

English	Somali
<p><b>You may be a carer...</b> ...if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction. There are thousands of unpaid carers in South Gloucestershire.</p>	<p><b>Waxa dhici karta inaad tahay daryeele..</b> ...haddii aad siiso caawimo iyo taageero lammaane, qaraabo, ilme, saaxiib ama jaar kaasi oon waxba tari karin caawimadaada la'aanteed taasi oo ay ugu wacan tahay xanuun jidheed ama maskaxeed, naafonimo, dacfi ama balwad. Waxa jira kumanaan daryeeleyaal aan lacag qaadan ah South Gloucestershire.</p>
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<p>Anyone can become a carer — children, parents, daughters, sons, spouses, partners and friends. Many people don't think of themselves as carers; they just look after someone close to them. Caring often just happens to you, as you find that someone close to you gradually needs more help.</p>	<p>Qof kastaa waa noqon karaa daryeele - carruurta, waalidiinta, gabadha, wiilka, lammaanayaasha iyo saaxiibada. Dad badan iskuma haystaan inay yihiin daryeelayaal; waxay kaliya xannaaneeyaan qof ay qaraabo yihiin. Daryeelistu inta badan waxay kugu timaad, marka aad la arkayso qof kuu dhaw oo si tartiib-tartiib ah ugu baahanaya caawimo dheeraad ah.</p>
<p><b>Support for you</b></p>	<p><b>Taageero kuu ahaatay</b></p>
<p>Becoming a carer can feel isolating and it's often a struggle to get the information you need.</p>	<p>Ahaanshaha daryeele waxay ku dareensiin takoor inta badanna waa adayg si aad u hesho macluumaadka aad u baahan tahay.</p>
<p>When you are looking after someone, it's important to have some help and support for yourself, such as a break from caring.</p>	<p>Marka aad qof xannaanaynayso, waxa muhiim ah inaad haysato caawimo iyo taageero adigu, sida fasax aad daryeelka ka hesho.</p>
<p>Your local Council (social services) will be able to tell you how they can help and explain about Carers Assessments.</p>	<p>Golaha deegaanku (adeegyada bulsho) ayaa awoodi doona inay kuu sheegaan sida ay u caawiyaan una sharraxaan Qiimaynaha Daryeelada.</p>

Carers Support Centre, is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful, such as the Carers Emergency Card. They can also help with a Carers Assessment.	Xarunta Taageerada Daryeelayaashu, waa urur deegaanka ka jira kaasi oo ku siin kara macluumaad iyo talo kusaabsan wixii daryeelis iyo adeegyo faa'iyada yeelan kara, sida Kaadhka Gurmadka Daryeelayaasha. Sidoo kale waxay caawin karaan Qiimaynaha Daryeelada.
They can put you in touch with other organisations that offer specialist support, for example about dementia, mental health problems or recovering from a stroke.	Waxay kugu xidhi karaan ururo kale kuwaasi oo bixiya taageero takhasus, tusaale ahaan kusaabsan xanuunka illowshaha, dhibaatooyinka caafimaadka maskaxda ama ka bogsiga faalij.
Carers Support Centre can also advise on any financial help you or the person you look after may be entitled to. There are also carer's groups that meet regularly to share practical ideas and friendship.	Xarunta Taageerada Daryeelayaashu waxay sidoo kale kaala talin kartaa wixii caawimo dhaqaale ah ama qofka aad xannaanayso aad mutaysan kartaan. Sidoo kale waxa jira kooxaha daryeelaha kuwaasi oo kulma si joogto ah si ay isku waydaarsadaan afkaar iyo saaxiibtinimo.
<b>Call the Carers Support Centre confidentially:</b>	<b>Wac Xarunta Taageerada Daryeelayaasha si qarsoodi ah:</b>
<b>CarersLine: +44 (0) 117 965 2200</b>	<b>Khadka Daryeelayaasha: +44 (0) 117 965 2200</b>
<b>Your Own Health</b>	<b>Caafimaadka</b>
As a carer, it is important that you look after your own health; it is easy not to look after yourself when you are looking after someone else.	Daryeele ahaan, waxa muhiim ah inaad xannaanayso caafimaadkaaga; waa sahal inaad xannaanayn naftaada marka aad xannaanaynayso qofk kale.
We will do our best to help you look after yourself as well as the person you care for. For example we are keen to offer flu vaccinations to carers each Autumn. We keep a register of carers who are our patients so that we can let you know about any new services or support that becomes available.	Waxaanu ku dadaali doonaa inaanu kaa caawino inaad xannaanayso naftaada iyo qofka aad daryeesho. Tusaale ahaan waxaanu xiisaynaynaa inaanu siino tallaalka hargabka daryeelayaasha Dayr kasta. Waxaanu leenahay diiwaan ah daryeelayaasha bukaanadayada ah sidaa darteed waxaanu kuu sheegi karnaa wixii adeegyo ama taageero cusub ee aad heli karto.
<b>Please register yourself as a carer at reception or discuss it with your Doctor.</b>	<b>Fadlan iska diiwaangali daryeele ahaan qaybta soodhawaynta ama kala xaajoo Dhakhtarkaaga.</b>

