**Video script – to be translated into community languages and British Sign Language**

Sababo la xiriira dhibaatada nolosha qaaliga ah, qof kastaa waxay u badan tahay inuu u baahan doono xoogaa gargaar ah qaboobahan. Muuqaalkan/fiidiyowgan gaaban, waxaan kugu ogeysiin doonaa sida aad u heli karto caawimaad iyo talo haddii aad u baahan tahay. Fadlan tixgeli inaad fiidiyowga la wadaagto dadka kale si aad u xaqiijiso in qof kasta oo Camden jooga uu yaqaan sida loo helo caawimaad.

Haddii aad si degdeg ah cunto ugu baahan tahay, booqo **findfood.camden.gov.uk.**

Haddii ay ku haysato dhibaato dhaqaale oo daran, wax ka ogow deeqda khasnadda koonsalka ee loogu talagalay dhibaatooyinka nolosha ee **camden.gov.uk/colcfund.** Waxaad sidoo kale wici kartaa golaha/koonsalka si ay kaa caawiyaan arrintaan iyo helitaanka cuntada adigoo isticmaalaya 020 7974 4444 (xulashada 9).

Haddii aad la kulmayso dhibaato caafimaad oo maskaxeed, wac khadka dhibaatada caafimaadka maskaxda ee 24-ta saac ah **020 3317 6333.**

Haddii aad ka welwelsan tahay deyn lagugu leeyahay, wac hay'addaha samafalka deymaha sida Stepchange si aad talo bilaash ah uga hesho **0300 303 5300.**

Haddii aad ka daahday bixinta biilasha tamarta ama haddii aadan awoodin inaad lacag ku shubato qalabyada tamarta, wac adeeg-bixiyaha tamarta oo weydii sida ay kuu caawin karaan. Waxaa laga yaabaa inay ku siiyaan qorshe lacag-bixineed ama deeq aad iskaga bixisid deymaha, ama inay ku siiyaan kiridhit/lacag-dhimis.

Iyadoo aan loo eegin xaaladdaada, waxaad sidoo kale kaalmooyin iyo taageerooyin kala duwan u heli kartaa siyaabaha soo socda:

1. U dhaadhac meesha kuugu dhow ee 'xarumaha soo dhawaynta diiran leh' ah halkaas oo aad ku nasan karto, kula kulmi karto dadka kale oo aadna talo ka heli karto meel ammaan ah oo diiran. Goobahaan waxaa laga heli karaa maktabadaha, xarumaha carruurta, xarumaha madadaalada iyo dhismooyinka kale ee bulshada iyo caqiidada ee Camden oo dhan ku baahsan. Hel goobta kuugu dhow adigoo isticmaalaya **camden.gov.uk/warmwelcome**
2. Booqo websaydka Golaha Camden ee **camden.gov.uk/costofliving**
3. U kaalay baska talada ku aadan dhibaatada kharashka nolosha ee Camden - qof walba waa la soo dhawaynayaa. Ogow goorta baska talo-bixinta uu imaan doono meel kuu dhow adigoo isticmaalaya **camden.gov.uk/winterevents**
4. Haddii aad u baahan tahay inaad amaah qaadato, ha isku dayin inaad u tagto shirkadaha dadka ku ugaarsada deynta ama in aad qaadato deyn lacag-bixineed. Taas beddelkeeda, tixgeli inaad deyn ka doonato ururada deymaha bixiya ama deyn bixiyeyaasha kale ee anshaxaysan. Wixii macluumaad dheeraad ah, wac **020 7561 1786**
5. Ugu dambayn, haddii aad dhibtoonayso laakiin aadan garanayn meel aad u jeedsato, Golaha Camden ka wac **020 7974 4444 (xulashada 9**) ama la xiriir mid ka mid ah ururada ku jira Shabakadda Talobixinta ee Camden. Faahfaahinta lagala xiriiro ka hel **camden.gov.uk/can**