

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

**Nofeembar 2023**

Macluumaad la turjumay <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** - Uma furna deganayaasha huteelada IA. 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. **1.30-2.30 Rockabye Mother and Baby Group** oo loo talagale ciyaal oo 1 sano ga yar. Isku qor, masa hooyo ilmeed gu qor, adhiga oo isticmaaleeysid numbarka masa emailkaa oo kor gu qoran.

Xarun korineed oo leh hees, ciyaar iyo waxbarasho ayaa ku heli karaan carruurto inay xaadiraan inta ay waalidiintu helayaan adeegyada BRR subaxdha Arbaco iyo Khamiis kasta. Da'da u dhaxaysa 1 - 5 sano jir.

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

**Telefoon 0117 941 5040** [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/>

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

**Drop-in centre oo dumar kili qaabilo 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, quraac iyo qado. Shaqaalaheena Bulshada waxay bixiyeen taageero wax ku ool ah iyo adeega u doodista luuqadaha bulshada (Af-Soomaali, Af-Carabi iyo Af-Shiinees).

**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 jacsaan laheyd in lagula soo xiriir, fadlan wac ama iimayl.



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

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

**Xarunta Soo-dhawaynta Isniin iyo Talaada kasta inta u dhaxaysa 10:00 subaxnimo iyo 2:00 galabnimo;** bixinta shaah, qaxwo, ciyaari, Farshaxan, timo jaris iyo u gudbinta adeegyada kale iyo taageerada.

**Cunto cusub** Tallaado kasta inta u dhaxeysa 10:45 -12:30 galabnimo iyo **cunto kulul (Qado Halal ah) 1:00 - 2:00 galabnimo**

**Fasaladda Ingiriiska** (Isniin, Tallaado iyo Arbaco) 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 doonayaasha iyo qaxootiyadda ilaa muddo 6-9 bilood.

**Dareen Arbaco Wanaagsan** – (markay tahay Arbacooyinka) hawlaha kaa caawinaya nasashada iyo hagaajinta caafimaadka. Kuwaas waxaa ka mid ah yogada, wax-tolida, waqtiyada hurdada iyo fasalada jirdhiska. Waxaan u wadnaa kulamo kala duduwan oo loogu talagalay dumarka iyo ragga.



## **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. Waan qaabilna qof oo koox la shaqeeyno noo soo gudbiye, masa waad is gudbin kartaa marka soo imaatid the Welcome Centre masa hadaad ballan sameeysid adhiga oo wacayo 0117 379 0011.

**Ku soo dhawoow Xarunta: Isniinta laga bilaabo 11-2galabnimo** Easton 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 Taleefanka 0117 336 8441**

Waxaan ku soo dhaweyneynaa qaxootiga iyo dadka magangalyo doonka ah Dukaamaysi Bilaash ah iyo Xarun soo dhaweyn, halkan waxaad ka dooran kartaa dhar bilaash ah, alaabta musqulaha, alaabta guriga iyo alaabta kale ee muhiimka ah ee noloshu.

**Furan Isniinta - Jimcaha 10.30 – 3.30 galabnimo**

[freeshop@aidboxcommunity.co.uk](mailto:freeshop@aidboxcommunity.co.uk)

**174b Cheltenham Road, Bristol BS6 5RE; Taleefanka 0117 336 441**

**Kooxaha Jimicsiga ee loogu talagalay Raga iyo Dumarka** – Waxaan wadnaa tiro ka mid ah kooxaha bulshada iyo isboortiga toddobaadle ah iyo safarro loogu talagalay shakhsiyaadka iyo qoysaska ku jira fasaxyada – si aad u hesho macluumaad dheeraad ah la xiriir

[sara@aidboxcommunity.co.uk](mailto:sara@aidboxcommunity.co.uk)

**Barnaamijka Saaxiibtinimad – Isku xirnaanta** – Waxaan isku waafajinaa dadka magangalyo doonka ah iyo qaxootiyada dadka maxalliga ah si ay ugu dhalato saaxiibtinimo. La xiriir Naomi si aad u hesho macluumaad dheeraad ah - [naomi@aidboxcommunity.co.uk](mailto: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: 0300 124 6875 [the.haven@nhs.net](http://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



## **Buundooyinka loogu talagalay Bulshooyinka** [www.bridgesforcommunities.com](http://www.bridgesforcommunities.com)

[info@bridgesforcommunities.com](mailto:info@bridgesforcommunities.com) Xarunta Qoyska Easton, BS5 0SQ

Bridges waxa ay wadaan barnaamijyo dhowr ah oo ka caawiya dadka raadinaya meel hoy ah si ay ula xiriiraan bulshooyinkooda. Kuwaas waxaa ka mid ah saaxibka, kaas oo waafaqsan magangalyo-doonka leh tabaruce maxali ah, Ila Soco, Toliinka Wadajirka ah, Taageerada Dib-u-dejinta, Waliimada Nabadda iyo dhacdooyinka iyo safarrada kale ee halka mar ah.



## **Ciida Qaxootiga Bristol** [www.bristolrefugeefestival.org](http://www.bristolrefugeefestival.org)

[Info@bristolrefugeefestival.org](mailto:Info@bristolrefugeefestival.org) Docklands Community Centre, St Pauls, Bristol BS2 8UA.

Waxaanu isku dubaridnaa barnaamij leh munaasabado iyo hawlo oo lala yeesho xarumaha bulshada iyo ururada si loogu xiro qaxootiga iyo magangalyo-doonka bulshooyinkooda maxalliga ah ee ku nool Bristol oo dhan.