

TRAN: ARCH



Compiled by Transparency Research  
Rear Offices 24 New Road, Chippenham, Wiltshire SN15 1HS UK  
[www.transparencyresearch.co.uk](http://www.transparencyresearch.co.uk)

[www.bristol.gov/isfahankabristol](http://www.bristol.gov/isfahankabristol)

# Tusmadda

1. FAAHFAAHIN.....	8
2. TUSAALE KOOBAN OO XAGGA DHAQANKA KU SAABSAN.....	10
3. DARYEELKA CAAFIMAADKA.....	11
3.1. Dhakhaatiirta loo yaqaan GP-ga.....	11
3.1.1. Sideen ku helayaa GP-ga?.....	11
3.1.2. Maxaan u baahanahay inaan sameeyo si aan isaga diiwaan galiyo GP-ga?	11
3.1.3. Adeeg nooc ee ah ayuu sameeyaa GP-gu?.....	12
3.1.4. Adeega GP-ga Miyay tahay inaan lacag ka bixiyo?.....	12
3.1.5. Sideen kuhelayaa saacada shaqada ka baxsan haddii aan u baahdon dhakhtar?.....	12
3.1.6. Maxaan sameeyaa haddii uu i qancin waayo adeega lay qabtay?.....	13
3.1.7. Maxaa dhacaya haddii GP-gu caawin kari waayo?.....	13
3.2. Cusbitaaladda.....	13
3.3. Xaruumaha caafimaadka wadanka ee NHS Walk-in-Centres.....	13
3.3.1. Maxay yihiin xaruumaha caafimaadka wadanka?.....	13
3.3.2. Xageen ka hellayaa Walk-in Centre?.....	13
3.4. Diiwaanka NHS-ta `NHS Direct`.....	14
3.4.1. Waa maxay diiwaanka NHS-tu?.....	14
3.4.2. Sideen ula xidhiidhi karaa?.....	14
3.5. Farmasiilayaasha `Pharmaciest`.....	14
3.5.1. Maxay yihiin farmasiilayaashu?.....	14
3.5.2. Maxay qabtaan?.....	14
3.5.3. Miyaa laga rabaa wax lacag ah in aan kabixiyo daawadda GP-gu isoo qoro?	14
3.6. Dhakhtarka Ilkaha.....	14
3.6.1. Maxuu qabtaa dhakhtarka ilkuhu?.....	14
3.6.2. Sidee ayaan u heli karaa?.....	14
3.6.3. Miyaa la'iga rabaa wax lacag ah in aan ka bixinayaa adeegan?.....	15
3.6.4. Maxaan sameeyaa hadii aan u baahdo daaweyn saacadaha shaqadda ka baxsan?.....	15
3.7. Dhakhtarka indhaha `optician`?.....	15
3.7.1. Maxuu yahay dhakhtarka indhuhu `optician`?.....	15
3.7.2. Sideen ku hellayaa?.....	15
3.7.3. Miyaa layga rabaa lacag adeegan?.....	15
4. XAALADDO CAAFIMAAD OO GAAR AH.....	16
4.1. Gudniinka Fircooniga ah ama xalaalaynta haweenka (FGM).....	16
4.2. Xanuunka loo yaqaan HIV/AIDS.....	17
4.2.1. Astaamaha iyo tilmaamaha lagu garto.....	17

4.2.2. Siduu iigu dhici karaa HIV-gu?.....	17
4.2.3. HIV-GA laguma kala qaado:.....	17
4.2.4. Sideed ku ogaanaysaa hadaad qabto HIV-ga.....	18
4.2.5. Ururadda taageeradda ee Bristol.....	18
Cusbitaaladda carurrta iyo waalidiinta qaba HIV-ga.....	18
4.3. Qaaxadda ama “TB-da”.....	19
4.3.1. Sidee Lagu Qaadaa “TB-da”.....	19
4.3.2. Waa maxay astaamaha lagu garto TB-da.....	19
4.3.3. Mala Daweyn karaa TB-da.....	19
4.3.4. Waa maxay dawadeeda?.....	20
4.3.5. Dawadu miyay leedahay waxyeelo?.....	20
4.3.6. Haddii xanuunku I hayo sidee ayaan uga ilaalin karaa inaan qaadsiiyo dadka kale.....	20
4.3.7. Taageeradd dadka qaba TB-da iyo qoysaskooda.....	20
4.4. Wadna Xanuunka.....	20
4.4.1. Waa maxay wadna xanuunku?.....	20
4.4.2. Sidee lagu qaadaa wadna xanuunka?.....	21
4.4.3. Waa maxay astaamaha lagu garto wadna xanuunka?.....	21
4.4.4. Dawwo ma Leeyahay wadna xanuunku?.....	21
4.4.5. Sidee Lagu Daweeyaa?.....	21
4.4.6. Siduu nolosha u saamayn karo wadna xanuunku.....	21
4.4.7. Taageeradda dadka wadna xanuunku hayo iyo qoysaskooda.....	22
4.5. Dhiig Karka “High Blood Pressure”.....	22
4.5.1. Waa maxay dhiig karku.....	22
4.5.2. Waa maxay astaamaha iyo tilmaamaha lagu garto dhiig karku?.....	22
4.5.3. Ka hortaga dhiig karka.....	22
4.5.4. Maxaa lagu daaweyn karaa dhiig karka?.....	23
4.5.5. U’ruro iyo website-yo faa’iido leh.....	23
4.6. Macaanka “Diabetes”.....	24
4.6.1. Waa maxay macaanku?.....	24
4.6.2. Waxyaabaha khatarta ku ah macaanka.....	24
4.6.3. Astaamaha macaanka.....	24
4.6.4. Daaweynta macaanka.....	24
4.6.5. Ka badbaadida macaanka.....	25
4.7. Kansarka (Cancer).....	25
4.7.1. Waa maxay astaamaha kansarku?.....	25
4.7.2. Kansarka ku dhaca naacaha.....	26
4.7.3. Breast cancer.....	26
4.7.4. Cervical cancer-ka.....	26
4.7.5. Prostrate cancer-ka.....	26
4.7.6. Dawo maleeyahay cancerku?.....	27

4.7.7. Maxaa lagu daweyyaa?.....	27
4.7.8. Xanaanaynta dadka cudurkoodu aanu dawo la'hayn (Palliative Care).....	27
4.7.9. Taageeradda daka kansarku hayo iyo qoysaskooda.....	27
4.8. Fiitamiin "D" daradda.....	28
4.8.1. Cidee ayey ku dhacdaa fiitamiin "D" la'aantu?.....	28
4.8.2. Astaamihiisa.....	28
4.8.3. Daaweynta.....	29
4.9. Qalitaanka xilliga dhalmada.....	29
4.10. Baadhista maydka "Autopsies-ka".....	29
4.11. Daryeelka maanka.....	30
4.11.1 Wadda tashiga "Counselling".....	30
4.11.2. Astaamaha maanka caafimaadka liita.....	30
4.11.3. Waxaad samayn kartid si'aad u daryeesho maankaaga.....	31
4.11.4. Waxaad Taageero Dheeraad ah ka heli kartaa.....	31
5. GURYAHA "HOUSING-KA".....	32
5.1. Ka kiraysashadda guryaha hantiilayaasha gaarka ah sida lagu hello.....	32
5.1.1. Warbixin muhiim ah.....	32
5.2. Kirada guryaha ee dadweynaha sida "kaansalka" ama "iskaashtoyinka guryaha "housing associations".....	32
5.2.1. Sida lagu hello guryaha iskaashatada ama kaansalku leeyahay.....	32
5.3. Ku noolaanshaha gurigaaga.....	33
5.4. Haddii aad guri ka guurto.....	34
5.5. Guri la'aanta.....	35
5.6. Maxadada loogu talo galay macaamiisha Council-ka.....	35
6. ADEEGYADDA DEGDEG AH "EMERGENCY SERVICES".....	37
6.1. Waxyaalaha degdega ah.....	37
6.2. Sharciga.....	37
6.3. Dab-damiska iyo adeega samata bixinta.....	38
7. CAYDHA "BENEFITS".....	39
7.1. Taladda iyo warbixinta.....	39
7.2. Tallo bixinta socdaalka iyo magan-gelyadda.....	40
8. WAXBARASHADDA.....	40
8.1. Caruurta.....	41
8.1.1. Dugsiyadda iyo nursery-yadda.....	41
8.2. Sideen ugu helli karaa ilmahayga/caruurtaada boos dugsi Bristol ku yaal?.....	42
8.3. Dugsiyadda gaarka ah.....	42
8.4. Waxbarashadda dadka waaweyn.....	43
8.4.1. Afka ingiriisida.....	43
8.4.2. Waxbarasho dheeraada.....	43
8.5. Shaqadda.....	44
8.5.1. Taageero sidii aad shaqo u helli lahayd.....	44

8.5.2. Xarumaha Jobcentre Plus-ka ee Bristol.....	44
8.6. Ururada isutaga shaqaalaha `Trade Unions’.....	45
8.7. Xuquuqda shaqaalaha.....	45
9. GANACSIGA IYO QOFKII ISKII U SHAQAYSANAYA.....	46
9.1. Waxyaalo laga fikiri karo.....	46
9.1.1. Tababar/tallo.....	46
9.1.2. Sida loo ganacsado.....	46
9.2. Lacagta.....	47
9.3. Diiwaan gelinta iyo xisaabaadka.....	47
9.4. Cashuurta dakhliga `Income Tax’.....	47
9.5. Cashuurta saaran qiimaha alaabta (VAT).....	47
9.6. Dhismaha.....	47
9.7. Xadiga ganacsiga.....	48
9.8. Caafimaadka iyo fayo’dhowrka.....	48
9.9. Caymiska.....	48
9.10. Pension-ka.....	48
9.11. Sharciga socdaalka.....	48
9.12. Shaqo bixinta.....	48
9.13. Cashuurta wadanka ee loo yaqaan `National Insurance Contributions’.....	48
9.14. Meelahaad tallada ka hellayso.....	48
9.15. Maxaan sameeyaa hadaan u baahanay inaan ka furto hudheel cunto ama cafe magaaladda Bristol?.....	49
9.16. Maxaan sameynayaa haddii aan rabo inaan darawal tagasi ka noqdo Bristol?....	49
10. SOCDAALKA.....	51
10.1. wadista baabuurta.....	51
10.1.1. maxaad u baahan tahay si aad baabuur ugu wadato wadankan gudahiisa?	51
10.1.2. Baabuurku waa inuu ku diiwaan gashanaadaa magaca qofka iska leh.....	51
10.1.3. Full driving licence oo shaqaynaya.....	51
10.1.4. Xeerar sharci asaasi ah.....	52
10.2. Socdaalka Bristol haraheeda.....	52
10.2.1. Basaska magaaladda (buses operate in the city).....	52
10.2.2. Kaadhka socdaalka `Travelcard’.....	52
10.2.3. Baaskiilka `cycling’.....	52
10.2.4. Tareenka degmadda: Severn Beach Line.....	53
10.3. Socdaalka wadanka gudahiisa.....	53
10.3.1. Tareenadda.....	53
10.3.2. Xarunta Tareenka ee Temple Meads Train Station.....	53
10.3.3. Bristol Parkway Station.....	53
10.4. Basaska “buses”.....	53
10.4.1. Xarunta basaska ee Bristol Bus Station.....	54
11 QASHINKA IYO RECYCLING-KA.....	55

11.1. Haddii aad ku nooshahay Guri “if you live in a house” .....	55
11.2. Haddii aad Flat ku nooshahay “if you live in a flat” .....	55
12. MASAAJIDDA “MOSQUES” .....	57
12.1. Ururadda kale ee muslimka ah “Other Muslim organisations” .....	57
13. ASAL-RAAC AH MABDA AMA DIIN “RADICALISATION” .....	58
14. DADKA WAAWEYN “OLDER PEOPLE” .....	59
14.1. Pension credit-ka .....	59
14.1.1. Waa maxay Pension Credit-ku? .....	59
14.2. Taageeradda dadka waaweyn .....	59
14.2.1. Nolosha .....	59
14.2.2. Linksan Service and the Somali Disabled and Elderly Association .....	60
14.3. Housing-ka .....	60
14.3.1. guryaha lagu taageero dadka waaweyn .....	60
14.4. Isgaadhsiinta Gaadiidka .....	60
14.4.1. Parking-ka dadka la'xaadka la' .....	60
14.4.2. Buses-ka .....	60
14.4.3. Dial-a Ride .....	60
14.4.4. Kursiga dadka laxaadka la' ee muddo gaaban la isticmaalo .....	60
14.4.5. Fursadaha tabaruca ah ee dadka waaweyn .....	60
15. DHALINYARADDA “YOUNG PEOPLE” .....	62
15.1. Waxbarashadda iyo shaqadda .....	62
15.1.1. Maxay dadka da'doodu yartahay qabtaan markay dhameeyaan sanad dugsiyeedka 11aad? .....	62
15.2. Caafimaadka .....	63
15.2.1. Caafimaadka guud .....	63
15.2.2. Caafimaadka iyo xidhiidhka .....	63
15.2.3. Faahfaahin ku saabsan caafimaadka 14 ilaa 16 jirka .....	64
15.2.4. NSPCC .....	64
15.2.5. Daroogadda “Drugs” .....	64
15.2.6. Caafimaadka galmadda “Sexual Health” .....	64
15.2.7. Galmadda .....	64
15.2.8. Ururadda bixin kara tallo degdeg ah oo ku saabsan arimaha la xidhiidha kahortaga cudurada iyo galmadda caafimaadka .....	64
15.3. Ururadda iyo kooxaha dadka da'da yar .....	65
15.4. Tabaruca iyo fursadaha dhalinyaradda .....	66
15.5. Waxyaabaha laqaban karo waqtiga firaaqada lahaysto “Leisure Activities” .....	67
15.5.1. Rugta Kutubta `Libraries' .....	68
15.5.2. Goobaha kulanka iyo spoortiga (Recreation & Sports) .....	68
15.5.3. Beer ama jardiino caws leh oo dadku ku nastaan (Parks) .....	68
15.5.4. Goobaha ciyaaraha tabaruca ah “Adventure playground” .....	68
15.5.5. Matxafka, Carwadda, iyo dhigaaladda taariikhiga ah `Museums, galleries	

and archives'.....	69
15.6. Tabarucista "Volunteering".....	70
15.6.1. Su'aalo la'is weydiin karo oo ku saabsan tabaruca iyo cida tabaruc samayn karta.....	70
15.6.2. Sidee ayaan ku noqon karaa tabaruce?.....	70
15.6.3. Miyaa layga qaadi doonaa interview?.....	70
15.6.4. Miyaan wali qaadan karaa benefits-ka haddii aan tabaruc samaynayo?... ..	71
15.6.5. Maxay tahay xuquuqdaydo markaan hayo shaqo tabaruc ah?.....	71
15.6.6. Haddii aanan jeclayn maka tegikaraa?.....	71
15.6.7. Xagee ayaan ka samayn karaa tabaruc? "where can I volunteer?".....	71
16. KA QAYB GALKA SIYAASADDA (Taking part in politics).....	73
16.1 Diiwaan galinta cod bixiyayaasha.....	73
16.1.1. Waa maxay Electrol Register-ku?.....	73
16.1.2. Xilima ayaad is diiwaan gellin kartaa?.....	73
16.1.3. Qofkee is diiwaan gellin kara?.....	73
16.1.4. Sidee loo dalbadaa is diiwaan gellinta?.....	73
16.1.5. Celinta arjiga dalabka codaynta.....	73
16.2. Kuwa si buuxa u diiwan gashan.....	73
16.2.1. Ka diiwaanka lagu daray.....	74
17. DHALASHADDA, DHIMASHADDA IYO GUURKA "BIRTH, DEATH & MARRIAGE"...	75
17.1. Dhalashadda.....	75
17.2. Dhimashadda.....	75
17.3. Guurka.....	75
18. LACAGTA "MONEY".....	76
18.1. Bangiyaada "Banks".....	76
18.2. Lacagta dalkii loo dirayo "Sending money home".....	76
19. KOOXDA QAABILSAN HORUMARKA IYO ISKU XIDHNAANTA JAALIYADDA EE DOWLADDA HOOSE "Equalities and Community Cohesion Unit".....	77
19.1. Kooxda Iskuxidhka Jaaliyaddaha `Community "Community Cohesion Unit".....	77

## 1. FAAHFAAHIN

Ujeedada nuqulkani waa sidii aad uga faa'idaysan lahayd adeegyadda dadweynaha ee loogu tallagallay bulshadda soomaaliyeed ee degan magaaladda Bristol

Sida xaqiiqdu tahay waxaad ka timi wadan kale ama aad ku hadashaa luqad kale waxaana suurta gal ah in aanad waxba ka garanin sida ay wax u socdaan ama ay u shaqeeynayaan adeegyadda ay qabtaan ururadda u adeega danaha dadweynaha iyo wixii la mid ah (i.w.m)

Sidii aad wax u qabsan lahayd iyo halkii aad kaga hagaagi lahayd waxii aad u baahato. Taasoo sababtuna ay tahay kala duwanaanshaha meelaha adeegyadda aad ka hellayso iyo kala duwanaanshaha bulshadda.

Dhaqamadda kala duwani waxay leeyihiin dabeecaddo, dhaqameedyo iyo macaamiloyin kala duwan. Hadday noqoto xag ganacsi iyo haddii ay tahay nololsha shaqsi ahaaneedba. Tusaale ahaan wadamo kala duwan ayaa leh sharciyo dhaqan dhaqaale iyo dabeecadeed oo kala duwan iyo ururo kala duwan oo u adeega danaha bulshooyinkooda. Wax wadan sharci ka ah oo laga ogol yahay ayaa wadan kale ka ah denbi culus oo ku gellin kara ganaax iyo ciqaab.

Sidii aad u samayn lahayd ganacsi ama meherad, ama aad u helli lahayd tallo-bxin caafimaad, ama aad u helli lahayd waxbarasho ama shaqo ayaa waxay ku kala duwan yihiin hadba sida ay u habaysatay ee ay u maamulato hadba bulshadda ama dadweynaha gaarka ah goobtaasi degeni.

Arimahani waa qaar ku adkaan kara qof kasta sidii uu ula qabsan lahaa, Waxaanay kugu qaadanaysaa waqti iyo kharashba taasoo lagala kulmi karo niyad jab, dhibaato, iyo qaladdo badan. Sidaa daradeed ayaa nuqulkan loogu tallo gallya gaar ahaan bulshadda soomaaliyeed ee degan magaaladda Bristol. Taasi oo ah xog ku saabsan sida ay u shaqeeyaan ururadda iyo adeegyadda dalkan midowga boqortooyaddu.

Sidii aad u sheegi lahayd fal danbiyeed, ama aad u helli lahayd xanaano caafimaad, barashadda luqadda ingiriisidda ee dadka waaweyn, sidii aad ugu helli lahayd caruurtaadda dugsi ay wax ku bartaan, sida meelaha ay ku yaalaan masaajidaddu, iyo sida waxyaalihii aad ka samayn lahayd hadii ay markaa yihiin qaar ku khuseeya arimaha xagjirnimadda iyo ku tallax tegista ahi.

Dad badani waxay jeclaan lahayeen inay dib ugu noqdaan soomaaliya oo ay halkaa ku noolaadaan, inkastoo aanay suurta-gal u ahayn badankooda. Waxaa muhiima inaad ogaato siday bulshadda halkani u habaysan tahay. Haddii qof soomaaliya jooga ku weydiiyo sida uu u shaqeeyo dhaqaalaha wadankani miyaad garan lahayd? Miyaad garanaysaa cidii aad lahadli lahayd hadii ilmahaagu xanuusanaayo? Yaad kala hadlaysaa haddii ilmahaagu dhibaato kala kulmo dugsi? Soomaali ahaan Bristol gudaheeda waxaa aad u muhiim ah inaad ogaato sidii aad u helli lahayd adeegyadda bulshadda loogu tallo gallya ama aad ula xidhiidhi lahayd, haddii kale waxaa hubaal ah in ay kugu adkaanayso sidii aad ugu noolan lahayd.

Dadka isku du'bariday qoraalkani waxay rajaynayaan in ay warbixinta bogagani kaa caawin doonto in aad si fiican u fahanto bulshadda wadankan iyo sida ay u shaqeeyso.

Transparency Research waxa ay si balaadhan ugalla tashatay community-ga fikradahooda iyo waxyaabaha ay u baahan yihiin ee warbixinta ku jiri lahaa. Dadka lala tashaday waxaa kamid ah odayaasha bulshadda soomalidda, dadka ganacsatadda ah, ururadda

haweenka, iyo ururadda dhalinyaradda. Dadka kale ee iyana lala tashaday waxaa ka mid ah dadka adeegyadda bixiya waxbarashadda iyo caafimaadka, ruradda tallo-bixinta iyo bilayska. Warbixintanina waxay muujinaysaa natiijo ka dhalatay wada tashi iyo baahi cad oo loo qabo xog ku saabsan sidii loo helli lahaa isla markaana loola xidhiidhi lahaa adeegyadda dadweynaha.

Miyay jiraan wax soomaalida u gaar ahi? Soomaali badan ayaa soo degtay magaalada sanadihii u dembeeyey. Qoysas iyo dad dhalinyarro ah yaa imanayaa kuwaas oo aan ahayn keliya dad kasoo qaxaaya xasilooni daradda ka jirta wadanka soomaaliya, balse ay ka mid yihiin dad kale oo degenaa wadamadda kale ee midawga yurubiyaanka ah.

Qoysas ku kala lumay dagaalkii ayaa dib isu urursanaaya, kuwa kalana waxay soo degeyaan magaaladda Bristol. Qaarkoodna waxay raadinayaa fursado shaqo ah ama nolol fiican.

Tiradda dhabta ah ee dadka soomaalida ah ee ku nool magaaladda Bristol si dhab ah looma hayo, Waxase jirta oo laga warqabaa in agaagaarka magaaladda Bristol ay soo dageen dadbadani. Qiyaasta tiradda soomalidda waxaa lagu qiyaasaa magaaladda Bristol inta u dhaxaysaa 7,000 ilaa 15,000 oo qof. Goobaha adeegyadda dadweynuhu waxay arkeen tiro kordhaysa oo dad soomaaliyeed ah oo isticmaalaya adeegyadda magaaladda Bristol, Waxaanay bilaabayaana sidii ay suurta-gal uga dhigi lahayeen baahidooda gaarka ah.

Dhibaatadda dadka soomaalida ah badakoodu la kulmaan waxay la xidhiidhaa xirfadd la'aanta luqadda afka ingiriisidda ah iyo aqoon daradda ururadda Bristol. Arimahanina waa qaar horseedi kara niyad jab, kuna gellin kara cidhiidhi, iyo ka dhex baxis bulshadda inteeda kale ah. Ujeedada warbixinta nuqulkanina waa tusaale iyo talaabo ka hortoga

Iyo warbixin waxtar leh oo loogu tallo gallay bulshadda inay ka caawiso dadka wada shaqayn fiican iyaga iyo ururadda u adeega dadweynaha.

## **2. TUSAALE KOOBAN OO XAGGA DHAQANKA KU SAABSAN**

Qeyb ka mid ah warbixintan waxaa laga soo xigtay 'buug gacmeedka' Kusoo Dhawoow Britain' kasoo ay daabacday degmadda Bristol iyo laanta dab demiska iyo samato bixinta ee Avon

Marka aad gasho dukaan ama aad sugayso baska waxaa kugu waajib ah inaad gasho safka ama kayuuga uu markaa dadka kasoo horeeyay ku jiro. Taaso haddii aanad sidaa samaynay ah mid qalad ah isla markaana ah mid cadho gelin karta dadka kale.

Waxaad isku daydaa in'aanad isla taagin dad fara badan meelaha dariiqyadda ee dadku marayaan, isla markaana aanad xidhin jidka, taasoo keeni karta dhibaato iyo xanibaad.

Dadka wadankan qaar ka mid ahi waxay qabaan inay tahay edab darro iyo axmaqnimo, mana jecla eegmada iyo in uu isha la raaco qof markaa anay aqoon isu lahayn ama aanay is garanahayn.

Qiiijinta ama cabista sigaarku iyo isticmaalka telefoonka gacantu waa ka mamnuuc dhismayaasha dadweynaha iyo goobaha dadka ka dhexeeya ee la wada degen yahay

Waa qalad iyo edeb darro inaad wax ku tufto dibadda ama goobaha dadka ka dhexeya wadankan.

Albaabka oo aanad ku xidhin qofka kaa danbeeya waxay ka mid tahay waxyaalaha wadankan loo tix geliyo dhaqan wanagaa iyo dabeecadda fiican.

Waa edeb darro iyo midaan meesha qaban inaad safka dadku ku jiro kaga boodo dhexda ama aad xagga hore iska gasho.

### 3. DARYEELKA CAAFIMAADKA

Wadanka midowga boqortooyadda ingiriiska, adeegyadda caafimaadka wadanka ee loo yaqaan NHS-tu waxay bixiyaan xanaano caafimaad oo bilaash ah. Waxa kale oo iyana jira adeegayaal kale oo madax banaan oo daryeela caafimaadka. Waxaa hoos ku xusan qaar ka mid ah dadka kaa caawin kara daryeelka caafimaad ee naftaada iyo qoysaagaaba.

#### 3.1 Dhakhaatiirta loo yaqaan GP-ga

Dhakhaatiirta u adeega caafimaadka bulshadda waxa lagu magacaaba mararka qaarkood GP-ga oo loo soo gaabiyay 'General Practitioner' taasoo ah dawweeyaha guud. GP-yaddu waxay ka diiwan gashan yihiin NHS-ta waxaanay kuu gudbin karaan dhakhaatiir kale oo takhasus iyo khibrad gaar ah leh. Haddii aad aragto dhakhtar aan ka diiwan gashanayn NHS-ta waxa kaliya ee ay ku siin karaan talla-bixin, laakiin kuuma gudbin karo dhakhaatiirta khibrada gaarka ah leh ee ka shaqeeya NHS- ta. Xaaladda caafimaad ee aan dagdaga ahayn badanaa meesha aad tagaysaa waa GP-ga.

Haddii aad u malaynayso inaad u baahan tahay dhakhtar gaara inuu ku caawiyo waa in GP-gaagu kuu gudbiyaa. Guud ahaan maaha suurto-gal in aad si toosa ugu tagto dhakhtarka gaarka ah ee ku khuseeya. Badanaa dhaktarku waxa uu kuu soo qorayaa dawo aad ka soo qaadanayso farmasiga. Waxa aanay ku xidhan tahay xaaladaadda ama da'daaddu inta ay le'egtahay haddii markaa lagaa rabo inaad bixiso lacagta iyo in kale. Qiimaha dawadda ee cayiman wakhtigan xaadirka ah waa £7.20 pence.

##### 3.1.1 Sideen ku helayaa GP-ga?

Dhakhaatiirtu ama GP-yaddu waxay ka shaqeeyaan xarumaha caafimaadka ee loo yaqaan Goobta Daawayanata ama "GP surgery or practice" si aad u hesho ka kuugu dhaw waxaad samayn kartaa;

Waydii ehelkaaga ama asxaabtaadda. Haddii qof ehelkaaga ka mid ahi hore uga diiwaan-gashanaa GP-ga waxaa suurta gal ah in lagu ogalaado goobta dhakhtarka.

Waxaad u tagtaa ururka bulshadda Soomaalida matala ee la yidhaa " Somali Community Organisations".

Waxaad u tagtaa ururka " Bristol Primary Care Trust" oo loo soo gaabiyoo "PCT" ama waxaad gashaa shebekadda internetka website-ka: [www.bristolpct.nhs.uk](http://www.bristolpct.nhs.uk) ka dib waxaad eegtaa qaybta bukaha "patients" dhamaan liiska adeegyadda oo dhan iyo daawaynta guud ama GP-ga.

Waxaad gashaa internetka website-ka: [www.bristolpct.nhs.uk/patients/ALLservices/GP/default.asp](http://www.bristolpct.nhs.uk/patients/ALLservices/GP/default.asp).

Waxaad ka baadhaa yellow pages ka qaybta goobaha caafimaadka, GP-ga, ama dhakhaatiirta.

Waxaad tagtaa rugta kutubta ama "library" ga kuugu dhow.

Waxaad waydiisaa farmasiga kuugu dhow.

Haddii uu buuxo waa inaad la xidhiidho ka kale ee markaa kuugu dhow.

##### 3.1.2 Maxaan u baahanahay inaan sameeyo si aan isaga diiwaan galiyo GP-ga?

Si aad isaga diiwan-galliso GP-ga waa inaad buxiso foomka dalabka, waxa kalle oo lagu waydiin karaa inaad tusto cadayn aqoonsi, sida baasaboorkaaga, ama kaadhka

aqoonsiga, ama cadayn ah inaad haysato sharciga deganaashaha wadankan.

haddii ay cidi ku soo booqato oo ka mida wadamadda midowga yurub, fadlan waxaad kula talisaa inay dalbadaan kaadhka caafimaadka 'E111', Kaasoo u suurta-galinaaya in ay si ku meelgaadh ah isaga diiwaan galiyaan GP-ga muddada ay ku siman yihiin dalkan midowga boqortooyada. Haddii ay haystaan kaadhka caafimaadka ee loo yaqaan E111 waxay heli doonaan daryeel caafimaad kaasoo bilaash ah.

