

XIDHMADA ILLAHA WAALIDKA

April 2006

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Gargaarka

	<p>Gargaarka Waxa jira tiro ah gargaar laga yaabo inaad xaq u leedahay ama kuu banaan mudada uurka iyo ka umusha. Xeerarka u-banaanaantu waxay noqon karaan kuwo adag waxana ay isbeddeli karaan marar badan sidaa daraadeed waxa ugu fiican inaad talada khabiir ee ugu dambeysay ka heshid hay'adaha hoose.</p>
Talooyin	<ul style="list-style-type: none"> o Xusuuso, waxa laga yaabaa inay kuu banaan yihiin dhamaan gargaarka hoos ku taxan. o Sida loo ogaado gargaarka kuu banaan: xafiiska Sugidda Bulshada (Social Security) ee degmadaada, NASS ama Citizens Advice Bureau (Xafiiska La-talinta Muwaadiniinta) ayaa awoodi doona inuu kaala taliyo arrimo tiro badan, oo uu ku jiro gargaarku (benefits).
Gargaar	<p>National Association of Citizens Advice Bureaux (NACAB) Golaha Degmada (Local Council) Xafiiska Sugidda Bulshada ee degmada (Social Security) NASS Inland Revenue Child Support Agency (CSA) Ha'yada La-talinta ee degmada</p>

Gargaarkaaga waxa ku jiri kara:

	Waa maxay?	Ayaa bixinaya? War dheeraad ah
Maternity Allowance (Gunnada Umusha)	(Waxa loogu talagalay haweenka aanuu u banaanayn SMP (Statutory Maternity Pay))	Waa hay'adda gargaarka (Benefits Agency) ee degmadaada
Statutory Maternity (SMP) (Mushaharka Umusha ee Sharciga ah)	Waa lacag la siiyo hooyooyinka inta lagu jiro fasaxa umusha, ee shaqeysta lacag ka badan qadar go'an. Si aad u heshid SMP, waa inaad shaqo-bixiyeyaasha siisid ogeysiis sax ah oo ku saabsan uurkaaga.	Waa shaqo-bixiyeyaaga.
Sure Start Maternity Payment (SSMG)	Waa lacag-siin hal mar ah oo loogu talagalay in qoysaska dhaqaalahoodu hooseeyo laga gargaaro inay maareeyaan kharashka dheeraadka ah ee ka imanaya ilmaha dhashay	www.surestart.gov.uk/aboutsurestart/parents/parentsinfo/
Statutory Adoption Pay (Lacagta Qaadashada Ilmo ee Sharciga ah)	Waa lacag ay shaqo-bixiyeyaashu siiyaan dadka ilmo u qaadanaya si ay u korsadaan.	Shaqo-bixiyahaaga
Daweyn ilko oo bilaash ah	Marka aad uur yeelatid iyo ilaa sannad marka aad umushid	Weydii dhakhtarkaaga ilkaha
Dawooyin bilaash ah	Mudo ah sannad ka dib umusha	Weydii GP
Council Tax	Dhamaanteed oo lagaa bixiyo ama	Xafiisyada golaha (council)

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Benefit	qayb aad ku bixisid cashuurta degmada (Council Tax payments)	degmadaada
Housing Benefit (Gargaar Guri)	Dhamaan ama qayb lagaa bixiyo kharashka guriga	Xafiisyada golaha degmadaada
Working Tax Credit (Cashuur Dhaafidda Dadka Shaqeeya)	Si lagaaga gargaaro inaad iska bixisid kirada haddii dhakhligaagu hooseeyo	www.inlandrevenue.gov.uk tel:0845-300 3900 (8 subaxnimo – 8 fiidnimo, Isniin - Jimce)
Child Tax Credit (Cashuur Dhaafidda Ilmaha)	Waxa la bixiyaa iyada oo lagu biirinayo gargaarka ilmaha (Child Benefit)	www.inlandrevenue.gov.uk Tel:0845-300 3900 (8 subaxnimo – 8 fiidnimo, Isniin - Jimce)
Child Trust Fund (Sanduuqa Kaydka Ilmaha)	Waa xisaab kayd iyo maalgalin oo cusub oo loogu talagalay caruurta. Ilmaha dhashay 1-dii Bishii Sagaalaad 2002 ama ka dib waxa la siin doonaa foobar ah £250 si loo bilaabo xisaabtooda.	Tel: 0845-3021470 (8 subxnino – 8 fiidnimo) www.childtrustfund.gov.uk
Child Benefit (Gargaarka Ilmaha)	Waa gargaar la siiyo dadka korinaya caruur. Kuma xidhna inta lacag ku soo gasha ama wixii aad kayd lacag ah haysatid	www.inlandrevenue.gov.uk/ childbenefit Tel: 0845-3021444 (8 subaxnimo – 8 fiidnimo, Isniin - Jimce)
Income Support (Taagerada Dakhliga)	Waxa loogu talagalay waalidka kali ah ee shaqeeya wax ka yar 16 saacadood todobaadkii.	Xafiiska Gargaark ee Degmadaada (Benefits Agency)
Statutory Paternity Pay (Mushaharka Aabanimada ee Sharciga ah)	Shaqo-bixiyeyaasha ayaa bixiya todobaad walba (mudo ah 2 todobaad) inta lagu jiro fasaxa mushaharka leh ee aabanimada (weydiiso ugu yaraan 28 maalmood ka hor maalinta ay tahay inaad qaadatid fasaxa aabanimada)	
Gargarka Caafimaadka		Weydii Dhakhtarkaaga Guud (GP)
Cold Weather payments (Lacagta Wakhtiga Qabowga)	Waxa loogu talagalay in lagaaga gargaaro kharashka kuleylinta inta lagu jiro xilliga aad u qabow	Hay'adda Gargarka ee Degmada / Hay'adda Social Security
Social Fund Loan (Daynkta Sanduuqa Bulshada)	Waa dayn aan dulsaar lahayn oo loogu talagalay dadka baahan	Hay'adda Gargarka ee Degmada / Ha'yadda Social Security
Muraayadaha indhaha oo bilaash ah,		Weydii Dhakhtarkaaga Guud (GP)

caano iyo fiitaamiin bilaash ah iyo gargaar ah kharashka safarka ee cisbitaalka		
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Xuquuqda Umusha

	<p>Xuquuqda umusha ee haweenka shaqeeya</p> <p>Marka aad tahay hooyo ama aad hooyo dhawaan noqon doontid isla markaana shaqeysid waxa aad leedahay xuquuq go'an oo uu ilaaliyo sharcigu. Tusaale ahaan, waxa aad xaq u leedahay fasaxa umusha, mushaharka oo lagu siiyo saacadaha aad ku maqan tahay baadhitaanada ka horeeya umusha, waxa kale oo aad xaq u leedahay inaad shaqada ku soo noqotid gudaha wakhti go'an.</p>
Talooyin	<ul style="list-style-type: none"> o Marka aad og tahay inaad uur leedahay waxa aad la xidhiidhi kartaa hay'adaha hoose si aad talo u heshid. Xafiiskaaga shaqaalaha ayaa sidoo kale awoodi kara inuu kaala taliyo wixii ah foomam/waraaqo aad u baahan tahay inaad buuxisid iyo goorta la rabo. o Waxa lagugula talinayaa inaad u sheegtid horjoogahaaga ama qofka madax kuu ah inaad uur leedahay si qofkaasi u sameyn karo wixii ah isbeddelo lagama-maarmaan ah ee lagu sameynayo waajibaadkaaga sababo amaan daraadood.
Gargaar	<p>Direct.gov The Maternity Alliance</p> <p>The Department of Trade and Industry National Association of Citizens Advice Bureaux (NACAB) Department for Work and Pensions</p> <p><i>Ururkaaga shaqaalaha</i></p> <p><i>ACAS</i></p>

Dhaqaalaha iyo Daynta

	<p>Dhaqaalaha iyo Daynta</p> <p>Korinta ilmuhu way kharash badan tahay, waxana ay sii kharash badan tahay haddii dakhligaagu hooseeyo ama aad tahay waalid kali ah.</p>
Talooyin	<ul style="list-style-type: none"> o U hubso inaad weydiisatid wixii ah gargaar (benefits) ee kuu banaan (eeg qaybta Gargaarka) o Dhibaatooyinka dayntu way sii weynaadaan haddii aan wax laga qaban, sidaa daraadeed raadso gargaar haddii aad u baahan tahay. o Hay'adaha hoose ayaa ku siin kara la-talin dhaqaale.
Gargaar	<p>National Debtline IFA Promotions</p>

Waajibaadka iyo Daryeelka Ilmaha

	Diiwaangalinta Dhalashada Ilmahaaga
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	Waa in dhalashada ilmaha lagu diiwaangaliyo gudaha lix todobaad laga bilaabo taariikhda dhalashada iyada oo laga diiwaangalinayo xafiiska Diiwaangalinta (Registry office) ee ugu dhow. Waxa aad ka heli kartaa adreeska/cinwaanka buugga teleefonka adiga oo ka eegaya hoosta magaca maamulkaaga degmada (local authority).
Talooyin	<ul style="list-style-type: none"> o Marka aad diiwaangilinaysid dhalashada ilmahaaga, waxa lagu siin doonaa hal cadeyn dhalasho oo bilaash ah (waxa aad iibsan kartaa koobiyo haddii aad rabtid). o Waxa kale oo lagu siin doonaa foom aad u geysid Dhakhtarka Guud (GP). o Wac xafiiska Diiwaangalinta ee degmadaada si aad u weydiisid hababka loo diiwaangaliyo ilmahaaga.
Gargaar	Cisbitaalka / umulisadaada / booqdahaaga caafimaadka (health visitor)

	<p>Ilmahaaga oo Aad Kaligii ka Tagtid</p> <p>In kaligii laga tago ilmo aan taa diyaar u ahayn waxay ku noqon kartaa waayo cabsi leh. Waxa beelaha qaarkood suurogal ka noqon kara in aad ilmahaaga kaligood ka tagtid oo aad filatid in dad kale kuu sii ilaaliyaan, laakiin marka la joogo magaaloyinka waaweyn waa in aan sidaa loo fikirin oo aan taa lagu talogalin.</p>
Talooyin	<ul style="list-style-type: none"> o Marna kaliga ilmo yar ha tagin. o Waxa dhaqan fiican ah in aan ilmo ka yar 13 kaligii guriga lagaga tagin (sida uu ku taliyay NSPCC). o Haddii aad leedahay ilmo da' roon oo ku faraxsan in kaligood laga tago, u hubso inay yaqaan sida ay kuula soo xidhiidhi layaahay haddii ay wax u baahan yihiin ama waxa ay sameyn lahaayeen marka ay jiraan arrimo degdeg ahi (tusaale ahaan, marka uu dab dhaco).
Gargaar	NSPCC

