



Ma u baahanahay inaan iska diiwaangeliyo dhakhtarka ilkaha?

Haddaad ka diiwaangashaneen dhakhtarka ilkaha ee NHS, ha welwelin. Waxaanu kuu fududeynay inaad hesho daryeelka ilkaha aad u baahan tahay. Hadaba uma baahnid inaad iska diiwaan geliso dhakhtarka ilkaha. Marba haddaad horey uga diiwaangashan tahay, waxaad weli sii wadan kartaa inaad hesho daaweynta dhakhtarkaaga ilkaha ee caadiga ah.

Haddaad u baahan tahay warbixino badan isticmaal faahfaahinta na lagala soo xiriiro ee bogga dambe ee warqadan. Riix ama ka wac, dooqaaga adigaa iska leh.

Sidee baa inta badan la iigaga baahan yahay inaan booqdo dhakhtarka ilkaha?

Biririfta u dhexeysa baarista waxay ku xiran tahay caafimaadka uu afkaaga, ilkahaaga iyo ciridkaaga ay qabaan, Kuwani waxaa saameyn ku yeesho isbedelada ku imaanaya caafimaadkaaga ama qaab nololeedkaaga guud, da'daada iyo halistaada dhibaato ee aad mustaqbalka uga jirto.

Waqtigana ilaa baaristaada xigta waxay u gaaban kartaa ilaa iyo saddex bilood ama waxay u dheeraan kartaa ilaa iyo laba sano. Hadey da'daadu ka yar tahay 18 sano waxaa dhici karta inay noqoto sanad gudaheeda. Tani waa inuu dhakhtarkaaga ilkaha kaagala hadlaa.

Bal ka waran hadaan u baahanahay ballan deg deg ah?

Haddaad leedahay dhakhtarka ilkaha ama aad u baahan tahay daaweyn deg deg ah, waxaad si fudud ugala soo xiriirtaa teleefanka.

Haddaad laheyn dhakhtarka ilkaha, wac teleefan lambarka 0116 295 7017 (Isniin-Jimce 8.30sub-4.30gal) si aad u hesho dhakhtarka ilkaha oo ku siiya caawimaad deg deg ah.

Saacadaha shaqada laga maqan yahay waxaad kaloo si toos u soo wici kartaa NHS 24saac maalintii teleefan lambarka ah: 0845 4647.

Is-qor hadda si lagu baaro

Wac teleefankan 0116 295 7017

La taliyaasheena ku caawinaya aya wuxuu kaa heli doonaan dhakhtarka ilkaha NHS ee kuugu dhow iyo faahfaahintooda kala xiriir.

Booqo www.leicestercity.nhs.uk/dentists waxaad ka heleysaa dhammaan diiwaanka dhakhaatiirta ilkaha NHS ee ballamaha lala yeesho iyo faahfaahinta lagala xiriiro.

Hadaad u baahato in lagaa caawiyo fahanka dukumintigan, fadlan wac teleefanka 0116 295 4743.

NHS Leicester City waa magaca ay ku howl gasho Leicester City Primary Care Trust, St John's House, 30 East Street, Leicester, LE1 6NB. limeel: comments@leicestercity.nhs.uk.

Cadadka waa sax marka la soo daabacayo Nofeembar 2009.

Ballamaha la xiriira dhakhtarka ilkaha NHS waa la heli karaa
Haddaba wac!



Ugu dambeyntii waxaad haddaba haysataa wax aad ku dhoola-cadeyso

Inaad hesho dhakhtarka ilkaha NHS ee magaalada Leicester ma fududaan karin

Waxaanu lacag iyo waqtiba ku bixinay ballamaha dhakhtarka ilkaha aan caadiga aheyn si aan kaaga caawino inaad sii wado fayyo-dhowrka wanaagsan ee afka.

Daaweyn ka hortag ayaa ka wanaagsan, sidaa darteed, iska qor hadaba si lagu baaro. Ha sugin ilaa xanuunku kaa shaqo-fadhiisiyo!