Waxa kale oo si ku meel-gaadh ah isaga diiwaan galin kara GP-ga cidii kaa soo booqato meel kale oo ka mid ah wadankan midowga boqortooyadda ingiriiska, Waxa kale ood u baahan tahay inaad buxiso foomamka goobta GP-ga "GP Surgery".

### **3.1.3 Adeeg nooc ee ah ayuu sameeyaa GP-gu?**

GP-ga waxaad ka helaysaa talo bixin caafimaad, iyo daawayn jidhka oogadiisa ah, iyo daryeel maskaxiyah ah.

GP-gu waxa uu kuu gudbin karaa dhakhtar gaar ah haddii aad u baahato.

Waxaad waydiisan kartaa turjubaan.

Goob kasta waxaad ka heli kartaa qoraal daabacan kaasi oo qeexaya dhamaan adeegyada ay qabtaan.

### **3.1.4 Adeega GP-ga Miyay tahay inaan lacag ka bixiyo?**

Balantu waa bilaash arimahaaguna adiga iyo dhakhtarkaaga ayay ka dhaxayeeyaan si qarsoodi ah.

Badanaa daawayntu waa bilaash, Waxaase suurto-gal ah inaad iska bixiso dawadda lagu qoray.

Xiliyadda qaar waxaa suurta-gal ah inaad bixiso lacag sida marka lagu samaynayo baadhitaan caafimaad oo aad ku shaqo tagayso, sida tagsiga oo kale.

Waxa iyana aad lacag ka bixinaysaa Gudniinka Wiilasha Eastville xarunta caafimaadka ee ku taala waxay kaa qaadaysaa £180.00.

Warbixin dheeraadda fadlan waxaad kala xidhiidhaa Eastville Health Centre, Eastville Park, Eastville Health Centre BS5 6YA, Ama waxaad wacdaa telefoonka numberkiisu yahay: 0117 951 0038. Gudniinka hablaha sharcigu ma ogolla.

### **3.1.5 Sideen kuhelayaa saacada shaqada ka baxsan haddii aan u baahdon dhakhtar?**

Waxaad la hadashaa xarunta caafimaadka, halkaasi oo marka aad wacdo ka dib ka helli doonto fariin ku duuban telefoonka kuuna sharaxaysa sidii aad ula xidhiidhi lahayd dhakhtarka.

Waxaad tagi kartaa cusbitaalka guud, Haddii aad markaa u malaynayso in xaaladaaddu khatar tahay. Haddii adiga ama qof kale ay ku timaado xaaladd caafimaad oo degdeg ahi sida, dhiig furmay, sanko oo ku jaba, miyir beelid, ama suuxdin, neefta oo cidhiidhi gasha, ama naqaska oo kugu dhaga, ama laabta oo ku xanuunta. Fadlan waxaad la hadasha oo aad wacdaa telefoonka numberkiisu yahay 999 adiga oo markaa weydiisanayaa dhooli ama 'ambulance'.

### **3.1.6 Maxaan sameeya haddii uu i qancin waayo adeega lay qabtay?**

Xarun kasta waxaad ka hellaysaa qoraal daabacan kaasi oo kuu sharaxaaya waxa aad samaynayso haddii aad rabto inaad cabasho ama eedayn gudbiso.

### **3.1.7 Maxaa dhacaya haddii GP-gu caawin kari waayo?**

Waxaa suurta-gal ah in GP-gaagu kuu gudbiyo dhakhtar khibrad gaar ah u leh xanuunkaaga, isaga ayaana ku habeynaayaa ballan aad ku aragto.

## **3.2 Cusbitaaladda**

Haddii uu shil dhaco, ama qof naftiisu khatar gasho, waa inaad wacdaa telefoonka numberkiisu yahay 999. Waxaa u imaan doona dhooli ama 'umblance' kaaso markaa qofka dhibtu haysato u qaadi doona qeybta shilalka iyo degdeg ah ee cusbitaalka (A&E)

Haddii aad ka werwersan tahay qof caafimaadkiisa, balse aanad uga samayn karin ballan GP-ga, Waxaad geyn kartaa qeybta shilka iyo degdeg ah ee cusbitaalka 'emergency-ga'. Waxaana muhiim ah inaad sugto inta ay kuusoo gacan banaanaa'nayaan shaqaaluhu, Kuwaasi oo caawinaaya dadka dhaawaca ah sida ay u kala khatar badan yihiin, ama xaaladooda caafimaad ay u kala liidato.

Waxay ku taalaa qeybta shilalka iya degdega ahi magaaladda Bristol cusbitaalka Royal Infirmary, Marlborough Street, BS2 8HW. Haddii aad u baahan tahay turjubaan waad weydiisan kartaa.

## **3.3 Xaruumaha caafimaadka wadanka ee NHS Walk-in-Centres**

### **3.3.1 Maxay yihiin xaruumaha caafimaadka wadanka?**

Waxaad ka helli kartaa xaruumahan adeegyo caafimaad oo kooban, waxaana ka shaqeysa neeras keliya, taasi oo ka dhigtay mid kooban adeegyadda ay kuu qaban karaan, Waxaana ka mid ah adeegyaddaas;

Cabirka qiyaasta dhiiga.

Tallo-bixin waxii aanad markaa firkad ka heysan.

Hargabka, dhaxanta, duriga, iyo astaamaha xanuunadda.

Warbixin ku saabsan sidii aad u daryeeli lahayd caafimaadkaaga una ilaalin lahayd.

Dheymaha waxii dhaawac ah ee kusoo gaadha sida, nabaradda ama haddii aad is jarto oo kale.

Muruq xanuunka iyo meelaha laabatooyinka ah ee jidhku iska gallo, Murqacashadda, suunka ama xadhiga oo ku qabta I.W.M.

Xanuunadda jidhka oogadiisa, sida finanka soo baxa, gubashadda, iyo I.W.M

Calool xanuunka, calool istaaga, mataga, shubanka, iyo waxyaalaha la mid ka ah

Daaweynta nabaradda yaryar ee sahalka ah.

Xanuunadda dumarka, dhiiga caadada, iyo waxyaalaha la mid ka ah.

### **3.3.2 Xageen ka hellayaa Walk-in Centre?**

Waxaa ku taalla badhtamaha magaaladda NHS Walk-in Centre, 33 Broad Street, Bristol. Waxaana ay furan tahay 8 subaxnimo ilaa 8 habeenimo, maalmaha Isniinta ilaa Sabtida.

Maalinta Axadda iyo fasaxyadda bangiyadda 'Bank holidays-ka' 10 subaxnimo ilaa 6 fiidnimo.

NHS-ta koonfurta Bristol ee ku taala ee Knowle West Health Park, waxa ay furan tahay 9 subaxnimo ilaa 9 habeenimo ee maalin kasta oo todobaadka ka mid ah.

### **3.4 Diiwaanka NHS-ta 'NHS Direct'**

#### **3.4.1 Waa maxay diiwaanka NHS-tu?**

Waa khadka telefoonadda shaqaalaha neerasta ah ee NHS-ta, Kuwaas oo ku siin kara tallo sahlan oo caafimaad taasoo ah si qarsoodi ku ah (confidential).

#### **3.4.2 Sideen ula xidhiidhi karaa?**

Waxaad ka waci karaa 24-ka sacadood ee maalin kasta khadka telefoonka ee numberkiisu yahay: 0845 4647

### **3.5 Farmasiilayaasha 'Pharmaciest'**

#### **3.5.1 Maxay yihiin farmasiilayaashu?**

Farmasiilayaashu waxay ka shaqeeyaan cusbitaaladda ama farmasiiyadda degaanka. Waxaa kaloo loo yaqaan kemist 'chemists'

#### **3.5.2 Maxay qabtaan?**

Waxay kaala talin karaan xaaladdo caafimaad oo sahlan, waxaanay kaala tallin karaan go'aan qadasho, haddii aad u baahan tahay inaad aragto GP-ga. Shaqaalaha farmasiigu waxa kale oo ay kuu habeeyaan dawooyinka uu kuu soo qoro GP-gaagu.

#### **3.5.3 Miyaa laga rabaa wax lacag ah in aan kabixiyo daawadda GP-gu isoo qoro?**

Haddii aad qaadato benefits-ka, ama da'adaadu ay ka yar tahay 16 sanadood, uur aad leedahay, ama aad tahay haween haysta caruur yaryar dawadu waa kuu bilaash. Qof kasta oo kale waa in uu bixiyaa £7.20.

### **3.6 Dhakhtarka Ilkaha**

#### **3.6.1 Maxuu qabtaa dhakhtarka ilkuhu?**

Dhakhtarka ilkuhu waxa uu kaa caawinayaa daryeelka ilkahaaga iyo xanaaneynta afkaaga.

#### **3.6.2 Sidee ayaan u heli karaa?**

Waxaad weydiisaa ehelkaaga ama asxaabtaadda.

Waxaad u tagtaa somali Community-ga.

Waxaad gashaa shebekadda internet-ka Website-ka: [www.nhs.uk](http://www.nhs.uk)

Waxaad ka eegta yellow pages-ka

Waxaad tagtaa rugta kutubta ee loo yaqaan 'library-ga'.

Waxaad wacdaa telefoonka dhakhaatiirta ilkaha ee NHS-ta oo number-kiisu yahay: 0845 120 6680

### **3.6.3 Miyaa la'iga rabaa wax lacag ah in aan ka bixinayaa adeegan?**

Haddii ay yartahay lacagta ku soo gashaa oo aad qaadato working tax credits-ka, dawladdu waxay ku soo diri doontaa warqad cadayn ah ee loo yaqaan 'tax credit exemption'. Taasi oo macnaheedu yahay inay kuu tahay bilaash daaweynta dhakhtarka ilkuhu. Waxaa iyana sidoo kale lagugu daweynayaa si bilaash ah haddii aad qaadato 'income support'. Haddii aad qaadato 'incapacity benefit' waa inaad markaa habsato inaad bixinayso lacag iyo in kale, waayo waxa jirta qeyb ka mid ah 'income support'-ka oo kale. Fadlan inta aan lagu daaweyn ka hor iska hubi qiimaha oo kala duwanaan kara awgeed. Caruurta ay da'adoodu ka yar tahay 16 sanadood wax lacag ah lagama rabo. Warbixi faahfaahsan oo dheeraad ahna waxaad ka hellaysaa website-ka: <http://www.nhsbsa.nhs.uk/1040.aspx>.

### **3.6.4 Maxaan sameeyaa hadii aan u baahdo daaweyn saacadaha shaqadda ka baxsan?**

Waxaad ka wacdaa telefoonka, Kadibna dhegeyso fariinta ku duuban ee lagaga tagay ee ah telefoonka aad kala xidhiidhi kartid

Waxaad kala xidhiidhaa adigoo wacaya khadka telefoonka ee dhakhaatiirta ilkaha ee number-kiisu yahay: 0845 120 6680

## **3.7 Dhakhtarka indhaha 'optician'**

### **3.7.1 Maxuu yahay dhakhtarka indhuhu 'optician' ?**

Optician-ka ama dhakhtarka indhuhu waxaa uu baadhaa indhaha, kaasi oo kuu qoraaya haddii aad markaa u baahan tahay muraayad.

### **3.7.2 Sideen ku hellayaa?**

Waxaad ka eegtaa yellow pages-ka qeybta dhaktarka indhaha ee 'optician'-ka.

Waxaad lahadashaa NHS Direct, adigoo markaa wacaaya telefoonka number-kiisu yahay: 0845 4647.

Waxaad gashaa shebekadda internetka wesite-ka: [www.nhs.uk.servicedirectories](http://www.nhs.uk.servicedirectories).

### **3.7.3 Miyaa layga rabaa lacag adeegan?**

Haddii uu yar yahay dakhliga ku soo gallaa, ama aad qaadato benefit-ka waa kuu bilaash. Labadii sanadood gudahoodaba hal mar ayaad u baahan tahay inaad indhahaaga baadhitaan ku samayso. Da'ada qofkii 16 sannadood ka yar waa bilaash, isla sidoo kale haddii aad ka yar tahay 19 jir isla markaana aad dhigato waxbarasho full-time ah lagaama rabo wax lacag ah oo waa kuu bilaash. Haddii ay tahay inaad lacag bixiso fadlan iska hubi qiimaha, sababta oo ah wuu kala duwanaan karaa.

## 4. XAALADDO CAAFIMAAD OO GAAR AH

### 4.1 Gudniinka Fircooniga ah ama xalaalaynta haweenka (FGM)

Dalkan midowga boqortooyadda gudniinka haweenka waxaa loo yaqaan 'female genital mutilation' (ama FGM loo soo gaabiyay). FGM sharcigu UK waxuu ku qeexayaa marka qof "la jarjaro, la dilaaciyoo, ama la qallo, qeyb ka mid ah xubinta taranka gaarka ah ee gudaha gabadh yar" Waxaaa jirta inaanu FGM ka ahayn sharci darro wadamo kale oo aduunka ah, laakiin uu ka yahay sharci daro dalkan midowga boqortooyadda ingiriiska. Sharcigu waxuu qeexayaa inay tahay sharci darro " In loo kaxeeyo qof u dhashay wadankan UK, ama kuwa degaanshaha haysatoba ha ahaadeenee wadamadda dibadaha. Taasoo ujeedaduna ay tahay in markaa halkaa loogu soo sameeyo gudniin. Isla sidoo kale waxaa sharci darro ah in laysugu gargaaro, ama layskula talliyo ama lagu dhiiri galiyo cid ina lagu sameeyo gudniinka fircooniga ha ahaato dalka gudahiisa ama dibadiisaba e. Waa sharci darro in qofnaba lagu sameeyo gudniin ha ahaadeen haween ama caruurba iyadoo markaa lagu sheegaayo arimo dhaqan ku saabsan, balse aan ahayn arin caafimaad. Xukunka fal danbiyeedkan u yaallaana waa ugu yaraan 14 sanadood oo xadhig ah,

FGM waxa u sababi karaa dhibaatooyin caafimaad oo ay ka mid yihiin;

Jeermis cuduro dhaliya

Dhibaatooyin xilliga dhalmadda ah.

Dhibaatooyin xilliga uurka ah.

Dhibaato xilliga musqusha ah.

Dhibaato iyo kelyo xanuun.

Adeegyo kala duwan ayaa jira kuwaas oo u adeega haweenka la guday ee ay dhibaatooyin ka haysato, waxaana ka mid ah ururadda caawiya:

Multi Ethnic Women and Girls Clinic, Charlotte Keel Health Centre, Symour Road, Easton. Bristol BS5 0UA Tel: 0117 902 7100

Dhamaan dadka bukaanka ah waxaa ay arki doonaan koox haween u carbisan looguna tababaray si gaara arimaha ka hortaga, iyo caafimaadka galmadda iyo taranka. Waxaa kuugu diyaar ah af celiyayaal 'turjubaano'. Xilliyadda uu furan yahay waa: Arbaca kasta oo bil kasta u danbeysa saacadaha 9:30 subaxnimo ilaa 12:00 duhurnimo inta u dhaxaysa. Muhiim maaha inaad ballan ka smaysato.

Agency for Cultural & Change Management (ACCM), The Old Coroners Court, 14/18 Nursery Street, Sheffield, S3 8GG. Tel: 0114 275 0193 ama Waxaad gashaa website-ka: [www.accmsheffield.org](http://www.accmsheffield.org)

Black Womens Health and Family Support (BWHAFS), 82 Russia Lane, London E2 9LU. Tel: 020 8980 3503 [www.bwhafs.co.uk](http://www.bwhafs.co.uk) Ama Email-ka: [bwhfs@btconnect.com](mailto:bwhfs@btconnect.com)

Forward, Unit 4, 765-767 Harrow Road London NW10 5NY Tel: 0208 960 4000 Email-ka: [forward@forwarduk.org.uk](mailto:forward@forwarduk.org.uk)

Woman Being Concern International, K405 Tower Bridge Business Complex, 100 Clements Road, London, SE16 4DG. Tel: 020 7740 1306 [www.womanbeing.org](http://www.womanbeing.org)

## 4.2 Xanuunka loo yaqaan HIV/AIDS

HIV-ga ama faayaraska loo yaqaan 'human immunodeficiency' waxa uu keena AIDS (Acquired Immune Deficiency Syndrome), Kaasoo dhaawac u geysan kara unugyadda difaaca dhiiga jidhka. Xanuunka HIV/AIDS waxaa laga heli karaa dal kasta oo aduunka ka mid ah. Waxaana qaba xanuun kan 40 milyan oo qof saddex meeloodow laba meeloodna waa dadka Africa ku nool.

Sheekh hogaamiye ah ayaa jooga soomaaliya magaciisa la yidhaa sheikh Mohamed Haji Mahamoud Hersi ayaa yidhi "Islaamku waa naxariis, dadka qaba xanuunka HIV-gana waa in loola dhaqmo si naxariisi ku jirto. Xanuunkani waa mid ku dhici kara qof kasta"

Waxaad ka akhriyi kartaa faahfaahin dheerada oo ku saabsan HIV/AIDS Website-yaddan soo socda:

<http://www.birmingham.gov.uk/hivteam>

[http://www.scotishrefugeecouncil.org.uk/advice/so/HIV\\_Somali](http://www.scotishrefugeecouncil.org.uk/advice/so/HIV_Somali)

<http://www.multikulti.org.uk/so/health/hiv-and-aids-basic-information/index.html>

[http://www.thesomalivoice.co.uk/index.php?option=com\\_content&task=view&id=81&itemid=1](http://www.thesomalivoice.co.uk/index.php?option=com_content&task=view&id=81&itemid=1)

### 4.2.1 Astaamaha iyo tilmaamaha lagu garto

Dadka uu hayo HIV-gu badankoodu waxay u eeg yihiin isla markaana ay dareemaan caafimaad darro muddo dheer. Ilaa iyo hadda wali ma jirto 'Vaccine' dawo loo hayo HIV-ga. Si kastaba ha ahaatee daroogo loo yaqaan anti-retroviral ayaa lagu sameeyay horumar taasoo ay dadka qaarkiis ay ku joogi karaan muddo. Daroogadanina maaha mid qof kasta ku haboon.

### 4.2.2 Siduu iigu dhici karaa HIV-gu?

Waxaa jira afar siyaalood oo waaweyn oo lagu qaado HIV-ga waxaaanay kala yihiin:

1. Inaad u galmooto qof qaba xanuunka HIV-ga adiga oo aan markaa isticmaalin rabadhka loo yaqaan condom-ka
2. Isticmaala irbadda, siriiyadda, ama qalabka loo isticmaalo tattoo-ga kasoo u hore u isticmaalay qof xanuunka qabay
3. Hooyadda qabta HIV-ga oo u gudbisa ilmaheeda, xilliga dhalashadda ilmaha ama naas nuujinta.
4. In lagugu shubo dhiig xanuunka qabay, ama qalabka dhiiga ama xubnaha jidhka ee tabaruca laysu siiyo ama gelliyo

### 4.2.3 HIV-GA laguma kala qaado:

- a) Dhunkashadda, taabasghadda, isku soo dhega, salaanta gacmaha
- b) Agabka ama weelka wax lagu karsado oo la wada isticmaalo.
- c) Qufaca, hindhisadda
- d) kursiga musqusha ee lawada isticmaalo
- e) Qaniinyadda cayayaanka, ama xayawaanka

f) Cunista raashin uu diyariyay qof xanuunka HIV-ga qaba

#### **4.2.4 Sideed ku ogaanaysaa hadaad qabto HIV-ga**

HIV-ga waxaad ku ogaan kartaa hadii aad qabto dhiig baadhis sahlan, taasoo aad ka heli karto meesha kuugu dhaw, ee goobaha shaybaadhka caafimaadka galmadda "sexual health clinic". qof kasta oo dalkan midowga boqortooyadda ku sugan sharciguu haystaa nooc kasta oo uu yahay wuu iska baadhi karaa xanuunkan. arintaada caafimaad ee aad ka wada hadashaan sheybaadhkuna waxay ahaan doontaa mid sir ah oo kuu qarsoon lamana xidhiidhi doonaan GP-gaaga. haddii aad ka werwersantahay inay cidi kugu aragto sheybaadhka markaa kuu dhaw, waxaad tegi kartaa sheybaadh kale oo magaalo kale ku yaal.

Sheybaadhka caafimaadka galmadda waxaad ka heli doontaa Bristol Central Clinic Tower Hill Bristol, BS2 0JD tel; 011 7 342 6900. waana inaad ballan kasii samaysato kahor inta aanad tegin.

Haddii baadhitaanka kadib la ogaado inaad qabto xanuunkan HIV-ga isla markaana dhiiga laga hello unugyadda difaaca jidhka la dagaalama, waa inaad markaa dhakhtarka la hadasho ama neerasta ka tallo-bixisa caafimaaaadka sidii aad naftaada u xanaanayn lahayd. waana inaad hubiso sidii aanad xanuunkan ugu gudbin lahayn dadka kale, waxaanad ku hubinaysaa taas inaad isticmaasho kondon (condom) haddii aad galma samaynayso.

Haddii lagaa waaayo xanuunkan natiijadda baadhista kadib, balse aad galmo samaysay muddo 3 bilood ka horeysay waqtigan aad is baadhay, waxay noqonaysaa inaad markaa mar labaad isbaadho. waayo waxay qaadaataa muddo 3 bilood ah inta ay ku samaymaan unugyaddan la dagaalama difaaca jidhku.

#### **4.2.5 Ururadda taageeradda ee Bristol**

North Bristol NHS Trust waxa lagu daweeeyaa bukaan socda iyo bukaan jiiifka dadka waaweyn ee uu hayo xanuunka HIV-ga, adreskeeduna waa Southmead Hospital, Westbury-on-trym, Bristol, BS10 5NB. Waadhka bukaan jiiifka Tel; 0117 959 5396.

Qeybta bukaan socodka ee Brecon Centre Tel: 0117 959 5068

#### **Cusbitaladda carurta iyo waalidiinta qaba HIV-ga**

Waxaad ka hellaysa tallo iyo baadhitaan dhamaan caruurta iyo waalidka qaba xanuunka HIV-ga cinwaanka adreskeeduna yahay UPPER MAUDLIN STREET, Bristol, BS2 8BJ. Telifoonkooduna yahay 0117 342 0246

Terrence Higin Trust West

Waxaad ka helaysaa adeegyo kala duwan oo ay ka mid yihiin taageero waxqabad oo tabatruca, xarun la booqdo, tallo bixin iyo baadhis xanuunka HIV-ga iyo waliba taageero daawo, warbixin dheeraada, koox kuula diyaara taageero sidii aad caafimaadka u kobcin lahayd, iyo waliba taageero xaga sharciga ah. Cinwaanka adreskeeduna waa Aled Richards Centre 8-10. West Street, Old Market, Bristol. BS2 0BH Tel; 0117 955 1000

The Harbour

Waxay bixisaa oo aad ka helaysa khabaro kula talisa isla markaana ku siinaysa taageero maskaxeed iyo adeeg daaweyneed taasi oo loogu tallogallay dadka uu hayo HIV/AIDS-ku, iyo xaaladdaha kale ee khatar ku haya muuqaalka nololeed, cinwaanka adreskeeduna

waa, 30 Frogmore Street, Bristol, BS1 5NA. Tel; 0117 925 9348

Mashruuca Brigstowe 'TheBrigstowe Project'

Waxaad ka helaysaa meel aad degto, warbixin iiyo taageero la xidhiidha housing-ka, tallo ku saabsan xuquuqda lacageed, iyo xanaano community-ga ah ee dadka uu hayo HIV-gu. cinwaanka adreeskooduna waa 176 Easton Road, Bristol, BS5 0ES. Telefoonka: 0117 941 5188. email-koodua waa INFO@BRIGSTOWE.ORG shebekadda internet-ka www.brigstowe.org

Iskudubaridka Xidhidhka Caafimaadka ee Bristol

"Bristol Positive Health Referral Scheme"

Waxay caawiyaan dadka uu hayo HIV-gu si ay u qaataan tababar isboorti oo lagu horu marinaayo fayyo-qabkooda, kalsoonidda, iyo tayadda nololeed. waxaad ka qeyb gali kartaa qorshahan isku-dubaridka iyo habaynta haddii da'daadu ka sareyso 16 sanadood, isla markaana kusoo gudbiyaan shaqaalaha ka shaqeeya xarunta cusbitaalka ee Brecon Unit ee ku taalla cusbitaalka "Southmead Hospital"

Mashruuca ka Hawl-galla London

London Based Project

"NA2 PROJECT" Cinwaanka adreeskooduna waa 30 Blacks Road, London, W6 9DT. tel: 0208 8741 1879

### **4.3 Qaaxadda ama "TB-da"**

TB-du waa xanuun ay bakteeriyo keento badanaana waxay ku dhacdaa sanbabadda balse waxay u gudbi kartaa qeybo kale oo jidhka ka mid ah

#### **4.3.1 Sidee Lagu Qaadaa "TB-da"**

Waxaa fidiya dhibco yaryar oo la socda neefsashadda qufaca iyo hindhisadda qofka qaba xanuunkan. Waxaana surta gal ah in qofka qaba xanuunkani aanay ka muuqan astamaha xanuunku muddo billo badan ah ama xitaa sanaddo ka hor.

#### **4.3.2 Waa maxay astaamaha lagu garto TB-da**

- 1 Dhidid habeenkii ah
- 2 Xumadda oo sare u kacda
- 3 Miisaan darro
- 4 Cuntadda oo iska kaa xidha
- 5 Hadday tahay TB-da sanbabadda ku dhacda waxaad isku arkaysaa qufac joogta ah kuguna keeni doonta mucus
- 6 Haddii ay tahay TB-da sanbabadda ku dhacda waxad isku arki doontaa neefta ama neefshadda oo kugu adkaata

Haddii aad isku aragto qufac joogto ah muddo saddex usbuuc ka badan ama aad dhiig qufucdo waa inaad GP-gaaga u tagto.

#### **4.3.3 Mala Daweyn karaa TB-da**

Haa si kasta ha ahaatee, waxaanad u baahan tahay inaad daaweeyn buuxda oo

dhamaystiran aad qaadato. Haddii aad markaa si dhamaystiran u qaadan weydo dawadda waxaa suurtagal ah in xanuunku dib kuugusoo noqdo

#### **4.3.4 Waa maxay dawadeeda?**

Haddii nooca TB-da ku haysaa ee aad qabtaa tahay ta sanbabadda ku dhacda lagaana daweynaayo waxa laga yaabaa inaad taageero ka hesho koox ku daweysa, kuwaasi oo ah koox xirfad caafimaad iyo takhasus u leh sida loo daweeyo TB-da.

Dhamaan qof kasta oo uu hayo ama uu ku dhaco xanuunkani waxay u baahan yihiin inay si dhamaystiran u qaataan dawadda, taasoo ah kiniin "antibiotics" ah ugu yaraan muddo lix bilood ah.

Waxaa aad u muhiim ah inaad dawadda u qaadato sida laguugu qoray, isla markaana dhamaysanaaya kiniinka lagu qoray. balse haddii aad u qaadan waydo waxaa suurta-gal ah inaad dhaawac gaadhsiiso sanbabadaada oo ay kugu adkaato markaa inaad si caadi u neefsato.

#### **4.3.5 Dawadu miyay leedahay waxyeelo?**

Aad bay u yartahay in ay dhibaato ama waxyeello kale kugu keento.

#### **4.3.6 Haddii xanuunku I hayo sidee ayaan uga ilaalin karaa inaan qaadsiiyo dadka kale**

Waad qaadsiin kartaa xanuunka dadka kale adiga oo dawadda markaa qaadanayay muddo 2 ilaa 3 usbuuc kadib mooyee, waxaana aad u muhiim ah inta muddada lagu gudajirro inaad ;

Daboosho afkaaga marka aad qufacayso, marka aad hindhisayso, iyo marka aad qoslayso

Ku riddo tiishuuga ama masarka aad isticmaasho bacda qashinka oo daboolan, ama aad afka ka xidhay

Furto daaqadda xilliyadda ay markaa suura-galka tahay

Ka joogto oo aanad tegin dugsiga ama koolajka ilaa kooxda TB-da daweynaa kugula talliso xilliga ay markaa haboon tahay inaad ku noqoto

La seexanin maqsin ama qol qof kale hurdo, waayo waxaa suurta-gal ah inaad adiga oo hurda qufacdo.

