaa darteed waxaan hubinaynaa in tallaalka Jadeecada, Qaamo -qashiirta iyo Rubella (MMR) uu heli karo carruurta nugul iyo dadka waaweyn. Waxaan ku bixin doonaa rugo caafimaad oo MMR ah qaar ka mid ah dugsiyadeenna halkaas oo heerarka tallaalku hooseeyo isla markaana casuumaadaha tallaallada loo diri doono maalmaha soo socda. Haddii adiga ama ilmahaagu aadan helin tallaalka MMR,

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waxaad ka dalban kartaa tan qalliinka GP-ga ama waxaad tagi kartaa rugta caafimaadka ee dugsigu. Tallaalada MMR ee bilaashka ah waxaa laga heli karaa rugaha caafimaadka dugsigu iyo qalliinka GP-gaaga.

Daawo muuqaal ku saabsan tallaalka - ['Let's Talk MMR'](#) Dr Asha Mohammed oo ka socota Bristol.

Akhri hal xusuusin tijaabo ah: Waxaan jeclaan lahayn inaan ku xasuusinno inaan u baahanahay wadashaqeyntaada joogtada ah iyo marin u helka guryahaaga si aan u hubinno in biyaha si joogto ah loogu daadiyo nidaamka si looga hortago soo saarista bakteeriyada waxyeellada leh.

Nidaamkan tijaabada iyo daadinta waa mid adag, waxaana u baahanahay inaan si joogto ah ugu celino si aan u hubinno in biyuhu ammaan u yihiin soo noqoshadaada qorshaysan ee Barton House.

Taageero haddii aad dareento caafimaad darro - xusuusin: Inta lagu jiro bilaha jiilaalka, waa caadi inaad aragto kor u kaca caabuqyada caadiga ah iyo cayayaanka sida cudurrada caloosha, qufaca, iyo hargabka. Si loo yareeyo fursadda caabuqa, waxaan kugu dhiirigelinaynaa inaad si joogto ah gacmahaaga ugu dhaqdo saabuun iyo biyo diirran.

Haddii adiga ama qof kasta oo qoyskaaga ka mid ah uu dareemo caafimaad oo uu u baahan yahay talo caafimaad, waa inaad si caadi ah ula xiriirtaa dhakhtarkaaga ama aad wacdaa NHS non-emergency line (111). Haddii aad caafimaad qabtid oo aad joogtid Holiday Inn, fadlan la xiriir maamulka hoteelka sidoo kale ogeysii.

Hoteelku wuxuu awood u yeelan doonaa inuu ku taageero adiga oo cuntada u keenaya qolkaaga isla markaana bixiya adeegyo dhar dhaqid oo dheeri ah haddii loo baahdo. Haddii aad u baahan tahay wax dheeraad ah, waxaad wici kartaa oo weydiin kartaa soo dhaweynta qolkaaga.

Qof kasta oo la kulma astaamaha jirrada, oo ay ka mid yihiin shuban ama matag, waxaan kaa codsaneynaa adiga iyo qoyskaaga inaad qolkaaga joogtaan intaad caafimaad qabtid oo aadan ku dhex milmin dadka kale ee hoteelka ku jira, si looga caawiyo yareynta faafitaanka cudurka. Talada UKHSA ee NHS ee shubanka iyo matagga waa in la karantiiliyo 48 saacadood kadib calaamadaha ugu dambeeya.

Si loo ogaado sababta cudur kasta, kooxda Environmental Health ee golaha ayaa laga yaabaa inay kula soo xiriiraan si ay u ururiyaan shaybaarro qaarkood si ay u sameeyaan baaritaannada qaarkood haddii loo baahdo.

Isgaarsiinta: Su'aalaha dadka deegaanka, welwelka, iyo jawaab celinta waxaa si toos ah noogu soo diri karaa emayl ahaan barton.house@bristol.gov.uk, adoo wacaya 0800 694 0184, ama la hadlaya xubin ka mid ah shaqaalaha.

Adiga si daacad ah,



John Smith

Interim Executive Director, Growth and Regeneration

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Taageero dheeraad ah

Haddii aad haysato codsi HomeChoice oo aad jeclaan lahayd talo iyo taageero fadlan ballan ballan ku samee emayl barton.house@bristol.gov.uk, ama la hadal Housing Officer.

