



# Soo Dhawoow

**Tusmo ku saabsan nolosha iyo adeegyada  
xaafada Kensington, Liifarbuul**



## Ku soo dhowow Kensington

Buugan soo dhoweynta ahi wuxuu kuu faahfaahinayaa guud ahaan adeegyada aad ka keheli karayso Kensington iyo meelaha u dhowdhow.

Waxaanu u sameynay buugan soo dhoweynta inuu kaa caawiyo sidii aad uula socon lahayd una ogaan lahayd wax badan oo ku saabsan Kensington iyo nolosha bulshadaba.

Caawimada aad ku soo kordhinayso bulshada aad baanu u qiimaynaynaa waxaanuna kuu rajaynaynaa inay ku qanciso oo aad ka heshid inta aad ku nooshahay Kensington.



**Lyn Spencer**  
Chief Executive  
Kensington Regeneration

# Waxyaabaha ku jira

## Shaqada mushaharka leh

Xaaladda Shaqo	7
Diiwaan Gelinta Shaqaalaha	7
Helitaanka Aqoonsiga Shaqada	8
Shaqo Raadin	9
Xarunta shaqo doonida	9
Eastern Link JET	10
Adeega waxbarashada dadka waaweyn iyo dadka laga tirade badan yahay mashruuca shaqaaleysiinta Liverpool	11
Cashuurta la jaro	12
Marka layimaado UK	12
Hadaad tahay qof shaqeeya	12
Cashuur bixinta	13
Sidan weeye qiimaha cashuurtu	13
Naftiisa u shaqeyste markaad tahay	14
Markaad ka shaqeynayso (Construction)	15
Tax Credits	16
Nambarka lagu raadsado shaqada ama lala tago caydha (National Insurance)	17
Xuquuqda qofka shaqaalaha ah	17
Sharciga mushahaarada caadiga ah	18
Maxaad sameynaysaa hadaan lagu siin mushaharka intii loogu tala galay	18
Wakhtiyada saxa ah ee la shaqeynaayo iyo wakhtiga aan la shaqeyneyn	20
Reerka iyo shaqada	21
Badbaadinta iyo caafimaadka intaad shaqada ku jirto	21
Waajibka saran dadka loo shaqeeyo waa:	22
Ururka u dooda dadka shaqeeya iyo waxay kuu qaban karaan	22
Shaqado lagugu midab takooro:	23
Markad shaqo ka tegeysid:	24
Lacagta dawladdu bixiso	25
Gunno	25

Citizens' Advice Bureaux (CAB)	26
Lacagta iyo baanka iyo xafiisyada boosta	27
Baanka	27
Siday u furan karaan Baan dadka qaxoontiga ah	28
Xafiiska Boosaha (Post Office)	28
Boosta ku taala xaafadaada	29
Ururka kubiirsashada iyo dayminta	30

## **Adeeg yada degdega ah**

Dirida 999	31
Markaad la xidhiidheyso Booliiska	31
Tala bixinta Guud:	33
Makhaadaraadka aan sharcigu ogoleyn	34
Shaqada Dhilaysiga	34
Khamriga	36
Sigaarka	38
Khamriga/ Makhaadaraadka iyo wadida Gaadhiga	38
Gawaadhida	39
Nabad gelyada Wadooyinka	41
Baaskeeladaha	41
Nabad gelyada shacabka	42
Ilaaleynta gaarka ah	42
Sharciga iyo wararka aad u baahan tahay inaad Ogaatid	43
Anshax xumida	43
Aklaaq Xumaynta Qoyska	44
Dabka iyo sida looga badbaadayo	45
Ilaalinta qiiq uriyahaaga	46
Qorshaha Hadii Dab Dhaco	47
Diyaar Garow-Oo Qorshe Sii Dejiso	47
Sidaad Uga Bixi Lahayd Marka La Hur-Hurdo	47
Gaadhiga Caafimaadka	49

## **Guryeynta**

Nooca guryaha la kireeyo	53
Ka Kiraysashada qof isagu iska leh gurigiisa	53

Guryaha lagu wada jiro	55
Guryaha Shirikaduhu Leeyihiin	55
Guyaha Dawlada	56
Guryaha Hoom ofisku bixiyo (Wuxuu siiyaa guryaha dadka qaxoontiga isku dhiibaya dalkan UK)	57
Guri la'aanta	57
Warbixin guud	59
Kirada	59
Qaashinka iyo Qashin gurayaasha	59
Alaabta	60
Cashuurta guryaha	60
Caymiska	61
Cashuurta TV ama Liisanka Talefashanka	61
Talafoonada	62
Bills (Biilasha)	62
Markaad si deg deg ah aad uula xidhiidhayso qolyaha biilasha guriga	63
Kuwa kaa caawinaya hagaajinta Kuleyliyaha	64