#### **4.3.7 Taageeradd dadka qaba TB-da iyo qoysaskooda**

Waxaad taageero ka heli doontaa kooxda daaweynta TB-da ee cusbitaalka iyo GP-ga. waxaad la xidhiidhi kartaa kooxda heeganka TB-da "TB ALERT" kuwaasi oo ah urur caawiya dadka xanuunkani hayo iyo qoysaskooda, waxaad ka waci kartaa tel; 012 7323 4770. ama kala xidhiidh Email-ka Tessa Marshall

### **4.4Wadna Xanuunka**

#### **4.4.1 Waa maxay wadna xanuunku?**

Wadna xanuunka waxa mararka qaar lagu magacaabaa "coronary heart disease" waxaanu kugu dhacayaa marka xididadda halbwalyaasha dhiiga u gudbiya wadnahu badh awdmo, ama ay wada xanibmaan. Haddii xididaddan halbowlaha qayb ka mid ahi xanibanto waxa markaa ku haya nooca loo yaqaan "ANGINA" kaasi oo leh laab xanuun, Haddiise ay wada xanibmaan waxa kugu dhacaya wadna xanuun "heart attack"

#### **4.4.2 Sidee lagu qaadaa wadna xanuunka?**

Badanaa waxaa sababa lakabyo subag ah oo fadhiista kuna urura gudda mareenadda xididadda dhiiga ee halbawlaha wadnaha

#### **4.4.3 Waa maxay astaamaha lagu garto wadna xanuunka?**

Tilmaamaha iyo astaamaha wadna xanuunku way kala duwanaa karaan balse waxaa ka mid ah;

Garaaca wadnaha oo kor u kaca

Neefsashadda oo kugu adkaata

Xanuun

Haddii uu ku hayo nooca loo yaqaan "ANGINA" waxa markaa ku xanuunaya badhtamaha laabta, kaasi oo laakiin ku dhici kara gacmaha, luqunta, garbaha, dhabarka, iyo caloosha. Xanuunkan waxaad dareemaysa markaa aad jimicsi samaynayso kaasi oo laakiin kaa tegaya marka aad joojiso, balse haddii uu markaa uu xanuunku kaa joogsan waayo oo uu kugusii kordho waxaa suurta-gal ah inuu kugu dhaco wadna xanuun "heart attack" waxaanad u baahan tahay inaad wacdo telefoonka lanbarkiisu yahay 999

Dadka qaar waa ay miyir beelaan kadibna dhacaan marka wadna xanuun "heart attack" ku dhaco waxaanay dareemaan qabow iyo dhidid, dawakhaad iyo miyir beel argagax leh.

#### **4.4.4 Dawwo ma Leeyahay wadna xanuunku?**

Maya lama daweyn karo, si kasta ha ahaatee waxaa jirta daaweyn wax kuu taraysa. Warka faraxadda lihise waxuu yahay in wadna xanuunka si badan looga hortagi karo

#### **4.4.5 Sidee Lagu Daweeyaa?**

Waa ay kala duwanaanaysa qofba sida lagu daweynayaa, waxaana ka mid ah waxyaabaha GP-gaaga ama cusbitaalkaaga u gaarka ahi kugu caawin karaan

Dawo lagu qoro

Qaliin

Tallo ku saabsan sidii aad wax uga badalli lahayd qaabka aad u nooshahay

#### **4.4.6 Siduu nolosha u saamayn karo wadna xanuunku**

Waxaa kula talin doona GP-gaaga, waxaanad samayn kartaa;

Inaad cunto raashin isu dheeli tiran oo diet ah kaasi oo aan lahayn milix,subag,iyo macaan badan

Inaad jidhka si dheeraad ah uga shaqaysiiso oo aad jimicsi samayso

Miisaankaaga oo aad ilaaliso

Cabista sigaarka oo aad joojiso

Cabirka qiyaasta macaanka oo aad ilaaliso

Dawadda lagu qoray oo sida ay tahay aad u qaaddato

#### 4.4.7 Taageeradda dadka wadna xanuunku hayo iyo qoysaskooda

British heart foundation. oo shebekadda internet-ka website-koodu yahay: <http://www.bhf.org.uk/>

H.E.A.R.T. UK, oo website-koodu yahay = <http://www.heartuk.org.uk/>

Blood pressure associaton. website-ka = <http://www.bpassoc.org.uk/>

National health forum. website-ka = <http://www.heartforum.org.uk/>

Bristol diabetes . website-ka = <http://www.brist.plus.com/>

Diabetes insight. Website-ka= <http://www.diabetes-insight.info/>

### 4.5 Dhiig Karka "High Blood Pressure"

#### 4.5.1 Waa maxay dhiig karku

Dhiig karka ama hypertension badanaa waxaa lagu qeexaa cabirka dhiiga oo gaadha qiyaasta 140/90 mmHG ama in ka sareysa. xanuunka dhiig karku waxuu hayaa boqolkiiba afartan dadka waaweeyn ee ku nool England. Korodhka tiradda dadka uu hayaana waxay ku xidhan tahay korodhka da'da, boqolkiiba shan iyo sagaashana si sahlan ayaa loo garan karaa sababta xaaladda dhiig karka

#### 4.5.2 Waa maxay astaamaha iyo tilmaamaha lagu garto dhiig karku?

Badanaa ma jiraan astaamo lagu qeexo dhiig karka, Laakiin haddii la iska daweyn waayo waxa uu sababaa oo keena wadna xanuun "heart attack" ama jidhka oo dhinac ku qalalo kaasi oo loo yaqaan faalig "stroke"

#### 4.5.3 Ka hortaga dhiig karka

Warside ku soo baxa afka soomaaliga ah ayaa ku sheegay dhiig karka iyo macaanku inay yihiin labadda xanuun ee sida sahalka ah u dilla soomaalida " 2 silent killers". Waxaa aad u muhiima ah inaad cabirka qiyaasta dhiig karka dejiso si aad uga hortagto khatarta wadna xanuunka iyo ta faaliga "stroke" ee uu kugu keeni karo. Badanaa marka dhiig karku kor u kaco waxaa kor u kacaysa halista khatarta uu ku gellin karo.

Khatarta dhiig karku waxa ay aad u badan tahay haddii;

Da'daadu tahay 60 sanno iyo waxii ka badan

Aad cunto raashin diet ku yar yahay

Aad samayso jimicsi "exercise" aan badnayn

Miisaankaagu kordho

Aad sigaarka cabto

Aad macaan leedahay

Qoyskaaga lahaa dhiig-kar . Haddii uu yahay mid reerkiinu hore u lahaa ma bedelid kartid waxii hore qoysku u lahaa, laakiin waxaad ku yarayn karta cabirka dhiig karkaaga arimahan soo socda sida;

Miisaankaaga oo korodhka ka ilaalso

Inaad jojiso cabista sigaarka

Inaad firifircooni samayso oo aad jidhka ka shaqaysiiso ugu yaraan todobaadkiiba shan ciho ama in ka badan ugu yaraan 30 daqiiqo, tusaale ahaan inaad lugayso, ama aad baaskiil kaxaysato, inaad dabaalato,, ama inaad ciyaarto.

Haddii aad macaan leedahay ama cholestrol waa inaad hubiso inaad si fiican u qaadato dawadda laguuu qoray.

Inaad cunto raashin caafimaad leh oo dhayetkiisu isu dheeli tiran yahay

Inaad cunto 5 ilaa 7 nooc oo khudaar kala duwan ah maalin walba

Raashinka aad cuntaa waa inuu ahaadaa mid cad oo aan qasacadaysnayn dux badanan aan lahayn, sida , cuntooyinka qamadidda laga sameeyo, roodhidda laga sameeyay daqiiqda qamamdida, baradhadda, bariiska, baastadda, iyo khudaarta

Inaanad cunin rashin dux badan leh sida jiiska "cheese", caanaha duxda ama labeentu ku jirto, cuntadda saliidda lagu shiilay, butter-ka. waxaad isticmaashaa kuwaa duxdu ku yar tahay ee roodhida la marsaddo.

Waxaad isticmaashaa 2 ilaa 3 nooc oo kaluunka todobaadkiiba, ugu yaraana mid ka mid ahi ha noqdo nooca loo yaqaan herring- ka, mackerel- ka, sardines- ka, kippers- ka, pilchards- ka, ama tuna aan qasacadaysneyn oo fresh ah

Haddii aad cuntadda shiilayso saliida aad isticmaalaysaa ha ahaato saliida khudradda "vegetable oil" sida nooca loo yaqaan sunflower- ta ama rapeseed- ta ama olive oil- ta

Milixdu waa inaad yaraysaa.

Tusaale sidaad milixda ku yaran lahayd.

Waxaad isticmaashaa geedo "herbs" iyo cuntoyinka "spices-ka" dhadhanka leh si aad damcad iyo dhadhan ugu yeesho cuntadda

Yaree xaddiga milixdda aad raashinka ku karinayso, hana isticmaalin milixda dusha lagaga darro raashinka marka danbe "table salt-ka"

Waxaad isticmaasha raashinka aan milixdda lagu darin ee ay dusha kaga qoran tahay inaan milix lagu darin "no added salt"

Waxaad yareysaa raashinka lasoo qasacadeeyay inta aad iska ilaalin karto

#### **4.5.4 Maxaa lagu daaweyn karaa dhiig karka?**

Waaa inaad bedeshaa qaab nololeedkaaga sida ku xusan qeybta ka hortaga dhiig karka. Haddii markaa tijaabo sidii aad caafimaad qab ugu noolan lahayd ahi wax kuu tarri weydo, Waxuu markaa GP-gaagu kuu qori doonaa dawwo. labadda noocba waxaad u bahan tahay inaad markaa dawwo ahaan u isticmaasho si aad ugu noolaato caafimaad.

#### **4.5.5 U'ruro iyo website-yo faa'iido leh**

<http://www.healthinfotranslation.org/pdfdocs/high-bp-pregnancy-So.pdf>

[http://www.patient.co.uk/translation/somali/hypertension\\_L545SV.htm](http://www.patient.co.uk/translation/somali/hypertension_L545SV.htm)

[http://www.patient.co.uk/translation/somali/HealthyEating\\_576SV.htm](http://www.patient.co.uk/translation/somali/HealthyEating_576SV.htm)

Blood pressure association, 60 Cranmer Terrace, London, SW17 0QS. Tel; 020 8772 4994, Web; [www.bpassoc.org.uk](http://www.bpassoc.org.uk)

## **4.6 Macaanka "Diabetes"**

### **4.6.1 Waa maxay macaanku?**

Macaanku waa xaaladda marka xaddiga glucose-ta ama dhiiga ku jirtaa aad u sareeyso, sababtuna ay tahay jidhka oo aan si fiican u isticmaalin. glucose-tu waxuu ka hella jidhku marka u burbiriyo cuntooyinka leh "carbohydrates-ka" sida, roodhida, baradhadda, khudradda, cuntooyinka wershadaysan, sonkorta, iyo cuntooyinka kale ee macaanka leh.

### **4.6.2 Waxyaabaha khatarta ku ah macaanka**

Haddii reerkiinu hore u lahaa macaanka

Haddii miisaankaagu kordho, ama dhexdaaduka weyn tahay 31.5 inch ama in ka badan dumarka. Ama 35 inchs iyo in kabadan ragga asian-ka ah iyo 37 inch ama wax ka badan ragga iyo dumarka madowga ah.

Haddii aad dhiig kar leedahay.

Haddii dhib caafimaad oo maskacdda aad leedahay.

Haddii da'adaadu ka sareeyso 25 sanadood, marka da'addadu sare u kacdoba waxa sare u kacaysa khatarta u kugu hayo.

### **4.6.3 Astaamaha macaanka.**

Haraad badan oo kordha

Kaadi joogta ah, gaar ahaan habeenimadda

Daal kugu bata

Miisaan dhac

Indho madoobaad

Nabaradda oo hore u bogsan waaya

Haddii aad isku aragto astaamahan waa inaad GP-gaaga u tagto.

### **4.6.4 Daaweynta macaanka**

Macaanku wuxuu leeyahay noocyo kala duwan, waxaana ku faahfaahin doona GP-gaaga. Labada nooc ee ugu badan waxay kala yihiin

Nooca kowaad oo lagu daweeyo insullin, cunto isu dheelitiran oo aad cunto diet ahaan, iyo inaad samayso firfircooni iyo jimicsi joogto ah.

Nooca labaad waxa lagu daweeeyaa inaad

Wax ka bedesho qaab nololeedkaaga, oo aad isticmaashid cunto caafimaad leh isla markaana diet- kiisu dheeli tiran yahay kasoo aan lahayn milix, subag, iyo sonkor. Waxaad fiirisaa qeybta dhiig-karka.

Miisaankaaga oo aad korodhka ka ilaaliso

Jidhka oo aad ka shaqaysiiso adigoo samaynaaya jimicsi iyo firfircoonaan

Dawwo qaadato kiniin taasoo noqon kartana iraab insullin ah

Haddii aanad si fiican u ilaalin macaanka waxay kugu keeni kartaa dhaawac soo gaadha

dareemayaashadda isla markaana sabab u noqon karta xanuun dareen damqasho. Waxaa kaloo uu kugu keeni karaa dhaawac wadnaha iyo xididadda dhiiga iyo kelyo xanuun

#### **4.6.5 Ka badbaadida macaanka**

Waxaa muhiima inaad ilaaliso qiyaasta cabirka xaddiga macaanka ee dhiiga ku jirta, adigoo samaynaaya arimahan soo socda;

Waxaad samaysaa 30 daqiiqo oo jimicsi iyo firfircooni ah maalin kasta.

Waa inaad eegtaa qiyaasta xadiga sonkorta ee dhiiga ku jirta oo aad ilaaliso

Waa inaad dawaddada qaadata

Inaad cunto raashin isu dheelitiran

Waa in aanad sigaarka cabin oo aad joojiso

Waxaa iyana muhiima inaad maalin kasta ka fiiriso lugahaaga inay ku jarmeen, ku kululadeen, casaadeen ama ay ku damqanayaan cidiyahaya suulku.

Waa inaad dhakhtarka indhaha u tagto oo aad is baadho sanadkii hal mar

Cabirka qiyaasta dhiig karka oo aad ilaaliso

Cholesterol-kaaga oo aad si joogto ah u hubiso

Ilkahaaga oo cadaydo maalin walba isla markaana aad isticmaasho dental-floss-ta

#### **Website-yo faa'iido leh**

[www.avondiabetes.nhs.uk](http://www.avondiabetes.nhs.uk)

[www.diabetes.org.uk](http://www.diabetes.org.uk)

[http://www.patient.co.uk/translation/somali/diabetes\\_L574SV.htm](http://www.patient.co.uk/translation/somali/diabetes_L574SV.htm)

[http://www.patient.co.uk/translation/somali/diabetes2\\_L575SV.htm](http://www.patient.co.uk/translation/somali/diabetes2_L575SV.htm)

#### **4.7 Kansarka (Cancer)**

Kamsarku waxuu samaysmaa marka unugyo badan oo cusubi ay abuurmaan kabdibna ay guntamaan oo ay noqdaan qeyb aan caadi ahayn oo jidhka ka mid ah ama sida buradda oo kale. Burrada qaarkeed maaha mid khatar ah umana baahna daaweyn. balse buradda "malignant"-ka kansarka ah ee khatarta ahi waa mid markaa ku fidda. kansarku waa xanuun ku dhici kara qof kasta. Dumarku waa inay si gaara isooga baadhaan kansarka ku dhaca naaska ee loo yaqaan "Breast Cancer", iyo nooca loo yaqaan "Cervical cancer"-ka ee ku dhaca inta u dhaxeysa agagaarka ilma galeenka iyo qeybta gaarka ah ee dumarka. Waxa iyana muhiima rag iyo dumarba inay ogaadaan sidii ay isooga baadhi lahayeen Testicular Cancer-ka iy o kansarka ku dhaca naasaha ee "Breast Cancer-ka". Waxaana tallo kaasiin karta ku saabsan arimahani xaruntaada caafimaadka ama GP-gaaga.

##### **4.7.1 Waa maxay astaamaha kansarku?**

Ma jiro liis cad oo ah astaamaha kansarku, balse waxay ku kala duwanaan karaan astaamaha hadba nooca kansarku uu markaa yahay. Astaamaha guud ee ka dhexeeyana waxaa ka mid ah;

Barar ama culays

Qufac ama neefsashadda oo kugu adkaata

Ubucda uurku jirta oo iska bedesha sidii caadada u ahayd

Dhiig bax

Miisaan dhac aanad fahmayn wax keenay

Moles

#### **4.7.2 Kansarka ku dhaca naacaha**

#### **4.7.3 Breast cancer**

Isbedelka uu keeno kansarka ku dhaca naasahu waxaa ka mid ah;

Naasaha oo barara oo adkaada, ama qolaf culusi fuusho

Isbedel ku dhaca qiyaasta iyo muuqaalka naaska

Maqaarka oo urura

Is bedel ku dhaca muuqaalka ibta naaska

Dhiig midab doorsoomay oo ka yimaada ibta naaska

Finan ka soo baxa ibta naaska iyo agagaarkeeda

Culays iyo barar fuula gacanta

Astaamahani maaha qaar hubaal ka dhigi kari ama cadayn u ah inuu markaa ku hayo kansar, laakiin waxaa muhiima hadaad isku aragto qaar ka mid ah inaad markaa u tagto GP-gaaga, Si haddii markaa uu ku hayo xanuunka kansarku aad u hesho fursad fiican iyo daaweeyn xilli hore ah oo kugu haboon. Dumarka da'adooddu u dhaxeeyso 50 sanno ilaa 70 jirka waxaa lala socodsiiin doona inay tagaan baadhis loo yaqaan Mammogram taasoo markaa muujin doonta haddii guntimaha xanuunku ku jiraan naaska.

#### **4.7.4 Cervical cancer-ka**

Waxaa laga yaaba inaad astaamo isku arag, balse haddii ay jiraan waxaa ka mid ah;

Dhiig bax aan caadi ahayn oo noqon kara mid khafiif ah ama culus

Biyo bax badan oo aan joogto ahayn

Xanuun xilliyadda kaadida aad dareento ama galmadda

Dhiig bax kadib xilliyadda caadada iyo galmadda

Biyaha oo yeesha ur xun ama carfi aan fiicnayn

Waxaad u baahan tahay inaad GP-gaaga u tagto haddii aad isku aragto astaamahan, adigoo markaa weydiisanaaya in lagu sameeyo baadhista loo yaqaan "pap smear" taasoo aad ku ogaan doonto haddii uu ku hayo Cervical Cancer. Hablaha da'adda yar ee dhigta dugsiga secondary waxay qaadan karaan mudis saddex jeer ah taasoo ah kahortag xanuunka kansarka ku dhaca ilmagaleenka.

#### **4.7.5 Prostate cancer-ka**

Badanaa prostate cancer ku malaha astaamo, waxase laga yaaba inaad isku aragto;

Kaadi badan oo kolba ku qabanaysa

Hurdada oo kaa xumataa iyadoo sabatuna tahay kolba kaadi ku qabata

Biya baxa oo kugu adkaata iyo xanuun aad dareento marka ay kaa imanayaan

Kaadida oo aan hore kaaga imanin

Kaadida oo aad dareento inanay kaasoo wada dhamaanin

Haddaad isku aragto astaamahan fadlan la xidhiidh GP-gaaga

#### **4.7.6 Dawo maleeyahay cancerku?**

Noocyo badan oo kansarka ka mid ah ayaa la daweyn karaa haddii markaa lagaa hello xilliga hore. Waxaana daweyntiisu ku haboon tahay hadba sida dhakhsaha ah ee xanuunka aad ku ogaato.

#### **4.7.7 Maxaa lagu daweyyaa?**

Daaweyntu waxa lagu bilaabayaa sida ugu dhakhsaha badan marka lagaa hello. Dawadda lagu siin doonana waxay ku xidhan tahay hadba nooca uu yahay iyo qeybta jidhka ee uu kaaga dhacay iyo xaaladaadda caafimaad ee guud hadba siday ay tahay. Waxaa aad u muhiima inaad si fiican u fahanto sida aad u dooranayso daweyntaada, Waxaanad weydiisata turjubaan haddii aanad fahmahayn luqadda ama aad u baahan tahay inaad su'aallo weydiiso. Warbixin dheeradda oo ku saabsan daaweynta guud ee noocyadda kansarka oo dhan waxaad ka helli kartaa internet-ka web-pages-ka "Radiotherapy" "Chemotherapy" "Surgery and Hormone Treatment.

#### **4.7.8 Xanaanaynta dadka cudurkoodu aanu dawo la'hayn (Palliative Care)**

Palliative kansarku waa magac loo yaqaan sida loo xanaaneeyo iyadoo markaa lagu yaraynaayo xumadda iyo dhibaatooyinka kale ee la xidhiidha xanuunka kansarka iyo daryeelka baahidaada kale sida dareen iyo dadnimo ee ruux ahaaneed.

Daaweynta noocan ah waxaa loogu tallo gallay qofkasta oo uu hayo kansarku, laakiin waxay si gaar ah muhiim ugu tahay qofka aan laga daweyn karin. Dadka qaarna waxay u baahan yihiin nooc gaar ah oo xananeyntan dawwo ee "palliative care-ka" ah taasoo ay siin doonaan dad ka shaqeeya kumuunitiga ama cusbitaalka. Neerasta deegaanka GP-gaaga iyo kuwa loo yaqaan Macmillan nurses way ku caawin karaan adiga iyo qoyskaagaba. Neerastani waa neeras gaar ah kuwaaso bixiya addeeg dawo, daryeel maskaxeed iyo taageero lacageed.

#### **4.7.9 Taageeradda daka kansarku hayo iyo qoysaskooda**

kansarka naasaha website-kooduna yahay Breast Cancer Care ;  
<http://www.breastcancercare.org.uk/>

CancerBACUP website-kooduna yahay <http://www.cancerbacup.org.uk/Home>

Cancer Gov website-kooduna yahay <http://www.cancer.gov/>

Neerasta loo yaqaan Macmillan Tel; 0808 800 0130 oo aad kala hadli karto qof ku hadli afka carabiga oo aad kalla hadasho xananaynta caafimaad iyo adeegyadda taageeradda ah ee dalkan midowga boqortooyadda, waana teleefoon bilaash ah.

Haddii aad markaa afka ingiriisa ku hadashona waxaad ka waci kartaa Tel; 808 2020.

Xarunta warbixinta iyo taageeradda kansarka ee Bristol Cinwaanka adreskeeduna yahay BS2 8ED. Tel 0117 928 3369. Xilliyadda uu furan yahay Isniinta ilaa Khamiista inta u dhaxeysa 9 subaxnimno ilaa 5 galabnimo, iyo maalinta jimcaha 9 subaxnimo ilaa 4:30 galabnimo

GP- gaaga

Neerasta degmadaada

Xanaanadda Marie Carie Cancer Care, Website-kooduna yahay ; <http://www.mariecuriecare.org.uk/>

#### **4.8 Fiitamiin "D" daradda**

Fiitamiin "D" la'aantu waa mid ku badan dalkan Midowga Boqortooyadda, Tobankii qofba ku dhawaad ahaan laba qof oo dadka waaweeyn ah ayay haystaa dhibtiisu. Dadkaasi badankoodu kama warqabaan dhibtiisa manay dareemin astaamaha

##### **4.8.1 Cidee ayey ku dhacdaa fiitamiin "D" la'aantu?**

Fiitamiin "D" badideeda waxaynu ka hella iftiinka falaadhaha qoraxda ee maqaarkaa jidhkeena qabata, wax yar oo kamid ahina waxay ka yimaadaan raashinka aynu cunno. Cunooyinkan oo ay ka mid yihiin kelyaha, noocyo kalluunka ka mid ah, qamadidda, iyo beedka qaybta yellow-ga ah. Dhakhtarka Julie Mytton, ee Jaamacadda galbeedka ingiriiska "University of West of England", Waxuu ku sharaxay, " In koox ka midda dadka fiitamiin daradda noocan ahi hayso ay halista fiitamiin "D" la'aanta ku sii korodho marka da'addoodu korodho, xillilayadda dumarku uurka leeyihiin, diet-ka oo la joojiyo, Haddii maqaarkaaga sare ee jidhku mugdi yahay, iyo iftiinka qoraxda oo kugu yaraada. (Somalibristol.org.uk,2008/7/15). Dadka midabka maqaarkooda sare mugdiga yahay waxay u baahan yihiin inay helaan iftiinka cadceeda si ay uga helaan xaddiga

fiitamiin "D" -da ah ee ay u baahan yihiin.

Dadka badanaa u baahan ee fiitamiin "D" la'aantu ku dhacdo waxaa ka mid ah;

Dumarka uurka leh ama ilmaha naaska nuujinaaya

Ilmaha naaska jaqaaya ee hooyadda nuujinaysaa fiitamiin "D" la'aantu hayso

Dadka qaadanaaya dawooyinka gaarka sida dawooyin kala noocya ah

Dadka gaarka ah ee dawadda qaadanyaa sida xanuunka Crohns

##### **4.8.2 Astaamihiisa**

Dadka badankoodu iskuma arkaan astaamihiisa haba yaraatee, laakiin dadka qaar waxa laga yaaba inay ku dhacdo;

Muruqyadda oo ku xanuuna ama daciif noqda

Lafo xanuun, badanaa dhabarka ah, miskaha ama lugaha

Caruurta oo madaxu yaraado ama lafaha lugaha, koritaankooda oo xumaada kaasoo noqda mid gaabis ah, ama ilkahooda oo daciif noqda.

Muruqyadda oo isku dhegga, iyo neefsashadda oo si degdeg ah isu taagta ama ku adkaata ilmaha iyo caruurta yar yar haddii ay markaa fiitamiin daraddu ay tahay mid ba'an.

Fiitamiin "D" la'aanta waxa lagu ogaan karaa dhiig baadhis, mararka qaarse waxaa

ilmaha loo sameeyaa wsrst-ray. Baadhis dheeraad ah ayaa mararka qaar loo baahan yahay haddii sababta fiitamiin D la'aantu shaki ku jirro, ama ay jirto fiitamiin iyo nafaqo darro kale.

#### 4.8.3 Daaweynta

Daawadiisu waa inaad qaadato fiitamiin "D" oo loo qaadan karo noocyo kala duwan sida; Iraab lagugu muddo oo kuu socon doona muddo lix bilood ah.

Dawo 'high dose' ah oo kiniina ama dawwo dareera ah "sharoobo" oo aad cabto kaasoo aad qaadanayso maalin kasta, ama todobaadkiiba ama bisha waxaanay ku xidhan tahay hadba sida daaweyntu tahay. Waxaana aad u muhiima inaad dawadda si sax ah u qaadato.

Tayadda xadiga kiniinka budada ah ama sharoobadda oo aad u baahan tahay inaad qaadato maalin kasta muddo laba iyo toban bilood ah, taasii oo faa'iido badan leh haddii fiitamiin daraddu tahay mid "MILD" ah. Kiniinkan oo dhadhan kiisu yahay mid dhadhan qadhaadh laakiin haddii loo qaadanaayo ka hor tag waxaa suurta gal ah inaad qaadato kiniinka sida cadka ah ee laga sameeyo saliida beerka kaluunka loo yaqaan COD-ka. Waxaad weydiisa dhakhtarkaaga waxii ku saabsan arintan.

#### 4.9 Qalitaanka xilliga dhalmada

Sababaha aad ugu baahan karto qaliintaanka xilliga dhalmadda waxaa ka mid ah;

Madaxa ilmaha oo ku weynaada miskahaaga isla markaana ay adkaato sidii uu usoo dhex mari lahaa

Cabirka iyo samayska miskaahagaa oo kadhiga mid adag in ilmahu sidii caadiga ahayd u soo dhasho

Madheerta oo hoos marta ilma galeenta kadibna xanibaad ku noqota soo bixista ilmaha

Haddii mataano yihiin 2 ama 3-ba oo mid ka mid ahi meel adag ku jiro

Ilmaha oo si gudub ah ilma galeenka u jiifa isla markaana soo horeysiiya dabadda ama lugta

Marka fooshu bilaabato, oo ilmahu ogsajiintu ka yaraato isagoon soo dhawaanin

Haddii ay ku hayso Eclamsia ama pre-eclamsia

Haddii aad xanuusanayso ama dhiig kar aad leedahay. ama fooshu kaa dhigto mid daalan

Warbixintan kor ku xusan waxaa lagasoo xigtay website-ka

<http://www.bbc.co.uk/having-a-baby/birth-caesarean.shtml>

Waxaa laga yabaa inaad si caadi ah u dhasho mustaqbalka, taasoo ku xidhan sababtii qaliinkaaga. Ma jiraan wax cadaynayaa in haddii mar lagu qallo mar walba oo danbe lagu qalli doono, aad baanay u yartahay halista meeshii ila galeenka ee qaliinka lagu sameeyay ay dilaacaacdo marka fooshu ku qabato. Laakiin si taxadir leh ayaa wax looga qaban karaa kahor inta aanay dhib noqon.

#### 4.10 Baadhista maydka "Autopsies-ka"

Baadhitaanka lagu sameeyo qofku marka uu dhinto si loo ogaada sababta keentay geerida waxaa kalee oo loo yaqaan "post-mortem". Waxaanay ka kooban tahay

baadhitaan jidhka qofka dhintay si dhakhtarku u ogaado sababta keentay dhimashadda iyo waxii xanuuna markaa la garanayo ama dhaawaca muuqda. Baadhitaanka noocan ah waxa lagu sameeya dalkan iyo wadamo badan oo kamid ah bariga dhexe. Sideed (8) baadhitaan oo noocan ah ayaa lagu sameeyay magaaladdan Bristol sanadkii 2008-dii dadkaasi oo aan wadda ahayn soomaali keliya.

Baadhitaanka noocana waxuu sharcigu dhigayaa in la sameeya marka sababta dhimashadda keentay ay ahayd fal danbiyeed ama ay tahay geeri si degdeg ah ku timid. Coroner-ka sameeya qaliinka baadhista wuxuu u baahan yahay ogolaanshaha dhakhtarka, waxa sidoo kale loo samayn karaa baadhistaan sababo caafimaad ahaaneed dartood haddii ay dhimashaddu ahayd mid markaa sababta keentay aan lagaranahayn.

