

## Caawinta loogu talagalay Mangalyo doonayaasha aaga Bristol

### La cusbooneysiya: Desember 2020

Macluumaad waxaa lagu helaya Carabig, Soomaali, Kurdish Sorani, Pashto, Farsi, Urdu, Albaniyan, Bengali, Faransiis, Mandarin, iyo Vietnamese. Turjumista waa halkan <https://www.bristolrefugeerights.org/how-we-help/i-need-help-i-start/>

**Dhammaan booqashooyinka aan la ballasanin ayaa si murugo leh u xiran ilaa ay badqabku ku soo noqoto in dib loo furo.** Waxaan weli bixinaa adeegyada waxaana lagugu caawin karaa telefoonka, fariinta iyo email-ka. Wixii Akhbaar ah ka farii websaydyadeena. Waxaan bilaabi doonaa inaan dib u furno adeegyadeena sida ugu dhaqsiiyaha badan marka ay badqab noqoto.

Haddii aad u maleeyso inaad qabto astaamaha Covid-19, **HAA AADIN GP-kaaga ama farmashiyaahaga**, wac 111. Waxaad weydisan kartaa turjumaan. ama halkaan booqo: <https://111.nhs.uk/> Si aad isugu diiwaangeliso baarista COVID oo lacag la'aan ah waxaad wici kartaa [119](#)

Macluumaad la turjumay ee ku saabsan Korona fayraska <https://www.doctorsoftheworld.org.uk/coronavirus-information/#>

Sharciyadda dowladda ee ku saabsan waxaan aan ku sameeynayno halkaan: <https://www.gov.uk/coronavirus>



#### Xuquuqaha Qaxootiga Bristol

**Telefoonka** Fariinta/ WhatsApp: 07526 352353. Waqtiyada aan ka jawaabi karno way xadidnaan doonaan laakiin fadlan noo sheeg magacaaga iyo lambarka taleefankaaga.

Waxaan kuu soo wici doonaa dib marka aan awoodno. Haddii aad u baahan tahay turjumaan, noo sheeg luuqad aad ku hadasho.

**Kooxda Talada** Ayaa ka caawinaysa hoyiga mangalyodoonkaaga, taageerada magangalyo ama sheegashada magangalyada [advice@bristolrefugeerights.org](mailto:advice@bristolrefugeerights.org)

**Kooxda Soo dhaweena** Hawlaha, oo ay ku jiraan fasalada Ingiriisiga, kooxda fayo-qabka, yoga, fasalka jirdhiska iyo soo gudbinta wixii ah taageerada kale, tikiyadda safarka, cuntada iwm.

**Tilmaamaha Mangalyada** haddii aad jaceshay in laga caawiyo fahamka nidaamka magangalyada macluumaad ku saabsan waxa u yahay heerka xiga ee nidaamka magangalyada <https://forms.gle/yDhLxKEWUab5eUhv9>. Nagala soo xiriir telefoonka si aad ugu lug yeelato ama codsato caawin.

#### Taageerada Red Cross Refugee

<https://www.redcross.org.uk/get-help/get-help-as-a-refugee>

**telefoon, fariin ama WhatsApp 07739 863 036 / email [refugeeservicebristol@redcross.org.uk](mailto:refugeeservicebristol@redcross.org.uk)**

Waxaan isku dayi doonaa in la helo **Isniinta, Taaladda, Arbacada iyo Jimcanaha 11 subaxnimo – 3 galabnimo**. Haddii aysan jirin jawaab, dhaaf fariin ama nagu soo aof, iyo kiiska ka shaqeyaha dib ula soo xiriir.

Fadlan noo sheeg macagaaga ama qofka aad wicitaanka aad wakiilka ug tahay, lamabarka telefoonka iyo sababta wicitaanka.



