

Health and Wellbeing

Practical information
for independent living



The reference to any company, organisation or website within this guidance is in no way a recommendation or endorsement of that organisation. Individuals engaging with an organisation do so entirely at their own risk.

It is recommended all individuals carry out their own enquiries to satisfy themselves of an organisation's suitability before engaging their services or relying on information provided by them. Northern Care Alliance and Salford City Council cannot accept any liability or responsibility for any loss, injury or claim arising out of the use of any organisation included within this guidance.





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Who is this booklet for?

This guide is for you if everyday tasks are becoming more difficult. It is about the support and services that are in your community.

As well as family, friends and neighbours, many groups and organisations in Salford can help you stay independent and well. We call these **community assets**.

My City Directory is a free website providing Salford residents with information about organisations, services, and activities/events in the local area.

Stay connected, informed, and engaged.

directory.salford.gov.uk

The government endorsed quality scheme **www.trustmark.org.uk** is a good place to find businesses (plumbers, builders, fencers, gardeners etc.), that can carry out work on or around your home.

You should always be careful with information; 'if it seems too good to be true, it probably is' (please see our disclaimer at the start of this guide).

MyCity Directory

A free website providing Salford residents with information about organisations, services and activities/events in the local area.

directory.salford.gov.uk



Every library in Salford has free internet.

Use the internet to find information on almost everything and to get in contact with old friends and new.



Who to contact




- **www.nhs.uk** for health issues and long-term conditions such as heart problems, diabetes and dementia. It also has advice about being well.
- **www.gov.uk** to find government services and information.
- **www.mencap.org.uk** is the main learning disability charity 📞 0808 808 1111.
- **www.mind.org.uk** is the main mental health charity offering services, information and advice 📞 0161 710 1070.
- **www.scope.org.uk** is a charity that exists to make this country a place where disabled people have the same opportunities as everyone 📞 0808 800 3333.
- **www.carersuk.org** is the main charity for people who look after someone else 📞 0808 808 7777.

Older people

Age Well in Salford services provided by Age UK Salford can help you with

- Information and advice
- Volunteering
- Support in your home
- Living with dementia, dementia café and buddy clubs
- Hospital discharge, aftercare and reablement
- Home services including cleaning and shopping
- Community hubs café and gardens

 0161 788 7300

www.ageuk.org.uk/salford

Some other organisations that you could ask for information are:

- **Salford City Council**
 0161 793 2500.
- **www.salford.gov.uk**
Gateway Centres

- **Salford Citizens Advice Bureau**
 0300 3309 074
www.salfordcab.org.uk
- **Salford Carers Centre**
 0161 834 6069
www.gaddumcentre.co.uk
- **Mind in Salford**
 0161 710 1070
www.mindinsalford.org.uk
- **Salford Disability Forum**
 0161 737 1092
<http://thedenistschair.co.uk>
- **Healthwatch Salford**
 0330 355 0300
www.healthwatchsalford.co.uk

There are more telephone numbers at the end of this guide.



Support to live at home

You can make your home safer by making some basic improvements, such as banister and grab rails, removing any loose rugs and making sure you have good lighting.

There are more suggestions at
www.salford.gov.uk/helptoliveathome

Equipment

You can buy equipment at specialist mobility shops or on the internet. If you are unsure, try <https://equipu.livingmadeeasy.org.uk>

Products like walking frames and sticks, anti-flood bath plugs, commodes, shower seats, kettle tippers, beakers, bed grab handles and stair lifts that help you with everyday tasks such as bathing, dressing, cooking and cleaning.



Disabled Living gives free, trustworthy information about equipment and has a showroom where you can find out what works best for you. Disabled Living occupational therapists can advise you and can carry out in depth assessments to work out what would help you the most. There is a shop next door where you can buy items of equipment.



Care on Call

Care on Call mobile warden service provides round-the-clock reassurance and response if you are worried about falling, accidents or other emergencies at home. If you need help, you simply press a button which puts you in touch with Care on Call. Staff will then come to help or alert the emergency services, your doctor or family.

You might also be interested in telecare equipment. It works well with other support (such as Care on Call) and can help give you and your family peace of mind. Ask at Disabled Living or Care on Call.

Telecare

Electronic sensors that detect when there is a problem (for example if you have a fall) and automatically alert the Care on Call mobile warden service, or someone who looks after you.



Telecare can really help if:

- ♥ You are unsteady on your feet.
- ♥ You are still active but may get confused and lost outdoors.
- ♥ You are still keen to do things around the house, but sometimes forget to turn off taps, heaters, cookers and the like.