Bishii April ee sanadkii 2009-kii dawladda dalkan UK du waxay ku dhawaaqday in koronerka qaliinka baadhista sameeya ay tahay inuu tix geliyo arimaha diimaha "iimaanka" kahor inta aanu go'aan ku gaadhiin inuu sameeyo qallitaanka baadhista ee la rabo in lagu ogaado sababta geerida keentay. Iyagoo tixgelin siin doona haddii ay macquul tahay in sawir "MRI scan" kaliya la mariyo halkii lagaga samayn lahaa qaliin haddii marka qoyska qofku ka geeriyooday aanay raali ka ahayn. Waqtigan xaadirka ah sawirka "MRI scan"-ka ah waxa laga isticmaalay Salford iyo Bolton dadka ayaanay tahay in lacagta sawirka ay iska bixiyaan. ( ilaa hadda sida laga warqabo muslimka iyo yuhuuda ayaa diidi kara qaliinka baadhitaanka ah ee lagu sameeyo qofka geeriyooda, Tixraac ahaana Jariidadda The Times ee dalkan UK, cadadkii bishii April,21-keedii,2009-kii. iyo isla sidoo kale warkii BBC-da ee 21-kii April,2009-kii ee ahaa in coroners-ka qaliinkan sameeya ay bedel ahaan u isticmaali karaan sawirka "MRI scan-ka" halkii ay ka sameeyn lahayeen qaliinkan baadhista ah)

#### **4.11 Daryeelka maanka**

Sida aad ugu baahan tahay inaad u daryeesho muuqaalkaaga ayaa iyana ay muhiim u tahay inaad xanaaneyso oo aad daryeesho maankaaga iyo ruuxdaadaba. Dalkan UK baahida maanku waxay ka dhigan tahay caafimaadkaaga maskaxeed. Sida dhibaatooyinka aad dareento mararka qaar loo arko sida dhibta dar'daraadda jinka ama awoodaha dabiiciga ahi keenen, khubaradda caafimaadka ee wadankani waxay u tixraacaan arimahanoo kale inay yihiin xaaladdo caafimaad oo la daweyn karo. Caafimaadka maskaxddu waa dareenka iyo fikirka dadka oo aan ahayn dhibaatooyinka muuqaal ahaaneed. Siyaalo badan ayaad u xanaaneyn karta baahidaada maan ahaaneed, umana baahnid inaad markasta tagto cusbitaalka ama aad qaadato dawwo.

##### **4.11.1 Wadda tashiga "Counselling"**

Dalkan UK nooc ka mid ah xalka iyo daaweynta ayaa loo yaqaan "counselling-ka" waana mid ku caan ah halkan. Taasi oo aad qof u tababaran arintan kala hadlayso arimaha markaa ku khuseeya. Inkastoo ay kuula muuqan karto inay tahay waqti lumis dhibaato jirta ka hadalkeedu halkii markaa waxyaabo badan laga qaban lahaa ay jiraan. Mararka qaar aad bay u fiican tahay intoo la fadhiisto dabeetana laga hadlo. Inaad la hadasho qof aydan aqoon isu lahayn way kugu adkaan kartaa, laakiin mararka qaar waa mid aad kuugu wanaagsan, qofkan kalena waxuu u arkayaa si sidaada ka duwan sababtoo ah isaga may saameynin dhibtaadda iyo nolol maalmeedkaagu. Inaad qof la hadashaana waxa kale oo ay kaa caawin doontaa inaad fiiro u yeelato oo aad noloshadda u go'aan qaadan karto.

##### **4.11.2 Astaamaha maanka caafimaadka liita**

Markaa aad si badan uga werwerto dhibaato

Hurdadaada oo xilligeedu is bedbedallo

Sidaad wax u cunni jirtay oo wax iska bedelaan

Cadho sabab la'aan ah oo aad isku aragto

Inaad wax si fiican ugu fiirsato oo kugu adkaata

Go'aan qaadashadda oo kugu adkaata

#### **4.11.3 Waxaad samayn kartid si'aad u daryeesho maankaaga**

Inaad samayso jimicsi sida dabaasha oo kale

Inaad wax qabato

Waqti u samee inaad raaxaysato

Isku day oo habeenkii si fiican u seexo

Si fiican wax u cun. (waxaad ka eegtaa qeybta dhiig karka)

Dhibaataadda aad ka werwarayso raadi cid kaala talisa. (waxaad eegtaa qeybta ay ku quran yihiin meelahaad kala xidhiidhi lahayd ururadda tallo-bixintu)

Weydiiso caawimo qoyskaaga, asxaabtaada iyo GP-gaaga oo kuu diri kara shaqaala takhasuus gaara u leh dhibta ku haysata haddii aad u baahato

Haddii lagu diro markaa qof khibrad gaar ah leh aad uga warayso daaweyntaada arimaha ku saabsan iyo sidaad dawadda u qaadnayso si aad u gu fahanto si fiican

Quraanka akhriso, ama raadi cid kugu akhrida

#### **4.11.4 Waxaad Taageero Dheeraad ah ka heli kartaa**

Mind website: <http://www.mind.org.uk/>

Mental health section 117 Leaflet somali

Bristol mind, 35 Old Market Street, Bristol BS2 OES. Tell; 0117 980 0370

Website; [www.Bristolmind.org.uk](http://www.Bristolmind.org.uk)

Labadda jid waa addegyo cusub oo loogu talo gallay dadka afrikan-ka ah iyo African Caribbean ah. Waxaanay ku yaalaan 35 Old Street laakiin waxaad kala xidhiidhi kartaa telefoonka nambarkiisu yahay 077 8072 0952

Qoyskaaga iyo asxaabtaadda

Rethink, St Paul's Settlement, 74-80 City Road, Bristol. Tell: 0117 903 1801, Email: [bristolbmeservice@rethink.org](mailto:bristolbmeservice@rethink.org), Xilliyadda ay furan yihiin waa Isniinta ilaa jimcaha, saacadaha 9-ka subaxnimo ilaa 5-ta galabnimo

GP-gaaga

Shaqaaale khibradd gaara leh

Second Step Housing Association, Tel: 0117 909 6630

Womankind counselling services oo u adeega Qaxootiga iyo dumarka magan galyo doonka ah, Tel: 0845 458 2194, Website-kooduna yahay: [www.womankindbristol.org.uk](http://www.womankindbristol.org.uk)

## **5 GURYAHA "HOUSING-KA"**

### **5.1 Ka kiraysashadda guryaha hantiilayaasha gaarka ah sida lagu hello**

Waxaad ku heli kartaa sida

Inaad ka eegto warsidaha ama jariiradaha kasoo baxa agagaarka sida Venue, Evening Post oo soo baxda maalinta jimcaha, Trade-It oo iyana bilaash ah aad kana heli karto dukaamadda magaaladda

Daaqadaha dukaamadda oo lagu soo dhejiyo, ama boodhadhka ogeysiisyadda

Internetka oo aad ka baadho, haddii aanad markaa kumbuyuutar guriga ku haysan waxaad mid bilaash ah ka isticmaali kartaa oo aad ka helaysaa library-ga

Estate agents-ka ama Housing agencies-ka oo maamulla guryaha iyagoo markaa ka wakiil ah hantiilayaasha gaarka ah. kaamana rabaan wax lacaga inay ku helaan guri balse waxay kaa qaadi doonaan dilaal haddii aad go'aansato inaad markaa kiraysato gurigaa ay ku helleen.

#### **5.1.1 Warbixin muhiim ah**

Bristol City Council-ku waxuu qoray buug ku saabsan arintan oo la yidhaa "information for private tenants" , si aad u hesho koobi ka mid ah waxaad wacdaa kooxda "private sector support team-ka TEL: 0117 353 3866. Waxaa kale oo aad ka eegi kartaa buuga internet-ka haddii aad gasho [www.bristol.gov.uk/privatehousing](http://www.bristol.gov.uk/privatehousing). waxaad raacdaa links-ka kiraystayaasha gaarka ah "private tenants" iyo "private tenants information booklet" si aad u hesho buuga oo afka soomaaliga ah ku qoran.

Hantiilayaasha gaarka waxaa ugu fiican kuwa ka diiwaan gashan ururka la yidhaa Association of Residential Letting Agents (ARLA) kuwaasoo xubnaha ku jiraa dhamaan ay leeyihiin sharci oo ka dhexeyaa oo ay tahay inay si too s ah u raacan, kaasi u xuquuq fiican u leh kiraystasha guryaha

Haddi aad wax dhib ah la kulanto waxaad la xidhiidhi kartaa ururka "Shelter in England". ama [shelter.org.uk](http://shelter.org.uk)

Waxaa kale oo aad ka eegi kartaa warbixin website-ka, [www.communities.gov.uk](http://www.communities.gov.uk)

Haddii guriga aad ku jirto aanuu ahayn mid dhib kuu leh siday ahaatoba waxaad arintan kala xidhiidhi kartaa Bristol City Counsel-ka qeybta "Environmental Health Department" Tel:- 0117 922 386

### **5.2 Kirada guryaha ee dadweynaha sida "kaansalka" ama "iskaashtooyinka guryaha "housing associations"**

Labadaba waxaa laga helaa guryo kira ah. "RLS" Registered Social Landlord-ka oo hantiilayaal shicib ah oo diiwaan gashan waxa kale oo loo yaqaan magaca "Housing Associations" Waxay ay sida housing-ka siiyaan dadka u baahan guryo ay degaan ee aan awoodda u lahayn inay iibsadaan ama kiraystaan. Waana qaar ka duwan sida hantiilayasha gaarka ah ee iyagu guryahooda kiraynaaya.

#### **5.2.1 Sida lagu hello guryaha iskaashatada ama kaansalku leeyahay**

a) Waxaad u baahan tahay inaad u buuxiso foom oo ay `kaa qabtaan Bristol Housing Register-ku

b) Foom-ka waxaad ka helaysaa oo aad weydiisataa shaqalaha housing-ka (fiiri qeybta 5.6) ama ka fiiri internet-ka

c) Waxaa foom-ka kaa caawin kara oo kula buuxbuuxin kara advise agency (fiiri qeybta )

d) Markaad buuxiso foomka waxaa lagaaga baahan yahay inaad keento

Cadayn aqoonsi ah dhamaan cidda guriga degan, Sida ( basaaboorkaaga, ama shahaadada dhalashadda)

Cadeyn adreeska aad markaa degan tahay sida ( warqadda biilka gaasta ama leydhka aad ku bixisay)

Cadeynta ogolaansha deganaanshaha wadankan haddi aanad ahayn muwaadin dalkan UK ah ( sida basaaboorka ama warqaaqo kale oo Home Office-ku ku siiyay)

Dhamaan waraaqahuna waa inay ahaadaan original-kii oo sax ah taariikhduna aanay dhacsanayn.

e) Marka guri lagu siiyo waxaa lagu weydiin doonaa waraaqo dheeraad ah

f) Marka lagaa qabto foomka iyo waraaqaha kadib council-ku waxuu eegi doona dalabkaaga waxaanay kusoo diri doonan warqad jawaab oo ay kuugu sheegi doonan qeybta aad ka gashay.

g) Waxa jira shan qeybood . Waxaanahy u kala leeyihiin mudnaanta sidat u kala sareeyaan

h) Waxaad ka dooran kartaa meel internet-ka ama telefoon aad u dirto council-ka

i)Hadaad gasho internet-ka waxaad ka arki kartaaa liiska guryaha. Haddii aad markaa tahay qeybta koowaad waa lagu soo bandhigi doonaa guriga. Kuma noqonaysid ka kowaad guriga kii ugu horeeye loo soo bandhigay sidaa darteed ha sugin ilaa habeen badhka inaad dalbato. Waxaa la tixgellin doonaa doorashaddada ilaa todobaad gudahii.

Dadka aan isticmaali karin addeegan:

Dadka aan buuxin foomkii dalbashadda

Cidda sharciga aanu u ogolayn kasoo ku qeexan "immigration control under the 1996 asylum and imigration act"

Cidii dibadaha ka timid oo aan sharcigani qabanayn balse ah qaar aan dalkan degenayn UK, Chanel Islands, the isle of man, ama Republic of Ireland.

Dadka sameeyay denbiga aan loo dul qaadan karin dabeecadooda oo taasi ka dhigayso inaanay ku haboonayn in guri laga kireeyo

Haddii aad rabto inaad wax badan ka ogaato Bristol Housing Register-ka waxaad tagtaa [www.homechoicebristol.co.uk](http://www.homechoicebristol.co.uk)

### **5.3 Ku noolaanshaha gurigaaga**

Nolosha dalkan UK way ka duwan tahay wadamadii kale ee aad ku soo noolayd. Waxa jira biilal dhowr ah oo ay tahay inaad bixiso guriga aad degen waxaana ka mid ah;

Council Tax. Waa cashuur ay bixiyaan dadka guryaha degan oo dhama lana siiyo local council-ka. Waxaana lacagtan lagu bixiyaa waxbarashadda, deeganka, police-ka, iyo

adeegyadda dab-damiska iyo council-ka (sida qashin gurka iyo maamulka deeganka).

Haddii uu dakhligaagu yar yahay ama aad qaadato benefits-ka badanaa waa lagaa bixinayaa lacagtan. warbixin dheeraada oo faahfaahsan waxaad kala xidhiidhi kartaa xafiiska council tax-ka tel: 925 0981 waqtiyadda u dhaxeeya 8 subaxnimo ilaa 7:45 fiidnimo maalmaha Isniinta ilaa Jimcaha. Waxaa kale oo aad tagi kartaa office-yadda Amelia Court, Pipe Line, Bristol BS99 1ZG, Ama u dir email-ka council.tax@bristol.gov.uk

Biyaha iyo kharashka bulaacadda

Gaasta

Leydhka ama korontadda

Kiradda ama ijaarka

Fur dhamaan Waraaqahaaga - Hana tuurin

Haddii warqad kuu timaado laakiin aad fahmi weydo waxaa fiican inaad fudaydsanin waayo dhibaataadu sidaa kuma tegeyso waxaanad heli kartaa dad ku caawiya.

Waxaad kala xidhiidhi kartaa kirada council-ka iyo council tax-ka. Haddii aad wacdo waxay kuu habayn karaan cid af soomaali kuugu af celisa haddii aad weydiisato. waxaa kale oo aad council-ka weydiisan kartaa inay kuugu soo diraan waraaqaha af soomaali haddii aad u baahan tahay.

Waxaad la xidhiidhi kartaa "advice agency" kula talisa. waxaanad ka helli kartaa liiskooda qeybta advice-ka iyo information-ka.

Shaqooyinka iyo biilashaba wadanka waxay isticmaalan waraaqo markay kula soo xidhiidhayaan, waana muhiim inaad xafiddo waxii waraaqo ah ee ay kusoo direen. waxaad u samaysan kartaa file u gaar ah biil kasta taasoo ku sahli doonta haddii hadhow haddii aad u baahato isla markaana kuu ah cadayn aad tusto haddi ay wax ka qaldamaan. Arintanina waxay kuugu badbaadaya kharash kaa bixi lahaa.

Waxaa aad u muhiima ah inaad kiradda bixiso. haddii dakhliga kusoo galaa yar yahay ama aad qaadato benefits-ka waxaad raadsataa caawimo si aad u bixiso. waxaa muhiim ah inaad la socodsiiiso council-ka ama housing association-ka haddii xaaladaada wax iska badalaan, tusaale ahaan, Haddii qof kula degenaa kaa guuro, ama cid kale kula soo dagto, iyo hadaad shaqo bilowdo ama ay kaa dhamaato.

#### **5.4 Haddii aad guri ka guurto**

Haddii aad guri ka guurto waxaa muhiima inaad la socodsiiiso

Hantiilaha

Xafiiska Council tax-ka

Haddii aad qaadato benefits-ka waxaa waajib ah inaad u sheegto Jobcentre-ka

Haddii aad caruur leedahay la xidhiidh Child Benefit Agency-ga

Haddii aad gaadhi leedahay la xidhiidh adoo la socodsiiinaaya "DVLA"-da. Waa ku dembi sharciga haddii license-ka aad haysataa adrees qalad ah ku qoran yahay. Waa inaad bedeshaa adreeska ku qoran licence-kaaga iyo warqadda diiwaangelinta gaadhiga ee loo yaqaan "V5" Vehicle registration document-ka

Bangigaaga la xidhiidh

U sheeg dhakhtarkaaga, cusbitaalka iyo dhakhtarka ilkaha

Cidii biilka bisha ama todobaadka ku siin jirtay, biilaasha aad bixiso sida , gaasta, korontada, biyaha, telefoonka, tv licence-ka,

Dugsiga caruurta

Shaqada

Inland Revenue-ga (haddii aad tahay mid si gaar ah u shaqaysta)

### **5.5 Guri la'aanta**

Guri la'aantu micnaheedu maaha inaad xitaa haysan meel aad jiifsato, sababo sharci ayaa mararka qaar xaaladaadda iyo meesha aad ku nooshahay loo tix gelin karaa inaad tahay homeless. Haddii dhibtani ku haysato ama aad ka baqa qabto u sheeg arintan shaqaalaha housing-ka ama la xidhiidh si ay tallo kaaga siiyaan:

Dadka aan caruurta lahayn ama kelida ah: Tel: 0117 914 1188 ama [hub@bristol.gov.uk](mailto:hub@bristol.gov.uk)

Qoysaska iyo kuwa markaa rajaynaaya ilmo, Tel: 017 353 4007 ama [family.homelessness@bristol.gov.uk](mailto:family.homelessness@bristol.gov.uk)

### **5.6 Maxadada loogu talo galay macaamiisha (City Council-ka)**

Haddii aad u baahato inaad af soomaali ku hadasho u sheeg shaqaalaha haddii aad cid kula hadli karto afsoomaali telefoonka kaaga turjubaanta. Lama mid aha markuu qofka kuu turjumayaa kula joogo laakiin waad ka faa'ideysan kartaa sidan lafteeda si aad u hesho waxaad u baahan tahay.

Saacadahah shaqadu ee shaqaaluhu adeegyadda qabtaan waxaa la furaa: Isniinta ilaa Salaasadda 8:30 ilaa 5galabnimo, Arbacada 10:30 ilaa 5 galabnimo, Khamiista 8:30 subaxnimo ilaa 5-ta, Jimacaha 8:30 subaxnimo ilaa 4:30 galabnimo

Phoenix Court, Bond Street South, Bristol BS1 3PH

Bedmister; 2-3 Waring House, Redcliffe Hill, Bristol BS1 6TB

Fishponds: Robinson Lane, Hockeys Lane, Bristol BS16 3HL

Hartcliffe; Symes house, Peterson square, Bristol BS13 0BD

Knowle; Salcombe house, 147 salcombe road, Bristol, BS16 3HL

Lawrence Weston; Ridingleaze House, Ridingleaze, Bristol BS11 0QE

Southmead; Southmead house, Greystoke Avenue, Bristol, BS10 6BQ

Bristol city council waxay u turjuntay warbixino faaido leh af soomali, Waxaana ka mid ah liiska soo socda

Qoraal adeegyadda dadweynaha ah

"Black box Recycling" Dib u farsamaynta bogoska madow

Xanaanaynta

How to deal with condensation

Helista adeeg xanaano oo loo siman yahay

Soo jeedin guud oo ah nidaamka cabasho ee bristol city council

Caawimo iyo tallo dadka degan guryaha hantillaha gaarka ah

Guryaha qiimahoodu jaban yahay

Sidaad u Maamuli lahayd lacagtaada

Sidaad isaga bixin lahayd kiradda

Midab kala sooca ka dhacda dugsiyadda

U habaynta baahida dadka waaweyn adeegyadda dadweynaha

Waxaad ka heli kartaa warbixin dheeraada internetka.

<http://www.bristol.gov.uk/item/search/?queryHidden= &filter language=so>

## **6. ADEEGYADDA DEGDEG AH "EMERGENCY SERVICES"**

Qeyb ka mid ah warbixintan waxaa laga soo xigtay buuga "Welcome to Britain" kasoo ay soo saareen Avon and Somerset Police iyo Race for Justice

### **6.1 Waxyaalaha degdega ah**

Waxa ka mid ah ;

Nolosha oo halis gasha

Dadka oo dhawacma

Fal danbiyeed uu socdo

Denbilayaashu ay agtaada ka dhaw yihiin

Ama meel dab qabsado

Adeegyadda Emergency-ga ahi waa POLICE-KA, AMBULANCE-KA, IYO DAB-DEMISKA. Waxaad kala xidhiidhi kartaa oo aad wacdaa 999 ama 112. Waa bilaash oo waad ka diri kartaa telefoon kasta. Waxii aan degdeg ahayn waxaad ka wacdaa 0845 456 7000 ama waxaad gashaa website-ka Avon and Somerset Police; <http://www.avonandsomerset.police.uk/>

#### **POLICE-KA**

Shaqadda police-ka dalkan Britain waa mid aad uga duwan ciidamadda police-ka ah ee qeybaha kalee ee aduunka ah. Iyadoo shaqadooda guud tahay baadhista denbiyadda ayaa hadana waxa xill ka saaran nabadgelyadda wadooyinka iyo inay la shaqeeyaan council-ka degaanka si ay bulshadda ugu sugaan amniga iyo degenaanshaha. Waxa kale oo dheeraad u ah oo ay u hawl galaan sida;

Yaraynta denbiyadda

Saraakiisha qaar ka mid ah waxay ka hawl galaan dugsiyadda

Nabadgelyadda jaarka. saraakiisha qaar ayaa ka shaqeeya agagaar kaliya si ay aqoon fiican ugu yeeshaan bulshadda halkaa degan

Community Liaison oo si gaarah ula shaqeeya community-yadda iyo ka hortagga kacdoona xagjirka ah

### **6.2 Sharciga**

Waxaa muhiima inaad sharciga ogaato si aanad u gellin denbi adiga oo aan la socon. Aqoon daradda sharciguna maaha mid difaac kaaga noqonaysa in makxamad lagusoo taago.

Waa sharci darro inaad qaadato qori, mindi, gaasta biif baafta ah ama wax kale oo hub ah

Waa sharci darro isticmaalka ama haysashadda daroogadda aan sharcigu ogolayn ( Qaadku kuma jiro daroogadda aan mamnuuca ahayn)

Waa sharci darro inaad wax ku tufto, ku tuurto ama aad wax ku sawirto gidaaradda

Waa sharci darro inaad shaqayso ogolaansho la'aan, ama mudadda aad sugayso jawaabta go'aanka magangelyada ee aad dalbatay

Waa sharci darro inaad u galmooto qof aan raali ka ahayn

Waa sharci darro inaad u galmooto qof da'adiisu ka yar tahay 16 sanno xitaa haddii ay ku ogoladaan

Waa sharci darro inaad haysato TV adigoon haysan license

Waa sharci darro gudniinku dhedig wadankan. waana sharci darro in gabadh yar loo kaxeeyo dalka dibadiisa si markaa loogusoo guddo halkaa. Xukunka faldanbiyeedkanina waxuu noqon karaa ilaa xadhig gaadhi kara 14 sanadood

Cunsuriyadda iyo dhibaataadda maatidu waa sharci darro dalkan. Maamulka police-ka iyo maamulka deeganka sida housing-ka iyo dugsiyadda ayaa waajib ka saaran yahay siday kaaga ilaalin lahayeen adiga iyo qoyskaagaba isla markaana talaabo ku lid ah uga qaadi lahayeen cunsuriyadda iyo cidda ku weerartay. Waxii cunsuriyaddnimadaa ku saabsan waxaad la socodsiin kartaa sida;

Police-ka: 08456 7000

Support Against Racism Incident (SARI) 0117 942 0060

Bristol City Council Switch Board-ka 0117 922 2000

Dhibaataadda qoyska iyo dadka xidhiidhka leh ee meel ku wada nool iyo gacan ta hadalku caruurta iyo dadka waaweyn loo gaystaa waa sharci dalkan. Haddi dhib kaa haysato guriga waxad kala xidhiidhi kartaa oo ku siin doona taageero sida:

Police-ka si degdeg ah ugala xidhiidh 999 ama 112

The bristol\ domestic abused forum tel; 0800 6949999 waa khad furan 24-ka sacadoodba website-kooduna waa <http://www.bdaf.org.uk/>

Next Link Domestic Abuse Services: tel: 0117 925 0680 Website-ka [www.nextlinkhousing.co.uk](http://www.nextlinkhousing.co.uk)

Ragu waxay la xidhiidhi karaan si loogalla talliyo Male Advice Line-ka tel: 0845 064 6800 Website-ka [www.mensadviveline.org.uk](http://www.mensadviveline.org.uk)

Waxaad la xidhiidha bilkaysak haddii danbi lagaa gallo ama aad aragto, Haddii aad shil gaadhi gasho iyanan sidoo kale waa inaad u sheegtaa bilayska. haddii aad tahay qof magangelyo doon ahaa oo aad denbi gasho laguna xidho police-ku waxay la socodsiin doonaan laanta socdaalka ee immigration-ka waxaanay samayn ku yeelanaysaa taasi sharcigaagi aad sugaysay. Haddii qof looga shakiyo inuu gallay danbi socdaal waa lagu xidhi karaa, waxaana laga yaaba in police station-ka lagu hayo laakiin waxaa arintiisa gacanta ku haynaaya saraakiil laanta socdaalka ka mid ah. Arinta noocan ah waxaa lagaya yaaba inaad kunfuyuus ka qaado laakiin waxaa muhiima inaad fahanto inaanu police-ku markaa arintaada shaqo badan ku lahayn.

### **6.3 Dab-damiska iyo adeega samata bixinta**

Waxaad wacdaa tel; 08001693 999 si aad u hesho smoke alarm-ta oo bilaash ah iyo booqasho bilaash ah oo laguugu eego amniga nabadgelyadda dabka.

Haddii dab qabsaddo gurigaaga ama shaqadaada waxaad waxcdaa 999 ka hor inta aan dabku fidin, Qoyskaaga iyo saaxiib toona maaha arintan miday kaa caawin karaan.

## 7. CAYDHA “BENEFITS”

Warbixin dheeraada waxad ka eegta internet-ka [www.direct.gov](http://www.direct.gov)

Guud ahaan benefitsku waa lacagta lagu siiyo adiga iyo qoyskaaga ama lagaaga bixiyo biilal cayiman, waxaana bixisa dawladda ama golaha deegaanka ee local council-ka iyo wasaaraddo kale . Lacagtan waxaa qaata oo loogu tallogallay dadka aan shaqadda hayn, waxaana ka mid ah council tax benefit, housing benefit, iyo working families tax credits oo loogu tallo gallay qoysaska leh caruurta dugsiga waxbarashadda fulltime ka ah ku jirta, iyo disabled person's tax credits, hadaad shaqadda ka tagto oo aad radinayso mid kale waxaad dalban kartaa job seekers allowance ama income support. hadii aad u xanuusanayso waxaad dalban kartaa incapacity benefit. Haddii awoodaadu kala dhantaalan tahay oo aanad shaqayn karin waxaad dalbanaysaa disability living allowance.

Ogaansaha benefitka aad dalbanayso ama aad xaqa u leedahay waa mid kugu adkaan karta waxaanay noqonaysaa inaad foomam badan buuxiso, inkastoo haddii shaki kaaga jiro aad dalban karto taasoo aad ogaan doonto haddii laga aqbalo iyo haddi kale. Waxase fiican inaad tallo ka raadsato ururadda tallo bixinta ee qoran qeybta ururadda iyo warbixinaha.

Haddii aad benefits-ka dalbanayso waxaa muhiima ah inaad ku qorto xaaladaada dhabta ah foomka

Inaad la socodsiiiso haddii xaladaada wax iska bedelaan ama

Dhakhliga ku soo galla oo is bedesha

Haddii cidi kula soo degto ama kaa guurto

Magacaaga oo aad ugu qorto siduu basaaboorkaaga ugu qoran yahay, xuruufta sida ay ugu qoran yihiin

Qeybta ku khuseysa ee dalbanayso oo aad buuxiso, hadii aanad si fiican u fahmahayn turjubaan ayaad dalban kartaa, waayo hadii aanad si saxa u dalban waxa istagi kara benefits-kaaga gaar ahaan markaad dalbanayso benefits-ka

Haddii aad foomka ku buuxiso warbixin been ah ama aanad la socodsiin isbedelka xaaladaada ku yimaada waxa lagugusoo oogi karaa danbi khiyaamo ah.

### 7.1 Taladda iyo warbixinta

Haddii aad bristol ku nooshahay ama aad ka shaqayso waxaad tallo iyo warbixin ka heli kartaa ururadan tabaruca ku shaqeeya ee kala ah;

Somali Advice Project, Malcolm X Centre, 141 City Road, St Pauls, Bristol, BS2 8YH, Tel: 0117 941 3889 Email-ka, [somaliadviceproject@gmail.com](mailto:somaliadviceproject@gmail.com)

Citizen Advice Bureau "CAB" 12 Broad Street, Bristol, BS1 2HL, Tel: 0870 1212 134, Website-ka: [www.adviceguide.org.uk](http://www.adviceguide.org.uk). Waxaad ka heli kartaa tallo ku saabsan, housing-ka, shaqadda, deynta, ganacsatadda alaabaha, iyo benefits-ka. Wac si aad ballan uga samaysato, ama waxaad si toos ah ayaad u tegi kartaa.

