

# Haddii aad u baahan tahay inaad hadasho, halkan waxaan u joognaa inaanu dhegaysano

Haddii aad werwersan tahay, keli tahay, walaacsan tahay, helida adiga inaad hesho cunto ama dawo, ama aad ka walaacsan yahay wax ku saabsan qof kale kaas oo ah - waxaanu bixin karnaa taageero.

Soo wac laynkayaga bilaashka iyo taageerada qarsoodiga ah ee:

**0808 196 3651**

Saacadaha ay furantahay: 10 subaxnimo to 6 fiidnimo, 7 maalmood todobaadkii  
[www.redcross.org.uk/supportline](http://www.redcross.org.uk/supportline)

Mutadawaciintayada Laan qayrta Cas ee Ingiriiska ee saaxiibtinimada leh waxay karaan:

- caawimada inaad hesho macluumaadka iyo talada
- bixinta mid saaxiibtinimo leh, dhegta dhegaysiga
- kugu xidha adiga taageerada aagaaga.

Waxaanu ku bixin karnaa taageero 200 oo luqaddood



limaylka: [production@redcross.org.uk](mailto:production@redcross.org.uk)

Bulshadda Laan qayrta cad ee Ingiriiska, ay ku jiraan Royal Charter 1908, waa hay'ad deeq ah oo ka diiwaan gashan gudaha Ingiriiska iyo Wales (220949), Scotland (SC037738), Isle of Man (0752) iyo Jersey (430). BRC21-048. Sawirka © Peter Flude/BRC

**The power  
of kindness**