## **Caafimaadka**

Adeega Caafimaadka (The NHS)	65
NHS Tooska ah	65
Adeega dhakhtarka guud	65
Adeega caafimaad ee loogu tala galay	
Qaxoontiga	67
Cusbitaalada	69
Farmasiiyada (Pharmacies)	70
Xarunta Bukaanku socodka (NHS Walk-in Centre)	71
Dhakhtarka Ilkaha	72
Dhakhtarka Indhaha	72
Sida loo helo Goobaha Caafimaadka	72
Adeega Dadka maskaxda ka jiran	73
Caafimaadka ku saabsan isu taga	73
H.I.V/A.I.D.S Services	76
Labeeb, Nimanka dumarka iska dhiga iyo dumarka Raga iska dhiga	76
Adeega khamrada iyo dadka mukhaadarooyinka qaata	78

Adeegyada u furan bulshada lag tirade badan yahay	84
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### **Waxbarashada iyo Tababarada**

Waxbarashada iskuulka	85
Waxbarashada Caruurta laxaadka la ama caruurta u baahan in gaar wax loogu dhigo (SEN)	88
Waxbarashada sare ee iskuulada	89
Waxbarashada sare iyo Tababarada	90
Waxbarashadu waa bilaash	92
Markaad doonayso inaad u gudubto Jaamacada	93
Ingiriisida/ iyo galaasyada luuqada lagu barto	93
ESOL Family Learning- English Classes for Bilingual Parents, Adult Learning Service	96

### **Adeegyada dowlada hoose ee magalada Liiferbuul**

Dowlada hoose ee Liferbuul	99
Adeegyada bulshada	99
Telefoonada loo bahanyahay ee adeegyada dowlada hoose	100
War bixiinta guud	102
Xafiiska (One Stop Shop)	102
Adeega Madbacada buugaagta	103
Waxyaabo gaar ah	103
Waxyaabahaad ka heli karto	103
Waxyaabaha gaarka ah	104
Wixii 5 jir ka yar wakhtiga sheeko xariir kooda	104
Waxaad ka heli karto	104
Xiliyada Sheekooyinka caruurta da'doodu Ka yar tahay 5jir	105
Waxyaabahaad ka heli karto	105
Waxyaabo gaar ah	106
Sheekooyinka caruurta ka yar 5 jirka	106
Waxyaabahaad ka heli karto	106
Adeegyada cayaaraha jimicsiga	107
Xarumaha Jimicsiga	107

## **Gaadiidka**

Gaadiidka Merseyside	109
Xarunta gaadiidka safarka	110
Rugta Basaska	110
Rugta Tareenada	111

## **Adeegyada Bulshada**

Community Education & Lifelong Learning Groups	116
Ururada caafimaadka iyo ciyaaraha (Health and Sport Organisations)	117
Ururada Diinmaha (Religious Organisations)	119
Ururada Dhalinyarada (Youth Organisations)	120
Credit Union	122
Shaqaaale ka shaqeeya Deegaanka (Neighbourhood Wardens)	122
Bulsho Bixisa Talootin Iyo War (Community Advice and Information)	122
Talo Bixinta Muwaadinka (Citizens Advice)	123
Tallo bixinta Qaxootiga (Refugee/ Asylum Seekers Advice Services)	123
Ururka Caawiya Qaxoontiga (Refugee Action)	124
Aaska	125
Markaad doonayso in kuwa xabaalaha ka shaqeeyaa ku caawiyaan	125
Aasaska debeda England iyo Wales	127
Doorashada Degaanka Iyo Doorashada	130
Is Diiwaan gelinta si aad u foodo	131

## **Dembi ka Hortegidda**

Dembi ka Hortegidda ee Merseyside	
Midab Takoorka	133
Fara xumeynta Caruurta (Child Abuse)	133
Akhlaaq Xumeynta Qoyska	133

# Shaqada mushaharka leh



# Shaqada mushaharka leh

## Xaaladda Shaqo

Ihaddii aad haysato dhalashada Ingiriiska ama dalalka Yurub (EEA) uma baahnid in lagu siiyo ogalaanshiiyo shaqo boqorkooyada Ingiriiska (UK). Dadka haysta dhalashada dalalka cusub ee ku soo biiray Midowga Yurub (Poland, Lithuania, Estonia, Latvia, Slovenia, Slovakia, Hungary, and the Czech Republic) ee shaqeeya waxay u baahan yihiin inay iska diiwaan geliyaan Home Office-ka qaybta Diiwaan Gelinta Shaqaalaha.

