

Waxaan halkan u joognaa inaan ku caawinno

Dhakhaatiirta cuntada ayaa
qayb ka ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- ogaanshaha iyo daawaynta xaaladaha nafaqada
- kaa caawinta inaad samayso isbedel si aad uga hortagto oo aad u taageerto xaaladaha mustaqbalka fog
- adiga oo ku taageeraya si aad u ilaaliso miisaan caafimaad leh

La hadal kooxda soo dhawaynta
si aad wax badan u ogaato.



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Suyin Chia
Dietitian

Waxaan halkan u joognaa inaan ku caawinno

Farsamayaqaannada farmasiyadu
waa qayb ka mid ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- inaan ku tusno sida loo isticmaalo daawooyinkaaga
- kaalmaynta farmashiistaha kiliinikada si ay dib ugu eegaan daawadaada jirta
- kaala talinta doorashada qaab nololeedkaaga

La hadal kooxda soo dhawaynta
si aad wax badan u ogaato.

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Kiera Whitehead-Elliott
Pharmacy Technician



Waxaan halkan u joognaa inaan ku caawinno

Dhakhaatiirta shaqadu waa
qayb ka mid ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- inaan ku siinno baxnaanin si aad si fiican guriga ugu joogto
- inaan awood kuu siinno inaad horumar ka samayso nolol maalmeedkaaga
- ka taageerno sidii aad gacanta ugu dhigi lahayd caafimaadkaaga iyo ladnaantaada

La hadal kooxda soo dhawaynta
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Catherine Seals
Occupational
Therapist

Waxaan halkan u joognaa inaan ku caawinno

Dhakhaatiirta caafimaadka
waa qayb ka mid ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- qiimaynta iyo daawaynta xaaladaha caafimaadka qaarkood
- ka qaybgalka booqashooyinka guriga
- dalbidda baaritaanada iyo sharaxaya natiijooyinka.

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Ramiz
Mungroo
Paramedic

Waxaan halkan u joognaa inaan ku caawinno

Dhakhaatiirta caafimaadka
waa qayb ka mid ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- qiimaynta iyo daawaynta xaaladaha caafimaadka qaarkood
- ka qaybgalka booqashooyinka guriga
- dalbidda baaritaanada iyo sharaxaya natiijooyinka.

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Nicola Jones
Paramedic

Waxaan halkan u joognaa inaan ku caawinno

Shaqaalaha Xiriirinta Qorista
Bulshada waa qayb ka mid ah
kooxdaada tababarka guud

Waxaan kugu caawin karnaa:

- inaan kaa taageerno inaad maamusho caafimaadkaaga iyo ladnaantaada
- inaan ku siinno waqti aad diirada ku saarto waxa adiga ku khuseeya
- inaan kaa caawinno inaad hesho adeegyada iyo hawlaha taageerada

La hadal kooxda soo dhawaynta
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Kassum Manjang
Social Prescribing
Link Worker



Waxaan halkan u joognaa inaan ku caawinno

Isku-duwayaasha daryeelku
waa qayb ka mid ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- kuu diyaarinta wadahadalada soo socda ee ku saabsan caafimaadkaaga iyo daryeelkaaga
- la socodka baahiyahaaga caafimaadka iyo daryeelka iyo ka jawaabista isbedel kasta
- kugu taageerridda inaad fahamto oo aad maamusho daryeelkaaga.

La hadal kooxda soo dhawaynta si aad wax badan u ogaato.



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Mikayla Nelson
Care Coordinator

Waxaan halkan u joognaa inaan ku caawinno

Tababarayaasha caafimaadka
iyo ladnaanta waa qayb ka mid
ah kooxdaada tababarka guud

Waxaan kugu caawin karnaa:

- ku siinta taageerada tababarka si ay kaaga caawiso inaad maareyso xaaladaada
- kula shaqaynta si loo aqoonsado yoolalkaaga caafimaadka iyo samaqabka
- kugu aaddinta ilo waxtar leh iyo kooxaha taageerada asxaabta.

La hadal kooxda soo dhawaynta si aad wax badan u ogaato.



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Gareth Dixon
Health and
Wellbeing Coach

Waxaan halkan u joognaa inaan ku caawinno

Kooxda soo dhawaynta ayaa si gaar ah loogu tababaray inay kaa caawiyaan inaad hesho daryeelka saxda ah

Waxaan kugu caawin karnaa:

- sida ugu dhakhsaha badan ee suurtoogalka ah in aad ballan kula yeelato xirfadlaha daryeelka caafimaadka ee saxda ah
- aqoonsiga adeegyada aad ka heli karto gudbinta GP-ga
- samaynta ballamaha daryeel ama adeegyo cusub oo laga yaabo inaad ka warqabin.