**Qaxootiga Dumarka (Refugee Women of Bristol) Telefoonka 07939582252 / email-ka**

Waxaan bixinaa taageero dareen iyo mid wax ku ool ah oo loogu talagalay haweenka oo ay ku jiraan kuwa la kulma rabshadaha qoyska; tarjumaadda macluumaadka ugu dambeeyay ee dowladda iyo NHS; taageerida xubnaheena si ay u helaan daryeel caafimaad; xiisadah toddobaadlaha ah ee ku baxa khadka iyo fasalada ESOL iyo barnaamijkeena Saaxiibtinimada Bulshada cusub socda iyo Taageerada. Waxaan kala shaqeyneynaa shabakadeena haween badan oo degan sibloo u taageero kuwa aad loo takooray. Waxaan isku dayi doonaa in nala helo maalin walba toddobaadka. Haddii aysan jirin jawaab, dhaaf fariin ama nagu soo qor, shaqaalaha bulshada ayaa dib kuu soo wici doonaa.



**Borderlands** <https://www.borderlands.uk.com/> **Telefoonka: 01179040479**  
[enquiries@borderlands.uk.com](mailto:enquiries@borderlands.uk.com)

**Cuntada** bacaha iyo cuntada laga qaato ayaa laga soo qaadi karaa The Assisi Centre, Lawfords Gate, BS5 0RE on **Taaladda** inta u dhaxeysa 12:30-1:30duhurnimo. Haddii aad difaacayso, waxaan cuntada kuu keeni karnaa gurigaaga.

**Fasalada Ingriiska** ayaa hadda lagu bixiya telefoonka ama Zoom.

**Kormeerida Mashruuca** ayaa u shaqeynaya fool ka fool waxaana aqbalaynaa soo gudbino cusub. Wixii macluumaad dheeraad ah, fadlan email u dir [SusannaMentoring.borderlands@gmail.com](mailto:SusannaMentoring.borderlands@gmail.com).



**Bristol Hospitality Network** <https://www.bhn.org.uk/> **Telefoonka, 0117 379 0011**

Haddii aysan jirin jawaab, dhaaf fariin oo ay la socoto magacaaga iyo lambarka telefoonkaaga.

Dib ayaan kuu soo wici doonaa. Email-ka kooxda caawinta [elinor@bhn.org.uk](mailto:elinor@bhn.org.uk)

Waxaan ku dhawnahay soo gudbinta margelinta cusub. Taageerada xubnaha hore iyo margelinta ayaa sii socon doontaa.



**Aid Box Community** <https://www.aidboxcommunity.co.uk/>

**174b Cheltenham Road, Bristol BS6 5RE Phone 017 336 8441**

**Xiriirada Aid Box** waxay kugu xiri kartaa tabarucaha ABC, kaas oo si joogto ah kula soo xiriir doona oo saaxiib aad la hadli karto..

**Dukumaaysi Lacag la'aan ee Aid Box** - Waxaad ka dalban si Lacag La'aan ah ugu kartaa Dukaankeena waxyaabaha muhiimka u ah nolosha sida dharka, qalabka suuliga, boorsooyinka, iyo kabaha, waan kuu keeni doona, ama waad qaadan kartaa. <https://tinyurl.com/yy3vtvh8>

**Kooxda Dumarka Aid Box** - Waxaan ku kulan iswehshiga Isniinta, madaalo, qoob ka ciyaar, yoga iyo cunto marka aan awoodno.



**Project MAMA** <https://projectmama.org/>

Project MAMA weli wuxuu aqbalaya soo gudbinta dumarka uurka leh oo dhan, foosha iyo dhalista iyo waalidnimada hore. Waxaan hadda mudnaan taageerida telefoonka ama shaqsi ahaan ku siinayna dumarka laheyn lamanaaysha iyada loogu soo marinayo telefoonka ama shaqsi ahaan. Hadda waxaan awoodna inaan uga qeybgalno dhalashooyinka sida lamaanaha dhalimada adoo la raacayo xayiraadaha Covid.