Haddii aad ka timi dal ka baxsan EEA aadna doonayso inaad ka shaqaysid UK, waa inaad ogaataa in sharcigu kuu ogal yahay inaad shaqayso ka hor inta aanaad shaqo bilaabin.

Looma ogola cid kasta oo UK timaada in ay ka shaqayn karaan. Waad ogaan kartaa in lagu ogol yahay inaad shaqayso adigoo eegaya shaambada Baasboorkaaga lagu dhigay.

## Diiwaan Gelinta Shaqaalaha

Iska diiwaan gelinta qaybta shaqadu waa waajib haddii aad ka timi mid ka mid ah dalalka cusub ee Yurub ku soo biiray (EU).

- Waa inaad is diiwaan gelisaa bil mudaheed inta aanaad ka shaqaynaysid UK
- Si aad isu diiwaan gelisid waa inaad foom buuxisaa, waxaana la iska qaadaa lacag.

- Sannadka hore ee joogitaankaaga UK waa inaad dib haddana isu diiwaan gelisaa haddii ay shaqadaadu is bedeshay ama aad shaqo labaad heshay.
- Markaad si sharciya uga shaqaysid UK mudo 12 bilood ah, bilaa nasasho, waxaa lagu siinayaa xorida buuxda oo aad ku shaqaysatid umana baahan doontid inaad dib isaga diiwaan gelisid qaybta Diiwaan Gelinta Shaqaalaha.
- Waxaana ka dib lagu siin doonaa deganaanshiiyo cadeynaysa inaad UK ku noolaan kartid kana shaqayn kartid.

### **Helitaanka Aqoonsiga Shaqada**

- Dadka haysta jinsiyada Romania iyo Bulgaria waxay u baahan yihiin inay helaan Aqoonsiga Shaqada. Caadiyan waa kuwa xirfadaha ku shaqeeya buuxiyana shuruudaha la xidhiidh ogalaanshiyaha shaqo.
- Waxaa sidoo kale la siiyaan ogalaanshiiyo shaqaalaha ka yimaada shaqooyinka xirfadoodu hoosayso ee Xiliga Beerida beeraha.
- Helitaanka Aqoonsiga Shaqada waxaa kaliya oo lagu bixiyaa shaqooyin gaar ah; haddii aad doonto inaad shaqo bedesho waxaa loo baahan yahay inaad Heshid Aqoonsi Shaqo oo cusub.

**Wixii war-bixin dheeraad ah ee ku saabsan ka shaqaynta UK waxaan ka heli kartaa [www.workingintheuk.gov.uk](http://www.workingintheuk.gov.uk)**

**Ciyaan kale oo caawiya shaqaalaha Polish ku waa [www.livel.eu](http://www.livel.eu)**

## Shaqo Raadin

Fursada shaqo raadinta waxaa lagu heli karaa siyaabo badan:

- Joornaalka kasoo baxa magaalada dhexdiisa
- Meelaha iyagu shaqooyinka dalba
- Afkoo la isaga sheego
- Kambuyuutarka oo laga raadsado
- Qaybta Jet ee Dawlada hoose u qaabilsan shaqo fidinta (qaybta shaqooyinka, waxbarasho iyo tababarka)
- Qaybta shaqo raadiska ee Jobcentre Plus

## Xarunta shaqo doonida

Xafiiskani wuxuu ka caawinayaa inuu shaqo aad ku mushahaaro qaadanayso uu ku geeyo wuxuu kale caawiyaa in kuwa iyaguna wax u shaqeeya doonaya in uu u geeyo cid u shaqaysa, wuxuna siiyaa dadka markaa ah dada shaqa doonka caawimaad ku saabsan wax xaq u leeyihiin hadii aanay markaa shaqayn Karin.

Xafiiskani wuxuu kaloo kaa caawinayaa inuu kula raadiyo shaqada nooca kugu haboon haday tahay maalintoo dhan ama maalin badhkeedba, amaba mid ku meel gaadh ah ama mid rigli ah.