Nala hadal si aad wax badan u ogaato.



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Rachel Thirlwall-Frith
Practice Reception Team

Waxaan halkan u joognaa inaan ku caawinno

Kooxda soo dhawaynta ayaa si gaar ah
loogu tababaray inay kaa caawiyaan
inaad hesho daryeelka saxda ah

Waxaan kugu caawin karnaa:

- sida ugu dhakhsaha badan ee suurtoogalka ah in aad ballan kula yeelato xirfadlaha daryeelka caafimaadka ee saxda ah
- aqoonsiga adeegyada aad ka heli karto gudbinta GP-ga
- samaynta ballamaha daryeel ama adeeyo cusub oo laga yaabo inaad ka warqabin.

Nala hadal si aad wax badan u ogaato.



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Christina Walters
Practice
Reception Team

Waxaan halkan u joognaa inaan ku caawinno

Farmashiisteyaasha kiliinikada
waa qayb ka mid ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- dib u eegista daawooyinkaaga
- oggolaanshaha iyo samaynta beddelka daawooyinkaaga
- talobixin ku saabsan daawooyinka iyo waxyellooyinka ka iman kara

La hadal kooxda soo dhawaynta si aad wax badan u ogaato.



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Saad Iqbal
Clinical
Pharmacist

Waxaan halkan u joognaa inaan ku caawinno

Dhakhaatiirta jirdhiska waa
qayb ka mid ah kooxdaada
jimicsiga guud

Waxaan kugu caawin karnaa:

- ogaanshaha iyo daawaynta xaaladaha muruqyada iyo xubnaha
- talobixin ku saabsan sida loo maareeyo xaaladdaada
- kuu gudbinta adeegyada takhasuska leh.

La hadal kooxda soo dhawaynta
si aad wax badan u ogaato.



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Steven Swindell
First Contact
Physiotherapist

Waxaan halkan u joognaa inaan ku caawinno

Ku xigeenada farsamayaqaanaddu
waa qayb ka mid ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- ogaanshaha iyo daawaynta xaaladaha caafimaadka qaarkood
- dalbidda baaritaanada iyo sharaxidda natiijooyinka
- samaynta baaritaanno jireed.

La hadal kooxda soo dhawaynta
si aad wax badan u ogaato.



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Rennette Asare
Physician Associate

Waxaan halkan u joognaa inaan ku caawinno

Dhakhaatiirta Caafimaadka Maskaxda
iyo Dhakhaatiirtu waa qayb ka mid
ah kooxdaada tababarka guud

Waxaan kugu caawin karnaa:

- fulinta qiimaynta
- siinta talo iyo taageero
si loo maareeyo xaaladdaada
- ku taageeridda si aad u hesho
adeegyada caafimaadka dhimirka
ee habboon iyo ilaha bulshada

La hadal kooxda soo dhawaynta
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Nicole Howard
Cognitive
Behavioural
Therapist

Waxaan halkan u joognaa inaan ku caawinno

Caawinta daryeelka caafimaadku
waa qayb ka mid ah kooxdaada
tababarka guud

Waxaan kugu caawin karnaa:

- fulinta baaritaanada caafimaadka
- bixinta talo nololeed caafimaad leh, sida joojinta sigaarka iyo dhimista miisaanka
- dhaymada iyo ka saarista tolnimada.

La hadal kooxda soo dhawaynta
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Martin
Ratcliffe
Healthcare
Assistant

Waxaan halkan u joognaa inaan ku caawinno

Kalkaaliyayaashu waa qayb ka
mid ah kooxdaada tababarka guud

Waxaan kugu caawin karnaa:

- bixinta tallaalada iyo duritaanka
- kaa taageeridda xaaladaha muddada-dheer
- bixinta qorsheynta qoyska iyo talada caafimaadka galmada

La hadal kooxda soo dhawaynta
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Nicky Thethy
Practice Nurse

Waxaan halkan u joognaa inaan ku caawinno

Xirfadlayaal caafimaad oo kala duwan ayaa ka shaqeeya rugtaada iyo bulshada guud si ay kaaga caawiyaan helitaanka daryeelka saxda ah marka aad u baahan tahay.

Nala hadal si aad wax badan u ogaato.



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