

iyaad ogtahay ?

## The Princess Royal Trust Carer's Centre

the Carer's centre waxa lo samayeeey inuu siyo warbiixin, cawiimo, macnaayn iyo tageero qofki daad xanusanaya ilali-naaya ee joga Cardiff iyo vale of glamorgan. \par hadi ad uu bahantahay warbixin waxad la hadli karta 02920221421 ama email kan cvcarerscentre@aol.com luu-qadaha ay ka mid yahiin English, Somali, Bengali iyo urdu ayaa lagugu sheegi kara.

## Cardiff iyo Vale Crossroads Lean on me project.

project kani waxa lagutalgaye gofki iliinaye dhaka xuunsaye eer ha qaraba iyo saxbada ilalay sanay farasax .maraka waxa kula caywinay uruka metal health iyo socail care .

waxad la hadi ka ta Claire Wood- oo aah scheme manager. 020920577300

hadi da donayso xuuguda da uu laydahay iina oganti adiga oo aah carer waxad la xadidika tan local Authority case manager ee goka ad haysed anba quulda aah assessment Team oo ku yaala Globe Link Cardiff 029020536444.



**Cardiff & The Vale Mental Health  
Development Project**  
Registered Charity No. 1081806

## Somali

Hadii aad ka warwarsantahay  
qof ilawshiiyo badnaan?

Ama aad ka  
walaacsantahay qof  
wareersan?

ama aad ka shakisantahay  
qof da,a oo fikirbatay

ma ubaahantahay inaad ogaato  
sidaad wax uga qabankartid?

ma doonaysaa waxaad ka qaban lahayd imika?

ma u baahantahay shaybaadh?

la xidhiidhi dhakhtarkaaga [Gp].waydii kooxda ilawshiiyaha qaabilsan iyo community mental health team ee dadka waawayn

ma u baahantahay inaad kala hadashid qof fahamsan xaaladan?

hadii aad ubaahantahay talo ama caawin ?

waxaad ka heli kartaa ururadan hoos ku qoran

Age Concern Cardiff iyo Vale-02920527197

Alzheimer's Society -02920521872

Crossroads in the Vale-02920700057

Dementia Careline -02920529848

Cardiff Mind-02920402040

Mind in the Vale -01446730792

Memory Team -02920716961

Cardiff iyo Vale Cater's centre-029202022421

Cardiff iyo Vale Crossroads-02920577300

hadaad u baahantahay warbixin dheeraada kala xidhiidh?

waxaad ka heli kartaa directory (in english) of local and national services

waxaad kala soo bixi kartaa si lacag la,aana koobiga ku tilmaamaya warbix dheeraada oo ku saabsan dadka waawayn mental health services kooda cardiff and vale glamorgan

tell 02920 222000

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