Help with property essential repairs

Services are available to older and vulnerable residents to tackle essential repairs in and around the home, The service aims to improve the quality of life for people in Salford to support independent living.

Home Improvement Assistance (HIA) service provides support for older and vulnerable people.

The HIA service can help with a range of improvements to keep you safe, dry and warm in your home.

Housing Assistance will be offered in cases where your home is no longer suitable to meet your needs.

The Handyperson Service can assist homeowners and tenant with minor repairs required in the home such as leaking taps, heating problems etc. Call on to see if eligible 0161 793 3445.

Homelessness and Housing Advice

It is important to get help as soon as you have a problem. Salford Housing Options Point have trained officers to help stop you from losing your home. They can also help you move to more suitable accommodation. If you are homeless or at risk of homelessness contact Salford Housing Options Point based at Salford Civic Centre, Chorley Road, Swinton M27 5AD.

Landlord responsibilities and Housing Standards

Landlords have a legal duty to make sure all gas appliances supplied to you are maintained in safe condition. Make sure your landlord carries out a gas safety check by a Gas Safe-registered engineer every 12 months. If you think your gas appliance is faulty, contact your landlord.

If you smell gas or think there is a gas leak, contact the gas emergency helpline on 0800 111 999.

We want to make sure that landlords in Salford provide an excellent service to their tenants. If you rent privately and have disrepair in your property that the landlord has not addressed, then this can be reported to the council.

www.salford.gov.uk/rentercomplaint

Crime Reduction

Salford City Council deal with complaints of anti-social behaviour from Salford homeowners and private tenants. We use a range of powers from informal actions such as mediation, referrals to support services and warnings right through to legal enforcements through the courts.

Rogue traders and doorstep selling

Trading Standards work hard with partners to combat rogue traders who often prey on the most vulnerable in their own home. If you have a concern about a door-step caller and they are in your street call 999.

www.independentage.org/scams



For independent advice about your rights you can also contact the **Citizen Advice** consumer helpline on 0808 223 1133.

- **Crime reduction**
www.salford.gov.uk/crime-reduction-and-emergencies
- **Homelessness**
www.salford.gov.uk/housingoptions
- **Home Improvement Assistance (HIA)**
www.salford.gov.uk/salfordhia
- **Housing Standards and Landlord responsibilities**
www.salford.gov.uk/landlord-standards
- **Trading standards**
www.salford.gov.uk/trading-standards



Who to contact

- **Care on Call** 📞 0161 206 0546
www.salford.gov.uk/careoncall
- **For Housing** 📞 0300 123 55 22
www.forhousing.co.uk/equipment-and-adaptations
- **Disabled Living** 📞 0161 214 4590
www.disabledliving.co.uk
- **Handyperson** hotline 📞 0161 793 3445
www.salford.gov.uk/salfords-handyperson-service
- **Home Improvement Assistance**
📞 0161 793 2896
www.salford.gov.uk/home-improvement-assistance
- **Salix Homes** 📞 0800 218 2000
www.salixhomes.org/contact-us

The header features a light blue dashed line forming a decorative border. Inside this border are several teal-colored flowers of varying sizes and two stacks of gold coins. The text 'Support with money' is written in a large, bold, black, handwritten-style font in the center of the page.

Support with money

If you are worried about money, ask for advice before you get into difficulty.

Contact the **Welfare rights advice line** or, if you are in debt, you can contact the **Debt advice line**. You can also visit the **Money Helper** service or the **Citizens Advice Bureau**. All these services are free and trustworthy.

Planning for your future

Many of us will need health and social care in our lives. Making plans now can save you money, reduce how much care you will need in the future, ensure you get the care you want and make it easier for your family.

If you have savings and investments, occupational pensions, or you own your home, you may benefit from independent, regulated financial advice:
www.salford.gov.uk/financial-advice

Turn2us is a charity that helps people claim money that may be available to them, such as benefits or grants.

MoneySavingExpert is full of useful advice on saving money. It has benefits and tax calculators, in-depth articles, money saving tips and price comparison tables. It also has discussion forums such as 'disability and dosh' and 'over 50s money saving'.

BetterOff Salford

We're doing what we can to help people become better off. Find lots of helpful information on our BetterOff Salford which is an easy way to find out if you're entitled to benefits and help you apply for them online. At the click of a button, you can also find jobs, childcare, and advice on debt or money management. But we're still offering face-to-face support at our drop in BetterOff Coffee and chat sessions in the Gateway centres across the city.