Ma aha in lagu diiwaangeliyo. dadka deegaanka u qalma, daaweynta NHS waa bilaash.

- Wac **0116 295 7017** si aad u hesho dhakhtarka ilkaha NHS ee kuugu dhow ballamana aad la yeelato.
- Booqo www.leicestercity.nhs.uk/dentists si aad faahfaahin uga hesho ballamada dhakhtarka ilkaha aad yeelanayso.

Waxaad dooran kartaa inaad aado dhakhtarka ilkaha NHS meel kasta ee magaalada Leicester – sida meel u dhow gurigaaga ama goobtaada-shaqo ama meel un aad booqanayso.



Daaweynta ilkuhu waa immisa inta ku keceysa?

Haddaad rabto inaad aragto daaweyn bilaash ah. Ka fiiri diiwaanka midig ku qoran. Waxaad u baahan doontaa inaad qaadata cadeyn shaqo waraaq oo aad ku sheegato daaweyn bilaash ah.

Haddaad rabin, qarashka ku kacaya waxay ku xiran tahay hadba daawada aad u baahan tahay. Waa in keliya lagu weydiiyaa qarshaadkii daaweyntii aad dhameysatay – hadey tahay 1, 2, 3 xirmo – xitaa hadaad u baahato inaad booqato dhakhtarkaaga ilkaha hal mar in ka badan ilaa aad ka dhamaysato.

Maxaa ku jira daaweynta xirmooyinka ah?

Xirmada 1 waa £16.50

Qarashkan wuxuu kaa daboolayaa barista, ogaanshaha cudurka (Tus. Raajada) talo-siin ku aadan sidaad dhibaatooyinka mustaqbalka uga hortagi laheyd, cabbirka, dhal-dhalaalinta, maadada ilkaha tirirka galay isku alxanta.

Xirmada 2 waa £46.50

Xirmada 1 waa daryeelid, oo la jirta daaweyn sida buuxinta, ka shaqeynta xididka iliga ama ilko siibida ha lama wax ka badan.

Xirmada 3 waa £198.00

Wax kastoo ku jira Xirmada 1 iyo 2 oo ay la jiraan dahaarka iliga, ilkaha samaysan ama meelaaha ay isaga xirmaan ilkaha.



Ma jiraan daweyn bilaash ah ama caawimaad qarash ku keceysa?

Daaweynta dhakhtarka ilkaha NHS waa bilaash haddii aad tahay:

- Qof da'diisu ka yar tahay 18 sano, (ama 18 sano oo waxbarasho buuxa ku jira) ama
- Uurey ama canug haysatay 12 bilood ee la soo dhaafay, ama
- Bukaani-jiiif oo uu daaweeyey dhakhtarka ilkaha ee isbitaalka, ama
- Isbitaalka Adeega Ilkaha NHS ee bukaan-socodka (balse tani ma dabooli karto ilkaha aartifishaal ah)

Oo xitaa waa bilaash haddii adiga ama lamaanahaaga uu haysto:

- Daqliga Taakuleynta ama Daqliga la-xiriira shaqaaleynta iyo Gunada Taakuleynta, ama
- Daqliga soo gala uu ku saleysan yahay guno la siiyo shaqo-doona, ama
- Kaarka deynta ballanqaadka ee la siiyo dadka howsha ka fariistay.

Oo waana bilaash hadaad haysato:

- Shahaadada cashuurta deyn cafiska NHS, ama awood loo siiyey, ama
- Shahaado HC2 oo rasmi ah. Waxaad ka dalbataa foomka HC1 Jobcentre Plus, GPs, dhakhtarka ilkaha ama ka wac 0845 610 1112 si aad mid u dalbato.

Fadlan xusuusnow inaad qaadata cadeynta warqad ku shaqeynta sidaa darteed dhakhtarka ilkaha wuxuu ogaanayaa inaad xaq u leedahay

Ku soo dhowow mar kale rugta dhakhtarka ilkaha NHS