Avon And Law Centre; 2Moon Street, St Pauls, Bristol, BS2 8QE Tel: 0117 924 8662 Email-ka: [mail@ablcdemon.co.uk](mailto:mail@ablcdemon.co.uk) Website-ka: [www.avonandbristolawcentre.org.uk](http://www.avonandbristolawcentre.org.uk).

Halkaasi oo aad ka heli karto khubaro ku siin doonta tallo sharci oo bilaash ah iyo caawimo ku saabsan shaqadda iyo cunsuriyadda, housing-ka, socdaalka ama

immigration-ka, iyo benefits-ka.

Welfare Rights and Money Advice Services, Waxaad ka hellaysaa tallo benefits-ka iyo lacagaha ku saabsan. 4 York Court, Wilder Street BS2 8QH. Tel: 377 2878 Emailka: [welfarerights@bristol.gov.uk](mailto:welfarerights@bristol.gov.uk). welfare rights helpline tel; 377 2877 money advice helpline: 377 2866

North Bristol Advice Centre, 2 Gainsborough Square, Lockleaze, Bristol BS7 9XA Tel: 9515751 Emailka: [team@northbristoladvicecentre.org.uk](mailto:team@northbristoladvicecentre.org.uk). Website-ka: [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)

East Bristol Advice Centre, 108 Church Road, Redfield, BS5 9LJ Tel: 955 2981 Website-ka: [www.advicecentreforavon.org.uk](http://www.advicecentreforavon.org.uk). Waxaad ka eegtaa maabka A-Z index-ka

St Pauls Advice Centre, 146 Grosvenor Road, St Pauls, Bristol BS2 8YA Tel:955 2981 Email-ka: [stpaulsAdvice@btconnect.com](mailto:stpaulsAdvice@btconnect.com) Website-ka: [www.Advicecentreforavon@org.uk](http://www.Advicecentreforavon@org.uk) Waxaad isticmaasha A-Z index map-ka

SARI: Support Against Racist Incident: p.o.box 2454, Bristol BS2 2WX. Tel: 0117 942 0060, Saacadaha shaqadda ka baxsan waxaad wacdaa 999 ama numbere-ka xafiiska si aad u ogaato 24sacadood meeshaa lagala xidhiidhayo. Email-ka: [sari@sariweb.org.uk](mailto:sari@sariweb.org.uk). Saacadaha shaqaddu waa Isniinta ilaa Jimcaha 9:30 subaxnimo ilaa 5:15-ka galabnimo (waxay xidhan tahay xilliga qadada 1pm ilaa 1:45 daqiiqo) waxaad ka helli doontaa shaqaale u tababarabn hawsha ay kuu qabanayaan, arimahaaga oo qarsiidi kuu ah, waxay kaa caawin doonan waxii ku saabsan cabsida, naxdinta "TRAUMA" oo nooc khalkhal geliya maskaxda, Stress-ka, kuwaasoo kaaga wakiil noqdoona kuulana xidhiidhi doona ururadda kale ee arimuhu kaaga xidhan yihiin,iyagoo markaa hubin doona geedi socodka hawlahaaga iyo jawaabahaaga sidaad u helli lahayd. Kala xidhiidh waxyaabahaad u baahan tahay ururkan ku hawlgalla sida tabaruca ah. Adeegyadda lagu qabanaayo oo dhan waa bilaash.

South Bristol Advice Centre. Withywood Centre, Queens Road, Bishopsworth, Bristol BS13 8QA Tell: 903 8415 Email-ka: [admin@southbristoladvice.org.uk](mailto:admin@southbristoladvice.org.uk) Website-ka: [www.southbristoladvice.org.uk](http://www.southbristoladvice.org.uk)

## 7.2 Tallo bixinta socdaalka iyo magan-gelyadda

Laanta socdaalka iyo magan-gelyaddu "immigration and asylum advice" -ka sahcigeedu waa qeyb adag oo ka mid ah sharciga dalka. Haddii dhibaato arintan ku saabsani ku haysato waxaad la xidhiidhaa garyaqaan ama ururan hoos ku qoran:

Avon And Bristol Law Centre; 2 Moon Street, St Pauls, Bristol BS2 8QE Tel: 924 8662 Email-ka: [mail@ablcdemon.co.uk](mailto:mail@ablcdemon.co.uk) Website-ka: [www.avonandbristolawcentre.org.uk](http://www.avonandbristolawcentre.org.uk) kuwaasoo kaaga wakiil noqoqn doona kuna siinaya tallo sharci armiha ku saabsan shaqadda iyo midab kala sooca, housing-ka, immigrationka, deynta, iyo benefits-ka

Immigration Advice Service (IAS) Unit 7, Hide Market, West Street, St Philips, Bristol BS2 0BH Tel: 0117 955 7300 Fax: 0117 955 7647 Website-ka: <http://www.iasuk.org/>

Refugee Action; Hide Market, 9West Street, St Philips, Bristol BS2 0BH Tel:0117 941 5960 Website-ka: [www.refugee-action.org.uk/bristol](http://www.refugee-action.org.uk/bristol)

South West Law; 7-8 Hide Market, 1West Street, St Philips, Bristol tel: 0117 314 6400 ama 0117 314 6409 Email-ka: [iaa@southwestlaw.org.uk](mailto:iaa@southwestlaw.org.uk)

## 8. WAXBARASHADDA

### 8.1 Caruurta

#### 8.1.1 Dugsiyadda iyo nursery-yadda

Warbixin ku sabsan qaabka waxbarashadda ee dalkan UK;

England caruurta waxaa waajib ah inay tagaan dugsiya inta da'adoodu u dhaxeeyso 5jir ilaa 16jir

Saddex jirka iyo afar jirku waa inay qaataan ugu yaqaan 12 iyo badh saacadood todobaad kasta oo ka mid ah 38-ka todobaad ee sanad laha ah si ay u qaataan waxbarasho bilaash ah dugsiya nursery-ga ah kaasoo ilmahaaga ka caawinaaya u diyaar garowga dugsiya caadiga ah

Haddi aad shaqayso in ka badan 12iyo badh saacadood todobaadkiiba waxaad dalban kartaa workin tax credits, qoysas badan oo shaqeeya ayaa hella caawimo ay caruurtooda ku xanaaneynayaan taasoo loogu tallo gally caruurta loona yaqaan working tax credits.

Haddii aad geyso xanaano diiwaan gashan waxaa lagu soo celin doonaa boqolkiiba sideetan qiimahaad bixinayso taasoo ku xidhan hadba dakhliga kusoo gallaa siduu yahay. taasii oo ah ugu badnaan £140 todobaadkiiba ilmaha kaliya, ama £240 todobaadkiiba laba caruura iyo in kabadan.

The Ethnic Minority Achievement Service (EMAS) Bristol City Council-ka, Waxay daabacday buuga "Helista Dugsiyadda iyo Nurseries-yadda" kasoo u tilmaamaya waalidka iyo dadka caruurahah haya una sharaxaya nidaamka waxbarashadda iyo dugsiyaddu u shaqeeyaan ee magaaladda bristol,

Waxa ku jirta warbixino kala duwan oo ku saabsan dugsiyadda kala duwan , sida xilliyadda la tegeyo, waxyaalaha ka jira dugsiyadda, adeegyadda taageeradda ah, numberadda lagala xidhiidhaayo, iyo jawaabaha su'aalaha aad wax badan iska weydiin karto. Waxaad ka daabacan kartaa nuqul ka mid ah afka soomaaliga ama english-ta website-ka: [www.emas4succes.org](http://www.emas4succes.org) adoo raacaya link-ka working with parents and guidance

EMAS waxaad kaloo ka heli kartaa barnaamij sharaxaad ah kasoo ay ku caawiyaan ardayda cusub iyo waalidkooda ama dadka haya caruurta

Dhamaan dugsiyadda waxaa lagu dhigaa man-hajka wadaniga ah, laakiin caruurta dugsiya dibadiisa waxa lagu siiya ciyaaro kala duwan. EMAS ama dugsiyaaga waxaad ka heli kartaa warbixin ku saabsan arintan.

Waalid ahaan waxaad xaq u leedahay inaad ilmahaaga kala baxdo dugsiya markay ka socdaan xiisahaddaha diinta, iyo waxbarashadda galmadda ku saabsani. Waa inaad kala tashataa oo aad kala hadashaa waxii arintan khuseeya maamulaha dugsiya ka hor inta aanad go'aan ku gaadhin arintan.

Magangelyo doonayaasha dalbaday magan gelyadda isla marka ay dalka soo galaan ee ay yihiin kuwaa an haysan lacag iyo waxay cunaan midna.

Waxay ka dalban karaan taageero iyo meel ay degaan iyo waxyaabaha nolosha lagama maarmaanka u ah ee ay u baahan yihiin ururka "NASS" . Qoysaska iyo caruurta taageeradan hella waxay xuquuq buuxda u leeyihiin xanaaneyn caafimaad, caruurta gaadhay da'dii dugsiya la tagayayna waxay xuquuq buuxda u leeyihiin inay helaan wax barasho. Waxa kale oo ay xaq u leeyihiin cunto bilaash ah dugsiya dhexdiisa, caanaha

iskuulka iyo diraysa dugsiga "Uniforms-ka"

Waxaad arki kartaa qof loo yaqaan An Educational Welfare Officer. Kaasi oo warbixin kaasin kara faahfaahin ku saabsan shaqadda iyo welfare benefits-ka iyo waxaad xaqa u leedahay iyo masuuliyadda la xidhiidha waxbarashadda ilmahaaga ama caruurtaadda. Officer-kan waxaad kala xidhiidhi kartaa office-ka EMAS Tel: 0117 903 1365 ama fax-ka: 0117 9311 619

Dalkan UK waalidka waxaa lagu dhiiri gelinayaa inay ka qeyb qaataan oo ay ka warhayaan waxbarashadda ubadkooda iyo dugsiga ay wax ka baranayaanba.

## **8.2 Sideen ugu helli karaa ilmahaaga/caruurtayda boos dugsi bristol ku yaal?**

Markaad timaado magaaladan Bristol ugu horeyn markaba waxaad u baahan tahay inaad dugsi meel uga hesho caruurtaada/ilmahaaga. Kooxda Admissions-ka ee maamulka deeganku waxay ku siin karaan liiska dugsiyadda, waxaanad kala xidhiidhi kartaa tel: 0117 903 7694, ama fax-ka: 0117 903 7710,

Website-ka: [www.bristolcity.gov.uk/school](http://www.bristolcity.gov.uk/school) admissions bogan online ahaanbaad ka booking garayn kartaa. Waxaad kale oo aad booqan kartaa dugsiga si aad u weydiiso haddii ay hayaan boosas banaan.

## **8.3 Dugsiyadda gaarka ah**

Dugsiyadda supplementry-ga ahi waxa laga hella waxbarasho ka baxsan man-hajka wadaniga ah. Soomaalida waxa ku jira tan sida luqadda soomaaliga, dhaqanka soomaalida iyo waxbarasho kale oo ku sabsan maadadaha "Mainstream"lagama marmaanka u ah

Al Basiira Education and Cultural Centre, 20 Wade Street, St Judes, Bristol BS2 9DR. Tel: 0117 955 0981 Mobile: 07957 644350, qofka lala xidhiidho: Ali Muse Tel:0117 941 3331 Email: alimohamoud@hotmail.com Waxaa jira dugsiga kadib carabi iyo waxbarasho islaami ahiyo class-yo af soomali ah, waxa kaloo lagaa caawinayaa luqadda ingiriisida hadii loo baahdo. Maalmaha Isniinta ilaa Khamiista 4:45 galabnimo ilaa 6:45 fiidnimo.

Amana Education Trust, 122 Grosvenor Road, St Pauls, Bristol BS2 8YA Tel:0117 9550 456 Email: Mo Ismail Mohamoud. Ismail@cityofbristol.acuk. Waxay bixisaa taageero man-hajka oo ah English, xisaab, iyo saynis oo loogu tallo gallay ardayda soomaalida ah oo ah KS2, KS3, iyo KS4. Diyaargarowga class-yadda dib u eegida waxaa soo habaysay Supplementry Weekend School oo ay bixiyaan macalimiin gaar ah. Waxaa lagu qabtaa class-yaddan St Pauls Learning and Family Centre-ka, maalmaha Sabtida iyo Axadda 10 subaxnimo ilaa 3 galabnimo

Easton Jubilee Trust, 39 Seymour Raod, Easton, Bristol BS5 0UW. qofka lala xidhiidhayaa waa: Dr Steve Wilmshurts Tel: 0117 952 2764 Email: kbcoffice@xalt.co.uk

Waxay bixisaa Secondary Somali Homework Club, Saynis iyo Xisaab, Iyo Class-yo GCSE ah oo loogu tallo gallay ardayda soomaalida. Class-yadda oo dhan waxaa la bixiyaa xilli dugsiyeedka. Homework Club: Khamiista 6 fiidnimo ilaa 7 fiidnimo, class-yadda Science-GCSE-da:Isniinta 6 fiidnimo ilaa 7:30 fiidnimo, Maths GCSE class: Salaasadda 6 fiidnimo ilaa 7 habeenimo.

Mainstreaming Supplementry School's Support Project, City Academy, Russell Town House, Russel Town Avenue, Bristol BS5 9GH. Waxaad kala xidhiidhi kartaa Tel:0117 954 2818 ama 0117 954 2826, David McLeod, Email-ka: mcleodd@cityacademybristol.sch.uk,

Azmina Mitha, Email: [mithaa@cityacademy.bristol.sch.uk](mailto:mithaa@cityacademy.bristol.sch.uk), Shahzeen Mitha, Email: [mithas@cityacademy.bristol.sch.uk](mailto:mithas@cityacademy.bristol.sch.uk). waxay bixisaa dib-u-dhigasho degdeg ah iyo class-yo u diyaargarow ah KS3-KS4 kuwaas oo ah English, Maths, iyo science, iyo class-yo kale oo GCSE revision ah oo loogu tallo gallay ardayda muslimka ah. Casharadda waxaa bixinaaya macallimiin dugsiyadda ka dhigta. Casharaddana waxaa la bixiyaa badanaa subaxnimadda maalmaha sabtida, laakiin fadlan waa inaad wacdaa waxii faahfaahin dheeradda.

#### **8.4 Waxbarashadda dadka waaweyn**

Ku hadalka afka ingiriisida si fiican waxay waxay kuu sahlaya fursaddaha aad shaqo aad jeceshay ku hesho oo lacagteeduna wanaagsan tahay. Waxaa kale oo aad helaysaa maadooyin kale kuwaasoo aad iyagana ka helli karto kaana caawin kara shaqooyinka qaban karto.

##### **8.4.1 Afka ingiriisida**

Waxaad helli kartaa ESOL (English as a speaker of other language) oo loogu tallo gallay dadka aan luqadooda kowaad ahayn afka ingiriisida, waxaad ka helli kartaa:

City of Bristol College. TEL: 0117 312 5000 Email-ka: [www.cityofbristol.ac.uk](http://www.cityofbristol.ac.uk) Waxaad click ku sameysaa courses-ka adoo raacaya links-ka part-time courses and English. College-ku waxuu ku leeyahay xaruumo kala duwan oo Bristol gudaheeda ah, waad waci kartaa ama waxaad u diri kartaa email haddii aad u baahan tahay inaad ogaato warbixin ku saabsan courses-ka

Beacon Adult Learning Centre, City Academy, Russel Town Avenue, Easton, Bristol BS5 9JH. Telefoonka ama email-ka aad ka helaysa warbixinta ku saabsan class-yadda. Tell: 0117 902 3839. Email-ka: [info@beaconcentre.org](mailto:info@beaconcentre.org)

University of Bristol. Waxaad tagtaa [www.bristol.ac.uk/languagecentre/efl](http://www.bristol.ac.uk/languagecentre/efl) Warbixin ku saabsan luqadda jamacadda xaruumaha ee badan oo laga helo courses badan oo kala duwan

University West of England (UWE) waxaad tagtaa [www.langcentre@uwe.ac.uk](http://www.langcentre@uwe.ac.uk) ama tel: 328 2380 waxii warbixina, class-yadda lagu dhigto ( Cambridge Certificate in English for Speakers of other Languages) shahaado jaamacadda cambridge oo ingiriisida ah daka ku hadla luqaddaha kale, waxaad tagtaa [www.ac.uk/ulp](http://www.ac.uk/ulp) ama tel:328 2572 328 6767. Workers Education Association (WEA), Waxaad la xidhiidhaa: Helen Garvey, co-ordinator-ka xirfadaha nololaha. Tel: 916 66512 Email-ka: [hgarvey@wea.org.uk](mailto:hgarvey@wea.org.uk), Waxaad la xidhiidhaa Naomi Bath, Development Worker. Tel: 916 6154 Email-ka: [nbath@wea.org.uk](mailto:nbath@wea.org.uk)

##### **8.4.2 Waxbarasho dheeraada**

Waxii warbixina ee ku saabsan waxbarashadda waqtiga dheer ah waxaad gashaa internetka: [www.bristol.ac.uk/lifelong](http://www.bristol.ac.uk/lifelong)

Career advice Service, Tel: 0800 100 900, Website-ka: [www.direct.gov.uk/careersadvice](http://www.direct.gov.uk/careersadvice)

Learning and Skills Council "In our Hands Helpline", Tel: 0800 011 3030 Website-ka: [www.lsc.gov.uk/inourhands](http://www.lsc.gov.uk/inourhands)

Maxaan yeela hadaan rabo inaan course kale sameeyo?

Ururadda kor taxani qaar badan oo kamid ahi waxay bixiyaan courses kala duwan. Waxa kale oo aad:

La xidhiidhi kartaa waxbarashadda dadka waaweyn "Adult Learning Services", Tel: 0117

903 8844, Website: [www.bristol.gov.uk/adultlearning](http://www.bristol.gov.uk/adultlearning)

Waxaad la xidhiidhi " The Open University, Tel: 0117 929 9641. Waxa laga yaaba inaad hesho taageero lacageed, haddii lacagta ku soo gasha ay tahat mid yar.

## 8.5 SHAQADDA

### 8.5.1 Taageero sidii aad shaqo u helli lahayd

Bushqaddii soo jeedintii ku soo dhawoow Bristol 2008 ee ay soo saareen employment and Skills Team: waxaad ka helli kartaa; [http://www.bristol.gov.uk/ccm/cms-service/download/asset/?asset\\_id=29027018](http://www.bristol.gov.uk/ccm/cms-service/download/asset/?asset_id=29027018)

Waxaad shaqo ka eegi kartaa warsidayaasha ama jariidadaha degmadda kasoo baxa

Waxaad booqan kartaa boggaga internet-ka ee: [www.bristol.gov.uk/jobs](http://www.bristol.gov.uk/jobs)

Waxaad booqan kartaa bogga internet-ka ee: [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

Waxaad ka helli kartaa tallo bixin xirfadeed oo aad waci kartaa 0800 100 900 ama aad booqan kartaa: [www.direct.gov.uk/careeradvice](http://www.direct.gov.uk/careeradvice)

Waxaad tegi kartaa goobaha shaqadda ee "Jobs Fair"-ka

Bristol gudaheeda waxaa ka jira programme la yidhaa "Ways2Work" kaasoo lagu caawiyo tababarna lagu siiyo dadka caruurta xanaaneeya. Haddii aad rabto inaad wax badan ka oogaato waxaad wacdaa tel-ka: 0117 922 4541

Warbixin iyo tallooyin asaas ah oo la xidhiidha shaqadda waxaad ka helli kartaa website-ka: [www.direct.gov.uk](http://www.direct.gov.uk)

### 8.5.2 Xarumaha Jobcentre Plus-ka ee Bristol

Bedminster Jobcentre Plus 17-19 Kent Street, Bedminster, Bristol BS3 3NW. Tel:0117 991 3300

Bishopsworth Jobcentre Plus 59 Withchurch Lane, Bishopsworth, Bristol BS13 7TE Tel: 0117 991 3800

Bristol Jobcentre Plus St Stephens Street, Bristol BS1 1EN. Tel: 0117 991 3300

Jobcentre Plus-ku waa qeyb ka mid ah Department for Work and Pensions waxaanay siiyaan taageero iyo caawimo kala duwan dadka gaadhay da'da shaqadda "Working Age"-ka ah. Waxa kale oo ay caawiyaan dadka aan shaqadda hayn iyagoo siiya warbixin iyo tallo ku saabsan shaqooyinka banaan iyo weliba tababaro sidii ay shaqadda ugu noqon lahayeen.

Haddii aad soo dagtay dalkan UK oo aad kasoo wareegtay wadan kale oo kamid ah Europe waxa laga yaaba inay faa'ido ku yeelato haddii aad eegto European Employment Services "EURES" oo website-kooduna yahay: [www.ures-jobs.com](http://www.ures-jobs.com) Ama waxaad la xidhiidhi kartaa Helen Giles, oo EURES Advicer-ah, Jobcentre Plus, South west Regional Office, Bristol. Tel: 945 6767 / 0777 935 6294 Email-ka [helen.giles1@jobcentreplus.gsi.gov.uk](mailto:helen.giles1@jobcentreplus.gsi.gov.uk)

Waxaa kale oo aad la xidhiidhi kartaa UK NARIC oo aad ka helayso adeegyo ku saabsan isbarbardhiga shahaadooyinka wadamadda kale laga soo qaato iyo kuwa dalkan UK, Website-kooduna yahay: <http://www.naric.org.uk/index.asp?page=82> . Tel: 0871 330 7033 saacadda shaqaduna waa : Isniinta ilaa Jimcaha 9 subaxnimo ilaa 5-ta galabnimo

## 8.6 Ururada isutaga shaqaalaha 'Trade Unions'

Waxa ka jira dalkan UK 'Trade Unions' badan oo ka shaqeeya inay taageeraan shaqaalaha iyo xuquuqdooda shaqaale. Sida musharadda ama gunadda shaqaalaha iyo xaaladda shaqadooda sida caafimaadkooda iyo badbaadadooda. Halkan waxaa ku qoran warbixin ku saabsan qaar ka mid ah 'Trade Unions'. Haddii aad rabto inaad noqoto xubin kamid ah ama aad ogaato waxii faahfaahin ee dheeraad ah waxaad kala xidhiidhi kartaa telefoonadda iyo website-yadooda hoos ku qoran.

TUC: Faahfaahin dheerad ah waxaad ka helaysaa website-ka: [www.tuc.org.uk](http://www.tuc.org.uk) ama kala xidhiidh address-ka cinwaankiisu yahay TUC xafiiskooda ku yaalla South West office, Ground Flour, Church House, Church Road, Filton, Bristol BS34 7BD. Ama waxaad ka wacdaa telefoonka number-kiisu yahay: 0117 947 0521 Regional Secretary-ga; Nigel Costley Email-kiisuna yahay [ncostley@tuc.org.uk](mailto:ncostley@tuc.org.uk)

UNITE: Waxii faahfaahin ah ee dheeraad ah kuna saabsan UNITE's qeybta T&G waxaad website-ka: [www.tgwu.org.uk](http://www.tgwu.org.uk). xafiiskooda gobolkuna waxuu ku yaallaa, Transport House, Victoria Street, Bristol BS1 6AY. Tel: 0117 938 920. Xoghaya gobolkuna waa Steve Preddy.

UNISON: Warbixin faahfaahsan oo dheeradda kuna saabsan UNISON waxaad ka helaysaa oo aad gashaa website-ka: [www.unison.org.uk](http://www.unison.org.uk). Xarunta qeybta bristol ee UNISON waxay ku taallaa Vintry House, Wine Street, Bristol BS1 2DB. Telefoonkooduna waa; 01823 288031 (Regional switchboard). Xoghayaha Gobolkuna waa: Martin Jones.

UCCAT: Waxaad ka helaysaa warbixin dheeraada oo faahfaahsan website-ka: [www.ucatt.info](http://www.ucatt.info). Xafiiskooda degmadda gobolkuna waxuu ku yaalla, UCCAT Wales and South West, 199 Newport Road, Cardiff CF2 1AV. Telefoonkooduna waa: 029 2049 8664

USDAW: Waxaad ka helaysaa warbixin dheeraad ah [www.usdaw.org.uk](http://www.usdaw.org.uk). Xafiiskooda degmad Bristol waxaa uu ku yaalla; USDAW, 1 Bank Road, Kingswood, Bristol BS15 8LX. Telefoonkooduna waa: 0117 961 6061.

GMB: Waxaad ka helaysaa warbixin dheeraad ah website-ka: [www.gmb.org.uk](http://www.gmb.org.uk): xafiiskooda degmadduna waxa uu ku yaalla: 4 Waterloo Street, St Philips, Bristol BS2 0PH. Telefoonkooduna waa: 0117955 4470

## 8.7 Xuquuqda shaqaalaha

Haddii lagu siiyo shaqo, waxaad xuquuq sharci oo cayiman ku leedahay cidda ku shaqaalaysiisay. Xuquuqdaana waxa ka mid ah:

In mushahar lagu siiyo. Isla markaana cidda ku siisay shaqaddu waa inay ku sheegtaa goorta iyo sida lacagtaada lagu siinaayo

Waa in lagu siiyaa waxaan ka yarayn lacagta u yar ee wadankan lagu shaqeeyo

Waa in lagu siiyaa waqti nasasho inta aad shaqadda kugudda jirto

Waa in lagu siiyaa fasax 'holidays'

Waxaa jira xuquuqo kale oo aad leedahay kuwaaso ku xidhan inta ay leeg tahay mudadda aad shaqaynaysay. Haddii aad caruur leedahay iyo haddii kaleba, iyo waxaad ku heshiiseen cidda markaa shaqadda ku siisay. Warbixin dheeradda oo ku saabsan xuquuqda iyo masuuliyadda aad shaqaale ahaan leedahay waxa aad ka helli kartaa website-ka: <http://www.direct.gov.uk/en/Employment/Employees/index.htm>. Ama waxaad weydiin kartaa 'Adviser'

## 9. GANACSIGA IYO QOFKII ISKII U SHAQAYSANAYA

In aad adigu iskaa u shaqaysato ama aad ganacsi ka samayso dalkan UK waa door soo jiidasho u leh dad badan. Waxaa kale oo waliba dadka wadamadda kale ka yimaada mararka qaar u hellan fursaddo suuq leh oo aan dadka kale hellin. Mararka qaarna waxa ay xidhiidh wanaagsan la yeeshaan ganacsiga soojeedinta iyo dhoofinta ah.

In ganacsi laga sameeyo dalkan UK waa mid aad uga fudud wadamo kale, laakiin waxaa lagama maarmaan ah inaad ogaato sida halkan ganacsigu uga shaqeeyo. Inaad raadiso warbixin badan ka hor inta aanad bilaabin ganacsiguna waxay kaa caawinaysaa sidii aad faa'ido badan uga helli lahayd iyo siduu business-kaagu u noqon lahaa mid hirgalla.

Business-yo badan dalkan UK waxay ku shaqeeyaan waraaqo, kuwaaso tusaale ahaan halkay ka isticmaali lahayeen telefoonka ama si fool ka fool ah u kuula hadli lahayeen bedel ahaan u isticmaala inay waraaqo ku soo qoraan. Waxaa kale ood ku hellaysaa biilasha waraaqo. Inaad hesho tallo fiican inta aanad bilaabin business kahor waxay kaa caawinaysaa inaad si fiican u fahanto sida:

Qiimaha ascaarta

Noocyadda ay yihiin biilasha lagaa baahan yahay inaad bixiso sida, cashuurta, Biyaha, Gaasta, Leydhka ama nalka,

Arimaha la xidhiidha bangiyadda iyo sidaad u helli lahayd lacag aad ku bilowdo business-ka

Sidaad suuq ugu helli lahayd business-kaaga

Waxyaabaha kaa khaldami kara, Iyo haddii ay wax khaldamaan sidii aad ku joojin lahayd khaladaadka dhacay

### 9.1 Waxyaalo laga fikiri karo

#### 9.1.1 Tababar/tallo

Waxaa laga yaaba inaad is weydiiso inaad u baahan tahay tababar ama warbixin ka hor inta aanad bilaabin business-kaaga. Government Employment Schemes ayaa laga yaaba inay ku caawiyaan, waxaad weydiin kartaa Jobcentre Plus-ka hadii aanad shaqo hayn ama waxaad waci kartaa local Business Link telefoonka number-kiisu yahay: 0845 600 9 006. Waxaa kale oo aad eegi kartaa website-kooda: [www.businesslink.gov.uk](http://www.businesslink.gov.uk)

#### 9.1.2 Sida loo ganacsado

Waxaa jira afar nooc oo loo ganacsado;

Ganacsade gaar ah: 'As a Sole Trade' oo iskii u shaqaysta. Khasaarahaaduna waxuu noqon karaa: deynta oo dhan qofka iska leh ayaa ka masuul ah, inay socon weydo, time off-kaaga oon lacagi kuu socon, iyo masuuliyadeedda oo dhan oo qofka leh dusha ka saaran. Laakiin aad ayey u dhib yartahay in lasameeyo, lana wado ganacsigan.

Ganacsi aad qeyb la leedahay: 'As a Partnership'. kasoo aad shuraako ku tihiiin laba qof ama in ka badan oo iskood u shaqaysta. Khasaarahaaduna noqon karo: Waxii deyna oo idinku isu qabtaan, Is afgaran waa idinka dhex dhici kara, Waxaa soo jeedin mudan heshiis laba geesood ah.