	<p>Daryeelka Sii-haynta Ilmaha</p> <p>Haddii aad u baahan tahay in ilmaha lagu sii hayo waxa aad dooran kartaa goob sii-hayn ilmo (nursery), ilmo-ilaaliye (childminder), adeegto ilmo (nanny) ama qaraabo ku caawiya.</p> <ul style="list-style-type: none"> o <u>Goob sii-hayn ilmo oo maalintii ah (Day nursery)</u>: Waxa kuwaa loogu talogalay ilmaha aan gaadhin da'da dugsiga (qaarkood waxay hayaan ilmaha ah ilaa da'da 3 jir, qaarkoodna ilaa da'da 5 jir). Waxay ka diiwaansan yihiin oo kormeera Ofsted si loo hubiyo inay bixiyaan adeeg fiican. o <u>Kooxaha Ciyaaraha</u>: Waxa kuwaa maamula kooxo ah waalid, oo badanaa ay weheliyaan laba shaqaale oo mushahar leh. Badanaa waxay bixiyaan xiisado ah ilaa 4 saacadood oo loogu talogalay ilmaha u dhexeeya da'da 3 iyo 5. o <u>Ilmo-ilaaliye</u>: Ilmo-ilaaliyeyashu waxay helaan tababar waxana caadi ahaan ay u shaqeystaan iskood. Sida goobaha sii-haynta ilmaha ee maalinta ah waxay ka diiwaansan yihiin Ofsted waxana la kormeeraa hal mar sannadkii. Waxay ilmahaaga ku hayn doonaa gurigooda. Kala heshii waxa laga yeeli lahaa mushaharka maalmaha fasaxa iyo waxa dhici doona haddii aad joojisid shaqadooda dhawr maalmood haddii ilmahaagu jirado. o <u>Ilmo Sii-hayeyaal (Babysitters)</u>: Ilmo sii-hayeyaasha lagama rabo inay leeyihiin wax shahaadooyin ama cadaymo ah si ay u sii hayaan
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	<p>ilmaha. Taa macnaheedu waxa weeye qof kasta ayaa isku xayaysiin kara inuu yahay ilmo sii-haye. Waxa lagu taliyay in da'da ugu hooseysa ee ilmo sii-hayuhu noqdo 16, sababta oo ah ilmo ka weyn da'da 16 waxa uu fikrad roon ka haysta waxa suurogal ahaan khatar u ah caruurta yaryar (haddii aad isticmaashid ilmo sii-haye intaa ka da' yar, waxay u badan tahay in adigu aad mas'uul ka noqotid wixii khalad dhaca). Haddii aad dooranaysid ilmo sii-haye, waxa fikrad fiican ah inaad ka heshid ugu yaraan 2 tixraac.</p> <ul style="list-style-type: none"> ○ <u>Qaraabada</u>: Waxa laga yaabaa in qof qaraabo ah uu raali ka yahay inuu u jjabnaado xagga saacadaha uu shaqeeyo iwm. Waxa kale oo meesha ku jirta faa'iidada ah in qofka qaraabada ah iyo ilmuhu is yaqaanaan. Waxase wali la rabaa inaad ka heshiisaan sida ilmahaaga loo sii hayn doono.
Talooyin	<ul style="list-style-type: none"> ○ Eeg kala-doorashada la heli karo ka hor intaanad heshiis galin. ○ U hubso in qof kasta oo sii ilaalinaya ilmahaaga uu yaqaano sida laguula soo xidhiidho marka wax degdeg ahi yimaadaan. ○ Waxa fikrad fiican ah inaad u fiirsatid ilmahaaga oo la jooga cidda sii haynaysa si aad u ogaatid inay fahmayaan. Marka ay tahay goobaha sii-haynta ilmaha u hubso inaad ku qanacsan tahay goobta, firfircoonida ay bixiyaan iyo shaqaalaha. ○ U hubso inaad u cadeysid filashadaada cidda sii haynaysa ilmahaaga (ka hadal arrimaha edebta ama baahida cunto ee ilmahaaga)
Gargaar	<p>Social Services Day Care Trust Childcare Link Ofsted complaint line</p>

	<p>Dulmiga Ilmaha Dulmiga ilmaha waxa ku jira xumeynta ah qaabab dhileysi ilmo iyo sawirada cawrada ah ee ilmaha (oo ay ku jirto Internetku).</p>
Talooyin	<ul style="list-style-type: none"> ○ Haddii ilmahaagu isticmaalo internetka, wada jir ahaan ugu heshiia xeerar amaan. U hubso in ilmahaagu yaqaano in aanu bixinin wax ah faahfaahin shakhsi sida lambarka teleefonka ama adreska marka ay isticmaalayaan qolalka sheekaysiga internetka (chatroom). ○ La soco wixii ah isbeddelo ah niyadda ama dabeecadda ilmahaaga, ama calaamada kale ee digniinta ah sida hawl galmo oo aan haboonayn, sariirta oo uu qooyo, dhibaatooyin dugsi, waxyeelaynta naftiisa, dhaqan galmo oo aan haboonayn. ○ Waxa aad ilmahaaga uga digi karta falalka aan caadiga ahayn ee xumeeyayaasha waxana aad weydiin kartaa inay kuu sheegaan wixii ah walwal ka qabaan.
Gargaar	<p>NSPCC Parentline Plus</p>

	<p>Badbaadinta Ilmaha (Ma ka walwalsan tahay ilmo?) Xumeynta ilmaha waxa ku jira kara dhaawac ah jidhka, dayacaad, xumeyn ah galmo ama niyadda.</p>
Talooyin	<ul style="list-style-type: none"> ○ U hubso inaad taqaanid waxa noqonaya xumeyn, tusaale ahaan: dhirbaaxidda ilmaha wakhtigan si weyn ayaa looga dayriyay, waxana garaacista ilmaha laga soo qaadaa inay tahay xumeyn jidhka ah. ○ Haddii aad ka walwalsan tahay sida adiga ama qof kale ula dhaqmo ilmo, la-talin ka raadso adeeg taageero oo la heli karo.

	<ul style="list-style-type: none"> o Haddii aad ka walwalsan tahay ilmo oo aanad hubin wixii aad sameyn lahayd, waxa aad la hadli kartaa NSPCC oo bixiya khad gargaar oo qarsoodi ah. Haddii aad dhibaato ku wargalidsid Social Services ama Boliiska waxa lagu weydiin doonaa faahfaahin kugu saabsan iyo war ku saabsan walwalkaaga.
Gargaar	Family Rights Group NSPCC Anti-Bullying Campaign

	<p>Amaanka</p> <p>Shilalka intooda badani waxay ka dhacaan guriga, sidaa daraadeed waxa muhiim ah inaad gurigaa ka dhigtid mid "amaan u ah ilmaha".</p>
Talooyin	<ul style="list-style-type: none"> o U hubso inaad taqaanid wixii aad sameyn lahayd haddii shil dhaco. U hubso inaad haysatid alaabta gargaarka aasaasiga ah. o Marna ilmahaaga kaligii ha kaga tagin maydhashada ama qubeyska, xiitaa mudo aad u gaaban oo aad ka jawaabaysid teleefonka. o Dhig busteyaal iyo go'yaal xoolka ilmahaaga, ha dhigin barkimooyin iyo duf jilicsan. o Sigaar ha ku ag cabin ilmahaaga. o Si gaar ah uga taxadir inaad kildhiyada, kaawiyadaha iyo cabitaanada kulul ka fogeysid tiigsiga ilmaha si ay gubasho uga badbaadaan. o Si joogto ah u hubi baytariyada qalabkaaga digniinta qiiqa. o U hubso in alaabta caruur-ciyaarsiisku ay ku haboon yihiin da'da ilmahaaga oo aanay u lahayn halis ah margasho ka imanaysa liqidda qaybo yaryar.
Gargaar	<p><i>Booqdeyaasha Caafimaadka (Health Visitors)</i></p> <p>Royal Society for the Prevention of Accidents (ROSPA) Child Accident Prevention Trust</p>

Waxbarasho

	<p>Dugsi-dhigasho</p> <p>Caruurta aan afkooda koobaad ahayn Ingiriisi ama laga yaabo inay gafeen dhawr sannadood oo ah waxbarasho waxa laga yaabaa inay ku adkaato inay manhajka la qabsadaan marka ay dugsiga ka dhigtaan Boqortooyada Midowday (UK). Dugsi kastaa waxa uu leeyahay siyaasad uu ku shaqeeyo oo la hirgaliyo si loo sugo in ilmaha gargaar u baahan la siiyo gargaar dheeraad ah.</p>
Talooyin	<ul style="list-style-type: none"> o Ilmahaaga 3 iyo 4 sanno jirka ah waxay xaq u leeyihiin boos waxbarasho goor hore ah oo bilaash ah oo ah ilaa 6 xilli ka hor inta aanay bilaabin dugsiga oo toos ugu xigta sannad-dhalashada shanaad ee ilmahaaga. Sida ugu dhakhsaha badan ee suurogalka ah magaca ilmahaaga gee goob sii-hayn ilmo (nursery), sababta oo ah dhib bay noqon kartaa sida boos lagu helo. Weydii golaha degmadaada (council) war ku saabsan goobaha sii-haynta ilmaha ee degmadaada. o Waxa lagugula talinayaa inaad codsatid boos dugsi marka ilmahaagu jiro 2 sannadood sababta oo ah tartanka loo galayo boosaska ayaa dugsiyada intooda badan ka noqon kara mid xoogan. o Waa in dugsigaagu awoodo inuu kaa gargaaro su'aalaha aad ka qabi

	kartid wax kasta oo uu ku jiro taageero af oo la siiyo ilmahaaga ilaa walwalka ku saabsan cabsi-galinta.
Gargaar	Department for Education and Skills

	Cabsi-galin Cabsi-galintu waxay ilmo kasta ku dhici kartaa wakhti kasta. Waxay noqon kartaa cayn ama dhaawac jidhka ah. Haddii ilmahaagu soo sheego in la cabsi-galiyay ama la baaday, waa inaad awoodid inaad taageero ka heshid dugsigaaga.
Talooyin	<ul style="list-style-type: none"> o Calaamadaha cabsi-galinta waxa ku jira kara ilmahaaga oo aan doonaynin inuu tago dugsiga ama isbeddel ku dhaca dabeecadda ilmahaaga. o Sababta oo ah cabsi-galintu ama baaddu waxay badanaa ka dhacdaa dugsiga, dhamaan dugsiyadu waxay leeyihiin Siyaad Ka-hortagid Cabsi-galin (Anti-Bullying Policy) oo sheegaysa sida ay wax uga qabtaan oo ay isugu dayaan inay joojiyaan cabsi-galin dhacda. Haddii aad walwal ka qabtid amaanka ilmahaaga marka uu dugsiga joogo, u hubso inaad kala hadashid dugsiga si ay u qaadi karaan talaabada haboon. o Waxa laga yaabaa in ilmaha caruurta kale cabsi galiya uu isaga naftiisu u baahan yahay gargaar. Haddii la soo sheegay cabsi-galin, waa in ilmaha naftiisa la siiyo taageero si uu u fahmo oo uu u xakameeyo dabeecaddiisa.
Gargaar	Kidscape Anti-Bullying Campaign Ololaha ka Hortaga Baada Education Welfare Services