<b>Do you look after someone who could not manage without you?</b>	<b>Ma xannaanaynaysaa qof aan wax qabsan karin la'aantaa?</b>
<b>Carers Simple Assessments</b>	<b>Qiimaynaha Fudud ee Daryeelayaasha</b>
NHS Bristol and Bristol City Council have come together to improve support for carers. Carers simple assessments are available to carers with a Bristol GP, who are finding caring is affecting their health and wellbeing but are not currently in receipt of social care services. Assessments can connect carers to the support they need and result in a one-off payment to help them take a break from caring.	NHS Bristol iyo Golaha Magaalada Bristol waxay iskugu yimaadeen horumarinta taageerada daryeelayaasha. Qiimaynaha fudud ee daryeelayaasha waxa heli kara daryeelayaasha leh Dhakhtar Bristol, kuwaasi oo ogaanaya daryeelistu inay saamaynayso caafimaadkooda laakiin imika aan helin adeegyada daryeelka bulsheed. Qiimaynuhu waxay ku xidhi karaan daryeelayaasha taageerada ay u baahan yihiin waxayna keeni kartaa lacag bixin halmar ah si looga caawiyo inay fasax ka qaataan daryeelista.
<b>Bristol City Council Health and Social Care</b>	<b>Golaha Magaalada Bristol iyo Daryeelka Bulsheed</b>
provides information, advice, carers assessments and may deliver care and support services. Care Direct +44 (0)117 922 2700. <a href="http://www.bristol.gov.uk">www.bristol.gov.uk</a>	waxa ku qoran macluumaad, talo, qiimaynaha daryeelayaasha waxaana dhici karta inay bixiso adeegyada daryeel iyo taageero. Care Direct +44 (0)117 922 2700. <a href="http://www.bristol.gov.uk">www.bristol.gov.uk</a>
<b>LOOKING AFTER SOMEONE</b>	<b>XANNAANAYNTA QOF</b>
<b>Getting help and connected as a carer in South Gloucestershire</b>	<b>Helista caawimo iyo xidhiidh daryeele ahaan South Gloucestershire</b>
Getting help and connected is the first step to information and support that will help you in your role. This questionnaire and action plan for all carers helps you to look at your needs, how caring affects you and provides information on support available to carers. Please contact the Carers Support Centre to request a carers assessment questionnaire and help getting connected.	Helista caawimo iyo xidhiidh waa tallaabada u horraysa ee macluumaad iyo taageero taasi oo kaa caawin doonta dooraaga. Su'aalahan xogururineed iyo qorshaha tallaabo ee loogu talagalay dhammaan daryeelayaasha waxay kaa caawin doontaa inaad eegto baahiyahaaga, sida fiican ee ay kuu saamayso waxayna ku siin macluumaad kusaabsan taageerada ay heli karaan daryeelayaashu.
<b>Call +44 (0) 117 965 2200 for more details</b>	<b>Wac +44 (0) 117 965 2200 si aad u hesho macluumaad dheeraad ah</b>
<b>Useful Contacts:</b>	<b>Macluumaadka La-xidhiidhka:</b>

<p><b>Carers Support Centre</b></p> <p>provides information advice and services focussed on supporting carers. Carers Line +44 (0)117 965 2200, open 10am – 1.00pm and 2pm-4pm (Monday-Thursday)10am-1pm (Friday) <a href="http://www.carerssupportcentre.org.uk">www.carerssupportcentre.org.uk</a></p>	<p><b>Xarunta Taageerada Daryeelayaasha</b></p> <p>waxa ku qoran macluumaadka talo iyo adeegyada shiishka saaraya taageerista daryeelayaasha. Khadka Daryeelayaasha +44 (0) 117 965 2200, furan 10gh - 1.00gd iyo 2gd - 4gd (Isniinta - Khamiista) 10gh-1gd (Jimcaha) <a href="http://www.carerssupportcentre.org.uk">www.carerssupportcentre.org.uk</a></p>
<p><b>South Gloucestershire Council</b></p> <p>provides information, advice and may deliver care and support services. +44 (0)1454 868007 <a href="http://www.southglos.gov.uk">www.southglos.gov.uk</a></p>	<p><b>Golaha South Gloucestershire</b></p> <p>waxa ku qoran macluumaadka, talo waxaana dhici karta inuu bixiyo adeegyo daryeel iyo taageero. +44 (0)1454 868007 <a href="http://www.southglos.gov.uk">www.southglos.gov.uk</a></p>
<p><b>Well Aware</b></p> <p>provides information on health, wellbeing and community resources. 0808 808 5252 <a href="http://www.wellaware.org.uk">www.wellaware.org.uk</a></p>	<p><b>Si Fiican u Og</b></p> <p>waxa ku qoran macluumaadka kusaabsan caafimaadka, fayyo-qabka iyo khayraadka beesha. 0808 808 5252 <a href="http://www.wellaware.org.uk">www.wellaware.org.uk</a></p>