Shirkad Gaar ah: 'As a Limited Company'. Faa'idooyinka ay leedahay waxaa ka mid ah: caadi ahaan deynta oo aan qofna dusha ka saarayn, balse ah deyn shirkadda shakhsi

ahaan director-ka damaanadiisa ah. Dakhliga/cashuurta/sumcadeeda/Iyo deyn teeda oo xadidan, ayaa lagu iibiyaa karaa qeyb ka mid ah 'shares'-keeda taasoo sare u qaada rasamaalka, Halkii looga soo deysan lahaa lacag dulsaar marka danbe lagu bixiyo.

Iskaashatooyinka: 'Co-opretive Enterprise' oo ay leeyihiin xubnaha ku jira, Ujeedooyin shacbi iyo dhaqaale. Madaxbanaan hantida ay soo saartana degaanka laga leeyahay. Waxay taageero ka helli kartaa wadanka iyo dhaqdhaqaaq caalami ah. Lacag deyn ah oo kor loogu qaadayo dhaqaajintooda ayaa jirta agagaarka Bristol. Xubnaha ka mid noqon karaa maaha mid xadidan. Iskaashatooyinka badanaa waxay u diiwaan gashan yihiin Limited Companies ahaan. Noocyadda iskaashatooyinka iyo tusaale ahaan: Essential Riverside Garden, Spark, Secondary-Interflora, Streamline Taxis, Housing Ashley Vale Action Group (self-building), Mina Road.

## 9.2 Lacagta

Sida aad ugu baahan tahay lacag kugu filan oo aad ku noolaato ayaad ugu baahanaysaa lacag aad business ku bilowdo ama aad ku socodsiiiso. Waxaad weydiisan kartaa

Asxaabtaada iyo qoyskaaga

Bangi

Charities ama Trusts

## 9.3 Diiwaan gelinta iyo xisaabaadka

Waxaad u baahan tahay inaad diiwaan gelliso faahfaahinta lacageed si sax ah oo dhigaal ah. Adiga ayaa xisaabin kara ama waxaad mushahaar ku siin kartaa diiwaan gelliye 'book-keeper' ama xisaabiye 'accountant'. Haddii ganacsigaagu yahay mid shirkadeed oo lagula leeyahay waxaad u baahan tahay inaad shaqaalaysiiiso xisaabiye 'accountant'.

## 9.4 Cashuurta dakhliga 'Income Tax'

Adiga ka masuula inaad bixiso Income Tax-ka waxii aad shaqaysatay. Waxaa jira waxyaalo gaar ah oo lagu ogol yahay kuwaasoo aad dalban karto, Si aad wax badan uga ogaato waxaad tagtaa bogga internet-ka ee: [www.hmrc.gov.uk](http://www.hmrc.gov.uk). Haddii aad imika bilowday business waxaad u baahan tahay inaad iska diiwaan geliso HM Revenue and CUSTOMS-ka (HMRC). Waxaad ku samayn kartaa sidaas inaad wacdo telefoonka nubberkiisu yahay: 08459 134515

## 9.5 Cashuurta saaran qiimaha alaabta (VAT)

VAT-ga aad bixinaysaa waa mid ku xidhan nooca business-kaagu yahay iyo xadiga qiimaha aad iibiso. Warbixin dheeraad ah waxaad ka hellaysaa oo aad tagtaa website-ka: [www.hmrc.gov.uk](http://www.hmrc.gov.uk)

## 9.6 Dhismaha

Waxaad ku ganacsan kartaa:

Guriga waxaadse u baahan tahay inaad hubiso in heshiiska deganaanshahu 'tenancy agreement' ama mortgage agreement-ku kuu ogol yahay inaad samayso sidaas

Guri aad iibsatay ama aad kiraysatay. Waxaad u baahan tahay inaad iska hubiso in ay tahay meel ku haboon in business loo isticmaalo. Waxaad u baahan kartaa qorshe ogolaansho taasoo kugu noqon karta kharash iyo qiima dheeradda. Waxaa fikrad wanaagsan ah inaad aragto business advisor ama garyaqaan 'solicitor' haddii aad markaa

ku fikirayso inaad meel kiraysato ama aad iibsanaayo.

### **9.7 Xadiga ganacsiga**

Waxa jira biil aad bixinayso kaasoo ah 'business rate' ka cashuurta laga qaado dhismayaasha ama guryaha ganacsiga 'meheradaha' kaasoo la siiyo maamulka degaanka ama 'local authority'. Warbixin faafaahsan oo dheerada ah lana xidhiidha arintan waxaad tagtaa oo aad ka hellaysaa Business Link Website.

### **9.8 Caafimaadka iyo fayodhowrka**

Waxaa lagaaga baahan yahay inaad buuxiso shuruudaha caafimaadka iyo fayodhowrka 'Health and Safety' kuwaaso ah qaar cayiman

### **9.9 Caymiska**

Waxa ay noqonaysaa inaad ku jirto nooc caymis ah 'insurance' oo aad ku daboosho haddii ay dhacdo baahida geedi socodka shaqadaada. Waxay noqon kartaa inaad bixiso:

Employers liability insurance. Haddi aad dad shaqo siiso waxaa kugu waajiba inaad inaad ku jirto insurance-ka noocan ah

Vehicles Insurance: Caymiska baabuurta, Nooc kasta oo ka mid ah baabuurta oo aad u isticmaalayso business-ka waa inuu ku jiraa Caymiska baabuurta

Public Liability Insurance. Kaasoo ka daboolaya dalabka cidii dadweynaha ka mid ah

Contents, Sida hantida badeecadda iyo caymiska alaabta

Health and accident insurance: Caymiska caafimaadka iyo shilalka

### **9.10 Pension-ka**

Waxaad helli doontaa gunadda hawlgabka qaranka 'state retirement pension' , Haddii aad buuxiso shuruudaha lagu bixiyo.

### **9.11 Sharciga socdaalka**

Samaynta business-ku waxa ay saamayn ku yeelan kartaa xuquuqdaada socdaal sidaad darteed waxaad raadisaa tallo kahor inta aanad bilaabin business.

### **9.12 Shaqo bixinta**

Haddii aad shaqo siiso dad waxaad masuul ka noqon doontaa inaad siiso mushahaarkooda, Cashuurta iyo national insurance contributions-ka la xidhiidha. Waxaa kale oo iyana lagaaga baahan yahay inaad buuxiso sharciga shaqo bixinta, caafimaadka iyo fayodhowrka.

### **9.13 Cashuurta wadanka ee loo yaqaan 'National Insurance Contributions'**

Waa inaad iska bixisaa cashuurtan taada iyo ta shaqaalahaaga. Warbixin dharaada oo faahfaahsan lana xidhiidha arinka waxaad ka helli kartaa oo aad wacda telefoonka number-kiisu yahay: 0845 714 3143.

### **9.14 Meelahaad tallada ka hellayso**

Brave Enterprise: The Coach House, 2, Upper York Street, Bristol BS2 8QN, Telefoonkooduna yahay: 0117 944 5330, Website-ka: [www.brave.org.uk](http://www.brave.org.uk)

Business Link in the South West: Great Western Business Centre, Emlyn Square,

Swindon, Wiltshire. SN1 5BP, Tel: 0845 600 9966, Website-ka: [www.businesslink.gov.uk/southwest](http://www.businesslink.gov.uk/southwest). Email-ka: [info@businesslinksw.co.uk](mailto:info@businesslinksw.co.uk)

### Bangigaaga

Chamber of Commerce: Rugta Ganacsiga, Kuwaaso badanaa xubnaha kamidka ah siiya latallin bilaash ah.

Enterprise Directorate: kuwaaso aad ka helli karto Website-ka Business Link

Inbiz oo taageero siisa cidda mudada badan shaqada la'ayd

Enterprise House, 8 Yarn Road, Stockton-on-Tees TS18 3NA. Tel: 01642 610610.  
Website-ka: [www.inbizonline.co.uk](http://www.inbizonline.co.uk)

Haddii da'adaadu ka hoosayso 30jir waxaad gashaa website-ka: [www.shell-livewire.org](http://www.shell-livewire.org)

Waxaa kale oo intaa ku dheer, Prince's Trust oo bixisa lacag iyo taageero haddii aad bilaabayso business isla markaana da'addadu ka horeyso 30jir. Waxaad eegtaa website-ka: [www.princes-trust.org.uk](http://www.princes-trust.org.uk)

### **9.15 Maxaan sameeyaa hadaan u baahanay inaan ka furto hudheel cunto ama cafe magaaladda bristol?**

Qof kasta oo raba inuu meherad ka furto noocan ah waa inuu marka hore iska diiwaan gelliya Bristol City Council-ka. Waxaad buuxinaysaa foomka diiwaan-gelinta. Wax lacaga lagaama qaadayo oo diiwaan gellinta ah laguumaana diidi karo. Kadib waxaad foomka oo aad buuxisay aad u diraysaa Food Safety Team. Dadka ka shaqeeya ee kooxda ah oo kaliya ayaa eegaya warbixinta aad foomka ku buuxisay. Haddii aad wax dhib ah kala kulanto buuxinta foomka waxaad la xidhiidhaa kooxda.

Haddii ay wax isbedel ahi yimaadaan sida, qofka meheradda leh oo kale, Ama meheradda magaca laga bedello waa inaad buuxisaa foom cusub oo kale. Waxaa aad u muhiima inaad ogsoonaato in meheradda ay baadhitaan ku samayn karaan kooxda fayoaqabka cuntaddu 'Food Safety Team' taasoo noqon karta xilliyadda saacadaha meheraddu furan tahay. Maaha inay ku sheegaan waqtiga ay kuu imanayaan, Laakiin sida caadiga ah way ku ogeysiinayaan.

Haddii meheraddu ay ku dhacdo baadhitaanka, Waxaa suurta-gal ah qofka meheradda iska leh ama maamuulaha ka ah in la faro inuu sameeyo hawlo cayiman kuwaasi oo uu wax kaga qaban doono sidii u u hagaajin lahaa fayoaqabka cuntadda. Hadiise markaa ay jirto khatar halis ku ah caafimaadka dadka waa ay xidhi karaan dhismaha meheradda qeyb ka mid ah ama dhamaanteed.

Waxa jira xeerar sharci ah oo lagu dhaqmo oo la xidhiidha safety-ga cuntadda qof kasta oo ka fikiraya in meherad cunto u furnaatana waxuu u baahan yahay inuu ogaado xeerkan. Haddii aad fahmi weydo xeerka sharcigan waxaad kala hadashaa qof ka mid ah kooxda fayoaqabka cuntadda 'Food Safety'.

Food Safety Team, Public Health Services, 4th Floor, Brunel House, St Goerges Road, Bristol BS1 5UY. Telofoonkooduna yahay: 0117 922 2500, Website-ka: [www.bristol.gov.uk](http://www.bristol.gov.uk)

### **9.16 Maxaan sameynayaa haddii aan rabo inaan darawal tagsi ka noqdo Bristol?**

Tagsigu waa inuu lahaadaa License ay bixiso Bristol City Council-ku adiguna waa inaad gudubto dhowr imtixaan oo laga qaado darawaliinta tagaasida.

### **Imtixaanka kowaad**

Imtixaankani waa mid asaasi ah ujeedadiisuna tahay barashadda xirfadaha asaasiga ah kaasi oo ah su,aalo 'Multiple Choice' ah oo aad ka dhex dooranayso ta saxda ah. Su'aalahan oo ku saabsan qeybaha magaaladda, Lacag Aqbalida dadka rakaabka ah iyo map akhrinta A-Z bristol gudaheeda. Qiimuhu waa £10 (Waxaad u baahan tahay inaad ballan ka samaysato Licensing Team-ka). Haddii aad markaa ku dhacdo qiimaynta imtixaankan kooxda Licensing Team-ku waxa laga yaabaa inay dib kuugu diraan Learning Communities Team kuwaasi oo kaa caawin kara.

### **Imtixaanka labaad**

Waa inaad ka qeyb gashaa fadhi session warbixin ah oo ka dhacaya Licensing office-ka. Fadhiigani waxuu badanaa qaata laba saacadood kaasoo lagaga tallo bixinaayo sida loo buuxinayo foomka dalbashadda.

### **Imtixaanka wadista tagsiga**

Waxaad u baahan tahay inaad ballan diiwan-gellin ah ka samaysato Driver Standard Agency-ga.

Dhigista dalabkaaga

Waxaad ka samaysataa ballan Licensing Team-ka. Waxaad u baahan tahay inaad soo qaadato oo aad u keento driving license-kaaga iyo basaaboorkaaga si ay shaqaaluhu u dhamaystiri karaan baadhitaan danbi 'Criminal Records Bureau check' (CRB) Qiimuhuna waa £17.50 oo bilowga fee-ga dalbashadda, £7.50 oo ah DVLA record check, £41.00 oo ah 'CRB' danbi baadhista.

### **Imtixaanka afraad - caafimaadka iyo aqoonta**

Haddii danbi baadhistu 'CRB' ay kuu hagaagto oo waxba lagugu waayo waxaad u baahanaysaa inaad la xidhiidho kooxda licensing-ka si aad uga samaysato ballan baashis caafimaad. Qiimaha waa:£100

Waxaa kale oo aad u baahan tahay inaad pass-to imtixaanka aqoonta Bristol. Waxaa lagu weydiin doonaa boqol su'aalood. Waxaa lagu gudbayaa 95% boqolkiiba sagaashan tagsiga hackney-ga wadistiisa, iyo 75% boqolkiiba shan iyo todobaatan ah wadista private hire-ka. Imtixaanka waxaa loogu tallo gallay door sare sidaas darteed waxaad u baahan tahay inaad xoog ugu dedaasho si aad uga gudubto. Qiimaha £50.

Xidhiidhka isgaadhsiineed ee kooxda Licensing Team-ka: Licensing Team Office, Princess House, Princes Street, Bedminster, Bristol BS3 4AG. Telefoonkooduna waa: 0117 914 2500, Email-ka: [licensing@bristol.gov.uk](mailto:licensing@bristol.gov.uk).

## 10. SOCDAALKA

### 10.1 wadista baabuurta

#### 10.1.1 maxaad u baahan tahay si aad baabuur ugu wadato wadankan gudahiisa?

Qeyb ka mid ah warbixinta hoos ku qoran waxaa laga helli karaa buuga 'Welcome to Britain' kaasoo ay soo wada saareen Avon and Somerset Police-ka iyo Race for Justice. Si aad u akhrisato warbixintan waxaad tagtaa:

<http://avonandsomerset.police.uk/documents/cache/PDF/Document100230889.pdf>

#### 10.1.2 Baabuurku waa inuu ku diiwaan gashanaadaa magaca qofka iska leh

Baabuurka marka lagu soo dejiya ee la keeno si loogu isticmaalo dalkan Great Britain (GB) waxaa waajib ah in la diiwaan-galliyo lana cashuuro sida ugu dhakhsaha badan kadib marka uu dalka soo gallo. Waxaad warbixin faahfaahin ka eegtaa:

[http://www.direct.gov.uk/en/Motoring/BuyingAndSellingAVehicle/ImportingAndExportingAVehicle/DG\\_4022583](http://www.direct.gov.uk/en/Motoring/BuyingAndSellingAVehicle/ImportingAndExportingAVehicle/DG_4022583).

#### 10.1.3 Full driving licence oo shaqaynaya

Full driving licence-ah oo wadankale ah ama International Driving Licence waxaad ku wadan kartaa muddada sanadka ugu horeeya ee aad dalkan UK soo gashay. Muddo sanad ah kadib waxaa kugu waajib ah inaad qaadatao driving test.

Haddii aad tahay muwaadin EU ah oo aad haysato full driving licence aan dhacsanayn oo aad ka qaadatay wadankaaga markaa waxaad xaq u leedahay inaad ku bedelato liisan wadankan ah full British Licence. Waxaa jira fee la bixiyo oo bedelaada ah balse maaha inaad qaadatao oo aad gasho test.

Haddii aad rabto warbixin faahfaahsan oo dheeraada kuna saabsan driving license-ka waxaad tagtaa: [http://www.direct.gov.uk/en/Motoring/DrivingInGbOnAForeignLicence/DG\\_4022556](http://www.direct.gov.uk/en/Motoring/DrivingInGbOnAForeignLicence/DG_4022556) ama waxaad wacdaa Driver and Vehicle Licensing Authority (DVLA) xafiiskooda degmadda Bristol oo telefoonkoodu yahay: 0870 240 1317

Vehicle Excise Licence: Warqadda dhaqdhaqaaqa iyo wadamarista ee baabuurka oo shaqaynaysa, waxaa kale oo loo yaqaan 'tax disc'

Caymiska baabuurka, kasoo aad ku jirto adigu darawal ahaan

Shahaadada (MOT) -da baabuurka oo shaqaynaysa

Waxaad ka eegtaa: <http://www.direct.gov.uk/en/Motoring/OwningAVehicle/index.htm>

Warbixin dheeraada oo ku saabsan tax-ka, MOT-da iyo insurance-ka. Qeybta insurance-ka waxaa ku jirta warbixin muhiim ah oo ku saabsan booqashadda iyo baabuurta lasoo dejiyo. Link- kuna waa

<http://www.direct.gov.uk/en/Motoring/OwningAVehicle/Motorinsurance/index.htm>.

Liisanka baabuurta dalkan UK gudahiisa waxa ay gaar u yihiin baabuurta nooc gaar` ah oo cayiman. Tusaale ahaan, liisan gaar ah oo lagu wadan karo baabuurta automatic -ga ah ( gear-ka automatic ah leh). Haddii markaa imtixaankii aad pass-tay ahaa baabuurta automatic-ga ah kuma kaxaysan kartid baabuur gear-kiisu gacanta ku shaqeeyo. Si kastaba ha ahaatee. Haddii aad ku pass-tay imtixaankaagi darawalnimadda baabuur gearbox-kiisu gacanta ku shaqeeyo ah 'manual' waxaad ku kaxaysan kartaa markaa labada noocba.

Liisanka baabuurta lagu wataa maaha mid kuu ogolaanaya inaad ku kaxaysato mooto

'motor-cycle'.

#### **10.1.4 Xeerar sharci asaasi ah**

Sharcigu waxuu dhigayaa:

Waa in aanad baabuur kaxaynin haddii aad cabtay alcohol ama aad isticmaashay drugs

Dhamaan caruurta waa in ay xejiyaha kursiga caruurta. Dadka kale ee loogu tallo gallay oo dhamina waa inay isticmaalaan suumanka 'seatbells'

Dhamaan leydhka ama nalalka baabuurka oo dhami waa inay u shaqaynayaan sidii loogu tallo gallay

Waa in aanad baabuurka dhigin oo aanad ku park garayn bus stop-ta ama si kasta oo keeni karta xanibaadba, ama meel labadda liid ee yellow-ga ahi marsan yihiin ah.

#### **10.2 Socdaalka bristol haraheeda**

Warbixin ku saabsan socdaalista Bristol hareeraheeda waxaad tagtaa oo aad ka helaysa: <http://www.travelbristol.org/> kadibna waxaad click ku sameysaa Link-ka aad doonayso.

Waxaa kale oo aad booqan kartaa Travel Centre-ka ku yaala Colson Street inta u dhaxeysa 8.30 subaxnimo ilaa 5.30 galabnimo maalmaha Isniinta ilaa Jimcaha, iyo 8.30 subaxnimo ilaa 1 duhurnimo ee maalinta Sabtida.

##### **10.2.1 Basaska magaaladda (buses operate in the city)**

Warbixin kooban oo ku saabsan bas raacista:

Caruurta lacagta baska ee laga rabo waa mid ka jaban ta dadka waaweyn

Haddii aad tahay disabled ama da'adaadu ka weyn tahay 60jir waxaad dalban kartaa bus pass. Taasoo kuu suurta gelinaysa inaad ku raacdo bilaash baska inta lagu guda jiro waqti cayiman oo maalinimadda ah. Si aad u dalbato bus pass waa in aad buuxiso foom aad ka helli karto:

##### **10.2.2 Kaadhka socdaalka 'Travelcard'**

Waxaad ka helli kartaa kaadhka socdaalka

Bristol city Council, Planing Reception, Brunell House, St Goerge's Road, Bristol BS1 5UY ama mid ka mid ah customer service points. Tel:0117 922 2600. Email-ka: [public.transpot@bristol.gov.uk](mailto:public.transpot@bristol.gov.uk)

First Bristol Limited waxaad kala xidhiidhi kartaa telefoonka: 0845 6020 156.

Waxaad helli kartaa tigidh jaban laakiin dadka reer bristol badankoodu waxay badanaa goostaan tikidhkooda marka ay baska soo fuulaan. Haddii aad sidan samaynayso waxaa fiican in aad lacagta oo sax ahi kuu diyaar ahaato, sababtoo ah waxaa laga yaaba inaanu darawalku badanaa haynin baaqi uu kuu celiyo. Markay uu waayo darawalku sarif uu kuugu celiyo baaqiga, waxa uu kuugu celinayaa baaqigaagii tigidh kaasoo aad ku qaadan doonto baaqigaagii muddo todoba cisho gudaheed ah si aanu kaaga dhicin. Waxaad ka qaadan kartaa baaqigaagii laba meelood oo keliya oo kala ah, Travel Centre-ka, Colston Street ku yaalla ama Bristol Bus Station oo ku yaalla Marlborough Street.

##### **10.2.3 Baaskiilka 'cycling'**

Bristol waxaa loo doortya inay noqoto magaaladda koowaad ee baaskiilka 'cycling city'

waxaana la siin doonaa lacag ay ku kharash garayn doonto inay samayso jidad loogu tallo baskiiladaha oo badan, Qalab fiican iyo tababaro badan oo caruurta baaskiiladda lagu baraayo. Si aad u hesho warbixin dheeraada oo faahfaahsan kuna saabsan cycling-ka iyo taageeradda cycling-ka ee bristol, Waxaad ka helaysaa oo aad gashaa website-ka: <http://www.bristol.gov.uk/ccm/navigation/transport-and-streets/cycling/>

#### **10.2.4 Tareenka degmadda: Severn Beach Line**

Waxa ku yaala train station line-kan kow iyo toban jid kuwaasoo kala ah:

Temple Meads, Lawrence Hill, Stapleton Road, Montplier, Redland, Clifton Down, Seamills, Shirehampton, Avonmouth, St Andrews Road, Iyo Severn Beach.

Waxaanay soo maraan ku dhawaad afartankii daqiiqaba hal mar maalmaha Isniinta iyo sabtida iyo saacadiiba hal mar maalinta axadda ah.

Haddii aad rabto warbixin dheeraad ah oo ku saabsan jidka Severn Beach waxaad ka wici kartaa Telefoonka number-kiisu yahay 0117 922 4454 ama Email-ka: [public.transport@bristol.gov.uk](mailto:public.transport@bristol.gov.uk)

#### **10.3 Socdaalka wadanka gudahiisa**

Qiimaha safarkaagu waxaa uu noqon karaa mid jaban haddii aad booking sii samaysato ka hor inta aanad u bixin safarka. Waxaa kale oo aad lacagta tashiili kartaa haddii aad iibsato family rail card ama disabled rail card. Bas raaca laftiisu waa mid ku jabnaan kara haddii aad tahay disabled.

##### **10.3.1 Tareenadda**

<http://www.nationalrail.co.uk/>

Xilliyadda tareenka, qiimaha, qorshaynta safarka iyo maps-ka iyo xilliyadda ay imanayaan warbixintooda waxaad ka helaysaa oo aad wacdaa telefoonka number-kiisu yahay: 08457 48 49 50

Bristol waxay leedahay laba railway station oo isku xidha qeybaha kale ee dalkan UK.

##### **10.3.2 Xarunta Tareenka ee Temple Meads Train Station**

Bristol BS1 6QF. saacadaha xafiiska tigidhadu uu furan yahay: Maalmaha Isniinta ilaa Sabtida 5.30 ilaa 21.30, Axadda 06:45 ilaa 21:30

##### **10.3.3 Bristol Parkway Station**

Stoke Gifford, Bristol BS34 8PU. Xafiiska tigidhadu waxuu furan yahay Maalmaha: Isniinta ilaa sabtida inta u dhaxaysa 05:40 ilaa 20:00 maalinta Sabtida 06:45 ilaa 18:00, Maalinta Axadda 8:30 ilaa 19:00

#### **10.4 Basaska “buses”**

National Express <http://www.nationalexpress.com/coach/index.cfm>

Waxii tallo ah ee ku saabsan, Sixidda tigidhka, Lacag celinta iyo cancellations-ka, fadlan waxaad ka wacdaa line-ka booking-ka telefoonka numberkiisu yahay: +44 (0) 8717 818181. Saacadaha shaqaduna waa 8:00 ilaa 20:00 ISniinta ilaa Sabtida iyo 10:00 ilaa 20:00 maalinta Axadda (waqtiga saacadda dalkan UK).

**10.4.1 Xarunta basaska ee Bristol Bus Station**

Marlborough Street, Bristol BS1 3NU. Xafiiska tigidhaduna waxa uu furan yahay maalmaha Isniinta ilaa Jimcaha saacadaha u dhaxeeya 7:30 ilaa 6 fiidnimo

Megabus-ka "MEGABUS"

<http://www.megabus.com/uk>

Telefoonka: 0900 160 0900. qiimaha daqiiqadda 60p telefoonka landline-ka ah iyo telefoonka gacantu way kala duwanaan karaan . Khadadka teelfoonkuna waxa ay furan yihiin laga bilaabo 7 subaxnimo ilaa 11 habeenimo todobadda cisho ee todobaadka

## 11. QASHINKA IYO RECYCLING-KA

Bristol city Council-ka ayaa ka masuul ah qaadista xashiishka guriga. Waxa jira waqti cayiman oo laga qaado qashinka guryahay. Waxaad haysan doontaa bins iyo boxes kala duwan oo lagu gurayo qashino kala duwan

### 11.1 Haddii aad ku nooshahay Guri “if you live in a house”

**Bin madow** (haddii aad ku nooshahay guri) Bin-ka waxaa loo isticmaala guud ahaan qashinka guriga waxaana la faaruqin doonaa lanadii todobaadba hal mar

**Box-ka madow** (hadii aad guri degen tahay) oo lagu guro qashinka ku haboon recycling-ka waxaana la faaruqiya todobaad walba hal mar. Liiskan waxa uu kuu sheegayaa waxyaalaha aad ku ridi karto box-yadda:

Qasacadaha Daasada ah. Waxaad u baahan tahay marka hore inaad maydho kadibna aad daboolka ka goyso.

Waraaqaha, Magazines-ka, iyo Directories-ka

Glass-yadda - laakiin aan jabnayn

Waxaad ku dhigi kartaa bayteriyadda baabuurta iyo saliidda engine-ta box-ka dhinaciisa laakiin maaha inaad ku gudda rido.

**Brown bin**(haddii aad guri ku nooshahay) Waxaad ku ridaysaa qashinka cuntadda oo la qaado todobaadkiiba hal mar. Isla dadka qaada qashinka cuntadda ayaa qaada cardboard-kana

**Plastics** Waxaad u baahan tahay bacda plastiga qashinka markaad ku riddo inaad u qaado meelaha loogu tallo gallay in laga qaado. Haddii kale ku rid bin-kaaga madow

Waxaa kale oo aad qashinkaaga u qaadi kartaa meela dhowr ah oo magaaladda ku yaalla:

Sida: St Philips Recycling Centre, Folly Lane, Off Days Road, St Philips, Bristol BS2 0QS

Avonmouth Recycling Centre, Kingweston Lane, Avonmouth, Bristol BS11 0YS

iyo super market-yo dhowr ah sida Tesco oo lahaan karta Qalabaad Recycling

### 11.2 Haddii aad Flat ku nooshahay “if you live in a flat”

Qashinka guriga waxaad weeyaan inaad hoos ugu rido chute-ka ama bin room-ka. Flats-ka qaar waxay leeyihiin xarumo recycling ah kuwaaso aad recycle ku samayn karto waraaqaha iyo glass-yadda.

Warbixin faahfaahsan oo dheeraad ah oo aad kaga takhalusayso qashinka waxaad tagtaa kana helaysaa: <http://www.bristol.gov.uk/Environment-Planning/Rubish-Waste-and-recycling/rubish-collections.en>

Warbixin iyaduna ku qoran afka soomaaliga ah kuna saabsan 'recycling rubbish' waxaad ka helaysa website-ka Council-ka ama waxaad wacdaa telefoonka numberkiisu yahay:0117 922 2100 waxaanad weydiisataa in warbixintaa laguugu soo diro afka soomaaliga ah.