Caafimaadka

	Maandooriyeyaasha Lagu Wafu Waxa si soo kordhaysa u soo badanaya isticmaalka maandooriyaha ama daroogada ay isicmaalaan caruurta iyo dadka da'da yar. Saameynta suurogalka ah ee ka iman karta qaadashada maandooriyeyaasha qaarkood waa arrin leh naxdin weyn, hase yeeshe caruurta intooda badan qaadashada daroogadu waxay u tahay tijaabin mana noqon doonaan kuwo si joogto ah u isticmaali doona. Hase yeeshe, waxa muhiim ah in caruurta looga digo waxyeelada daroogada oo goor hore la siiyo aqoon ay iskaga ilaaliyaan.
Talooyin	<ul style="list-style-type: none"> o Sii caruurtaada aqoon ay iska ilaaliyaan qaadashada daroogada iyo tabaha la iskaga caabiyo siinta daroogada (“dheh kaliya maya”). o Mawduuca oo aan laga hadlin macnaheedu ma aha in ilmahaagu aanuu daroogo kula kulmin dibadda guriga, sidaa daraadeed waxa fiican in laga gargaaro sidii ay u sameyn lahaayeen doorasho warqabid leh.
Gargaar	Talk to Frank National Drugs Helpline Community Drug Education Project Narcotics Anonymous

	Khamri
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	Khamrigu waa maandooriye ama daroogo sharci ka ah wadankan, laakiin waa sharci-daro in laga iibiyo qof da'diisu ka yar tahay 18 sannadood ama in qof ka yar 18 jir uu khamri ka iibsado goob lagu cabo khamriga (pub).
Talooyin	<ul style="list-style-type: none"> ○ Haddii aad doonaysid talo ku saabsan wixii aad ilmahaaga uga sheegi lahayd khamriga, Talk to Frank ayaa haya tiro ah buugaag yaryar oo faa'iido leh oo bilaash ah. ○ GP-ga ayaa kuu sii gudbin kara hay'adaha la-talinta daroogada ama khamriga ee degmada.
Gargaar	Alcohol Concern Drinkline Alcoholics Anonymous (AA) Al-Anon Family Talk to Frank

	Ambalaas / 999 Ambalaas ku-qaadidda ilaa cisbitaalka waa bilaash marka ay jiraan xaalado degdeg caafimaad.
Talooyin	<ul style="list-style-type: none"> ○ Haddii xaaladdu aad u culus tahay wac 999. ○ Ambalaas aad u timaadid cisbitaal macnaheedu ma aha in si dhakhso ah laguugu daweyn doono A&E, sababta oo ah xaaladaha waxa wax looga qabtaa sida ay u kala culus yihiin. ○ Haddii aad wacdid 999, diyaar u noqo inaad sheegtid adreeskaaga oo aad sharaxdid xaaladda qofka dhawaacan / jiran. ○ Kharash ayaa lagugu soo dilici karaa haddii aad ambalaas ugu wacatid xaalad aan degdeg u baahnayn.
Gargaar	Ambalaas Wac: 999

	<h2>Dhakhtarka Ilkaha</h2>
	Caruurta waxay xaq u leeyihiin daweyn ilko oo bilaash ah ilaa da'da 16. Waxa lagu sameyn karaa baadhitaan ilko oo bilaash ah mudada uurka iyo ilaa sannad ka dib dhalashada ilmahaaga.
Talooyin	○
Gargaar	Adeegga Ilkaha ee degdegga saacadaha ka baxsan wakhtiga shaqada

	<p>Qorsheynta Qoyska iyo Caafimaadka Galmada</p> <p>Adeegyada qorsheynta qoyska intooda badani waxay bixiyaan tiro adeegyo ah sida lidka-uurka oo bilaash ah iyo talo ku saabsan ka-hortagga uurka iyo sida wax looga qabto uurka aan la rabin. Kiliinigyada Caafimaadka Xubnaha Taranka iyo Marinka Kaadida (Genito Urinary Medicine) (GUM) (oo marmarka qaarkood loo yaqaano kiliinigyada “STD”) ayaa laga heli karaa cisbitaalada waaweyn oo bixin kara talo ku saabsan arrimaha caafimaadka galmada iyo daweynta cudurada galmada la isugu tabiyo.</p>
Talooyin	<ul style="list-style-type: none"> o Xusuuso in adeegyadaasi si buuxda qarsoodi u yihiin. Hase yeeshee, waxa laga yaabaa inaad u baahan tahay inaad marka ugu horeysaba u cadeysid in aanad doonaynin in Dhakhtarkaaga Guud (GP) lagu wargaliyo natiijooyinka baadhitaanka.
Gargaar	<p>Family Planning Association Marie Stopes Clinic Kiliinigyo ah Caafimaadka Xubnaha Taranka iyo Marinka Kaadida (Genito Urinary Medicine) oo ka jira cisbitaalada waaweyn</p>

	<p>Goynta Cawrada Hablaha</p> <p>Goynta Cawrada Hablaha (Gudniinka) waxa ku jira goynta dhamaan ama qayb ka mid ah cawrada haweenka waxana ay leedahay halis caafimaad oo weyn. Waxa gudaha Boqortooyada Midoweda (UK) laga dhigay dambi sannadkii 1985. Waxa kale oo wakhtigan marka la eego Xeerka Goynta Cawrada Hablaha (Female Genital Mutilation Bill) (2003) dambi ah in waalidku iyo qaraabadu hablaha dibadda uga saaraan Boqortooyada Midowday si loogu soo sameeyo Goynta Cawrada Hablaha, xiitaa haddii la geeyo wadamo ay sharci ka tahay. Waalidka oggaalada in inantooda lagu sameeyo Goynta Cawrada Hablaha waxa lagu xukumi doonaa xadhig ama xabsi ah 10 ilaa 14 sannadood.</p>
Talooyin	<ul style="list-style-type: none"> o Haddii aad tahay haweenay lagu sameeyay goynta cawrada, waxa wali muhiim ah in aad raadsatid daryeelka ka horeeya umusha. Dhakhtarkaaga, umulisadaada iyo booqdaha caafimaadka waxa dhamaantood loo tababaray inay daryeelka ugu fiican ku siiyaan inta aad uurka leedahay iyo wakhtiga umusha. o Xusuuso, waxa aad xaq u leedahay inaad iska diiwaangalisid Dhakhtar Guud (GP) oo haween ah.
Gargaar	<p>Black Women Health & Family Support Forward</p>

	<p>Dhakhtarka Guud (GP) iyo Adeegyada Umusha</p> <p>Gudaha Boqortooyada Midowday (UK) waxa ka jira la-talin iyo daweyn bilaash ah oo uu bixiyo Adeegga Qaranka ee Caafimaadka (National Health Service) (NHS). Dhakhaatiirta Qoyska (GPs) ayaa guud ahaan ah barta ugu horeysa ee lagula kulmo habka caafimaadka Boqortooyada Midowday. Dhakhaatiirka Guud (GPs) waxay awoodi doonaan inay bixiyaan la-talin ku saabsan daryeelka caafimaadka iyo noloshu caafimaadka leh, ay qoraan dawooyin, ay kaala taliyaan oo ku siiyaan talaalo, isla markaana waxay kuu sii gudbin karaan takhasusle haddii loo baahdo.</p>
Talooyin	<ul style="list-style-type: none"> o Haddii aanad lahayn Dhakhtar Guud (GP), mid iska diiwaangali sida ugu dhakhsaha badan marka aad ogaatid inaad uur leedahay. Haddii

	<p>aanad mid helin, ama Dhakhtarka Guud (GP) ee xaafadaada aan meeli ka banaanayn, la xidhiidh Maamulka Caafimaadka Degmada (Local Health Authority) si aad gargaar u heshid.</p> <ul style="list-style-type: none"> ○ Xusuuso in aad xaq u leedahay inaad iska diiwaangalisid dhakhtar haween ah. ○ Dhakhtarkaaga Guud (GP) waxa uu kaala hadli doonaa ikhtiyaarka daryeelka ka horeeya umusha iyo ikhtiyaarka umulinta. Waxa uu Dhakhtarkaaga Guud (GP) ka jawaabi doonaa su'aalahaaga ku saabsan umusha waxana uu ku siin doona warka umulisoooyinka degmada. ○ Dhakhtarkaaga Guud (GP) ama umulisadaada (hadba ka ka mas'uul ah daryeelkaaga) ayaa kuu sharixi doonaa wixii ah baadhitaano ay sameyn doonaan (sida baadhitaano dhiig.) ○ Umulisadaada ayaa kula socon doonta ilaa 21 maalmood ka dib umusha, ka dib waxa daryeelka lagu wareejiyaa booqdaha caafimaadka (health visitor). ○ Booqdahaaga caafimaadku waxa uu kaala talin doonaa nafaqeynta ilmaha, nafaqada ku haboon adiga iyo ilmaha, farsamooyinka waalid ahaanta, kooxaha ilmaha yar iyo ilmaha socod-baradka ah iyo talaalada. Waxa lagugu martiqaadi doonaa inaad si joogto ah u aragtid booqdahaaga caafimaadka si loo hubiyo koriinka ilmahaaga ilaa da'da dugsiiga hoose. ○ Xusuuso waxa aad xaq u leedahay adeegyada qaarkood oo bilaash ah sida daweyn ilko oo bilaash ah (daryeelk ilko oo ah NHS haddii aad uur leedahay ama aad dhawaan umushay (ilaa sannad). Weydii Dhakhtarkaaga Guud (GP) ama umulisada warka wixii aad xaq u leedahay. ○ Haddii aanad ballantaada iman karin, fadlan soo wac oo jooji ballanta si qof kale u isticmaalo.
Gargaar	<p>NHS direct Khad gargaar oo lagu helo dhakhtar</p>

	<p>HIV+ iyo AYDHIS HIV iyo cudurada kale ee galmada la isugu tabiyo waxay ku soo kordhayaan wadankan waxana qaadi kara qof kasta oo yeesha galmo aan dhawrsanayn. Waxa kale oo HIV laga qaadi karaa dheecaanada jidhka oo la kala beddesho marka la wadaago irbad wasakheysan wakhtiga la isticmaalayo daroogo.</p>
Talooyin	<ul style="list-style-type: none"> ○ Haweenay kasta oo ilmo uurka ku sida waxa loo bandhigaa in laga qaado baadhitaan HIV inta ay uurka leedahay si halista cudur gaadha ilmaha (mudada foosha, naas-nuujinta) loo yareeyo. ○ Haddii aad qabtid HIV (oo aanad lahayn calaamado) waxa wali muhiim ah inaad sida ugu dhakhsaha badan ee suurogalka ah u raadsatid talo caafimaad. ○ Waxa jira tiro ah taageero balaadhan oo loogu talagalay dadka qaba HIV ama qaba AYDHIS. ○ Haddii aad ka walwalsan tahay xaaladdaada HIV, waxa aad heli kartaa baadhitaan dhiig oo bilaash ah. ○ Kiliinigyada Caafimaadka Xubnaha Taranka iyo Marinka Kaadida (Genito Urinary Medicine) (GUM) (oo marmarka qaarkood loo yaqaano kiliinigyada "STD") ayaa laga heli karaa cisbitaalada waaweyn oo bixin kara talo ku saabsan arrimaha caafimaadka

	galmada oo uu ku jiro baadhitaanka fayraska HIV.
Gargaar	Kiliinigyo Caafimaadka Xubnaha Taranka iyo Marinka Kaadida (Genito Urinary Medicine) o ka jira cisbitaalada waaweyn National AIDS Helpline Positively Women International Community of Women Living with HIV/AIDS