If you need to borrow money **Salford Credit Union** or **Moneyline** can offer you affordable credit. Both organisations are run on a not-for-profit basis.

Who to contact

- BetterOff Salford
www.salford.gov.uk/betteroff
- Debt advice 📞 0800 345 7323 (Monday and Wednesday, 1pm to 4pm) www.salford.gov.uk/welfarerights
- Money Helper 📞 0800 138 7777
www.moneyhelper.org.uk
- Moneyline 📞 0345 643 1553
www.moneyline-uk.com
- Money Saving Expert
www.moneysavingexpert.com
- National Debtline 📞 0808 808 4000
www.nationaldebtline.org
- Salford CAB 📞 0808 278 7802
www.salfordcab.org.uk
- Salford Credit Union 📞 0161 686 5880
www.salfordcreditunion.com
- Turn2us Access to benefits and grants –
www.turn2us.org.uk
- Welfare rights advice 📞 0800 345 7375
(Monday to Friday, 10am to 12pm) www.salford.gov.uk/welfarerights

Support with transport



Public transport

Disabled people (including people with mental health problems) and older people may be entitled to free public transport or reduced fares.

Transport for Greater Manchester (TfGM) provides a range of services including door-to-door transport such as **Ring and Ride** or **Local Link**, travel training and grants for groups.

When you book a taxi or private hire vehicle, tell the operator about any needs you have: giving you extra time to get to the door; knocking on instead of hooting; communication needs; whether you have difficulty getting in and out of cars.

If you cannot use public transport (BEE Network), TfGM may be able to provide travel vouchers to help you pay for taxis and door-to-door services.

Blue Badges

Passengers as well as car drivers can apply for a blue badge, depending on their disability.

Motability scheme

If you have mobility benefits, you may be able to lease a new car, scooter or powered wheelchair instead. The car may be able to be adapted for your use. Other people can drive the car, as long as it is mainly for your benefit.

Mobility scooters

A mobility scooter could offer you more independence but think carefully before buying. Where you will charge it? Where will you store it? Will it fit through your front door? How stable is it? Seek advice from **Disabled Living**.


Wheelchairs

British Red Cross Mobility Aids Service offer wheelchair hire and wheelchair accessory service.



Who to contact

- Blue Badges
 0161 793 2500
www.salford.gov.uk/bluebadges
- Disabled Living
 0161 214 4590
www.disabledliving.co.uk
- Disabled Parking Bays
 0161 793 2500
- Motability
 0300 456 4566
www.motability.co.uk
- Ring and Ride
 0161 200 6011
www.tfgm.com/ways-to-travel
- BEE Network
 0161 244 1000



Making homes warm and healthy

Having a warm home is an important part of having a happy, healthy life. Cold homes can lead to ill health and loneliness for people of all ages.

There are a number of services to help make homes warmer and healthier whilst cutting fuel bills.

Assistance available includes:

- Grant to improve the energy efficiency of your home, such as replace your gas boiler and/or improve home insulation.
 - Free gas safety checks funded by the Council delivered by the Handyperson service.
 - Free energy advice with tips on making your home energy efficient and finding the best tariff
- www.salford.gov.uk/energyadvice**

Affordable warmth assistance

Support for older and vulnerable resident to keep warm and safe in their homes is available from the Council.

The Warm Salford campaign provides advice and information on how to make your home warmer and cut fuel bills. Grants might be available to owner-occupiers to help fund low cost works to help make your home more energy efficient.

Emergency Heating assistance is available to older and vulnerable residents where you are in a 'no heat' situation or your boiler is beyond economical repair.

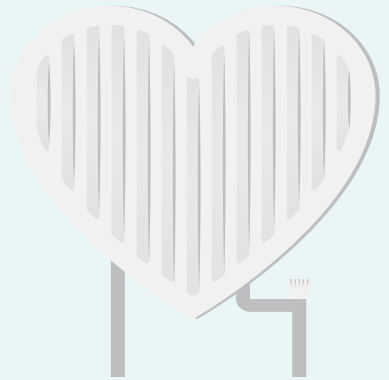
To find out if you are eligible for the above contact hia@salford.gov.uk

www.salford.gov.uk/energyadvice

Salford Assist offers short term support to people in crisis, emergency or major disaster situations including help with emergency supply of gas or electric where there is no heating to the house. To find out more visit www.salford.gov.uk/salfordassist or call 0800 694 3695

Saving money, Save by switching

Switching your energy tariff can be a quick and easy way to bring down the costs for you household bills. Around 60% of UK households are on standard variable rate tariffs, which are the most expensive on the market. The cheapest fixed rate, fixed term deals are up to £800 lower per year.