Waxaad samaysaa haddii alaab waaweyn oo qashin ahi kuu taal guriga oo aad rabto inaad iska soo daadiso

Haddii aad qaadata benefits-ka hoos ku qoran waxaad weydiisan kartaa Council-ka inay

kaa qaadan saddex shay lixdii biloodba hal mar:

Housing Benefit-ka

(income based) Council tax Benefit-ka

Income Support

Pension Credit-ka

Haddii aanad qaadan mid ka mid ah benefits-kan waa inaad bixisaa qiimayaashan:  
Saddexda shay- £15, Lixda shay - £30, Sagaalka shay- £45

Waxaaad samaynaysaa haddii aad rabto in qashinka lagaa qaado:

Inaad wacdo telefoonka 0117 922 3838 Laakiin waa inaad lacagta ku bixiso adoo  
telefoonka ka sheegaaya debit ama credit card

Inaad booqato goobta adeega macaamiisha 'customer service point' halkaasoo aad ku  
bixin karto kaash ahaan

Inaad dhulka wax ku tuurtaa waa mamnuuc (kuwaaso ay ka mid tufida qaadka/iyo  
caleemahiisa) waxaanay keeni kartaa in lagugu soo oogo denbi

## **12. MASAAJIDDA “MOSQUES”**

Bristol waxaa ku yaalla masaajido badan ,

Misaajid -ka Central-ka ah ee Bristol, Kilburn Street, Easton, Bristol BS5 6AP. Tel: 0117 9421 1339, ama 01176 939 0804. kaasoo qaada lix boqol oo qof

Masjid jaamaca Bristol, Green Street, Totterdown, Bristol BS3 . Telefoonkiisuna yahay: 0117 977 0944. Kaasoo qaada 580 qof

Easton Islamee Darsagah-2 Roman Road, Easton, Bristol, BS5. Tel: 0117 951 0156. Waxuu qaadaa 500 oo qof

Masaajidka easton- 66 St Marks Road, Easton, Bristol BS5. Tel: 0117 951 0317. Kaasoo qaada 500 oo qof

Islamic Darasgh Bristol, 109 Lower Cheltenham Place, Montplier, Bristol BS6. Kaasoo qaada 150 rag kaliya ah

Shah Jalal Jamma Masjid, 468/470 Stapleton Road, Easton, Bristol BS5 6PA. Waxanu qaadaa 500 oo qof

Hosseinia Foundation, Apsley Street, Eastville, Bristol BS5 6SB. TEL: 0790 192 5126

Bath Islamic Society, 8 Pierrepoint Street, Bath BA1 1LA. Tel: 01225 460922

Misaajidka Lodge Cause Way, 25o Lodge Causeway, Fishponds, Bristol BS16 3QS.

Tauton and somerseet islamic centrrre, waxaa kale oo loo yaqaan, ama ay iku meel yihiin Bangaldesh association Taunton and west branch. Seema Cuisine, 17 East Reach, Tauton, TA1 3EW.

South somerset muslim culttural association iyo misaajidka yoevil, 8a Westminster Street, yoevil, BA20 1AE. Tel: 01935 412685

Waxaa jira laba dugsi oo caadi ahaan soomalidu u tagto:

Masjidka Al baseera, 20 Wade Street, St Judes, BS2 9DR. Tel: 0117 941 3331. Dhaqanka afcarabiga la isticmaalo

Masjidka Al huda, 60 Fox Rd, Easton, Bristol, BS5 0YA. Tel:0117 952 2033

### **12.1 Ururadda kale ee muslimka ah “Other Muslim organisations”**

Bristol Muslim Cultural saociety. £04 Stapleton Road, Easton, Bristol BS5 0JE. Tel: 0117 952 1802

Islamic Information Centre, £60 stapleton road, Easton, Bristol BS50JE. Tel: 0117 902 0037

### 13. ASAL-RAAC AH MABDA AMA DIIN “RADICALISATION”

Radicalisation-ku waa isku deyga kooxo gaar ah oo doonaya inay is bedel ku sameeyaan asaaska dhaqanka ama aaminka qof si ay uga dhigaan mid ku tallax taga. Imika oo ay ka jiraan kooxo radicalisation ah caalamka, dalkan UK waxaa jira Kooxo ku jira arintan laga dhigayo radicalisation-ka dadka muslimka ah inay sameeyaan kacdoon ficil ah oo magaca muslimka ah. Waxaana ka mid noqon kara tababar lagu dhiiri gellinayo inay ka qeyb qaataan kacdoon jihad ah oo laga sameeyo dalkan UK ama dibadaha. Arimahani waxay khuseeya dalka gudahiisa iyo dibadiisaba

Ku dhawaad badh ahaan dadka muslimka ah ee Bristol degani waa soomaali, Kuwaasoo badan koodu soo degeen tobankii sanadood ee ugu danbeeyay, bilowgiina ku yini magangelyo doon, qaxootiya ama kasoo haajiray wadamadda kale ee european-ka ah (EU) countries. Dadka kale ee muslinka ah ee Bristol degan oo ah kuwo si fiican u habaysan oo ay ku jiraan Pakistaani, Bangladeshi, Sudanese iyo Kurdish. Dadka qaar gaar ahaan dadka da'ada yar rag iyo haweenba ayaa target u noqon kara kooxaha radicalisation-ka

Taniyo 2007 dawladda UK waxay kharash garaysaa programme lagaga hortagaayo Kacdoonadda ku tallaxtaga ah. Kaasoo loogu magac daray 'Building the Bridge waxaana u wadda hawl galla Bristol City Council-ka iyo Police-ka iyo Statutory Agencies-ka. Wada shaqayntan labada geesoodka waxa ka wada shaqaynaya ee iska arkaya waa Building the Bridge Board-ka iyo Partnership Advisory Group. Waxaanay doorteen oo ay leeyihiin gudoon muslin ah iyo ku xigeen, iyo koox kale oo goobjoog ahoo eega community-ga muslinka ah. Hawshooduna waa inay horumariyaan shaqadana qabtaan. Kooxdan danbe waxay ka kooban yihiin kuwa badankoodu yihiin ururadda muslimka ah iyo kuwo kale oo qaybaha tabaruca ee magaaladda ah kuwaaso ay ka mid yihiin gudiyadda masaajidda iyo iyo muslim Forums-ka. Kooxdani oo tallo siisa Building the Bridge Programme waxaa kale oo ay ka qayb qaataan go,aan qaadashadda siyaasadeed.

Haddii aad rabto inaad ka qayb qaadato doodan ama aad ka qeyb qaadato hawshan, Fadlan kala xidhiidh Councils Community Cohesion Team telefoonka number-kiisu yahay 0117 9036415. Haddii aad rabto inaad ka hadasho arimo ku saabsan radicalisation-ka iyo ama fikradda dhan jirka ah, waxaad kala xidhiidhi kartaa Ian Quaife, Community Cohession Team Manager, 6 York Court, Wilder Street, Bristol, BS2 8QH, Email-ka: [ian.quaife@bristol.gov.uk](mailto:ian.quaife@bristol.gov.uk) ama telefoonka 0117 903 6415 ama 0117 903 6413. Haddii arintu degdeg tahayna waxaad kaloo la xidhiidhi kartaa police-ka

## **14. DADKA WAAWEYN “OLDER PEOPLE”**

### **14.1 Pension credit-ka**

Warbixntan waxaa lagu isticmaalay oo ay ku soo baxday leafletka ' Are you aged 60 over? Not getting pension credit?' kaasoo ay soo saartay Welfare rights and Money Advice Service.

Welfare Rights and Money Advice Service, P O Box 595, Bristol BS99 2AW Tel: 0117 377 2877, Emailka: [welfarerights@bristol.gov.uk](mailto:welfarerights@bristol.gov.uk)

#### **14.1.1 Waa maxay Pension Credit-ku?**

Waa lacag benefit ah oo lagu kabo dadka lixdanka ka weyn ee dhaqaalaha yari soo gallo

Lacag dheeraada ayaa lagu siin karaa hadii aad disable tahay, ama carer, ama aad mortgage qaadatay

Waxaad qaadan kartaa Pension credit xitaa haddii aad rasamaal haysato

Si aad u dalbato Pension Creditka waxaad wacdaa 0800 99 1234. khadku wuu furan yahay 8 subaxnio ilaa 8 habeenimo maalmaha Isniinta ilaa Jimcaha iyo 9 subaxnimo ilaa 1 duhurkii Maalinta Sabtida

### **14.2 Taageeradda dadka waaweyn**

#### **14.2.1 Nolosh**

Adeegyadda iyo caawimadda dadka waaweyn ee doonaya in ay isku filaadaan, dadka disable-ka ah da'a kastoo ay yihiin iyo qoysaska, xaneenayaasha, iyo khubaradda caafimaadka.

Adeegyaddan badankooda waa kuwo bilaash ah warbixintooda oo ku qoran luqadaha communities-ka waad hellaysaa haddii aad weydiisato.

Waxaad la xidhiidhi kartaa vassal Centre, Gill Avenue, Fishpond, Bristol BS16 2QQ, TELEFOONKA 0117 965 3651 Warbixin iyo taageero adeeg, Emailka: [info@thisisliving.org.uk](mailto:info@thisisliving.org.uk) Website-ka: [www.thisisliving.org.uk](http://www.thisisliving.org.uk)

Bristol Care Direct waxay kaa cawin kartaa joogista gurigaagaga, helista waxyaalaha ka socda agagaarkaaga, iyo buuxinta waraaqaha iyo foomamka, Warbixin dheeraada waxaad kala xidhiidhaa oo aad wacdaa telefoonka numberkiisu yahay: 0117 903 6684 ama Email-ka: [adult.care@bristol.gov.uk](mailto:adult.care@bristol.gov.uk)

Centre for the Deaf, 16-18 Kings Square, Bristol BS2 8JL. Tel: 0117 924 9868: Saacadaha xafiiskuna waa Isniinta Ilaa Khamiista, 8.30 ilaa 5.00 fiidnimo, Jimcaha 8.30 ilaa 4.30 galabnimo, waxay xidhan tahay xilliga qaddo tagista 1 duhurnimo ilaa 2 duhurkii

Centre ka waxaad ka hellaysaa adeegyada kala ah: Adeeg qalabka Enviromental-ka, Learning Difficulties Communication Group, Adeegyadda dadka da'ada yar, Transition Project, Chaplaincy Service, class-yo barashadda luqadda faraha ah, class dibna akhriska lagu barto, Hard of Hearing Clubs, dadka dhegaha culus club-kooda, Tababar dadka dhagoolayaasha a, Sport iyo social clubs, Iyo adeegyo shaqo dadweynaha loogu tallo gallyay, Tel: 0117 924 9868

Royal National Institute for the Blind (RNIB), RNIB South West, 10 Still House Lane, Bedminster, Bristol BS3 4EB. Tel: 0117 953 7751 Email-ka:

RNBIBDSouthWest@rnib.org.uk

RNBIB Waxa ay siisaa adeegyo iyo taageero dadka araga iyo maqalka beela. Inkastoo adeegyadda qaar ka mid ah loo qabto dadka bristol oo keliya, Ujeedadiisu waa inuu caawiyo dadka South West-ka oo dhan, Sida xaruntu ugu furan tahay dadka gobolka oo dhan. Adeegyaddan waxa ka mid ah adeeg dib u dhis ah, Warbixin, Talloyiin iyo adeegyo sharciiyeed, Dual Sensory Service, Leisure Service, Emotional Support, Warbixinta iyo taageeradda carers-ka. waxbarashadda iyo shaqadda, iyuo Adeegyadda qoyska.

Age Concern Bristol, Canningford House, 38 Victoria Street, Bristol BS1 6BY. Waxay furan tahay Isniinta ilaa Jimcaha 9am ilaa 1duhurnimo, 2pm. waxay bixiyaan adeegyo dhowr ah oo kala duwan : warbixin iyo tallo Tel: 0117 922 5353 Adeegyadda Practical-ka ah tel: 0117 929 2552, Insurance iyo Trading-ka Tel; 0117 928 1555, Link- Up tel: 0117 929 7537

#### **14.2.2 Linksan Service and the Somali Disabled and Elderly Association**

Waxay socodsiiyaan mashruuc ay fund-gareyo Council-ku kasoo ku taageera dadka waaweyn ee soomalida ah lunch club. Adeegan ah oo waxa lagu qabtaa Muller Hall ka ku yaala Easton. Warbixin dheeraada waxaad kala xidhiidha ahmed awale ama Ahmed Du'ale telefoonadda kala ah 0783 2270091 ama 0790 815 9433

### **14.3 Housing-ka**

#### **14.3.1 guryaha lagu taageero dadka waaweyn**

Warbixin faahfaahsan oo ku saabsan guryahay noocan ah waxaad kala xidhiidha kooxda Support to Older People team-ka adoo ka wacaaya telefoonka 0117 922 4612 ama Email-ka: [stop@bristol.gov.uk](mailto:stop@bristol.gov.uk).

Waa inaad ka diiwaan gashanaata Housing-ka ka hor inta aanad ku samayn tixgelin arintan. dadka waaweyn ee la doorbidayaa waa 50jir iyo waxii ka weyn isla markaana ka diiwan gashanaata Bristol Housing Register-ka.

### **14.4 Isgaadhsiinta Gaadiidka**

#### **14.4.1 Parking-ka dadka la'xaadka la'**

Waxaa lagu siin karaa blue badge kasoo kuu fasaxaya inaad ku park garaysan karto meelaha magaaladda ku yaal. siaad u ogaato arintan waxaad wacdaa telefoonka: 0117 922 2083

#### **14.4.2 Buses-ka**

Dadka waaweyn waxaa la siiyaa bus pass bilaash ah

#### **14.4.3 Dial-a Ride**

Waa adeeg bus Mini bus ah kasoo ah door-t-door service qiima macquul ah.

#### **14.4.4 Kursiga dadka laxaadka la' ee muddo gaaban la isticmaalo**

Waxaad kala xidhiidhaa British Red Cross-ta telefoonka: 0117 301 2606

#### **14.4.5 Fursadaha tabaruca ah ee dadka waaweyn**

Gentle Activity Project, Mashruucan waxaad ku baran kartaa sida fit loo ahaado, caafimaadqabka iyo sidii aad u caawin isla sidoo kale lahayd dadka kalena, warbixin dheeraada oo faahfaahsan waxaad kal xidhiidha Lynne Joyner Tel: 07825 931 559 ama Jan Snook Tel: 0117 922 4392

Bristol Older Peoples Forum: Forumku waxuu kulmaa labadii biloodba hal mar.

Waxaanay soo saarta rubuc ahaan newsletter bilaash ah, waxaanay xidhiidh iyo wada shaqayn la leedahay Council-ka, Age Concern iyo Help the Aged. Xubnimaddu waa mid u furan qof kasta oo da'adiisu tahay 55jir iyo waxii ka sareeya, Waana mid bilaash ah.

Waxaad la xidhiidhaa BOPf, Canningford House, 38 Victoria Street, Bristol BS1 6BY. Tel: 0117 927 9222, Email-ka: [bopf@ageconcernbristol.org.uk](mailto:bopf@ageconcernbristol.org.uk)

## 15. DHALINYARADDA “YOUNG PEOPLE”

Waxooga warbixin ah oo ku jira qeybtan waxaa lagasoo qaatay Connexions west of England Pocket Handbook, Bristol Connexion Centre: waxaad kala xidhiidhi kartaa : 4 Colston Avenue, Bristol BS1 4St. xilliyadda ay furan tahay waa Isniinta, Salaasadda, Khamiista, 9.30am ilaa 4.30pm, Arbacadda 10am ilaa 4.30, Jimcaha 9.30am ilaa 4pm. tel: 0117 987 3700, Website-ka [www.connexionswest.org.uk](http://www.connexionswest.org.uk) 14-19 Prospectus: [www.myplan4life.org?](http://www.myplan4life.org?)

### 15.1 Waxbarashadda iyo shaqadda

#### 15.1.1 Maxay dadka da'doodu yartahay qabtaan markay dhameeyaan sanad dugsiyeedka 11aad?

Waxay bilaabi karaan waxbarasho full-time ah, sixth form college-ka ah ama college

Faahfaahin ku sabsan courses-ka full-time-ka ah waxaad tagtaa [www.myplan4life.org](http://www.myplan4life.org). hadii aad rabto warbixin faahfaahsan oo ku saabsan Jaamacadaha waxaad tagtaa websiteka: [www.ucas.ucas.ac.uk](http://www.ucas.ucas.ac.uk).

Waxyaabaha aad samayn karto hadii aad college-ka tegeyso ama aad dugsiya bedelayso

Waxaad booqataa college-ka si aad u aragto sida ay tahay

Waxaad ka qeyb gashaa maalmaha open days-ka ah adoo qoyskaaga la socda

Waxaad raadisaa oo aad isku daydaa inaad waxbadan ka ogato course-ka aad xiisaynayso

Marka aad go'aansato course-da aad doonayso dalbo boos sida ugu dhakhsaha badan

Shaqaad bilaabi kartaa ama waxaad ka shaqayn kartaa training

Warbixin dheeraada oo ku saabsan Electrical ama Plumbing apprenticeships waxaad ka helli kartaa Website-ka: [www.jtltraining.com](http://www.jtltraining.com)

Si aad wax uga ogaato Apprenticeship-ka (shaqadda tababarku ku jiro) ee council-ka waxaad booqaato bogga website-ka: [www.bristol.gov.uk/jobs](http://www.bristol.gov.uk/jobs)

Fursadaha kale ee apprenticeship-ka ah

Xirfaddo badan ayaa ku jira, Tusaale ahaan, business administration-ka, Construction-ka, Hairdressing-ka, Health and Social Care-ka, Leisure-ka iyo tourism-ka iyo shaqadda motoradda baabuurta

Warbixin dheeraada waxaad ka helaysaa oo aad wacdaa telefoonkanumberkiisu yahay 0845 358 1001 ama waxaad booqataa website-ka: [www.apprenticeships.org.uk](http://www.apprenticeships.org.uk) ama [www.apprenticeshipsonline.org.uk](http://www.apprenticeshipsonline.org.uk)

e2e: Waxa lagu tababari doonaa company tababarta oo degaanka ah ama college-ka marka aad diyaar noqotana waxaa lagu meelayn doona meel aad ka shaqeyso. e2e waxay dabooshaa shaqooyin noocyo badan ah. Haddii markaa qoyska dhaqaaluhu ku yar yahay qofka yar waxaa la siin doonaa lacagta loo yaqaan Educational Maintenance Allowance (EMA) taasoo gaadhaysa ilaa £ 30 todobaadkiiba. Waxaad helli doontaa todobaadkiiba lacagtani iyo kharashka dhaqdhaqaaqa.

warbixinta xirfaddaha

[www.careersa-z.co.uk](http://www.careersa-z.co.uk)

[www.connexions-direct.com](http://www.connexions-direct.com)

[www.prospects.ac.uk](http://www.prospects.ac.uk) Website-kani waxuu faa'iido kuu leeyahay haddii aad ka fikirayso inaad gasho jaamacadda waxaanay kuu sheegaysaa noocyadda xirfadaaddu noqonaysa jamacadda ka dib.

Qualifications-ka

[www.qca.org.uk](http://www.qca.org.uk)

[www.dfes.gov.uk/qualifications](http://www.dfes.gov.uk/qualifications)

go'aan qaadashadda doorashadda sanadka 11 kadib (year 11)

[www.dfes.gov.uk](http://www.dfes.gov.uk)

[www.after16.org.uk](http://www.after16.org.uk) Waxaad ka hellaysa tallo iyo doorasho haddii aad leedahay disability finding work

[www.connexionswest.org.uk/vacancies](http://www.connexionswest.org.uk/vacancies)

[www.worktrain.gov.uk](http://www.worktrain.gov.uk)

[www.fish4jobs.co.uk](http://www.fish4jobs.co.uk)

[www.workthing.com](http://www.workthing.com)

Haddii aad jamacadda dalbanayso

[www.ucas.ac.uk](http://www.ucas.ac.uk)

[www.ukcoursefinder.com](http://www.ukcoursefinder.com)

[www.dfes.gov.uk/aimhigher](http://www.dfes.gov.uk/aimhigher)

[www.scholarship-search.org.uk](http://www.scholarship-search.org.uk)

Fasaxa Sanadka/Shaqo Tabaruca

[www.vinspired.com.com](http://www.vinspired.com.com)

[www.do-it.org.uk](http://www.do-it.org.uk)

[www.volunteering.org.uk](http://www.volunteering.org.uk)

[www.careerseurope.co.uk](http://www.careerseurope.co.uk)

## **15.2 Caafimaadka**

Haddii aad inuun ka werwersan tahay caaimaadkaga waxaad kala hadli kartaa qoyskaaga iyo asxaabtaadda, ballan ka samayso GP-gaaga, ama waxaad booqataa mid ka mid ah bogaga website-dadan hoos ku qoran:

### **15.2.1 Caafimaadka guud**

Waxaad booqataa website-ka: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### **15.2.2 Caafimaadka iyo xidhiidhka**

Warbixin dheeraada waxaad kahellaysaa oo aad booqataa website-ka:

[www.bbc.co.uk/radio1/onelife](http://www.bbc.co.uk/radio1/onelife)

### **15.2.3 Faahfaahin ku saabsan caafimaadka 14 ilaa 16 jirka**

[www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)

Waxkasta oo aad rabto inaad ka ogaato koritaanka

[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)

### **15.2.4 NSPCC**

(National society for the protection of children against cruelty) Website-ka: 12ilaa 16jirka:  
[www.there4me.com](http://www.there4me.com)

### **15.2.5 Daroogadda “Drugs”**

Bristol Drugs Project Tel: 0117 987 6000, Website-ka:[www.bdp.org.uk](http://www.bdp.org.uk).

NHS Smoking Helpline Tel: 0800 169 0 169

Si xun u isicmaalida qaadka kala xidhiidh Nilaari Tel: 0800 028 0985

Talk to FRANK Tel: 0800 77 66 00 ama waxaad text u dirtaa 0800 917 8765

Website-ka: [www.alktofrank.com](http://www.alktofrank.com)

### **15.2.6 Caafimaadka galmadda “Sexual Health”**

Inaad hesho tallo fiican iyo warbixin ku saabsan iyo inaad hesho dad garanaya waxay ka hadlayaan waxay noqon kartaa mid adag. Adeegyaddan hoos ku qorani waa qaar kaa caawin kara arinta.

Bristol Health Sexual Centre (MILNE), tower Hill, Bristol, Tel: 0117 342 6900

Website-ka: [www.4ypbristol.co.uk](http://www.4ypbristol.co.uk)

Sexwise. Tel: 0800 28 29 30 Telefoonkan waa mid bilaash ah waana confidential. Website-ka: [www.ruthinking.co.uk](http://www.ruthinking.co.uk)

### **15.2.7 Galmadda**

GP-yadda badankoodu waxay bixiyaan adeegyadda kahortaga iyo caafimaadka galmadda. Waxay bixiyaan adeeg sir ah dadka yar yar na way arki karaan xitaa haddii da'adoodu ka yar tahay 16jir. Waxaa macquul ah in laga hor tago uurka haddii aad qaadato kiniin gaar ah oo ka hortag degdega ah 72 sacadood kadib galmadda aanad iska ilaalin.

Waxaad isticmaali kartaa kahortag degdeg ah haddii

Aad samaysay galmo balse aanad isticmaalin condom

Haddii cndom-ku siibto ama uu ka baxo inta galmaddu socoto

Haddii aad ilowday inaad qaadato kiniinka

### **15.2.8 Ururadda bixin kara tallo degdeg ah oo ku saabsan arimaha la xidhiidha kahortaga cudurada iyo galmadda caafimaadka**

Waxaad booqataa website-ka: [www.4ypbristol.co.uk](http://www.4ypbristol.co.uk) Liiska dhamaan farmasiyadda siiya kahortaga degdega ah dadka da'adoodu 20jirka tahay iyo kuwa ka hooseeya.

Amelia Nutt Clinic Tel: 0117 946 5454

Brook Young Poeples Clinic Tel: 0117 929 0090

Central Health Clinic Tower Hill Tel: 0117 929 1010

Charlotte Keel Health Centre Tel: 0117 902 7111

City Gate NHS Walk-in-Centre, 33 Broad Street, BS1 2EZ

City Gate NHS Walk-in Centre, BRI Mauddin Street. Baadhitaan uur iyo kahorag degdeg ah. Ballan inaad ka samaysataa maaha lagama maarmaan.

Knowle West Sexual Health Clinic Tel: 0117 903 0000

Lawrence Weston Clinic Tel: 0117 982 3205

Old school Surgery, Fishponds Tel: 0117 958 9128

South Bristol NHS Walk-in centre, Knowle West, BS4 1WH

Southmead Hospital Tel: 0117 950 3638

Southmead Young Poeples Clinic Tel: 0117 908 4654

St John's Lane Health Centre, Downton Road, Knowle West

[http:// www.somaligaycommunity.org/](http://www.somaligaycommunity.org/)

<http://www.safraproject.org/> Website dumarka Lesbian-ka ah

<http://www.iimaan.org.uk/>

[rhapsodybristol@googlemail.com](mailto:rhapsodybristol@googlemail.com)

Off the Record

Waxay bixisa counselling sessions ay siiso dadka lesbian bisexual-ka ah, gay ama transgender (LGBT). Tel: 0117 922 6747

Freedom Youth- oo siisa adeeg dadka da'adoodu yartahay ee LGBT-ah. goobta xidhiidhka ee dadka yaryar ee bristol. Tel: 0117 953 7921 Email-ka: [info@youngbristol.com](mailto:info@youngbristol.com)

### **15.3 Ururadda iyo kooxaha dadka da'da yar**

The Crypt, st Lukes Church, Bartonhill. St Lukes waxay habaysaa urur dhalinyaradda da'adoodu u dhaxeeyso 7ilaa 12jirka ah maalmaha Isniinta xilliyadda fasaxa lagu jiro. Adeegan dadka da'ada yar waxay qabtaan kulan fadhi oo dadka u furan maalmaha salaasadda , Arbacadda, iyo Khamiista. Waxaa kae oo jira group dadka da'da yar ee soomalida ah maalinta Sabtida duhurka kadib.

Bread Youth Project, 20-22 Hepburn Road, Bristol, BS2 8EA, Tel: 0117 942 7676, Email-ka: [jo@breadyouthproject.org.uk](mailto:jo@breadyouthproject.org.uk)

Off the Record Waxay bixisaa Counselling Service dadka da'adoodu u dhaxayso 11 ilaa 25jirka, 2 Horfield Road, St Michael's Hill, Bristol, BS2 8EA. Tel: 0117 922 6747

Young Bristol, Tel: 0117 953 7921, Email-ka: [info@youngbristol.com](mailto:info@youngbristol.com)

The Trinity, Trinity Road, Easton, Tel: 0117 953 7921 Email-ka: [info@3ca.org.uk](mailto:info@3ca.org.uk)

Youth and Play Services, Bristol City Council. Tel: 0117 987 3700

Connexion Bristol, 4 Colston Avenue, Bristol, BS1 4ST. Tel: 0117 987 3700

Baggator, The Pickle Factory, 13 All Hallows Road, Easton, Bristol BS5 0HH, Tel: 0117 955 7733, Mobile: 079 0191 6013

Harry Crooke Youth Activities Centre, Moorlands Road, Fishponds. Bristol. Tel: 0117 965 6948, Mobile: 079 7168 6946

KHAAS Young Carers Group, St Werburghs Community Centre, Horley Road, Bristol BS2 9TJ. Tel: 0117 955 4070

City of Bristol Young Peoples Forum, YOU, 32 Bond Street, Bristol BS1 3LX

Somali Development Group, Waxay u qabataa adeegyo dadka soomaalida da'da yar iyo qoysaskooda. Adeegyaddan waxaa ku jira:

Kahortaga denbiyadda: dood kooxeed ku saabsan denbiyadda, saamaynta denbigu ku yeesho dadka da'ada yar ee qoysaskooda iyo raadadka ay kaga tagayo marka oo u noqdo mid danbi gallay.

Barnaamij horumarinta qofka: Garashadda baahida qofka da'ada yar iyo daboolista baahiyaadkiisa si horumar loogu sameeyo awoodiisa qof ahaaneed, Tusaale ahaan Accessing Courses, tababar iyo shaqaalaysiin. Adeegani waa mid qofka da'ada yar dhisaaya kartidiisa iyo awoodahiisa waxqabad ee dariiqa saxda ah ee guusha.

@One2one mentoring mentoring adeeg iyo taagero ah, tallo iyo wada xaajood ku saabsan arimaha soo food saaray dhalinyaradda soomalida sida denbiyadda, Daroogadda, Dhibaatooyinka qoyska, Galmadda iyo arimaha la xidhiidha, iyo xidhiidhka.

Leisure Activities: Caawimo lagu hubinaayo in dhalinyaradda in dhalinyaradda soomalidu u helli lahayeen ciyaaraha iyo firfircoonida ay sameeyaan xaruumaha dhalinyaradda ee degaanku, SDG waxaa kale oo ay soo habaysaa ciyaaro iyo firfircooni dhaqan ahaan ku haboon kuwaaso ay codsadaan dhalinyaradda laftoodu.

Mashruuca FGM: Soo bandhigista iyo ogeysiinta dhibaatooyinka FGM-ku ama gudniinka fircooniga ahi uu ku hayo haweenka iyo hablaha yaryar, Waxa jira adeegyo lagu tallo siinayo dadka dhibaataaddu ka haysato FGM-ka iyo dood ay kaga wada xajoonayaan kuna falanqaynayaan koox dadka dhibtani haysato ah taasoo ay kaga wada hadlayaan iskana waraysanaayaan dhibta isku midka ah ee haysata. Waxa kale oo mashruucu bixiyaa tababar xirfadeed nololeed kaasoo lagu dhisaayo kalsoonida iyo qofku siduu u qiimayn lahaa naftiisa.