	Caafimaadka Maskaxda Marka la tixraaco MIND “Afartii qof mid baa yeelan doona dhibaato caafimaad oo maskaxda ah mar ka mid ah noloshiisa.” Sidaa daraadeed waa arrin ka caamsan ama ka tiro badan inta dadka badidoodu u haystaan.
Talooyin	Waxa dhibaato weyn kugu noqon kara haddii adiga ama qof kuu dhow uu qabo dhibaato caafimaad oo maskaxda ah. Waxa la-talin iyo gargaar laga heli karaa Dhakhtarkaaga Guud (GP), laakiin waxa jira tiro ah hay’ado qaran ama degmo oo ku takhasusay baahida caafimaadka maskaxda.
Gargaar	MIND (National Association for Mental Health) Saneline The Samaritans Medical Foundation for the Care of Victims of Torture Refugee Support Centre Rethink

	Caafimaadka Maskaxda: Diiqadda Ka-dib Umusha Dareen khafiif ah oo diiqad ama murugo ah ma aha wax aan caadi ahayn dhawr maalmood ka dib umusha. Haween badan ayaa waxa ku dhici doona waxa loo yaqaano marmarka qaarkood “murugada ilmaha dhashay” – taasoo macnaheedu yahay niyad hooseysa iyo oohin ilaa todobaad ama in ku dhow ka dib umusha. Haddii aan taasi ku dagin gudaha laba todobaad, waxay taasi calaamad u tahay diiqadda ka-dib umusha. Haddii niyaddaadu hooseyso mudo intaa ka dheer oo aad ka walwalsan tahay inaad qabtid diiqadda ka-dib umusha, la hadal Dhakhtarkaaga Guud (GP). Tobankii haween mid baa yeelan doonta xoogaa ah diiqadda ka-dib umusha in mudo ah, laakiin haweenka intooda badani waxa ka soo kaban karaan haddii la taageero.
Talooyin	<ul style="list-style-type: none"> o Haddii hore diiqadi kuugu dhacday, waxa lagugula talinayaa inaad kala hadashid Dhakhtarkaaga Guud (GP) ka hor umusha. o Arrimaha gargaar ka geysan kara ka-hortagga diiqadda ka-dib umusha waxa ka mid ah wehel taageero iyo gargaar leh, iyo qoys iyo saaxiibo faham leh, sidaa daraadeed u hubso inaad oggalaatid wixii gargaar lagu soo bandhigo!
Gargaar	The Association for Post Natal Illness (APNI)

	Dhicinta Uur ku joogsada lixda bilood ee ugu horeysa waxa la yidhaahdaa dhicin. Dhicintu aad bay caam u tahay saddexda bilood ee ugu horeeya uurka (lixdii uur ilaa mid ayaa ku dambeeya dhicin).
	<ul style="list-style-type: none"> o Xusuuso, adigu dambi ma lihid, haddii ay kugu dhacdo dhicin. Haweenaydu waxba kama qaban karto dhicinta.

Talooyin	Dhacin kugu dhacda (gaar ahaan xilliyada dambe ee uurka) waxa ay noqon kartaa waayo aad xanuun u leh waxana caadi ah in taageero looga baahdo qoyska, saaxiibada iyo xirfadleyda. Dhakhtarkaaga Guud (GP) ayaa kaala talin kara illaha laga helo taageero.
Gargaar	Miscarriage Association

	Farmasiiyada Wax ballan ah looma baahna in la arko farmasiile. Farmasiilaha xaafaddaadu waxa uu aqoon u leeyahay inuu kaala taliyo dawada kuugu fiican, oo kugula taliyo daweynta ciladaha fudud iyo inaad u baahan tahay inaad aragtid Dhakhtarkaaga Guud (GP). Farmasiiyada qaarkood waxay ku dhex yaalaan dukaanada waaweyn.
Talooyin	<ul style="list-style-type: none"> o Farmasiiyada intooda badani waxay haweenka ka weyn da'da 18 siin karaan dawada lidka-uurka marka degdeg jiro iyaga oo aan u baahan inay ku weydiiyaan faahfaahin shakhsi.
Gargaar	Waxa aad la hadli kartaa farmasiile jooga farmasiga xaafaddaada ama dukaanada waaweyn.

	Uurka Dhalidda Ilmaha Waxa jira tiro ah ikhtiyaar ama doorasho aad heli kartid oo ku saabsan dhalidda ilmaha. Waxa laga yaabaa in lagugu dhiirigaliyo inaad ku dhashid cisbitaalka, gaar ahaan haddii ay tahay markii kuugu horeysay, ama haddii umul adagi hore kuu soo martay, laakiin waxa la soo jeclaanayaa guri lagu dhalo. Waxa kale oo aad rabi kartaa in lagu siiyo faahfaahin ku saabsan hababka dhalidda, oo ay ku jirto doorashada dawooyinka xanuunka lagaga nafiso.
Talooyin	Waxa aad talo guud oo ku saabsan waalidnimada ka heli kartaa booqdaha caafimaadka ama xarunta Dhakhtarkaaga Guud (GP). Umulisadaada ayaa kugu wargalinta doonta warka fasalada ka horeeya umusha ee loogu talagalay haweenka uurka leh. Umulisadaada ama NCT ayaa kaala hadli kara doorashada dhalista.
Gargaar	National Childbirth Trust (NCT) Umulisadaada

	Sigaar-cabista Haddii aad sigaar cabtid, waxa aad u muhiim ah inaad isku daydid inaad cabista sigaarka u joojisid sida ugu dhakhsaha badan marka aad ogaatid inaad uur leedahay. Taasi waxay u fiican tahay caafimaadkaaga iyo ka ilmahaaga. Sigaar-cabistu waxay keeni kartaa cuduro dilaa ah. Sigaar-cabista soo-gaadhista ah ama dadban, oo ka timaado qiiqa sigaarka oo ku soo gaadho sababta oo ah qof kale oo kugu ag cabaya sigaar, ayaa sidoo kale waxyeelo u geysan kartaa caruurta iyo dadka kale ee waaweyn. Waxa la heli karaa taageero kaa gargaari karta joojinta sigaarka.
Talooyin	<ul style="list-style-type: none"> o Waxa wakhtigan jira gargaar badan, sida dhajis iyo xanjo, kaa gargaari kara joojinta sigaar-cabista (waxa laga heli karaa farmasigaaga, ama marmarka qaarkood dukaanada waaweyn). Qaarkood bilaash ayaa lagu heli karaa haddii la hayso warqad dhakhtar. o Waxa laga yaabaa inaad faa'iido ka heshid koox taageero oo aad ku biirtid.

Gargaar	NHS Smoking helpline NHS pregnancy smoking helpline NHS Asian Tobacco Helpline
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	<p>Uurka Tobaneeyo-jirka iyo Caafimaadka Galmada</p> <p>Caruurta wax bay ka maqli doonaan galmada haddii waalidkoodu kala hadlaan iyo haddii kaleba. Dugsiyadu waxay caadi ahaan bixiyaan barnaamij gaaban oo ah “waxbarashada galmada” si ardaydu wax uga bartaan galmada (iyo xidhiidhka dadka) iyada oo la joogo goob la xukumo. Waxa kale oo waalidku door ka ciyaari karaan in la hubiyo in caruurta helaan xaqiiqada oo aanay helin kaliya khuraafaadka ku wareegaya dhulka ciyaaraha ee dugsiga.</p>
Talooyin	<ul style="list-style-type: none"> o Waalidku waxay caruurta war ka siin karaan halista ka timaada galmada la yeesho ee aan dhawrsanayn (uur iyo cudurada la isugu tabiyo galmada). U hubso in ilmahaagu yaqaano sida loo sameeyo galmo amaan ah iyo waxa la sameeyo haddii ay yeeshen galmo aan amaan ahayn. o Dugsigaaga ayaa awoodi kara inuu kaala hadlo barnaamijkiisa “waxbarashada galmada”. o U hubso in ilmahaagu uu dareensan yahay inuu kuu iman karo si uu kaala hadlo galmada, si ay kuugu yimaadaan marka ay taageero u baahan yihiin.
Gargaar	Brook Advisory Centres Sex Education Forum Family Planning Association

	<p>Xarumaha Bilaa Ballanta ah (Walk-in) iyo Xarumaha Daweynta Dhaawacyada Fudud</p> <p>Xarumaha bilaa ballanta ah waxa ka shaqeeya kalkaalisoooyin/kalkaaliyeyaal NHS. Waxay bixiyaan daweyn lagu daweyyo cudurada iyo dhaawacyada fudud, waxana ay bixin karaan war ku saabsan Dhakhaatiirta Guud (GP) iyo adeegyada ilkaha ee la heli karo saacadaha aan ahayn kuwa shaqada.</p> <p>Xarumaha daweynta dhaawacyada fudud waxa ka shaqeeya kalkaalisoooyin/kalkaaliyaal degdeg oo khibrad leh oo cilad-sheegid sameyn kara isla markaana daweyn karana noocyo kala duwan oo ah dhaawacyo iyo cilado fudud.</p>
Talooyin	<ul style="list-style-type: none"> o Haddii aanad kala garanaynin inaad tagtid xarun bilaa ballan ah, xarun daweyn dhaawac fudud iyo Qaybta Shilka iyo Degdegga (Accident and Emergency Department) (A&E department) waa inaad wacdid NHS direct. Waxay awoodi karaan inay kaala taliyaan meesha ugu fiican inaad tagtid. o Caadi ahaan waxa ugu fiican in marka hore la waco NHS direct sababta oo ah xarumaha qaarkood ma awoodi karaan inay daweyyaan caruurta yaryar. o Labada nooc xarumoodba caadi ahaan waxay leeyihiin wakhtiyo sugitaan oo ka gaban kuwa qaybaha A&E, kuwaaso u badan inay sixmad yihiin ama laga rabo inay marka hore daweyyaan dhaawacyada iyo xaaladaha sii culus. o Xarumaha bilaa ballanta ah iyo xarumaha daweynta dhaawacyada fudud labaduba waxay awoodi karaan inay bixiyaan dawada lidka-uurka marka uu degdeg jiro.

	o Haddii xaaladdu aad u culus tahay wac 999.
Gargaar	NHS direct

Kooxaha Taageerada

	<p>Khadadka Gargaarka ee Taageerada Niyadda</p> <p>Dad badan ayaa u arka inay gargaar leedahay inay qof dhexdhexaad ah oo aan qoyska lug ku lahayn ay arrimaha haysta kala hadlaan. La-talintu waa ikhtiyaar kuu banaan ama waxa laga yaabaa inaad dooratid inaad wacdid khad gargaar oo qarsoodi leh. Khadadka gargaarku waxay leeyihiin faa'iidada qarsoodinimada haddii aad dooratid.</p>
Talooyin	<ul style="list-style-type: none"> o Xiitaa haddii aanad dareensanayn inay ku haysato dhibaato culus, haddii wax uu walwal kugu hayo, waxa laga yaabaa in markaa aad gargaar ka heli kartid qof aad la hadashid. Haddii aanad doonaynin inaad la hadashid khad gargaar, ma jiraa saaxiib aad si aaminaad leh ula hadli kartid?
Gargaar	The Samaritans Careline

