

## Adeegyada loogu talagalay Dadka Magangalyo Doonayaasha ah & Qaxootiyada ee degan aaga Bristol

**Luulyo 2022**

Macluumaadkaan waxaa lagu helaya luuqadaha arag <https://bristol.cityofsanctuary.org/what-we-do/bristol-organisations>

**Wac Migrant Help 0808 8010 503 24 saac maalintii 7 maalmood toddobaadkii**



**Xuquuqaha Qaxootiga Bristol** [www.bristolrefugeerights.org](http://www.bristolrefugeerights.org)  
[info@bristolrefugeerights.org](mailto:info@bristolrefugeerights.org)

**Wellspring Settlement, 43 Ducie Road, Bristol BS5 0AX**

**Isniin iyo Talaadooyin** laga bilaabo **10-1 Telefoon/ What's App 07526 352353**. Si aad u hesho taageero ama adeegyadeena ay ka midka yihiin fasaladda, Pride Without Borders, iyo Mashruuca Young People's Immigration

**Arbacooyinka** laga bilaabo **10-12 Advice Drop-in** - waxaa lagu talinaya in la soo dhaqsado. Ka caawinta helida daryeelka caafimaadka. Shaqada kiiska ee arrimaha adag. Soo gudbinada taageerada kale ee wax ku oolka ah waxaa ka mid ah telefoonka.

**Khamiisyada** laga bilaabo **10-1 Welcome Centre social space**, cunto kulul, farshaxan, ciyaaro, timo jaris, IT café, soo gudbinada iyo calaamadaha tabeelaha.

**Taageerada Red Cross Refugee** <https://www.redcross.org.uk/get-help/get-help-as-a-refugee>

**Telefoon 0117 941 5040, qoraal am WhatsApp 07739 863 036** [refugeeservicebristol@redcross.org.uk](mailto:refugeeservicebristol@redcross.org.uk)

Waxaan isku dayi doonaa in la helo **Isniinta, Taaladda, Arbacada iyo Jimcanaha 11 subaxnimo – 3galabnimo**. Haddii aysan jirin jawaab, dhaaf fariin ama soo dir qor warqad, iyo kiis ka shaqeeyaha dib ula soo xiriir.

**Kuwa cusub ee Dhawaan La siiyey Xaaladd Qaxootinimo:** Waxaan ka caawin karnaa inaad codsato faa'iidooyinka, guriyeynta, koontada banka, isdhexgelka deynta iyo ka caawinta hanaanka dib ula midowga qoyska.

**Baafinta Qoyska** Waxaa laga yaaba inaan awoodo inaan ka caawino inaad qoyskaaga ka raadiso wadankaaga hooyo ama meel walba oo ay ku jirto UK ama Yurup.

**Baahi iyo Rafaad:** Haddii aadan laheyn wax dakhli ah iyo qaab kale oo aad wax ku helayso, iyada oo si wada jir ah loola shaqaynayo wada hawlgalayaasha kale ee Bristol waxaa laga yabaa inaan awoodno inaan ku siino caawin waqti muddo gaaban.



**Refugee Women of Bristol** <https://www.refugeewomenofbristol.org.uk/>

**Talefonka: 0117 9415867** [info@refugeewomenofbristol.org.uk](mailto:info@refugeewomenofbristol.org.uk)

**Drop-in centre Tallaadooyinka** laga bilaabo **10:00 – 2:30 galabnimo, waqtiga tareemka oo kaliya, ee Easton Family Centre Bristol BS5 0SQ**. Waxaan bixinaa fasalada ESOL, jimicsiyadda fayyo-qabka iyo aqoon kororsiyada. Shaqaalaheena Bulshada waxay bixiyeen taageero wax ku ool ah iyo adeega u doodista luuqadaha bulshada. Our befriending volunteers ayaa sidoo kale siiya taageero xubnaheena iyo bulshada iyada loo marinayo wicitaanadeena welfare.

**Mend the Gap team** waxay siisa 1-1 taageerada haweenka la kulma rabshadaha qoyska. Wac Isku duwaha Caafimaadka iyo Fayyo-qaanka wixii soo gudbino ah **07735387820**. Haddii aad jaclaan laheyd in lagula soo xiriiro, fadlan wac ama iimayl.



**Borderlands The Assisi Centre, Lawfords Gate, BS5 0RE** [www.borderlands.org.uk](http://www.borderlands.org.uk)

**Telefoon: 0117 904 0479** [hello@borderlands.org.uk](mailto:hello@borderlands.org.uk)

**Drop-in Social Space** Tallaado walba inta u dhaxeysa 11:00 iyo 2:00 galabnimo; bixinta shaah, qaxwo, ciyaari, Farshaxan, timo jaris iyo u gudbinta adeegyada kale iyo taageerada.

