

## Caawinta loogu talagalay Mangalyo doonayaasha aaga Bristol

La cusbooneysiisay: November 2021

Macluumaad waxaa lagu helaya Carabig, Soomaali, Kurdish Sorani, Pashto, Farsi, Urdu, Albaniyan, Bengali, Faransiis, Mandarin, iyo Vietnamese. Turjumista waa halkan

<https://www.bristolrefugeerights.org/how-we-help/i-need-help-i-start/>



**Xaquuqaha Qaxootiga Bristol.** [www.bristolrefugeerights.org](http://www.bristolrefugeerights.org)

**Khadka Caawinta** Wicida/ Qoraalka/ WhatsApp: 07526 352353.

Furan Tallaado iyo Arbaco 10.00-13.00

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

### **Kulanka Taladda CUSUB iyo Macluumaadka Arbacooyinka 10.00-12.00**

ayaa ka dhacaysa The Wellspring Settlement Main Hall, 43 Ducie Road, Bristol, BS5 0AX

*Ku caawi mangalyo doonka hoyigaaga, taageerada magangalyada iyo heelida daryeelka caafimaadka magangalyada · Buuxinta Foomka iyo Meesha Banaan. cvMa loo baahna ballan. Waxaan arki doonaa dadka sida ay u yimaadan waxaa la weydiin doona inay ku soo laabtaan ballan dheer maalin kale.*

### **Booska Bulshada (Social Space) Khamis 10.00-13.00**

ayaa ka dhacaya The Wellspring Settlement Main Hall, 43 Ducie Road, Bristol, BS5 0AX

*Shaah, macmacaan,koofee, Ciyaaro Fursad lagula kulmo dad cusub iyo sameeysashada asaxaab. Ma loo baahna ballan*

Waxaan sidoo kale bixinaa fasalo Ingiriis ah, xanaanada caruurta, taageerada qoyska, kooxda Faanka Aan Xuduudaha Lahey (Without Borders group), Mashruuca Soo galootiga Dhalinyarada Pride, (Young People's Immigration Project). Haddii aad u baahato in lagu caawiyo lacagta lagu shubo telefoonka ama tikidyada safarka.

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### **Taageerada Qaxootiga Laanqeyrta Cas iyo Baafinta Caalamiga ah ee Qoyska**

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

telefoon 0117 941 5040, qoraal am WhatsApp 07739 863 036 / email

[refugeeservicebristol@redcross.org.uk](mailto:refugeeservicebristol@redcross.org.uk)

Waxaan bixinaa u doodista iyo taladda lagu talagalay dadka cusub ee loo fasaxay inay joogaan kuwaas oo u baahan caawinta leh faa'iidooyinka iyo codsiyada guryaha ee loogu tagalay guri la'aanta, Talada Dib ula midowga Qoyska, codsiyada Dukumentiyada Safarka, ka taageerista faqriga iyo helida xubnaha qoyska.. Waxaan isku dayi doonaa in la helo **Isniinta, Taaladda, Arbacada iyo Jimcanaha 11subaxnimo – 3galabnimo**. Haddii aysan jirin jawaab, dhaaf fariin ama nagu soo aof, iyo kiiska ka shaqeeyaha dib ula soo xiriir.

Somali

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

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**Telefoonka Refugee Women of Bristol: 0117 9415867**  
[/info@refugeewomenofbristol.org.uk](mailto:info@refugeewomenofbristol.org.uk)

**Refugee women of Bristol drop-in centre waxay furan tahay Talaaddo waqtiga tareemka oo kaliya laga bilaabo 10 subaxnimo-2.30 duhurnimo Easton Family Centre (Bristol BS5 0SQ).**

Waxaan bixinaa taageero dareen iyo mid wax ku ool ah oo loogu talagalay haweenka oo ay ku jiraan kuwa la kulma rabshadaha qoyska; tarjumaadda macluumaadka ugu dambeeyay ee dowladda iyo NHS; taageerida xubnaheena si ay u helaan daryeel caafimaad. Fasalada toddobaadlaha ee ESOL, Farshaxanka iyo Farsamada, Onlaynka/kulumada fool-ka-foolka ah kulumada Zoom, kafeega subaxii iyo saaxiib la noqoshada bulshada iyo barnaamijka Taageerada. Waxaan kala shaqeyneynaa shabakadeena haween badan oo degan sibloo u taageero kuwa aad loo takooray. Waxaan isku dayi doonaa in nala helo maalin walba toddobaadka. Haddii aysan jirin jawaab, dhaaf fariin ama nagu soo qor, shaqaalaha bulshada ayaa dib kuu soo wici doonaa.

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**Borderlands** <https://borderlands.uk.com>

**Telefoonka: 01179040479**  
**hello@borderlands.org.uk**

**Cuntada bacaha iyo u qaadashada rashiinka guriga (halal food)** ayaa laga qaadan karaa **Talaadooyinka** inta u dhaxeysa 12:30-1:30duhurnimo from The Assisi Centre, Lawfords Gate, BS5 0RE.