	<p>Budhcadnimada Guriga</p> <p>Budhcadnimada gurigu waa arrin saameyn karta haweenay kasta. Budhcadnimada gurigu kuma koobna farosaar jidhka ah, laakiin waxa ku jira xumeyn niyadda ah, naxariis-daro maskaxda ah iyo bahdilid. (Women's Aid waxay budhcadnimada gurigu u sharaxday inay tahay "budhcadnimo jidh, maskaxeed, galmo ama dhaqaale oo ka dhacda xidhiidh soke ama xidhiidh ah nooc qoys oo leh qaab qasbid iyo dabeecad xukumid")</p> <p>Budhcadnimada gurigu waa wax aan loo baahnayn in haweenaydu u adkaysato. Haddii aad caruur leedahay, waxa korniinkooda aad ugu muhiim ah in aanay arag wax budhcadnimo ah. Waxa jira tiro ah hay'ado oo gargaar siiya haweenka ay haysato budhcadnimo guri, kuwaasoo qaar ka mid ah hoos lagu taxay.</p>
Talooyin	<ul style="list-style-type: none"> o Haddii budhcadnimo guri ay bilaabanto, badanaa way sii socon doontaa waana ay sii xumaan doontaa, waxana ay ku dhamaan kartaa weerar keena geeri. o Waxa laga yaabaa inaad dareentid baxsi la'aan haddii aanad sameysan sheegasho mangangalyo oo aad u madax-banaanayd oo aad ku xidhan tahay ta ninkaaga ama wehelkaaga. Waxa aad xaq u leedahay inaad sameysatid codsi magangalyo oo kuu gaar ah. Haddii aad ka tagtid ninkaaga inta arrintaadu ama kiiskaagu socdo, kaligaa ayaad dib u codsan kartaa. o Xusuuso in ninkaagu aanu sharci ahaan xaq u lahayn inuu galmo kula yeesho haddii aanad raali ka ahayn. o Boliiska wakhtigan uma baahna hadal ay kaa qoraan si ay ninka u qabtaan haddii ay jiraan sababo caqli-gal ah. Waxay si madax-banaan u daba-gali karaan xumeeyeyaasha ama kuwa dulmi sameeya.
Gargaar	Women's Aid Refuge Southall Black Sisters Greater London Domestic Violence Project Muslim Women's Helpline

	<p>Dhibista Sinjiga ama Midabka ku Saleysan Dhibista sinjiga ama midabka ku saleysan waa ka sharci-daro wadankan. Boliisku si culus ayay u fiiriyaan wixii ah dhacdooyin xumeyn sinji ku saleysan. Waxay leeyihiin Unugyo Amaan Beeleed oo ku takhasusa gargaaridda dhibaneyaasha dambiga naceybka.</p>
Talooyin	<ul style="list-style-type: none"> o Ha qarin oo kaligaa ha ku eekeyn. Waxa jira illo taageero leh, oo hoos ku qoran.
Gargaar	<p>Boliis Police Community Safety Unit</p> <p>Victim Support Southall Black Sisters</p>

	<p>Kufsiga iyo Farsaar Galmo Kufsigu waa fal ah in qof lagu qasbo inuu galmo kula yeesho iyada oo aanu raali ka ahayn.</p>
Talooyin	<ul style="list-style-type: none"> o Xusuuso in ninkaagu aanu sharci ahaan xaq u lahayn inuu galmo kula yeesho haddii aanad raali ka ahayn. o Haddii aad maya tidhaadhdid, waa inay noqoto maya.
Gargaar	<p>Rape Crisis Victim Support Boliis</p>

	<p>Galmada Wadankan gudihiisa waa sharci in dadka ka weyn 18 ay yeesheen galmo khaniisnimo ah oo ay raali ka yihiin. Waxa jir illo balaadhan oo ah hay'ado bulsho iyo taageero oo ay gargaar ka heli karaan dadka ah khaniis, haweenay lesbiyan ah ama la galmoota haweenka, qof laba jinsiile ah ama lab iyo dhedigba la galmooda ama qof jinsigiisii iska beddelay, waxana dhaqanka Biriitishka si weyn looga aqbalay kala-duwaanta galmada. Hase yeeshee, waxa qaybo ka mid ah bulshada ku hadhsan xoogaa diidmo ah oo loo hayo dadka aan galmadoodu caadi ahayn.</p>
Talooyin	<ul style="list-style-type: none"> o Haddii aad tahay khaniis oo aad ka timi dhaqan aan khaniisnimada laga aqbalin ama ay ka tahay sharci-daro, waxa laga yaabaa inaad gargaar ka heshid dadka soo maray waayo la mid ah ka aad soo martay.
Gargaar	<p>Police Community Safety Unit London Lesbian and Gay Switchboard Family Friends of Lesbian and Gays (FFLAG) Safra Project</p>

Taageerada Qoysaska

	<p>Wacnaanta Niyaddaada: Dad badan ayaa u arka inay gargaar leedahay inay qof dhexdhexaad ah oo aan qoyska lug ku lahayn ay arrimaha haysta kala hadlaan.</p>
Talooyin	<ul style="list-style-type: none"> o U hubso in qofka aad aragtid uu yahay mid aqoon iyo shahaado leh oo diiwaansan (BACP ayaa liis galisa dhamaan adeegyada la-talinta ee la hubo aqoontooda).

	<ul style="list-style-type: none"> o Waxa laga yaabaa in xarunta Dhakhtarkaaga Guud (GP) uu leeyahay adeeg la-latin bilaash ah oo ku taala gudaha xarunta. Haddii aad iskaa u dooratid la-taliye waxay u badan tahay in aad adigu iska bixin doontid kharashka. o La-talintu waa adeeg qarsoodi ah, hase yeeshe waxa laga yaabaa inay jiraan marrar gaar ah (oo aad u dhif ah) oo laga yaabo in la-taliyuhu uu awoodo inuu jabiyo qarsoodinimada. Haddii aad bilawdid la-talin, u hubso in la-taliyahaagu kuu sharaxo xadka qarsoodinimada.
Gargaar	British Association for Counselling and Psychotherapy (BACP) The Samaritans Careline The Refugee Therapy Centre

	<p>Wacnaanta Niyada: Adiga iyo Wehelkaaga</p> <p>Lamaaneyaasha qaarkood waxay doortaan inay tagaan la-talinta lamaaneyaasha si looga gargaaro hagaajinta xidhiidhkooda. Dhakhtarkaaga Guud (GP) ayaa marmarka qaarkood kuu gudbin kara la-talinta, ama waxa laga yaabaa inaad dooratid inaad adigu raadsatid daweeye.</p>
Talooyin	<ul style="list-style-type: none"> o Xusuuso furid ku soo marta macnaheedu ma aha in caruurta lagaa qaadi doono. Xaaladaha intooda badan waxa la gaadhi kaaa heshiis ku saabsan hayn ilmo oo la wadaago.
Gargaar	Association for Shared Parenting National Family Mediation Relate (National Marriage Guidance)

	<p>Sida Kali Loo Maareeyo</p> <p>Marka aad waalid tahay ee gaar ahaan aanad waalid kale ka aqoonin aagga waxa aad dareemi kartaa cidlo. Dhakhtarkaaga Guud (GP) ayaa ku siin kara war ku saabsan kooxo waalid ah oo degmada ku kulma. Haddii kale, isku day inaad la xidhiidhid mid ka mid ah hay'adaha hoose.</p>
Talooyin	<ul style="list-style-type: none"> o Saaxiibada iyo xubnaha qoyska ka aqbal gargaarka la soo jeediyo. o Ha ka badin. o Isku day oo in wakhti ah u dhigo maalin kasta si aad u nafistid oo aad u heshid nasashada ugu badan ee suurogalka ah. o Xusuuso inaad cuntid cunto caafimaad leh. o La hadal Dhakhtarkaaga Guud (GP) haddii aad dareensan tahay diiqad. o La yeelo xidhiidh saaxiibadaa. o Isku day inaad la kulantid waalid kale oo jooga aaggaaga.
Gargaar	Gingerbread Meet-a-Mum Association (MAMA) National Childbirth Trust (NCT) National Council for One Parent Families

	<p>Taageerada Qoysaska</p> <p>Korinta qoys waxay keeni kartaa dhibaatooyin iyo waliba farax badan. Mudada ku xigta dhalashada ilmo ayaa gaar ahaan noqon karta mid niyad ahaan iyo jidh ahaanba daal leh. Waxa muhiim ah inaad naftaada daryeeshid si aad daryeelka ugu fiican u siin kartid ilmahaaga. Waxa jira</p>
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	illo taageero oo badan oo loogu talagalay dadka waalid noqon doona iyo goysaska sii dhisan ee dhibaatooyin soo foolsaareen.
Talooyin	<ul style="list-style-type: none"> o Haddii aad ka walwalsan tahay sida arrimaha ilmuhu kugu yihiin, maxaa aad ula hadli weyday waalidka kale? o Isku day inaad wakhti gaar ah u qaadataan lamaane ahaan todobaad kasta.
Gargaar	Home-Start NCH Parentline Plus Parents Anonymous (London) Pippin REU (Race Equality Unit) Sure-Start

Xidhiidhyo Faa'iido Leh

Maandooriyeyaasha Walfidda Leh

Talk to Frank / National Drugs Helpline

• Waxa aad wici kartaa khadkan gargaar waxana aad heli kartaa la-talin ama war ku saabsan wax kasta oo xidhiidh la leh maandooriyeyaasha ama daroogada. Wicitaanada laga sameeyo teleefon guri waa bilash kamana soo bixi doonaan biilka teleefonka. Waxa adeegga khadka gargarka lagula hadli karaa 120 af (turjubaano ayaa ka garab-shaqeeya la-taliyeyaasha). Waxa kale oo ay leeyihiin qoraalo yaryar oo faa'iido leh (oo loogu talogay tobaneeyo-jirka iyo waliba waalidka).

Khad Gargaar: 0800 77 66 00 (Ingiriisi, Welish)

Wicis Bilaash ah 0800-9176650 (waa afaf kale, oo uu ku jiro Bengaali, Urdu, Hindi, Bunjaabi iyo Kantooniis)

webka: www.ndh.org.uk

limayl: frank@talktofrank.com

webka: www.talktofrank.com (www.ndh.org.uk)

Narcotics Anonymous

• Waa Hay'ado Naftaada Gargaar. Xubnaha kooxa ayaa is gargaara si ay uga joogaan maandooriyeyaasha ama daroogada.

202 City Road, London EC1V 2PH

Helpline: 0845 3733366

www.ukna.org

Khamri

• Waxa jira xarumo talo iyo la-talin oo ku baahsan wadanka oo dhan oo dadka ka gargaara dhibaatooyinka khamriga. Qaar badan oo ka mid ah mashruucyadaa waxa maalgalisa NHS waana bilaash.

Alcohol Concern

• Rugta internetka la yidhaahdo "howyourdrink" ayaa bixisa war ku saabsan calaamadaha lala socdo, sida loo yareeyo cabista khamriga iyo talooyin kale.

webka: www.howyourdrink.org.uk

www.alcoholconcern.org.uk

Drinkline

• Waa khad gargaar oo loogu talagalay qof kasta oo ka walwal qaba cabitaankiisa khamriga ama ka qof kale.

