

## Caawimaad iyo taageero loogu talagalay dadka degan Lambeth

Haddii aad u baahan tahay taageero ama aad taqaanid qof u baahan taageero waxaan halkaan u joognaa inaan caawimaad bixino.

Booqo [lambeth.gov.uk/coronavirus-support](https://lambeth.gov.uk/coronavirus-support) ama la xirii adeegga MyCommunity Gateway, oo ah adeeg isku dhafan oo isku jira taageerada mutadawiciinta iyo golaha waxaana loogu talagalay qof kasta oo ka weyn 18, waxaan daadihinaya AgeUK Lambeth. Waxay kaa caawin karaan taageerada bulshada, talobixin waxayna kugu xiriirin karaan adeegyada maxalliga ah ee kaa caawin kara dhibaatooyinkaaga, caqabad kasta oo ku soo food saarta. Waxaad caawimaad u weydiisan kartaa naftaada ama qof aad taqaanid. Gateway ka wac **0333 360 3700**, Isniinta ilaa Jimcaha, 9ka subaxnimo ilaa 5ta galabnimo, ama iimayl u soo dir [mycommunity@ageuklambeth.org](mailto:mycommunity@ageuklambeth.org)

- Haddii aad leedahay ganacsi qasab lagu xiray, taageero ayaa lagu heli karaa. Booqo [lambeth.gov.uk/coronavirus-business-support](https://lambeth.gov.uk/coronavirus-business-support) si aad u hesho wixii macluumaad dheeraad ah, ama iimayl u dir [enterprise@lambeth.gov.uk](mailto:enterprise@lambeth.gov.uk)
- Haddii aad jeceshahay inaad mutadawac ahaan u bixiso caawimaad, booqo [lambeth.gov.uk/volunteer](https://lambeth.gov.uk/volunteer), waxaan dadka la wadaagnaa fursadaha jira toddobaad kasta.
- Haddii aad ku dhibaataysan tahay rabshadaha guriga Gaia Center waxay bixisaa adeegyo taageero ah oo qarsoodi ah, oo aan xukun lahayn oo madax-bannaan, wac **020 7733 8724**.

## Saamaynta ay ku yeelanayso adeegyada golaha

Si aad u hesho macluumaadkii ugu dambeeyay, booqo bogga adeegga aad uga baahan tahay ee laga helo websaydhka [lambeth.gov.uk](https://lambeth.gov.uk).

- Iskuulada weli way furan yihiin, carruurtuna waxay uga xaadiri karaan sidii caadiga ahayd.
- Darjiinooyinka Lambeth, goobaha lagu ciyaaro iyo musqulaha way sii furnaan doonaan. Dhammaan Xarumaha Madadaalada iyo xarumaha isboortiga sida xarumaha teniska, garoomada, skateparks-ka iyo jimicsiyada banaanka lagu sameeyo ayaa la xiri doonaa.
- Adeegyada qashinka iyo dib-u-warshadayntu waxay u shaqeeyaan sidii caadiga ahayd, waa inaad ballan hore qabsataa intaadan booqan xarunta dib-u-warshadaynta Vale Street.
- Maktabadaha ayaa sii wadi doona adeegyadooda qaadashada buugaagta.
- Adeegyada diiwaangelinta, oo ay ku jiraan diiwaangelinta dhalashada iyo muwaadinnimada, way sii socon karaan.
- Munaasabadaha aaska wali waa la qabsan karaa, ilaa 30 qof.
- Xafladaha aroosyada iyo isguursadka madaniga ah lama ogola.



Lambeth  
KEEP LAMBETH SAFE

**COVID SYMPTOMS?  
GET TESTED NOW.**

**nhs/coronavirus  
OR CALL 119**

**NHS**  
Test and Trace  
Protect your friends and family