#### **15.4 Tabaruca iyo fursadaha dhalinyaradda**

Waxaad la hadashaa Connexions Personnel Advisor fikraddo ku saabsan tabarucista ama waxaad la xidhiidhaa:

Duke of Edinburgh Award, Activities iyo Volunteering loogu tallo gallay dadka da'dadoodu u dhaxayso 14jirka ilaa 25jirka. Warbixin dheeraadda oo faahfaahsan waxaad booqataa website-ka: [www.theaward.org](http://www.theaward.org)

Princes Trust, La xidhiidh haddii da'adaadu u dhaxayso 14jir ilaa 30 jir oo aad dareento xanibaad, diiqad, niyadjab, iyo gaabisnimo ama caajis. Mashruucu waxuu qaadanayaa muddo 4 todobaad ilaa 24 todobaad. Si aad u ogaato warbixin dheeraada waxaad

booqataa website-ka: [www.princes-trust.org.uk](http://www.princes-trust.org.uk)

United Kingdom Youth Parliament, waxay siisaa 11jirka ilaa 18 jirka cod wadani ah kaasoo ay dhegeystaan siyaasiyiintu. Waxaad booqataa [www.ukyp.org](http://www.ukyp.org) si aad uga ogaato waxbadan.

### **15.5 Waxyaabaha laqaban karo waqtiga firaaqada lahaysto “Leisure Activities”**

Waxaad tagtaa xarunta community-ga degaankaaga. Haddii aanad hubin halka kuugu dhaw ee xarunta Community Centre-kaaga waxaad gashaa :  
<http://www.bristol.gov.uk/ccm/Community-Living/Community-Centres-Facilities/community-development---community-centres.en>

La xidhiidh ururka Community-ga

Waxaad gashaa websites-ka soo socda

[www.bbc.co.uk/bristol](http://www.bbc.co.uk/bristol)

[www.bristol.gov.uk](http://www.bristol.gov.uk)

[www.goplacesdothings.org.uk-bristol](http://www.goplacesdothings.org.uk-bristol)

[www.whatsonbristol.co.uk](http://www.whatsonbristol.co.uk)

[www.visitbristol.co.uk](http://www.visitbristol.co.uk)

<http://www.bristol.gov.uk/ccm/navigation/leisure-and-culture>

Waxaad eegtaa wargeysyadda deegaanka

Waxaad dhegeysataa raadiyaha degaanka

Waxaad booqataa library-ga. Si aad u hesho Library-ga kuugu dhow waxaad ka eegtaa website-ka Council-ka ee; [www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)

Waxaad booqata xarunta dhalinyaradda ee degaankaaga

Waxaad booqata xarunta isboortiga ee agtaada ah

Waxaad raadisaa warqadda 'leaflet'-ka 'Days out in and around Bristol'

Waxaad tagtaa xarunta warbixinta qofka booqdaha ah 'Visitor Information Centre'

Explore-at-Bristol, Anchor Road, Bristol BS1 5DB, Waxay furan tahay sacadaha 10am ilaa 5pm

Cabot Circus, miiska xogta= Information Desk, Dabaqa labaad=Level 2, Bristol BS2 9AB, Wuxuu furan yahay Isniinta ilaa Sabtida saacadaha 9am ilaa 5.30pm Axadda 11am ilaa 5 galabnimo.

Broadmead, Ask Me Point, Ground Floor, The Mall, Bristol, Waxay furan tahay maalmaha Isniinta ilaa Sabtida, saacadaha 9 subaxnimo ilaa 5.30 galabnimo Axadda 11subaxnimo ilaa inta u dhaxaysa 5 galabnimo.

Waxaad booqataa carwadda degmadda 'museum-ka' ama website-kooda:  
[www.bristol.gov.uk/museums](http://www.bristol.gov.uk/museums)

### 15.5.1 Rugta Kutubta 'Libraries'

Fadlan waxaad ka eegtaa link-ka hoose warbixin buuxda oo ku saabsan library-ga kuugu dhaw iyo dhamaan adeegyadda library: <http://www.bristol.gov.uk/ccm/navigation/leisure-and-culture/libraries/>

Wax lacaga kama bixinaysid inaad ku xidhanto library-ga , Laakiin waa inaad wax bixisaa haddii aad alaabta hore u soo celin weydo oo aad la habsaanto, Waxaad ka amaanaysan kartaa buugaagta, DVD's-ka iyo CD-yadda. Dhamaan Library-yadduna waxay leeyihiin internet mararka qaarna waxay caruurta yaryar usoo habeeyaan sheekooyin.

### 15.5.2 Goobaha kulanka iyo spoortiga ( Recreation & Sports)

Waxa ka dhaca xaruumahan activities badan markaa haddii aad u dalbato Active Card caruurtaadda waxa ay tegi karaan dabaal bilaash ah. Xaruumahan qaar ka mid ah waxay siiyaan dumarka xilli ay dabashaan oo u gaar ah.

Waxa kale oo Easton Leisure Centre-ka jira xilli u gaar ah oo ay dumarka dabaashaan . Taasoo dhacdaa maalmaha Axadda inta u dhaxaysa 4.30 ilaa 5.30 galabnimo

St Paul's Community Sports Academy, Newfoundland Road, St Paul's, Bristol BS2 9NH. Tel: 0117 3773045

Easton Leisure Centre, Thrissel Street, Easton, Bristol BS5 0SW. Tel: 0117 955 8840

Henbury Leisure Centre, Avonmouth Way, Henbury, Bristol BS10 7NG, Tel: 0117 353 2555

Horfield Leisure Centre, Tel: 0117 903 1643, Wothchurch Sports Centre, Bamfield, Withchurch, Bristol BS14 OXA. Tel: 01275 833 911

Withywood Sports Centre, Withywood Community School, Molesworth Drive, Bristol BS13 9BL. Tel: 0117 377 2294

Kingswood Leisure Centre, Church Road, Stapleton Hill, Bristol BS16 4RH. Tel: 01454 865 700

### 15.5.3 Beer ama jardiino caws leh oo dadku ku nastaan (Parks)

waxa ku yaalla Bristol saddex goobood oo waaweyn, Waxii faahfaahin ee dheeraadda fadlan waxaad click ku samaysaa link-yaddan soo socda- [Hegrove Play and Wheels Parks](#), [Blaise Castle Estate](#) iyo [Olbury Court Estate](#). Goobahani waxay ku yaallaan koonfurta, waqooyiga, Iyo bariga magaaladda waxanay door weyn ka qaataan istaratijiyadda horumarinta qalabka ciyaaraha.

### 15.5.4 Goobaha ciyaaraha tabaruca ah “Adventure playground”

Kooxda Bristol City Council's Youth and Play waxay maamulaan goobaha ciyaaraha iyo adventure-ka magaaladda ee soo socda:

Felix Road Adventure Playground, Felix Road, Easton, Bristol BS5 0JW TEL: 0117 955 1265

Locklease Adventure Playground, Romney Avenue, Lockleaze, Bristol BS7 9SU Tel: 0117 979 8311

St Pauls Adventure Playground, Thomas Street, St Paul's, Bristol BS2 9LL Tel: 0117 954 2145

Southmead Adventure Playground, Doncaster Road, Southmead, Bristol BS10 5PP Tel: 0117 950 3607

**Wheels parks**, Waa meelo loo cayimay looguna tallo gallay in lagu sameeyo isboortiska qalabadda taayiradda leh, Kuwaaso noqon kara isticmaalka gaarka ah sida stone chip covered BMX track-ga ama park shub ah oo ujeedoyin kala duwan loo isticmaalo. Wheels parks-ka waxay samaysaa @@focal point oo skating-ka iyo fuulitaanadda waxaanay siisa dadweynaha goob ay ku kulmaan dadka da'ada yari. Ujeedadda wheels parks waa kor u qaadista iyo u samaynta badbaadadda firfircoonida taasoo ay halis ku keeni karto dhib ka dhalatay goobta. Wheels parks waxay ku yaalaan:

Hengrove Park

St Goerge Park

Dame Emily Park

Lawrence Weston Park

Warbixin dheeraada oo faahfaahsan waxaad ka hellaysaa oo aad waci kartaa Bristol Parks Tel: 0117 922 3719 ama Email-ka [bristolparks@bristol.gov.uk](mailto:bristolparks@bristol.gov.uk) Isniinta ilaa Jimcaha 8.30 ilaa 5 galabnimo (4.30pm jimcaha). Xilliyadda kale waxaad text u dirtaa 0771 039 6713 . Inaad warbixin ka bixiso flytipping, Graffiti-ga, ama aad samayso faallo kale oo ku saabsan Bristol's Parks iyo goobaha akhtarka ah. Fadlan waxaad naga siisa warbixin buuxda inta aa karto oo ku saabsan goobtaasi, adigoo kusoo lifaaqaya sawiro. Parks waxay dib kusoo waci karaan haddii faahfaahin dheeradda ay kaaga baahan yihiin oo kelliya.

### **15.5.5 Matxafka, Carwadda, iyo dhigaaladda taariikhiga ah 'Museums, galleries and archives'**

Gellista dhismayaashani waa mid bilaash ah waxaanay ilmahaaga ka caawin kartaa inuu si xiisoleh u barto dugsiga dibadiisa.

City Museum and Art Gallery, Tel: 01117 922 3571. museumku waxuu xilliyo kala duwan oo sanadka ah u sameeya caruurta firfircooni iyo ciyaaro. Kuwaaso mudan ka qaybgal.

Goergian House Tel: 0117 921 1360

Red Lodge Tel: 0117 921 1360

Blaise castle House Museum Tel: 0117 903 9818

Kings Weston Roman Villa Tel: 0117 903 9818

City Record Office Tel: 0117 922 4224

@Bristol on Anchor Road, Harbourside, Bristol waxay baranaysaa cimiladda dabeecadda si farqi kujiro sababtoo ah caruurta waxay moodayaan inay ciyaarayaan. Dhab ahaantii waxa ay samaynayaan waa barasho kuu saabsan sayniska.

Lacagta lagu gallayaa waa qaalli laakiin maalinta oo dhan waxaad ku qaadan kartaa halkaa, waxaad kharashka iskaga yarayn kartaa adigoo cuntadda aad cunaysousii qaata halkaas. Waxaa kale oo jirta in lala saa'irayo qiimaha oo wax laga deynayo tobankii qofba ama inta ka badan. Tel: 0117 915 5000

### **15.6 Tabarucista “Volunteering”**

Dadku waxay u tabarucaan sababo badan ay ka mid yihiin:

Inay la qeybsadaan xirfaadooda iyio waayo aragnimo dadka kale

Inay ku sameeyaan farqi oo wax ka bedelaan waxay markaa danaynayaan

Inay helaan xirfad cusub

Inay ku dhisaan kalsoonidooda

Inay dareemaan wanaag

Inay wax dib u celiyaan

Inay ku kala bartaan habka iyo nidaamyadda UK

Inay ku madadashaan waxay xiisaynayaan

#### **15.6.1 Su'aalo la'is weydiin karo oo ku saabsan tabaruca iyo cida tabaruc samayn karta**

Qof kastaa wuu samayn karaa shaqo tabaruc ah caruurta da'adoodu ka yar tahay 14jirka mooyee kuwaaso aan tabaruc u samayn karin urur fa'iido sameeya.

#### **15.6.2 Sidee ayaan ku noqon karaa tabaruce?**

Waxaad Booqan kartaa website-yadda soo socda:

[www.direc.gov.uk](http://www.direc.gov.uk)

[www.do-it.org](http://www.do-it.org)

[www.bristol-link.co.uk](http://www.bristol-link.co.uk)

[www.csv.org.uk](http://www.csv.org.uk)

La xidhiidh ururka aad doonayso inaad u shaqayso

Waxaad booqataa library-ga degmadaada ee kuugu dhow

Waxaad la xidhiidhaa Volunteer Centre-ka Bristol, Royal Oak House, Royal Oak Avenue, Bristol BS1 4GB. Tel: 0117 989 7733, ama Email-ka: [info@bristolvolunteers.org.uk](mailto:info@bristolvolunteers.org.uk), ama waxaad gashaa website-ka [www.bristolvolunteers.org.uk](http://www.bristolvolunteers.org.uk)

#### **15.6.3 Miyaa layga qaadi doonaa interview?**

May badanaa laakiin waxa laga yaabaa in qof si caadi ah u wada hadashaan, Waxaa kale oo lagu la yeelan karaa interview haddii shaqadda la xidhiidho, Lacag, Ama caruur lala shaqaynaayo ama qalab khatar ah.

Haddii ay noqoto interview la soo diyaariyay ama mid aan Caadi ahaynba ururku waxyaabuhu ku waydiin karo waxaa ka mid ah:

Maxay tahay sababta aad u rabto inaad tabaruca samayso?

Maxay tahay nooca shaqadda aad xiisaynaysaa?

Maxay yihin xirfadahaagu?

Maxay yihiin xirfadaha cusub ee aad jeceshahay inaad barato?

Waqti intee le'eg ayaad siinaysaa?

Adiguna waxaad weydiin kartaa

Haddii lagu siin doono kharash?

Haddii lagu siin doono wax tababar ah?

Waxay shaqaddu noqon doonto ee aad qaban doonto?

Iyo nooca ay tahay taageeradda aad helli doontaa?

#### **15.6.4 Miyaan wali qaadan karaa benefits-ka haddii aan tabaruc samaynayo?**

Tabaruce inaad noqotaa ma saamaynayso benefits-kaaga inta aad ilaalinayso xeerarkii aad ku qaadanaysay benefits-kaaga, Tusaale ahaan haddii aad qaadato jobseekers allowance waxaa welli kugu waajib ah inaad si firfircooni leh u raadinayso shaqo full time ah, oo aad kaga qeyb galli karto interview-yadda marka lagu ogeysiyo 48 sacadood gudahood, oo aad shaqadda ugu diyaargarooobi karto todobaad ogeysiis ah.

#### **15.6.5 Maxay tahay xuquuqdaydo markaan hayo shaqo tabaruc ah?**

Ma lihid xuquuqdii caadiga ahayd ee qofka shaqaalaha ah, si kastaba ha ahaatee, Waa inuu jiraa heshiis tabaruce kaasoo qeexaya:

Noocyadda taageero iyo tilmaameed ee aad helli doonto

Sida ay u daboolayaan caysmiska

Xuquuqda loo siman yahay

Waxyaabaha laysku qabsan kare ee laga heshiin karo

#### **15.6.6 Haddii aanan jeclayn maka tegikaraa?**

Haa laakiin waxa fiican badanaa inaad u sheegto qof ka hor inta aanad go'aanka gaadhin. Haddii ay jiraan wax aanad ku qanacsanayn waxa laga yaabaa inay wax ka bedeli karaan taasoo noqon karta mid ku caawisa.

#### **15.6.7 Xagee ayaan ka samayn karaa tabaruc? “where can I volunteer?”**

Waxaa jira ururo badan oo taageera dadka tabaruca samaynaya. Meel kasta waxay u shaqeysaa si iyaga u gaar ah markaa waxaa fikrad haboon ah inaad soo tijaabiso waxa ay qabtaan. Waxa kale oo jirta in shaqooyinka qaarkood ay isticmaalaan kelmaddo cayiman. Kelmadaha dadku ku isticmaalaan shaqadooda mararka qaar waxaa loo yaqaan 'jargon' taasoo ku noqon karta dadka kale mid adag inay fahmaan waxa ay ka hadlayaan.

Haddii aad wadanka ku cusub tahayna lama soconaysid sida shaqada loo qabanaayo mana dareemaysid luqadda. Waxaana muhiima oo wanaagsan inaad ogaato caawimad aad hellaysaa inta ay le'eg tahay taasoo kaa caawin doonta shaqadaas.

Ururadda qaaarkood waxaad ka hellaysaa saaxibtinimo iyo qof khibrad leh oo ku caawiya. Haddii aanad haysan qof khibrad leh oo ku caawiya waa inaad waydiiso dadka waxii aad garan weydo ama aad fahmi waydo. Khibradadda oo dhamina waa barashadda sidaa darteed isticmaal sidaas si aad u hesho waxaad u baahan tahay.

Shaqooyinka iskaa-wax-u -qabsada ahi waxay ku wanaagsan yihiin waxaad ka hellaysaa

tababar wanaagsan oo hadhow shaqo full time ah aad ku heli karto. Inkastoo shaqooyinka iska wax u qabsada ahi aanay kuu suurta gallingayn shaqo full time ah laakiin waxay ku siinayaan badanaa tababar iyo tixraac 'reference'

## **16. KA QAYB GALKA SIYAASADDA (Taking part in politics)**

### **16.1 Diiwaan galinta cod bixiyayaasha**

Qof kasta oo da'adiisu ka weyn tahat 18 waxa uu xaq u leeyahay inuu u codeeyo doorashooyinka degaamadda, Doorashooyinka barlamaanka yurubiyaanka (EP) iyo doorashooyinka barlamaanka UK, Ama doorashooyinka guud.

Haddii aad tahay muwaadin midowga yurub ah waxaad codayn kartaa doorashooyinka dhamaan marka laga reebo doorashadda guud mooyee. Si kastaba ha ahaatee kama codayn kartid doorashooyinka baarlamaanka yurubiyaanka ah hal wadan wax ka badan.

Si aad u codayso waxaa waajib ah in magacaagu ku jiro diiwaan gellinta codeynta 'electros'

#### **16.1.1 Waa maxay Electrol Register-ku?**

Diiwaanka codbixiyayaashu waa list-ka dadka Bristol agagaarkeeda kuwaaso kuwaaso ka qeyb qaadan kara codaynta doorashadda

Si aad u codeyso doorashadda magacaagu waa inuu diiwanka ku jiraa

Ka ugu weyn doorashaduna waxuu dhacaa sanadkiiba August ilaa November badhtamaheeda, Diiwaangalkan cusubna waxuu dhaqan galla inta lagu gudda jiro bisha December.

Kahor iyo kadibna waxaa dib loo eegaa bil kasta

#### **16.1.2 Xilima ayaad is diiwaan gellin kartaa?**

Diiwaan gallintani waa mid socota taasoo ah mid aad ka qayb galli karto sanadka oo dhan

Haddii aad ka guerto halkii aad degenayd waxaad buuxin kartaa form cusub oo aad isku diiwaan gellinayso address-kaaga cusub

Waxaad ka eegtaa jadwalka si aad u ogaato in magacaagii lagu daray diiwaan gellinta

#### **16.1.3 Qofkee is diiwaan gellin kara?**

Qof kasta oo da'adiisu ka weyn tahay 18 sanadood dhalashadiisuna tahay British , Commonwealth, Irish Republic ama muwaadin midowga yurubiyaanka ah oo ku nool agagaarka Bristol kaasi oo aan hore ugu jirin diiwaanka doorashooyinka.

#### **16.1.4 Sidee loo dalbadaa is diiwaan gellinta?**

Waa inaad buuxiso arjiga la yidhaahdo register vote-ka [Register to Vote Form](#)

#### **16.1.5 Celinta arjiga dalabka codaynta**

Arjiga diiwaan gellinta dalabka codeynta waa inaad u dirto address-ka soo socda, FREEPOST (NAT 11762), BRISTOL BS1 5BR. Shaanbad uma baahna, Marka lagu diiwaan gelliyo waxa lagu soo diri doonaa a poll card kahor doorasho kasta oo aad ka qeyb galli karto codaynteeda taasoo lagugu siinayo warbixin ku saabsan sida aad u codayn karto.

### **16.2 Kuwa si buuxa u diiwan gashan**

Kuwa sida buxda u diiwan gashan qof kasta oo xaq u leh inuu codeeyo

Dad cayiman ama ururo ayaa helli kara copies, waxaanay u isticmaali karaan oo kaliya

ujeedooyin gaar ah. Kuwaaso ay ka mid yihiin ujeedooyinka khuseeya doorashadda, Ka hortagga danbiyadda iyo hellistooda ama baadhista shakhsi marka aad amaah dalbato Sharcigu waxuu dhigayaa cidda haysan karta copy liiska doorashooyinka ah iyo siday u isticmaali karaan.

### **16.2.1 Ka diiwaanka lagu daray**

Waxaa laga reebi karaa magacyadda iyo address-ka dadka weydiistay in laga reebo qeybtaas. Waxaana iibsan karta cid kasta oo dalbata copy kuwaaso u isticmaali kara si faa'ido ugu jirto. Xitaa Haddii aanad doonayn inaad codayso way fiican tahay in magacagu ku jiro, haddii aad ku tallo jirto inaad amaah dalbato waayo adeegyadda lacaga bixiyaa waxay dadka aqoonsiyadooda ka eegaan diiwaanka.

## **17. DHALASHADDA , DHIMASHADDA IYO GUURKA “BIRTH, DEATH & MARRIAGE”**

Sharci ahaan waa inaad diiwaan gelliso, Dhalashooyinka, Guurka iyo dadka wada nool iyo dhimashadda.

### **17.1 Dhalashadda**

Waxaad u baahan tahay inaad ku diiwaan gelliso muddo lix todobaad gudahood ah ilamaha kuu dhashay. Waa inaad ballan u samaysataa si aad u diiwaangelliso dhalashadda.

### **17.2 Dhimashadda**

Waa inaad ku diiwaan gelliso muddo shan todobaad gudahood ah. Waxaad u baahan tahay inaad ballan u samaysato si aad u diiwaan gelliso dhimashadda.

Si aad balan u samaysato waxaad waci kartaa Bristol Register Office-ka Tel: 0117 903 9078 ama waxaad tegi kartaa xafiiska oo k yaalla: The Old Council House, Corn Street, Bristol BS1 1JG. Xafiisku waxuu furan yahay saacadaha u dhaxeeya 9.00 subaxnimo ilaa 4.00 galabnimo ee maalmaha Isniinta, Salaasadda, Khamiista, Jimcaha, iyo 10.00 subaxnimo ilaa 4.00 galabnimo ee maallinta Arbacada ah (gooraha danbe ee habeenkii waxuu furan yahay 5.00pm ilaa 7.00pm) Sabtida 9.45 ilaa inta u dhaxaysa 11.15am

### **17.3 Guurka**

Si aad u hesho la tallin xaga sharciga ah oo ku saabsan guurka waxaad wacdaa 0117 903 8874 ama waxaad booqataa xafiiska address-ka kor ku yaal. Sidana waxaad samayn karaa laba iyo toban bilood ka hor inta aanad guursan.

Warbixin dheeraada kuna saabsan diiwaan gellinta waxaad tagtaa bogga [www.bristol.gov.uk/content/Community.Living/Marriages/register-office-births-marriages-and-deaths.en](http://www.bristol.gov.uk/content/Community.Living/Marriages/register-office-births-marriages-and-deaths.en).

Koobiyadda dhalashadda , guurka ama cadaynta geerida waxaa laga helli karaa inaad qof ahaan wacdo ama post-ta, faahfaahin dheeraada waxaad wacdaa

Tel: 0117 903 8423

## **18. LACAGTA “MONEY”**

### **18.1 Bangiyadda “Banks”**

Haddii aad rabto inaad furato account bangi ( oo kolayba aad u baahan tahay) waxaad u baahanaysaa cadaynta aqoonsigaaga. Taasoo noqon karta basaaboor, liisanka baabuurta ee UK ama buuga benefits-ka. Waxaa kale oo aad u baahan tahay cadaynta address-kaaga. Taasoo noqon karta biilka aad ku bixiso gaasta, leydhka ama nalka, biyaha ama biilka telefoonka, biilka council tax-ka, kaadhka kirada aad ku bixiso ee councilka ama heshiiska deganaanshaha guriga.

Waxaa laga yaaba, inaad mararka qaar u baahato inaad hesho credit card ama deyn. Ma samayn kartin arintan haddii aanad markaa wadanka UK aanad joogin muddo laba sanadood ah.

Fadlan waxaad ogaataa haddii aad dalbanayso credit card (ama arimo kale oo dhaqaale, sida inaad amaah hesho) in company-ga aad ka dalbanaysaa samayn doono baadhitaan amaheed 'credit check' taasoo ku saabsan haddii wax deyn ah lagugu lahaa. Company-gu waxuu raadin doonaa cadayn address-kaaga ku saabsan ugu yaraan labadii ilaa saddexdii sanadood ee ugu danbeeyay. Si aad u hayso cadayn taas oo kale waxaad u baahan tahay inaad ku jirto diiwaanka electors-ka taasoo muhi ka dhigaysa inaad liiska ku jirto.

### **18.2 Lacagta dalkii loo dirayo “Sending money home”**

Haddii aad rabto inaad lacag u dirto dalkan UK dibadiisa waxaad si safe ah ugu diri kartaa Money Gram kaasoo ah nidaam ay ku shaqeeyaan post office-ka waaweyni.. Money Gram waxay isla markaaba ku wareejin kartaa lacag post office-yadda iyo bangiyadda ee aduunyadda badankooda. Waxaa kale oo aad ku diri kartaa Western Union, Taasoo ka hawl gasha dukaamo badan gudahooda. Waxaada ka eegtaa calaamadda Western Union daaqadaha dukaamadda

Money Gram iyo Western Union midkoodna hadda lacag uma dirro soomaaliya.

Waxaa kale oo aad halkan lacag ka diri kartaa bangiga adigoo ku xawilaaya bangi wadan kale ku yaal.

Waxaa kale oo jira adeegyo gaar ah kuwaaso oo lacag loogu dirri karo soomaaliya oo ay haystaan jaalliyadda soomaalidu, Kuwaaso ah qiimo jaban . Fadlan waxaad ka habsataa ka kuugu haboon adeegyaddan ururadda jaalliyadda.

Haddii aad rabto inaad lacag u dirto dalkii waxaad iska hubisaa qiimaha lacagta lagu charge-garaynaayo ee aad ka bixinayso iyo qofka aad u dirayso ee la siinaayo. Si asto aad ku dirtaba waxaa lagu kharash garayn doona lacag laguugu diro, laakiin haddii aad isticmaasho bangiga waxa laga yaabaa qof aad u dirayso lacagtana in lacag laga qaato. Haddii aad isticmaasho western Union-ka adiga ayaa bixinayaa lacagta laguugu xawilayo, laakiin ma bixinayo qofka aad u dirtay isna. Maaha mid lagugula tallin karo inaad lacag ku dirto post office-ka

Waxaa ku yaalla magaaladda meheraddo badan oo safka hore ah oo soomaalidu haysato kuwaaso lacagta dira. Waxaa loo yaqaan Halawa system waxaana ka mid ah Dahabshiil, Al Amal, Qaran Express iwm. Badankooduna waxay ku yaalaan Stapleton Road (Easton), Church Road, (Lawrence Hill) iyo Ashley Road(St Pauls).

## **19. KOOXDA QAABILSAN HORUMARKA IYO ISKU XIDHNAANTA JAALIYADDA EE DOWLADDA HOOSE “Equalities and Community Cohesion Unit”**

Council's Community Development Unit, Equalities and Community Cohesion-ku Waxay la shaqaysaa ururadda tabaruca ah ee magaaladda ku yaalla. Shaqaddu waa caawinta kooxo yar oo ka tabaruca degaanka kuwaaso u hawlgalla baahiyaadka deegaanka ulana shaqeeya si joogta ah ururadda waaweyn ee shaqaalaysiiya dad badan iyo soo bandhigista adeegyo iyo mashaariic dib u habayn ah. Community Development Unit waxaa kale oo ay taageertaa ururo kale oo wada shaqeeya kuwaaso u hawlgalla amniga jaaliyadda, caafimaadka, Iyo shaqo la'aanta

Community Development Unit waxay leedahay shan kooxood: Community Cohesion, Community Engagement, Equalities Forums, Grants and Investments iyo Community Buildings.

### **19.1 Kooxda Iskuxidhka Jaaliyaddaha 'Community “Community Cohesion Unit”**

Dadka ku nool Bristol way is bedelayaan. Jaalliyaddo cusub oo soo kordhaya ayaa soo degaya gudaha iyo agagaarka magaaladda , kuwaaso faa'ido iyo cidhiidhiba kusoo kordhinaya isku xidhnaanta iyo is dhex galkaba. Iyaddoo la shaqaynaysaa ururadda la hawl galla ee Council-ka iyo qeybta tabaruca ah, waxa ay kooxda Community Cohesion Team ay u hagaysaa Jaalliyadaha deegaanka jawaab horumar iyo shaqo oo lagu dejinayo jaalliyadaha cusub, si ay u awoodaan dadka deegaanka iyo ururaddu inay masuuliyad iska saaraan sidii ay wax uga qaban lahayeen isbedelka jaarkooda.

Warbixintii 'Our Shared Future' mustaqbalka la wadaago iyo jawaabtii dawladdu waxay cadaysey in isku xidhka iyo is dhex galku inuu yahay asaas tixgellin mudan oo meel dhexe isugu keenaya muwaadiniinta ('Our Shared Future', Commission on Integration and cohesion, 2007.) Bristol City Council-ku wuxuu si adag u qaatay isku xidhnaanta iyo is dhex galka inuu ka dhigo halbawlaha istaraatiijiyadda jaaliyadaha ee council-ka . Istaraatiijiyadda iskuxidhka jaalliyada oo cusub ayaa magaaladda lagu horumariyay

Warbixin dheeraada oo aritaa la xidhidha waxaad kala xidhiidhaa Ian Quaife, Community Cohesion Team Manager, Email: [ian.quaife@bristol.gov.uk](mailto:ian.quaife@bristol.gov.uk) ama telefoonka 0117 903 6413 ama 9036415

Haddii aad ka war hayso wax is badalay akhbaarta ku qoran Isfahanka Bulshada Bristol, minfadlak iimayl u soo dir [equalities.team@bristol.gov.uk](mailto:equalities.team@bristol.gov.uk)