Khad gargaar. 0800-9178282

(Isniin ilaa Jimce 9 subaxnimo – 11 habeennimo, Sabti iyo Axad 6 galabnimo – 11 habeennimo)

Alcoholics Anonymous (AA)

• Waa mareeg kooxo is-gargaarid oo madax-banaan. Xubnaha ayaa midba midka kale ku dhiirigaliyaa inuu joojiyo cabista khamriga oo ka caaganaado cabista khamriga. Waxa la isticmaalaa kaliya

magacyada koobaad ee dadka iyada oo ulajeedadu tahay sugnaanta qarsoodiga. Kooxuhu waxay ku qoran yihiin buugga teleefonada ama wac:

Khad gargaar: 0845 - 7697 555

Al-Anon Family

- Waxa uu bixiyaa kulanno is-gargaarid oo loogu talagalay dadka noloshooda uu saameeyay cabista khamri ee qof kale.

Tel. 020-7403 0888 (Isniin ilaa Jimce 9 subaxnimo - 11 habeennimo)

Talk to Frank

- *Waxa aad wici kartaa khadkan gargaar waxana aan aad heli kartaa talo ama war ku saabsan wax kasta oo xidhiidh la leh maandooriyeyaasha ama daroogada (oo uu ku jiro khamrigu). Wicitaanada laga sameeyo teleefoon guri waa bilaash kamana soo bixi doonaan biilka teleefonka.*
- *Waxa adeegga khadka gargarka lagula hadli karaa 120 af (turjubaano ayaa ka garab-shaqeeya la-taliyeyaasha).*

Khad gargaar: 0800 77 66 00 (waa uu shaqeeyaa maalintii oo dhan, maalin kasta)

limayl: frank@talktofrank.com

webka: www.talktofrank.com

Ambalaas / 999

Adeegyada Degdegga

Wac: 999

Gargaarka (Benefits)

National Association of Citizens Advice Bureaux (NACAB)

- Xafiiska La-talinta Muwaadiniinta (Citizens Advice Bureau) ee degmadaada waxa uu ku qornaan doonaa buuggaaga teleefonka. Waxay ku siin karaan talo madax-banaan.

Myddelton House

115–123 Pentonville Road

London N1 9LZ

Tel. 020 7833 2181 (Wac si aad u heshid lambarka teleefonka xafiiska degmadaada)

web: www.citizensadvice.org.uk / www.nacab.org.uk

Golaha Degmada (Local Council)

- Ka eeg buuggaaga teleefonka lambarka xafiiska degmadaada.

Xafiiska Sugidda Bulshada (Social Security office)

- Ka eeg buuggaaga teleefonka lambarka xafiiska degmadaada.

NASS

Tel. 0845 602 1739 oo ah su'aalaha guud.

Inland Revenue

Tel: 0845-300 3900 oo ah su'aalaha Tax Credit (Cashuur dhaafidda).

Child Support Agency (CSA)

- Waa qayb ka tirsan Department for Work and Pensions (DWP) oo bixisa adeeg ah xisaabinta iyo soo-ururinta masruufka taageerada ilmaha marka waalidka gooni u kala nool yihiin.

Tel. 08457-133 133

Hay'ada La-talinta ee Degmada

- Waxa jiri doonaa tiro ah hay'ado la-talin oo degmada ah oo ka jira aaggaaga oo bixiya la-talin guud oo ku saabsan tiro balaadhan oo ah arrimaha sida gargaarka (benefits), daynta, dhibaatooyinka hoyga, sharciga iwm. Waa in laybareeriga degmadaadu ama xafiiska dawladda hoose uu hayo warka la-xidhiidhista hay'adaha.

Cabsi-galinta

Kidscape

waxay ka shaqeysaa joojinta cabsi-galinta.

Khad gargaar: 08451 205 204

www.kidscape.org.uk

Bullying Online

www.bullying.co.uk

Education Welfare Services

- waxay u shaqeysaa sida qayb ka tirsan goleyaasha degmada.
- La xidhiidh golaha degmadaada (council) si aad u heshid lambar la-xidhiidhis.

Dulmiga Ilmaha

NSPCC

- The National Society for the Prevention of Cruelty to Children
Khad gargaar oo qarsoodi ah / ah 24-ka saacood iyo bilaash 0808-800 5000
www.nspcc.org.uk

Parentline Plus

- Waxa uu taageero siiyaa waalidka iyo daryeeleyaasha.
Tel: 0808-8002222
www.parentlineplus.org.uk

Badbaadinta Ilmaha (Ma ka walwalsan tahay ilmo?)

Family Rights Group

- Waxa uu taageeraa qoysaska caruurtoodu ay hawlgal la leeyihiin adeegyada bulshada
Tel: 0800-731 1696
www.frg.org.uk

NSPCC

The National Society for the Prevention of Cruelty to Children
Khad gargaar oo qarsoodi ah / ah 24-ka saacood iyo bilaash: 0808-800500

Anti-Bullying Campaign

Tel: 020-73781446

Daryeelka sii-haynta ilmaha

Social Services

- Buuggaaga teleefonka ka eeg lambarka Social Services ee degmadaada. (Waxa laga yaabaa in Dhakhtarkaaga Guud (GP) uu isaguna hayo lambarka.)

Day Care Trust

Khadka gargaarka waalidka 020-7840 4260

Childcare Link

Tel. 0800-0960296

Ofsted complaint line

Tel. 0845-601 4771

Khadka cabashada ee Ofsted

- Waxa uu bixin karaa tilmaamo
Tel. 0808-800 5000

Sida Kali Loo Maareeyo

Gingerbread

- Waa khad gargaar oo loogu talagalay waalidka kali ah. Waa isbahaysi is-gargaarid oo loogu talagalay qoysaska ka kooban hal waalid. Kooxaha degmada ayaa bixiya taageero, saaxiibtinimo, war, talo iyo gargaar waxqabad ah.

First floor, 7 Sovereign Close

Sovereign Court

London E1W 3HW

Khad la-talin: 0800 018 4318

webka: www.gingerbread.org.uk

Meet-a-Mum Association (MAMA)

- Warqad uu la socdo gal leh adreeskaaga iyo tigidhka boosta u dir si aad u heshid faahfaahinta kooxaha degmada. Waxa lagula xidhiidhin doonaa koox hooyooyin ah oo degmada ah.

376 Bideford Green, Linslade, Leighton Buzzard, Beds LU7 2TY
Khad gargaar: 0209-87680123 (Isniin ilaa Jimce 7 subaxnimo – 10 habeennimo)
webka: www.mama.org.uk

National Childbirth Trust (NCT)

- Waxa NCT ay ku siin kartaa war ku saabsan kooxaha hooyooyinka ah ee ku kulma aaggaaga.
Alexandra House
Oldham Terrace
London W3 6NH
Khadka su'aalaha: 0870-4448707
Webka: www.mctpregnancyandbabycare.com

National Council for One Parent Families

- Waxa uu hormariyaa wacnaanta waalidka kali ah iyo caruurtooda. Waxa uu taageero siiyaa waalidka kaligood korinaya caruurtooda.
255 Kentish Town Road, London NW5 2LX
Khad gargaar: 0800 018 5026
webka: www.oneparentfamilies.org.uk

Dhakhtarka Ilkaha

Adeegga ilkaha ee degdegga ee ka baxsan saacadaha shaqada

Tel. 020-8540 1379

Budhcadnimada Guriga

Women's Aid

- Rugta internetku waxa uu bixiyaa war ku qoran dhawr af
PO Box 391, Bristol, BS99 7WS, England
Khad gargaar. 0808 2000 247
webka: www.womensaid.org.uk

Refuge

- Waxa uu siiyaa hoy iyo talo haweenka iyo caruurta ay budhcadnimo guri ku haysato gudaha London
2/8 Maltravers Street, London WC2R 3EE
Khad gargaar oo ah 24-ka saacadood: 0870-5995443

Southall Black Sisters

- Waa il adeeg oo loogu talagalay haweenka, waxana waxyaabaha laga gargaaro ku jira xuquuqda guurka iyo dhibista sinjiga ama midabka ku saleysan
52 Norwood Road
Southall
Middlesex, UB2 4DW
Khad gargaar: 020-8571 9595 (Isniin - Jimce 10 subaxnimo – 5 galabnimo)
www.southallblacksisters.org.uk

Greater London Domestic Violence Project

E24, 3rd Floor, City Hall
The Queen's Walk
London SE1 2AA
Tel: 020-79834976

Webka: www.lat.org.uk

Muslim Women's Helpline

- Adeeg dhageysi oo qarsoodi ah oo loogu talagalay haweenka Muslimka ah.
Tel: 020-8904 8193 (10 subaxnimo iyo 4 galabnimo Isniin ilaa Jimce)
www.mwhl.org

Wacnaanta Niyadda: Wacnaanta Niyaddaada

British Association for Counselling and Psychotherapy (BACP)

Other Refugee Council publications are available at www.refugeecouncil.org.uk

Registered charity no. 1014576 Registered company no. 2727514 Registered address: 240-250 Ferndale Road London SW9 8BB

- War iyo talo ku saabsan la-talinta iyo daweynta maskaxda
BACP House, 35–37 Albert Street
Rugby CV21 2SG
Tel. 0870 443 5252
webka: www.bacp.co.uk

The Samaritans

- Waxa uu taageero niyadda ah siiyaa qof kasta oo ku jira qalalaase (24 saacadood.)
Tel: 08457-909090
webka: www.samaritans.org

Careline

- *Waa khad la-talin heer qaran oo qarsoodi ah oo loogu talogala caruurta, dadka da'da yar iyo dadka waaweyn kuna saabsan arrin kasta oo uu ku jiro qoyska, dhibaatooyinka guurka iyo xidhiidhka, xumeynta ilmaha, kufsiga iyo farosaarka galmada, diiqadda iyo walwalka.*
- *Careline waxay bixisaa la-talin teleefonka lagu bixiyo oo loogu talogalay dadka da'da yar (ka yar 18) iyo la-talin fool-ka-fool ah oo loogu talogalay dadka waaweyn.*
Tel: 0845 122 622

The Refugee Therapy Centre

- *Waxay bixisaa gargaar daweyn maskax oo loogu talogalay caruurta iyo qoysaska qaxootiga ah ee dhawaan yimi ee ay haystaan dhibaatooyin la-qabsi.*
40 St Johns Way
London N19 3RR
Tel. 020 7272 2565
www.refugeetherapy.org.uk

Wacnaanta Niyadda: Adiga iyo Wehelkaaga

Association for Shared Parenting

- Waa hay'ad samofal oo taageerta waalidka iyo dadka ay haysato kala-tagid
PO Box 2000
Dudley DY1 1YZ
Khad gargaar: 01789 750 891
www.sharedparenting.org.uk

National Family Mediation

- Waa adeeg dhexdhaadin qoys oo loogu talogalay lamaaneyaasha kala tagaya ama is furaya
Alexander House
Telephone Avenue
Bristol BS1 4BS
Tel. 0117 904 2825
webka: www.nfm.u-net.com

Relate (National Marriage Guidance)

- Waxa uu la-talin siiyaa dadka waaweyn ee ay haystaan dhibaatooyin
Herbert Gray College
Little Church Street
Rugby CV21 3AP
Tel. 0845 456 1310 or 01788 573 241
iimayl: enquiries@relate.org.uk
webka: www.relate.org.uk

Qorsheynta Qoyska iyo Caafimaadka Galmada

- Talo qorsheyn qoys iyo gargaar bilaash ah waxa laga heli karaa illo badan, oo ay ku jiraan xarunta Dhakhtarkaaga Guud (GP), adeegga qorsheynta qoyska ee degmada (Family Planning Association, sida hoos ku qoran) ama hay'adaha kale ee madax-banaan sida Marie Stopes clinic (oo guud ahaan adeegyadooda kharash ka qaada).