Salford Foundation

If you need help understanding your energy bills, removing a pre-payment meter or one to one advice on finding the best energy deal Salford Foundation can help.

For more information, email julie.williams@salfordfoundation.org.uk
or call 0161 787 8500.

Energy Company Obligation (ECO) grants Energy company grants to replace boilers and improve home insulation – home owners may be eligible for ECO grants to help with the cost of fitting a new boiler or insulate your homes loft and walls.

To see if you qualify for an ECO grant visit www.salford.gov.uk/warmsalford

Warm Homes Discount

If you are on a low income, you may qualify for a Warm Home Discount scheme. This gives you a rebate of £140 on your electricity bill to pensioners and some other customers on low incomes.

You need to contact your supplier and quote '**Warm Homes Discount**'. Each supplier has limited funds, so don't delay, apply today.

If your supplier is not listed opposite, the number will be on your fuel bill, please contact them and ask about the 'Warm Home Discount' scheme.



Who to contact

List of energy suppliers warm homes discount helplines:

British Gas	 0333 202 9802
Co-operative Energy	 0800 093 7511
EDF	 0333 006 9950
EON	 0808 501 5088
NPower	 0800 138 2322
OVO	 0330 303 5063
Octopus Energy	 0808 164 1088
Scottish Power	 0345 270 0700
Shell Energy	 0330 088 2679
Spark Energy	 0345 130 8966
Utilita	 03303 337 442
Utility Warehouse	 03337 770 777



Support for hobbies, interests and a social life

Many people have told us that joining a local group 'has been a lifeline for them'.

My City Directory is free website providing Salford residents with information about organisations, services and activities/events in the local area.

directory.salford.gov.uk

If you do not use the internet, you can find information at your local Gateway centre or library.

Salford Community Leisure, as well as many churches, synagogues and mosques have lots of groups to join.

Salford's Health Improvement Service supports a wide range of activities across Salford, all of which can help you get healthier. If you do not feel confident about going to a group by yourself, get in touch with them and they will try to help you.

Why we like the internet

The internet can open up a new world to you. It is great for finding information and getting in contact with old friends and new.

Every library in Salford has computers you can use to access the internet for free for 45 minute intervals. Many have accessible features such as text zoom.

Books@Home mobile library service can bring books to your door (including talking books and videos) and Salford Talking News can provide audio news if you have a visual impairment.



Who to contact

- **Salford City Council**
www.salford.gov.uk
- **Salford Community Leisure**
www.salfordcommunityleisure.co.uk
- **Books@Home** 📞 0161 609 5150
www.salfordcommunityleisure.co.uk/libraries/locations/books-home
- **Health Improvement Service** 📞 0800 952 1000
www.salford.gov.uk/health-improvement-service
- **Salford CVS** 📞 0161 787 7795
www.salfordcvs.co.uk
- **Social Adventures** 📞 0161 710 1070
www.socialadventures.org.uk
- **Salford Talking News** 📞 0161 736 8670
www.salford-talking-news.org.uk
- **Start in Salford** 📞 0161 351 6000
www.startinspiringminds.org.uk

Staying well:

support to improve
your health



You can improve your health at any age. It is not just about smoking, alcohol, exercise and healthy eating. It is also about your mental health: feeling valued and safe; not worrying; having friends and coping with daily life.

Five ways to wellbeing

Experts have found that just five activities can make a big difference to your wellbeing – how happy and well you feel.

- 1 Connect** – with the people around you: your family, friends, colleagues and neighbours. Spend time keeping these relationships strong.
- 2 Take notice** – of what is going on around you. Think about your thoughts and feelings, your body and the world around you. Some people call this awareness “mindfulness”. It can make you feel better about life and help you approach challenges.
- 3 Be active** – Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life without having to go to a gym.
- 4 Keep learning** – learning new skills can give you a sense of achievement and a new confidence. Sign up for a cooking course, start learning to play a musical instrument or figure out how to fix your bike.
- 5 Give** – even the smallest act can count, whether it’s a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

Thinking about the future

Completing a well being plan can help you to start thinking about the future. It can also be useful if you want to have difficult conversations with family and friends – about treatment and care you might want in the future.

www.salford.gov.uk/planning-for-your-future

If you have a long term condition

Support and social groups for people with certain conditions (such as heart care, stroke, dementia, visual or hearing impairment) can help you manage your condition and get on with your life. There are also self-care programmes available to help you take control of your condition.

directory.salford.gov.uk

Did you know?

