



www.bathroadsurgery.co.uk

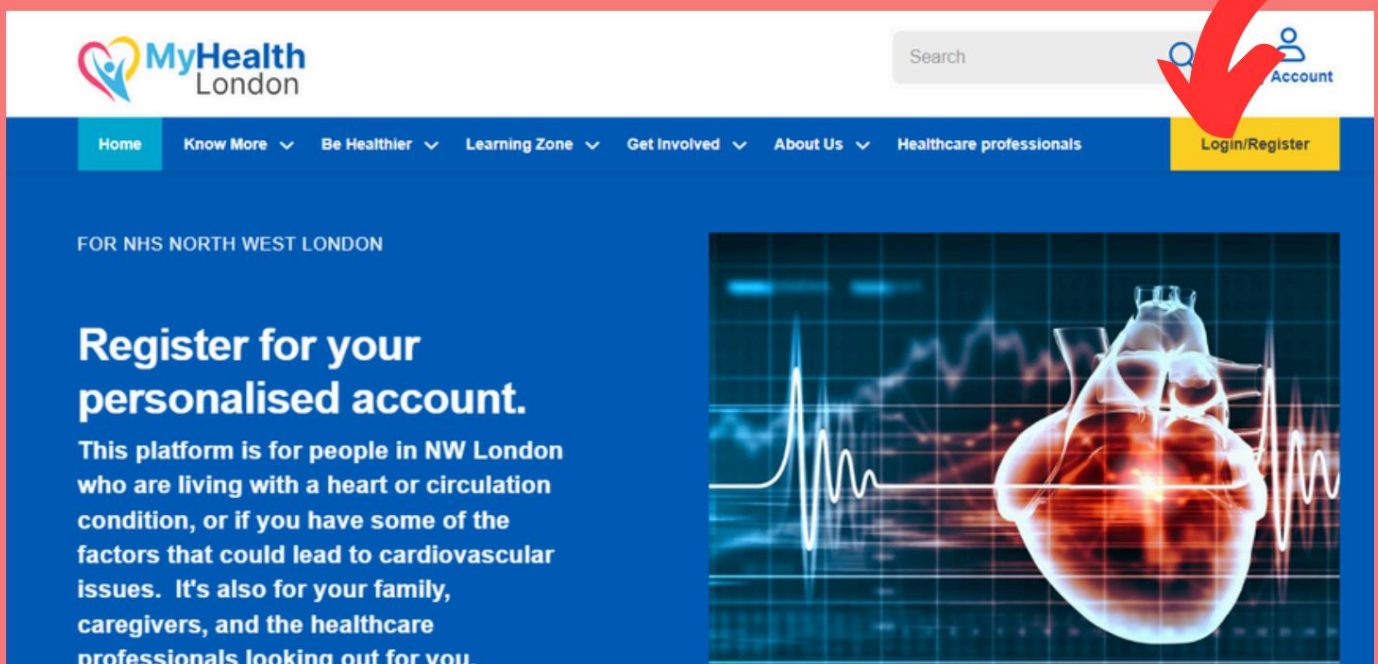
Warside-July 2024

***Wax badan ka baro
caafimaadkaaga
wadnaha bishaan***



Bogga cusub ee MyHealth London waxaad ka heli kartaa macluumaad badan oo la isku halleyn karo oo ku saabsan **sida looga hortago cudurrada wadnaha iyo xididdada dhiigga** iyo qalab badan oo taageeraya **dadka horey ula noolaa xaalad wadnaha**

Fadlan isdiiwaangeli ama booqo: [https:// www.myhealthlondon.nhs.uk/](https://www.myhealthlondon.nhs.uk/)



Alcohol Awareness Week

1 - 7 July 2024

Understanding alcohol harm

#AlcoholAwarenessWeek



Marna aad daah uma aha inaad fahanto waxyeelada khamriga ku leedahay caafimaadkaaga oo aad qaadata qaab nololeed caafimaad leh. Booqo [Alcohol change UK](#) ama soo deji [TryDry, App](#)-ka bilaashka ah ee kaa caawinaya inaad yarayso isticmaalka khamrigaaga.



Joojinta, ama xitaa dhimista, cabitaanka ma fududa. Haddii aad u baahan tahay gargaar dheeri ah oo aad ku nooshahay Hounslow, waxaad naftaada u gudbin _____ kartaa [ARC Hounslow](#) oo hel caawimo BILAASH ah, baro sida:

How to make a referral ▲

Any health or social care professional can make a referral on your behalf. You can also self-refer to the service in person or contact us by phone [01895 488675](tel:01895488675) or complete this [online form](#).

Service opening times ▲

The service offers a range of services from 10am to 4pm. The service is open later on some evenings. Please contact ARC Hounslow on [01895 488675](tel:01895488675) for more information.



DAAWOYINKA KA DHACDAY?

Soo deji NHS-ta

**App hadda oo la soco
muuqaalkan sida loo sameeyo**

ku codso

**dawadaada dhowr
daqiiqo gudahood!**



Waxaan hadda la kulmaa **qufac**

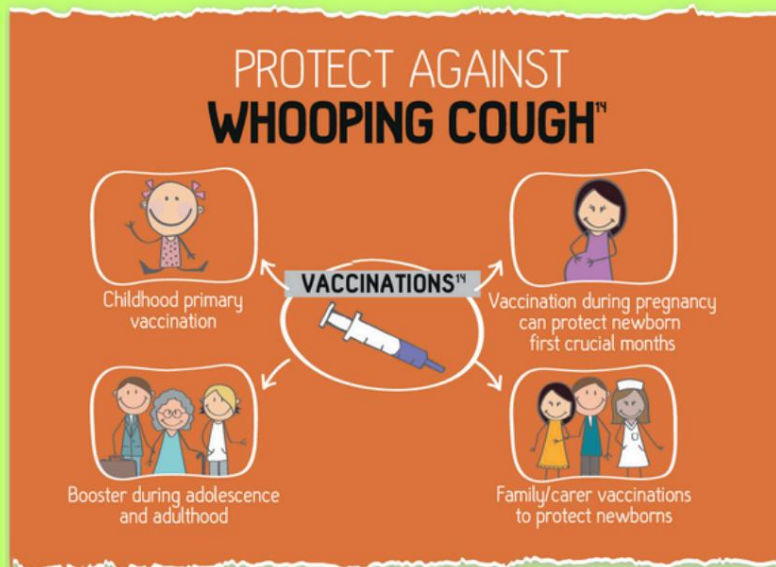
KA DHACDAY Ingiriiska; Ka
hubi calaamadaha iyo macluumaad
dheeraad ah **halkan**.

WHOOPIING COUGH
GET THE VACCINE TO HELP PROTECT YOUR BABY

Cases of whooping cough are on the increase – by getting the vaccine while pregnant you can help protect your baby.



For more information talk to your GP or midwife.

Hel sida ugu dhakhsaha badan ee suurtoogalka

ah _____
ballansashada a tallaalka

Ballanta kalkaalisadayada