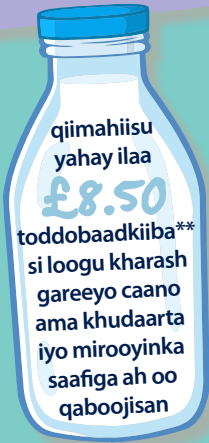


Uur miyaad leedahay? Ma qabtaa carruur ka yar afar sano jir?

Ha seegin fiitamiinada BILAWGA CAAFIMAADKA LEH iyo lacag qiimahoodu ka badan yahay £1,200* oo loogu talagalay ilmo kasta



Waxaad heli kartaa kaarka bilowga Caafimaadka Leh haddii aad leedahay uur ugu yaraan 10 toddobaad ah ama haddii aad qabto ilmo ka yar 4 sano jir oo adiga ama qoyskaagana aad heshaan ugu yaraan mid ka mid ah kuwan soo socda:

- Taageerada dakhliga
- Gunnada Shaqo doonka ee ku salaysan dakhliga
- Gunnada Shaqada iyo Taageerada ee la xiriirta dakhliga
- Gunnada Canshuurta Carruurta (haddii dakhliga qoyska ee sanadlaha uu yahay £16,190 ama ka yar yahay)
- Gunnada Hawlgabka
- Universal Credit (haddii mushahaarka qoyska ay qaataan bishii uu yahay £408 ama ka yar yahay)
- Waxaad sidoo kale u qalmi kartaa haddii aad ka yar tahay 18 oo aad uurna leedahay, xitaa haddii aadan qaadnayn mid ka mid ah gunnooyinka kor ku xusan

Qoysas badan oo u qalma oo ku nool Enfield ayaa seegaya barnaamijkan



Iska diiwaangeli khadka
www.healthystart.nhs.uk

*Haddii aad iska diiwaangeliso fursadda ugu horreysa marka uurkaaga uu yahay 10 toddobaad

**Boonoyinka/foojarada Bilawga Caafimaadka Leh waxay qiima ahaan u dhigmaan £4.25 toddobaadkiiba, waa loo labanlaabayaa carruurta da'doodu ka yar tahay hal sano

Wixii macluumaad dheeraad ah, booqo
www.enfield.gov.uk/healthystart