Family Planning Association

Other Refugee Council publications are available at www.refugeecouncil.org.uk

Registered charity no. 1014576 Registered company no. 2727514 Registered address: 240-250 Ferndale Road London SW9 8BB

- Waxa uu bixiyaa war ku saabsan qorsheynta qoyska, hababka lidka-uurka iyo caafimaadka gamada
2-12 Pentonville Road
London N1 9FP
Khad gargaar: 0845-310 1334 (Isniin ilaa Jimce 9 subaxnimo – 7 fiidnimo)
webka: www.fpa.org.uk

Marie Stopes Clinic

- *Waxa uu bixiyaa tiro ah adeegyo ay ku jiraan qorsheynta qoyska, baadhitaanka caafimaadka haweenka, baadhitaanka uurka, la-talin galmo oo la siiyo ragga iyo haweenka iyo la-talin ah xaaladaha uurka aan la qorsheyn. Wac si aad ballan u sameysatid. Kharash ayaa jira. Waxa jira xrumo ku yaala London, Manchester and Leeds.*

Marie Stopes House
108 Whitfield Street
London W1P 6BE

0845 300 8090 (joojinta uurka, lidka-uurka ee degdegga ah, su'aalo kale),
0845 300 0212 (qaliinka xiniinyaha, dhalmo-joojinta haweenka) ama
0845 300 0460 (baadhitaan caafimaad) (Soo-waceyaasha UK) ama
Webka: www.mariestopes.org.uk

Goynta Cawrada Haweenka

Black Women Health & Family Support

- Waxa uu bixiyaa talo, war iyo taageero ku saabsan goynta cawrada haweenka
First Floor
82 Russia Lane
London E2 9LU
Tel. 020-8980 3503
webka: www.bwhafs.org.uk

Forward (the Foundation for Women's Health Research and Development)

- Waxa uu bixiyaa talo, war iyo taageero ku saabsan goynta cawrada haweenka
Unit 4, 765-767 Harrow Road,
London NW10 5NY
Tel. 020 8960 4000
webka: www.forwarduk.org.uk

Dhaqaalaha iyo Daynta

National Debtline

- La-talin bilaash iyo qarsoodi ah oo ku saabsan sida aad u maamuli lahayd lacagtaada oo aad uga bixi lahayd daynta
Tel: 020-808 4000
www.nationaldebtline.co.uk

IFA Promotions

Talo dhaqaale oo madax-banaan
Tel. 0800-085 3250
webka: www.unbiased.co.uk

GP iyo Adeegyada Umusha

- Waxa aad wici kartaa NHS direct haddii aad qabtid su'aal ku saabsan caafimaadka, ama su'aal toos ugu xidhan uurkaaga ama caafimaadka ilmahaaga. Khadka gargaarka waxa la isticmaali karaa wakhti kasta, laakiin waxa uu si gaar ah faa'iido u leedahay inta u dhexeysa booqashooyinka caadiga ah ee booqdaha caafimaadka / GP.

NHS direct

Khad la-talin oo ah 24-ka saacadood: 0845 46 47
webka: www.nhsdirect.nhs.uk (waxa ku jira tilmaan-bixiye is-gargaarid iyo war ku qoran afaf kale)

Hel khad gargaar dhakhtar

www.nhs.uk – waxa uu leeyahay liis ah xarumaha GP ee ku yaala UK

Khadadka Gargaarka Taageerada Niyadda

The Samaritans

- Waxa uu bixiyaa taageero niyad oo la siiyo qof kasta oo ku jira qalalaase (24 saacadood).

Wicitaanada qiimahoodu waa ka degmada

Tel: 08457-909090

webka: www.samaritans.org

iimayl: jo@samaritans.org

HIV+ iyo AYDHIS

National AIDS Helpline

- Waxa aad la hadli kartaa qof inta u dhexeysa 6 galabnimo iyo 10 habeennimo. Dhamaan wakhtiyada kale waxa aad maqli kartaa fariimo ku hadlaya af kasta.

0800 - 567 123 (Ingiriisi)

African AIDS helpline

- Waa khad gargaar oo bilaash iyo qarsoodi ah oo lagu heli karo afafka Ingiriisi, Bortuqiis, Faransiis, Luganda, Sawaaxili iyo Shoonaa

Tel: 0800-0967 500

www.nahip.org.uk

Positively Women

- Waxa uu bixiyaa taageero, la-talin iyo war la siiyo haweenka, caruurta iyo qoysaska uu saameeyay HIV.

347-349 City Road, London EC1V 1LR

Khad gargaar: 020-77131020 (Isniin - Jimce, 10 subaxnimo – 1 galabnimo iyo 2 galabnimo - 4 galabnimo)

webka: www.positivelywomen.org.uk

International Community of Women Living with HIV/AIDS

- Waxa maamula haween qaba HIV oo u adeega haweenka qaba HIV

2C Leroy House

436 Essex Road

London N1 3QP

Tel: 020-7704 06060

webka: www.icw.org

Terrence Higgins Trust

- Waxa uu bixiyaa tiro ah adeegyo loogu talagalay dadka la nool HIV

Tel: 0845-12 21 200 (10 subaxnimo – 10 habeennimo Isniin - Jimce; 12 duhurka – 6 galabnimo

Sabti - Axad)

webka: www.tht.org.uk

Ilmahaaga oo Aad Kaligii ka Tagtid

NSPCC

The National Society for the Prevention of Cruelty to Children

Khad gargaar oo qarsoodi iyo bilaash ah / 24-ka saacadood: 0808-800500

Xuquuqda Umusha

Direct.gov

- *Direct.gov waxa uu hayaa war ku saabsan xuquuqda umusha iyo sida loo codsado child tax credits (cashuur dhaafidda ilmaha) iyo ilaa tilmaan-bixin ku saabsan Amaanka Internetka.*

webka: www.direct.gov.uk/Parents

Working Families

- La-talin iyo war ku saabsan arrimaha la xidhidha shaqada
- Khad gargaar oo bilaash ah oo loogu talagalay qoysaska dakhligoodu hooseeyo:

0800-013 0313

Other Refugee Council publications are available at www.refugeecouncil.org.uk

Registered charity no. 1014576 Registered company no. 2727514 Registered address: 240-250 Ferndale Road London SW9 8BB

webka: www.workingfamilies.org.uk

The Department of Trade and Industry (DTI)

- **Warkii ugu dambeeyay ee ku saabsanaa fasaxa Umusha/Aabanimada waxa laga heli karaa rugta internetka ee DTI. “Xuquuqda Umusha” (PL958 / URN03/885X), oo ah tilmaan-bixiye loogu talagalay shaqo-bixiyeyaasha iyo shaqaalaha, oo uu soo daabacay DTI waxa laga heli karaa Xarumaha Shaqada (Job Centres) ama boosta ayaa laguugu soo diri karaa marka laga dalbado**

DTI khadka dalabka daabacaadaha (0870-1502500).

www.dti.gov.uk/workingparents, or

www.tiger.gov.uk

National Association of Citizens Advice Bureaux (NACAB)

- Xafiiska degmadaada ee Citizens Advice Bureau waxa uu ku qornaan doonaa buuggaaga teleefonka. Waxay ku siin karaan la-talin madax-banaan.

Myddelton House

115–123 Pentonville Road

London N1 9LZ

Tel. 020 - 7833 2181 (Wac si aad u heshid lambarka teleefonka xafiiska degmadaada ku yaala)

webka: www.citizensadvice.org.uk / www.nacab.org.uk

Department for Work and Pensions

- Waxa jira khadad gargaar oo badan oo kala duwan oo ku taxan rugta internetka taasoo ku xidhan talada aad u baahan tahay. Hase yeeshee, waxa aad u baahan doontaa inaad xafiiska degmadaada kala xidhiidhid sheegashooyinka intooda badan.

web: www.dwp.gov.uk

Ururkaaga shaqaale

- Haddii aad xubin ka tahay urur shaqaale, waxay awoodi karaan inay ku siiyaan talo muhimad u leh goobtaada shaqada

ACAS

- War ku saabsan fasaxa umusha

Tel. 08457-474747

www.acas.org.uk

Caafimaadka Maskaxda

MIND (National Association for Mental Health)

- Waxa uu bixiyaa taageero qarsoodi ah oo loogu talagalay dadka ay haysato dhiilo maskaxda ah. Waxa jira isbahaysiyo degmada ah oo lala xidhiidhi karo.

Granta House

15-19 Broadway

London E15 4BQ

Khadka warka: 0845-7660163

webka: www.mind.org.uk

Saneline

Khad gargaar: 0845 767 8000 (Isniin ilaa Jimce, 12 duhurka ilaa 11 habeennimo; Sabti iyo Axad 12 duhurka ilaa 6 galabnimo)

The Samaritans

- Waxa uu bixiyaa taageero niyad oo loogu talagalay qof kasta oo ku jira qalalaase (24 saacadood)

Tel: 08457-90 90 90

webka: www.samaritans.org.uk

Other Refugee Council publications are available at www.refugeecouncil.org.uk

Registered charity no. 1014576 Registered company no. 2727514 Registered address: 240-250 Ferndale Road London SW9 8BB

Medical Foundation for the Care of Victims of Torture

- Waxa uu badbaadeyaasha uu soo maray jidh-dil siiyaa daweyn, gargaar waxqabad leh iyo taageero daweyn maskax

96–98 Grafton Road, London NW5 3EJ

Tel. 020 - 7813 7777

webka: www.torturecare.org.uk

Refugee Support Centre

- Waxa uu xoogga saaraa baahida caafimaadka maskaxka ee qaxootiga iyo magangalyo-doonka. Dadku iyaga ayaa isu gudbin karan. Waxa taageero lagu heli karaa afka la doorto

47 South Lambeth Road,

London SW8 1RH

Tel: 020 - 7820 3606

Rethink

- Kani waa hay'adda samafal ee ugu weyn UK ee qaabilsan cudurada maskaxda ee daran National advice service: 020 8974 6814 (furan 10 subaxnimo ilaa 3 galabnimo, Isniin ilaa Jimce) www.rethink.org

Caafimaadka Maskaxda: Diiqadda Ka-dib Umusha

- Iyada oo aad la xidhiidhi kartid khadadka gargaarka ee kor lagu sheegay ayaa haddana aad sidoo kale ula xidhiidhi kartaa APNI si aad u heshid taageero takhasus leh

The Association for Post Natal Illness (APNI)

- Waxa uu talo iyo taageero siiyaa haweenka ay haysato diiqadda ka-dib umusha

145 Dawes Road, London SW6 7EB

Tel. 020 - 7386 0868

webka: www.apni.org

Dhicinta

Miscarriage Association

- Waxa uu ku siinayaa war waxana uu kula xidhiidhin karaa haween kale oo uu soo maray waayaha dhicintu

c/o Clayton Hospital

Northgate, Wakefield

W. Yorks WF1 3JS

Tel. 01924 - 200799 (Isniin ilaa Jimce, 9 subaxnimo ilaa 4 galabnimo)

webka: www.miscarriageassociation.org.uk

Uurka iyo Dhalidda Ilmaha

National Childbirth Trust (NCT)

- Waxa uu war iyo taageero siiyaa hooyooyinka, waxana ku jira warka naas-nuujinta, fasalada waxbarashada ee ka horeeya umusha, iyo kooxo ka-dib umusha. Kala xidhiidh laanta kuugu dhow faahfaahinta iyo xidhmo war

Alexandra House, Oldham Terrace, London W3 6NH

Khadka su'aalaha: 0870 - 4448707

Webka: www.nctpregnancyandbabycare.com

Dhibista Sinjiga ama Midabka ku Saleysan

Boliiska

- 999 marka uu degdeg jiro;
- Ka eeg buuggaaga teleefonka lambarka la waco si loola hadlo rugta boliiska degmadaada si aad u sheegtid wixii aan degdeg ahayn.