Haddii aadan weli bilaabin codsigaaga HomeChoice, ama aad ku dhibtoonaysa inaad buuxiso arjiga khadka tooska ah, oo aad jeclaan lahayd in lagaa caawiyo inaad dalbato, fadlan la xiriiir khadka caawinta ee We Are Bristol **0800 694 0184** si aan u diyaarinno taageero.

Waxaan ku faraxsanahay in tani ay tahay waqti walaac badan adiga iyo qoyskaaga, waxaan ka shaqeyneynaa inaan meel dhigno taageerada aad u baahan tahay. Haddii aad dareento inaad u baahan tahay qaar ka mid ah caafimaadka maskaxda iyo taageerada ladnaanta dareenka, waxaa jira adeegyo la heli karo si ay kuu caawiyaan:

- **Samaritans** waxay bixiyaan taageero 24 saacadood maalintii, toddobo maalmood usbuucii. Wac 116 123 bilaash.
- **AWP (Avon and Wiltshire mental health partnership):** AWP waxay siin kartaa taageero, talo iyo hagitaan qof kasta oo ku lug leh ama ay saameeyeen daadgureynta Barton House. AWP waxay bixinaysaa talooyinka iyo hagida soo socota. Faahfaahin dheeraad ah ka ogow halkan: <https://www.awp.nhs.uk/about-us/emergency-preparedness-resilience-and-response/508>
- **Community Access Support Service:** ururada ku baahsan Bristol ee dhammaan kooxaha dadka iyo bulshada - www.cassbristol.org
- **Shout 85258:** waxay bixisaa taageero qoraal ah oo qarsoodi ah 24 saacadood maalintii, toddobo maalmood usbuucii. Text **SHOUT** to 85258.
- Haddii aad u baahan tahay talo ama aad wax walaac ah ka qabtid nooc kasta oo **xadgudub guri ah**, fadlan la xiriiir **Next Link Domestic Abuse Service** 0117 925 0680. Muddo 24 saacadood ah maalintii, toddobo maalmood usbuucii talo bixin, iyo sidoo kale saacadaha ka baxsan xulashooyinka magangalyada, wac Khadka National Domestic Abuse Helpline 0808 2000 247. Xaaladda degdegga ah, fadlan la xiriiir 999.
- **Family Hubs:** Toddobaadka dhexdiisa, Family Hub ee deegaankaaga ayaa ku siin kara macluumaad iyo taageero ku saabsan wax kasta oo adiga iyo qoyskaaga la xiriira. Tan waxaa ka mid ah kooxaha waxqabadka, adeegyada caafimaadka iyo sidoo kale taageerada waalidnimada. Family Hub ee ugu dhow Barton House waa
Wellspring Settlement Hub,
43 Ducie Road,
Bristol,
BS5 0AX.

Kooxaha dhacaya toddobaadkan:

- Barton Hill High-Rise Homes Group Arbacada - 10ka subaxnimo ilaa 11.30am

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- o Baby hub with Infant Feeding Support Ilmaha Khamiista - 1pm ilaa 2.30pm

Welcoming Spaces network: Welcoming Spaces ayaa wali ka furan magaalada oo dhan. Kuwani waa u bilaash inay isticmaalaan oo u furan yihiin qof kasta. Waxaad u adeegsan kartaa Welcoming Space ee deegaankaaga si aad ula kulanto dad kale, uga qayb qaadato waxqabadyada ama aad u hesho taageero. Ka hel kuugu dhow boggayaga internetka: www.bristol.gov.uk/costofliving

Afeef

Tarjumaaddan waxaa bixiyay adeegga tarjumaadda mashiinka dhijitaalka ah, Goluhu wuxuu aqbalayaa in tani ay horseedi karto khaladaad tarjumaad oo ka baxsan xakamaynta Maamulka Deegaanka isla markaana aan wax mas'uuliyad ah laga qaadin wixii khaladaad ah ee tarjumaadda ah. Haddii aad rabto inaad ka hadasho nuxurka waraaqahan ama aad aaminsan tahay inay jiraan wax khaladaad ah oo ku jira tarjumaadda, fadlan la xiriir 01179036400.

Commented [KM1]: Waxaan ogsoonahay inay leedahay 'toddobaadkan' fadlan ma hubin kamaa inay tani wali dhacayso oo macluumaadku sax yahay.

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