Pharmacists can offer 'on-the-spot' help and advice on minor ailments such as coughs, stomach aches and headaches?



Knowing where to turn

Often self-care is the best option. You can look after yourself by keeping a range of over-the-counter medicine such as painkillers, cough mixture and antiseptic in your medicine cabinet.

When you need medical help quickly but it's not a 999 emergency **NHS 111** is an easy way to get the right help at any time.

Visiting your pharmacist can be a quick way to treat minor ailments such as coughs, stomach aches and headaches. As well as prescriptions, they often provide a wide range of other services and can give 'on-the-spot' advice and help.

Pharmacists are trained health professionals that are often open in the evening and at weekends.

If you are looking for local health services or advice you can try the NHS website.

Accident and Emergency should only be used for serious life threatening illness and injuries. Going to hospital or calling an ambulance with a minor illness puts other people in danger and costs the NHS money that could be better used elsewhere.





Who to contact

- **Salford Community Leisure**
www.salfordcommunityleisure.co.uk
- **Health Improvement Service**
 0800 952 1000
- **Social Adventures**
 0161 710 1070
www.socialadventures.org.uk
- **NHS website and NHS 111**
 111
www.nhs.uk

Support with shopping



Supermarkets offer online shopping and can deliver straight to your door.

There are lots of homecare providers that can help you and do your shopping for you. There is usually a charge for this.

My City Directory can provide you with information on services that can help with domestic tasks. **directory.salford.gov.uk** (These are not recommendations.) If you do not have access to the internet a friend, family member or local Gateway centre may be able print this information for you.

There are companies that can deliver tasty, nutritious frozen meals to your home, such as icare cuisine, Oakhouse and Wiltshire Farm Foods. All you need to do is heat and serve.

Using a trolley instead of carrying heavy bags, or going to the shops more often and buying less at a time can make shopping easier. Sharing a taxi with friends and neighbours could reduce the cost of getting to the shops.

Clothes and other shopping


You can buy most goods and services over the internet.

There are companies that sell comfortable, stylish and easy-to-dress clothing.

There are companies that sell equipment to help you around the home – contact Disabled Living Foundation - AskSARA or use **livingmadeeasy.org.uk** if you are not sure what would help.

Who to contact

- **AgeUK Salford**
Salford shopping and cleaning
 0161 788 7300
www.ageuk.org.uk/salford
- **ICare Cuisine**
Hot, cold and frozen meals
 0161 339 3090
www.icarecuisine.co.uk
- **Oakhouse Foods**
Frozen meals
 0333 370 6700
www.oakhousefoods.co.uk
- **Wiltshire Farm Foods**
Frozen meals
 0800 077 3100
www.wiltshirefarmfoods.com



If you need more support

If you need extra support and your friends, family or community cannot give you that support, you should contact the Health and Social Care Contact Team 0161 206 0604 (option 1)

We will offer you information and advice about your options and talk to you about what you can do for yourself and which areas of daily life you are finding difficult. This is called an **assessment**. As part of the assessment we will work out if you are **eligible** for support from Adult Social Care.

You can make an online request for support from Adult Social Care by accessing Salford City Council's web page. If you find using the internet difficult, you can request support by phoning us.

Adult Social Care in Salford is provided by Salford Care Organisation, part of the Northern Care Alliance, on behalf of Salford City Council.

<https://adultsportal.salford.gov.uk/web/portal/pages/home>




How can we help?

Advocacy

If you need help explaining your situation or understanding the assessment, and you have no-one to help you, we will arrange an independent advocate for you – someone who will make sure that you understand the process and that we listen to your views.

If you are eligible for publicly funded social care, we can also work out how we can help you with the costs. We will need to assess your income, savings and disability-related spending.

Adult health and social care contact team

 0161 206 0604 (option 1)

Deaf text mobile 07970 134894

www.salford.gov.uk/contact-adult-social-care



Useful organisations

Age UK Salford 📞 0161 788 7300

www.ageuk.org.uk/salford

A service that offers a wide range of services and products for older people in Salford, including shopping and cleaning, dementia support and day care.

Care on Call 📞 0161 607 7133

www.salford.gov.uk/careoncall

A mobile warden service, offering a range of support to help you live safely at in your own home.

Disabled Living 📞 0161 607 8200

www.disabledliving.co.uk

Provide independent information about mobility equipment. You can try items out in their showroom.