Police Community Safety Unit

- Waxa aad si qarsoodi ah ula hadli kartaa qof waxana dhacdooyinka loo baadhi doonaa si culus. Waxa kale oo laga yaabaa in lagu siiyo war ku saabsan hay'adaha takhasuska leh ee ku taageeri kara. Waxa aad isticmaali kartaa buuggaaga teleefonka si aad u eegtid lambarka laga waco rugta boliiska ee kuugu dhow ama waxa aad tagi kartaa rug boliis oo u furan dadweynaha.

Victim Support

- Waa hay'ad samafal oo madax-banaan oo dhibaneyaasha dambi laga galay siisa taageero qarsoodi iyo bilaash ah. Qoraalo yaryar ayaa lagu helaa dhawr af oo kala duwan.

Tel: 0845 - 30 30 900 (furan 9 subaxnimo – 9 fiidnimo Isniin - Jimce, 9 subaxnimo – 7 fiidnimo Sabti iyo Axad, 9 subaxnimo – 5 galabnimo maalmaha ciidaha)

www.victimsupport.org.uk

Southall Black Sisters

- Waa xarun illo gargaar oo loogu talagalay haweenka, iyo arrimaha ay ka mid yihiin xuquuqda guurka iyo dhibista sinjiga ama midabka ku saleysan

52 Norwood Road

Southall

Middlesex, UB2 4DW

Khad gargaar: 020-8571 9595 (Isniin - Jimce 10 subaxnimo -5 galabnimo)

www.southallblacksisters.org.uk

Kufsiga iyo Farsaar Galmo

Rape Crisis

Unit 7, Provident Works, Newdigate St, Nottingham NG7 4FD

Tel: 0115-900 3560

Imayl: info@rapecrisis.co.uk

www.rapecrisis.org.uk

Victim Support

- Waa hay'ad samafal oo madax-banaan oo dhibaneyaasha dambi laga galay siisa taageero qarsoodi iyo bilaash ah. Qoraalo yaryar ayaa lagu helaa dhawr af oo kala duwan.

Tel: 0845-30 30 900 (furan 9 subaxnimo – 9 fiidnimo Isniin - Jimce, 9 subaxnimo – 7 fiidnimo Sabti iyo Axad, 9 subaxnimo – 5 galabnimo maalmada ciidaha)

www.victimsupport.org.uk

Boliiska

- 999 marka uu degdeg jiro.
- Wac rugta boliiska degmadaada si aad u sheegtid wixii aan degdeg ahayn.

Diiwaangalinta Dhalashada Ilmahaga

Cisbitaalka / umulisadaada / booqdahaaga caafimaad

- Waxay u badan tahay inay ku xusuusiyaan sida loo diiwaangaliyo dhalashada ilmahaaga waxana laga yaabaa inay hayaan faahfaahinta sida loola xidhiidho Xafiiska Diiwaangalinta ee degmadaada (Registry Office).

Amaanka

Booqdeyaasha Caafimaadka

- *Booqdahaaga caafimaad waxa uu ku siin karaa talo ku saabsan amaanka (waxa Booqde Caafimaad lagaa siin doonaa xafiiska Dhakhtarkaaga Guud (GP))*

Child Accident Prevention Trust

- Tiro badan oo ah qoraalo ku saabsan amaanka

Tel: 020-7608 3828

Dugsi-dhagasho

Department for Education and Skills

- Waxay hayaan war ku saabsan dugsiyada, manhajka iyo warbixino iyo adreesyada dhamaan Local Education Authorities

Tel: 0870-000 2288

webka: www.dfes.gov.uk/leagateway

Galmada

Police Community Safety Unit

- Community Safety Units waxay ku takhasuseen sida loo gargaaro dhibaneyaasha dambiyada naceybka (ee badanaa lagula kaco qof iyada oo sababtu tahay qofka oo leh midab ka duwan kooda, sinjiga, diinta ama galmada). Si kalsooni leh ayaad qof ula hadli kartaa waxana aad ka heli kartaa talo ku saabsan hay'adaha ku gargaari kara. Waxa kale oo boliisku ay dhacdooyinka u baadhi doonaan si culus. Waxa aad isticmaali kartaa buuggaaga teleefonka si aad u eegtid lambarka laga waco rugta boliiska ee kuugu dhow ama waxa aad tagi kartaa rug boliis oo u furan dadweynaha.
- Wac rugta boliiska ee degmadaada si aad u heshid tilmaan.

London Lesbian and Gay Switchboard

- Waxa uu adeeg taageero iyo gudbin siiyaa haweenka lesbiyanka ah la galmooda haweenka, ragga khaniiska ah iyo dadka galmadoodu isku-jir tahay.

Khad gargaar: 020-7837 7324

webka: www.ligs.org.uk

Family Friends of Lesbian and Gays (FFLAG)

- Waxa uu taageero siiyaa waalidka iyo caruurtooda ah khaniis, lesbiyan (haween haween u galmoota) iyo kuwa galmadoodu isku-jir tahay.

Tel: 01454-852 418 (khadka gargaarka ee dhexe)

Webka: www.fflag.org.uk

Safra Project

- Waa adeeg gudbin oo loogu talagalay haweenka Muslimka ah ee isku sheegay lesbiyan, galmo isku-jir ah ama beddelay jinsigoodii.

PO Box 35929, London N17 OWB

Tel: 07941-659320 (9 subaxnimo – 5 galabnimo, Isniin - Jimce)

iimayl: safra_project@hotmail.com / asylum@safra_project.org

www.safra.org.uk

Sigaar-cabista

NHS Smoking helpline

0800-1690169

(waxa uu furan yahay maalin kasta 7 subaxnimo – 11 habeennimo)

NHS pregnancy smoking helpline

0800-1699169

(waxa uu furan yahay maalin 12 duhurnimo – 9 fiidnimo)

NHS Asian Tobacco Helpline

0800-169 0 881 (Urdu), 0800-169 0 882 (Bunjaabi), 0800-169 0 883 (Hindi), 0800-169 0 884 (Gujurati), 0800-169 0 885 (Bengaali)

www.givingupsmoking.co.uk

Taageerada Qoysaska

Home-Start

- Waa hay'ad samafal oo taageero siisa qoysaska, oo ay ku jiraan kooxaha degmada.

2 Salisbury Road, Leicester LE1 7QR

Khadka warka: 0800 - 068 63 68

webka: www.homestart.org.uk

NCH

Other Refugee Council publications are available at www.refugeecouncil.org.uk

Registered charity no. 1014576 Registered company no. 2727514 Registered address: 240-250 Ferndale Road London SW9 8BB

- Waxa uu taageeraa caruurta, dadka da'da yar iyo qoysaska
85 Highbury Park
London N5 1UD
Khadka warka: 0845 - 7626 579 (qiimaha wicitaanadu waa ka degmada, furan 9 subaxnimo – 5 galabnimo, Isniin - Jimce)
webka: www.nch.org.uk

Parentline Plus

- Waa khad gargaar oo loogu talagalay waalidka iyo dadka daryeela caruurta
520 Highgate Studios
53–79 Highgate Road
London NW5 1TL
Khad gargaar 0808 - 800 2222 (khad gargaar oo 24-ka saacadood ah oo bilaash iyo qarsoodi ah
webka: www.parentlineplus.org.uk

Home-Start

- Waa hay'ad taageero qoys oo loogu talagalay waalidka leh caruur ka yar da'da 5 jir ee beelaha degan UK.
Khad war: 08000 686 368
<http://www.home-start.org.uk/>

Pippin (Parents in Partnership Parent Infant Network)

- Waxa ay qabtaan fasalo waxbarasho waalidnimo waxana ay taageero siiyaan waalidka cusub.
Birch Centre Annex
Highfield Park
Hill End Lane
St Albans,
Herts AL4 0RB
Tel. 01727 - 899 099
webka: www.pippin.org.uk

REU (Race Equality Unit)

- *REU waxay khibrad weyn u leeyihiin bixinta waxbarasho ama koorasyo waalidnimo, waxa kale oo ay waalidka siin karaan liis dhameystiran oo ah koorasyada la heli karo.*
REU, Unit 35, Kings Exchange
Tileyard Road
London N7 9AH
Tel: 020 - 7619 6220
Faakis: 020 - 7619 6230
www.reu.org.uk

Sure-Start

- *Kani waa barnaamij dawladeed oo ulajeedadiisu tahay in la taageero waalidka, caruurta iyo beelaha iyada oo laga taageero noocyada badan ee shaqadooda.*
Sure Start Unit
Department for Education and Skills and Department for Work and Pensions, Level 2, Caxton House
Tothill Street,
London W1H 9NA
Khad war: 0870 - 0002288
webka: www.surestart.gov.uk

Uurka Tobaneeyo-jirka iyo Caafimaadka Galmada

Brook Advisory Centres

- *Waxa uu la-talin bilaash iyo qarsoodi ah siiyaa ragga iyo haweenka da'da yar (da'doodu ka yar tahay 25), waxa kale oo uu bixiyaa lidka-uurka, baadhitaanka uurka, talo ku saabsan uurka aan la qorsheyn iyo la-talin dhinaca galmada ah. Ka eeg buugga telefonka ee degmadaada ama la xidhiidh*
Brook Central Office
421 Highgate Studios

53-79 Highgate Road

London NW5 1TL

Khad gargaar: 0800-0185023 (waxa loogu talagalay dadka da'doodu ka yar tahay 25)

www.brook.org.uk

Sex Education Forum

Tel: 020 - 7843 6000 (*ama toos u wac 020 7843 6051*)

Sex Education Forum

National Children's Bureau

8 Wakeley St

London EC1V 7QE

www.ncb.org.uk

Family Planning Association

- Talo ku saabsan qorsheynta qoyska, lidka-uurka iyo caafimaadka galmada

2-12 Pentonville Road,

London N1 9FP

Khad gargaar: 0845-3101334 (Isniin ilaa Jimce 9 subaxnimo -7 fiidnimo)

webka: www.fpa.org.uk

Xarumaha Bilaa Ballanta ah iyo Xarumaha Dhaawacyada Fudud

NHS direct

- Tilmaan-bixiye is-gargaarid ah si lagaaga gargaaro inaad garatid calaamadaha caamka ah, oo ay ku jiraan xul mawduucyo loo tarjumay afaf kale

Khad talo: 0845 46 47

webka: www.nhsdirect.nhs.uk