**Cunto daray ah** Tallaado walba inta u dhaxeysa 11:00 -1:00 galabnimo iyo **cunto kulul (Halal)** 1:00 - 2:00 galabnimo

**Fasaladda Ingiriiska** ee loogu talagalay bilaabayaasha Luuqada Ingiriiska iyo Af-barashada (Gelida-ka hor iyo Gelida 1).

**The Mentoring Project** wuxuu bixiya 1:1 taageerada iyo dareenka magangalyo doonyaasha iyo qaxootiyadda ilaa muddo 6-9 bilood.

**Kulunka Nasashada iyo hurdada:** si lagaga caawiyo nasashada iyo si aad u barato sida kor loogu qaado hurdadaada. Waxaan raga iyo dumarka uga qabaana kulmo kala gaar, toddobaad walba oo kale.



**Bristol Hospitality Network** [www.bhn.org.uk](http://www.bhn.org.uk)

**Hoyiga:** Waxaan bixinaa tallada guriyeynta iyo margelinta iyo maalgelinta isgarab istaaga (solidarity fund) ee loogu rafaadka iyo baahiyaha mangalyo doonayaasha la diiday. Waxaan aqbalaynaa oo KALIYA soo gudbintra kooxda talladda Bristol Refugee Rights.

**Ku soo dhawoow Xarunta: Isniinta laga bilaabo 11-2galabnimo** Easton Christian Family Centre, BS5 0SQ magangalyo doonayaasha (cunto kulul, ESOL, mutadawacnimo, ciyaaraha iwm).



**Aid Box Community** [www.aidboxcommunity.co.uk](http://www.aidboxcommunity.co.uk)  
174b Cheltenham Road, Bristol BS6 5RE Phone 0117 336 8441

**Dukaamaysi Lacag La'aan ah - Furan Isniin - Jimcooyinka 11 - 4galabnimo**  
freeshop@aidboxcommunity.co.uk

Dhar bilaash ah, alaabta musqusha, agabyada guriga iyo alaabaha kale.

**Kooxaha Jimicsiga ee loogu talagalay Raga iyo Dumarka** - Tiro toddobaadle ah ee kooxaha ciyaaraha iyo bulshada.

heather@aidboxcommunity.co.uk

**Befriending Connections** - waxaa lagu bari doonaa qof deegaanka ah si aad u saaxiibtaan.

naomi@aidboxcommunity.co.uk



**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 waalidnimada hore. Waxaan siina taageerada takhasuska fool-ka-foolka gaar ahaan kuwa aan laheyn lamaanayaal dhalmada. Soo gudbinada ayaa la sameeyn karaa iyada oo la soo marsiinayo websaydkeena.

**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.**

Meel loogu talagalay qaxootiga, magangalyo doonayaasha iyo hooyooyinka uurka leh ee barakacay iyo dhallaanada ka yar 2 sano jirka. Waa meel loogu talagalay taageerada faca & is garab istaaga, halkaas oo ay ku raxeysan karaan cunto kulul oo caafimaad leh, xiriirka dhallanka, yoga iyo hawlaha kale. Waxaan dib u celinaa lacagaha bas raaca.



**The Haven** [www.sirona-cic.org.uk/nhsservices/services/the-haven/](http://www.sirona-cic.org.uk/nhsservices/services/the-haven/)

waa takhsuuska adeega caafimaadka ee loogu talagalay qaxootiyadda iyo magangalyo doonayaasha, ee degan gudaha **Montpelier Health Centre, BS6 5PT** Telefoonka: 0117 703887 [the.haven@nhs.net](mailto:the.haven@nhs.net)

Waxaan qiimeynaa oo aan daboolna baahiyaha magangalyo doonayaasha iyo qaxootiyadda Bristol oo dhan, North Somerset iyo South Gloucestershire. Waxaan sidoo kale caawinayna dadka inay helan adeegyada caafimaadka iyo adeegyada kale ay u baahan yihiin. Waxaan sidoo kale caawinayna dadka inay helan adeegyada caafimaadka iyo adeegyada kale ay u baahan yihiin. Helida adeega waa soo gudbinta midkood telefoon ama iimayl iyo rugaha caafimaadka waxay furan yihiin Isniinta ilaa Jimcaha 8:30 subaxnimo ila 4 galabnimo