**Fasaladda Ingriiska** waxaa loogu talagalay bilaabayaasha Luuqada Ingiriiska iyo Af-barashada (Gelida-ka hor iyo Gelida 1). Wixii macluumaad dheeraad ah ama u soo gudbinta qofka fasalada Ingiriiska, fadlan la xiriir Sara, [sara@borderlands.org.uk](mailto:sara@borderlands.org.uk) 07563 029 027.

**The Mentoring Project** wuxuu siiya 1:1 taageerada rasmiga ah iyo dareenka magangalyo doonyaasha iyo qaxootiyadda ilaa 6-9 bilood. Wixii macluumaad dheeraad ah ama u gudbinta qof, fadlan iimayl u dir Jess [jess@borderlands.org.uk](mailto:jess@borderlands.org.uk) 07732 901175 iyo/ama Olivia [olivia@borderlands.org.uk](mailto:olivia@borderlands.org.uk) 07732 901174.

**Kulanka nasashada iyo Hurdada:** meeshaan waxaa fududaysay Hagida Soo kabashada ka timid kooxda HOPE, waxayna hiigsanaysaa taageerida magangalyo doonyaasha iyo qaxootiyadda si ay nastaan oo ku bartaan si kor loogu qaado hurdada. Waxaan raga iyo dumarka uga qabaana kulmo kala gaar, toddobaad walba oo kale, hoolka weyn ee Borderlands. Wixii macluumaad dheeraad ah ama qabsashada booska, iimayl u soo dir: [marta@borderlands.org.uk](mailto:marta@borderlands.org.uk) 07925 133225.

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**Bristol Hospitality Network**

<https://www.bhn.org.uk/>

[hello@bhn.org.uk](mailto:hello@bhn.org.uk)

Guriyeynta loo diiday danyarta magangalyo doonayaasha ku jira shabakaddeena ee iskaa ah martigeliyey qoysaska iyo guriga raga.

Soo gudbinada waxaa lagu aqbalayaa oo kaliya in la soo marsiiyo Bristol Refugee Rights.

Adeegyada BHN dhamaantood waxaa loogu talagalay Xubnaha BHN Martigeliyey oo Kaliya.

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- Ku soo dhawoow xarunta Isniinta ee loogu talagalay Xubnaha BHN oo ay ku jiraan fursadaha ay ka heli karaan magangalyo doonayaasha iyo qaxootiyada si iskaa ah, fadlan nagala soo xiriir.
- Lacagaha Isgarab istaaga ee Xubnaha BHN (Solidarity Fund for BHN members)
- ESOL, Tollida, Timo jarista iwm oo loogu talagalay xubnaha BHN



 AidBoxCommunity

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

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

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

**Dukumaaysi Lacag la'aan ee Aid Box** - Waxaad ka dalban si Lacag La'aan ah ugu kartaa Dukaankeena waxyaabaha muhiimka u ah nolosha sida dharka, qalabka suuliga, boorsooyinka, iyo kabaha, waan kuu keeni doona, ama waad qaadan kartaa. <https://tinyurl.com/yy3vtvh8>  
Ama iimayl [clare@aidboxcommunity.co.uk](mailto:clare@aidboxcommunity.co.uk) si aad u qabsato ballan aad u booqato dukaanka.

**Aid Box Womans Group** - Waxaan Isniinta ku kulanaa kulanka iswehshiga, madaalo, qoob ka ciyaar, yoga iyo cunto marka aan awoodno. Kala xiriir [heather@aidboxcommunity.co.uk](mailto:heather@aidboxcommunity.co.uk)

**Aid Box Mens Group** Naadiga kubadda Cagta ee Isniinta. Kala xiriir [heather@aidboxcommunity.co.uk](mailto:heather@aidboxcommunity.co.uk)

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

Mother Companions Project: Project MAMA wuxuu aqbalaya soo gudbinaya haweenka uurka leh ee loogu talagalay taageerada fool-ka-foolka ee uurka oo dhan, foosha, dhalmada iyo

## Somali

waalidnimada hore. Waxaan siina taageerada takhasuska fool-ka-foolka gaar ahaan kuwa aan laheyn lamaanayaal dhalnada. Soo gudbinada ayaa la sameeyn karaa iyada la soo marinayo websaydkeena ama wicitaanka xafiiskeena 0117 941 5320.

MAMAHub: Meel loogu talagalay qaxootiga, magangalyo doonayaasha iyo hooyooyinka uurka leh ee barakacay iyo dhallaanada ka yar 2 sano jirka. Waa meel taageerta faca & is garab istaaga, halkaas oo ay ku raxeysan karaan kululka, cunto caafimaad qab ah, isku xirka dhallanka, yoogada & kulumada nasashada.

MAMAHub waxay shaqeysaa Jimco walba inta lagu jiro waqtiga tareemka laga bilaabo 11subaxnimo - 2 duhurnimo ee Felix Road Adventure Playground, Felix Rd, Easton, Bristol BS5 0JW.

Waxaan dib u celinaa lacagaha bas raaca.