Independent Age 📞 0845 319 6789

www.independentage.org

Free and impartial advice on home care, care homes, NHS services, housing and other issues affecting older people.

Mind in Salford 📞 0161 212 4880

www.mindinsalford.org.uk

Provides advocacy for everyone and specialist mental health support too.

Moneyline 📞 0345 643 1553

www.moneyline-uk.com

We offer small, unsecured, short-term loans, We lend to people who struggle to borrow from banks, or who pay too much for their money with higher cost lenders.

Penderels Trust 📞 0161 641 5490

www.penderelstrust.org.uk

Help with finding Personal Assistants

Salford CAB 📞 0808 278 7802

www.salfordcab.org.uk

Salford Carers Centre 📞 0161 834 6069

www.gaddumcentre.co.uk

If you provide unpaid support to family or friends who could not manage without this help, you are a carer and we can help you.

Salford Credit Union 📞 0161 686 5880

www.salfordcreditunion.com

A not for profit co-operative offering an easy way to save and an affordable way to borrow.

Salford Disability Forum  0161 737 1092

www.salforddisabilityforum.com


Offers support and advice for people who have a disability and live in Salford.

Welfare Rights and Debt Advice Service


www.salford.gov.uk/welfarerights

We can check that you are getting all your benefits and help you if you are in serious debt.

Welfare rights advice

 0800 345 7375 (Monday to Friday, 10am to 12pm)

Debt advice

 0800 345 7323 (Monday and Wednesday, 1pm to 4pm)

If you find any mistakes in this booklet
or you think something is missing please
email laura.rose@nca.nhs.uk

Disabled Living  0161 607 8200

www.salford.gov.uk/health

www.nhs.uk

This document can be provided in other formats such as large print, audio, electronic and Braille formats. Please telephone **0161 206 0604** text (deaf) **07970134894** or **social.services@nca.nhs.uk**

If you need this document translated, please contact us on the number below.

Czech

Pokud potřebujete přeložit tento dokument do vašeho jazyka, kontaktujte nás na uvedeném čísle.

French

Si vous avez besoin d'une traduction de ce document, veuillez nous contacter sur le numéro mentionné ci-dessous.

Polish

Jeśli potrzebują Państwo kopię tego dokumentu przetłumaczoną na Państwa język, prosimy o kontakt na numer podany poniżej.

Somali

Haddii aad u baahan tahay dukumiintigan oo luuqaddaada ku turjuman, fadlan naga la soo xiriir nambarka hoos ku qoran.

Russian

Если Вам нужен перевод данного документа на русский язык, пожалуйста, свяжитесь с нами по ниже указанному номеру.

Chinese

如果您需要此文件翻譯成中文，請用以下電話號碼與我們聯絡。

如果您需要此文件翻译成中文，請用以下电话号码与我们联络。

Hindi

यदि आपको इस दस्तावेज का अनुवाद आपकी भाषा में चाहिये, तो कृपया नीचे दिये नंबर पर हम से संपर्क करें।

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ ਦਾ ਤਰਜਮਾ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਹੇਠ ਦਿੱਤੇ ਨੰਬਰ ਤੇ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

Tigrinya

ገዢ ሰነድ ናብ ቋንቋኹም ክቈርጉም ኣገተደኣ ደለኹም? በዚ ኣብ ታሕቲ ተጠቐሱ ዘሉ ቁጽራ ተሌፎን ደግልኩም ተወክሱ።

Arabic

إذا احتجت لأن تترجم هذه الوثيقة الى لغتك، فالرجاء الاتصال بنا على الرقم المبين اسفله.

Farsi

اگر شما ترجمه این مطلب را به زبان خود نیاز دارید، لطفاً از طریق شماره تلفن زیر با ما تماس بگیرید.

Kurdish Sorani

ئەگەر دەخوازیت ئەم دۆکیومینتە (بەلگە نامەییە) وەر یگێڕدریت بۆ زمانی خۆت، ئەوا تکایە پەییوەندیمان پێوە بکە لە ڕیگەیی ئەم ژمارەییە خوارەوه.

Pashto

کچیری ددی سند ترجمه پخپله ژبه غواری، لطفاً په لاندی شمیره مونږ سره اړیکه ونیسی.

Urdu

اگر آپ اس دستاویز کا اپنی زبان میں ترجمہ چاہتے ہیں، تو برائے مہربانی نیچے دیئے گئے نمبر پر رابطہ کیجئے۔

 **0161 206 0604 option 1**