Hadii aad markaa qaadanaysay lacagta gunada ah oo aadse markaa shaqo raadis tahay waxaad la kulmaysaa maalintaada kuugu horeysa qof kuu gaar ah oo kula taliya

Wuxay kaacaawinayaan sidaad u heli lahayd shaqadaada kugu haboon haday tahay markii kuugu horeysay shaqo ama haday tahay adigoo doonaya inaad ku noqoto shaqo hadana. Waxay

kaloo kaacaawin karaan inay ku siiyaan wixii tababar ah ee aad u baahan tahay si inaad u bilowdid shaqada aad doonayso.

Lataliyahaagaa gaarka ahi wuxuu kaloo kaa caawinayaa haday kuu fiican tahay inaad shaqayso ama inkale. Waxay eegayaan xaaladaada gaar ahaaneed iyo intaad lacag qaadandoonto iyo wixii kale ee caawimo ah ee Job plus ay ku siin karaan intaad ka shaqaynayso shaqadaas.

### **Meeshaad ka heli karto xarunta shaqa bixintu waa (Jobcentres)**

#### **Edge Hill Jobcentre Plus**

**Kinglake House, Shenstone Street**

**Liverpool, L7 3PF**

**Tel: 0151 708 4700**

#### **Wavertree Jobcentre Plus**

**92 High Street, Wavertree, Liverpool L15 8HQ**

**Tel: 0151 801 5800.**

### **Eastern Link JET**

Meesha shaqooyinka, Waxbarashada iyo Tababarka (JET) waxay bixiyaan adeeg kala duwan oo ay u qabtaan dadka deganka iyo baayac mushtarka degan Liverpool. Hadii aad tahay qof shaqo la, ama raadinaya shaqooyin faaiid leh, Jet waxad kaheli kartaa:

- Latalin iyo jihayn aad ka helayso qof kuu gaara ahi ku siinayo ama kula doonayo si uu u caawiyo dadka degan deegaanka siday u dooran lahaayeen shaqooyinka ku haboon eek u haboon xirfadahooda, awoodooda iyo waxay xiiseeyaanba:

- Waxay kuu furan habkii lagu siin lahaa tababar ku saabsan ka caawinta sidii loo hore marin lahaa kurna loogu qaadi lahaa aqoontaada iyo waxaad ka shaqayn kartid:
- Waxay kaa caawin karaan raadinta shaqooyinka, iyadoo ay kuu qorayaan CV's ama warbixin ku saabsan waxaad qaban jirtay ama qaban kartid, waxy kula buuxinayaan qorida arjiyada shaqooyinka, waxa kuu diyaar gareysiinayaan siday kuugu fududaan lahayd su'aalaha laysku weydiyo markaad shaqo dalbato,
- Waxay ku siinayaan caawimaad iyo tababar adiga laguugu tala galay oo daboolaya baahida bulshada dadka laga tirade badan yahay.

**Xafiiska JET ka ee kuugu dhow waa:**

**Eastern Link JET**

**The Job Bank**

**4 Tunnel Road**

**Liverpool**

**L7 6QD**

**Tel: 0151 233 6175**

**Adeega waxbarashada dadka waaweyn iyo dadka laga tirade badan yahay mashruuca shaqaaleysiinta Liverpool**

Mashruucani wuxuu bixiyaa latalin iyo jihayn ku saabsan waxbarashada iyo shaqooyinka siiyaa dadka laga tirade badan yahay ee jooga Liverpool.

**Waxaa xafiiskoodu yahay:**

**The Job bank**

**4 Tunnel Road,**

**Liverpool, 7 6QD**

**Tel: 0151 233 1870 ama 0151 233 6157**

**Email@zahra.sabbagh@liverpool.gov.uk**

**Website: www.liverpool.gov.uk**

## **Cashuurta la jaro**

### **Marka layimaado UK**

Markii aad timi UK waxa laga yaabaa in aad eeg eegaysay shaqo ama aadba u timi shaqo kuu diyaar ah. Markaad timaadid qasab waa inaad buuxisaa arjiga' soo gelitaanka United Kingdom ama ingiriiska oo layidhaah(P86). Sidaad u heli kartidna arjigana waa

- Telefoonka **0845 900 0404** waxay furan yihiin 8.00 subaxnimo ilaa 8.00 habeenimo maalin kasta waxaa lagugula hadlayaa oo qudha afka ingiriisiga.
- Hadii aad kula xidhiidhayso on lina waa **[www.hmrc.gov.uk/cnr/p86.pdf](http://www.hmrc.gov.uk/cnr/p86.pdf)**

Waa inaad u dirto arjigaaga markaad buuxiso halkaa layidhaah HM Revenue & Customs office ama xafiiska cashuuraha oo qaabilsan inuu xalilo wixii ku saabsan cashuurta. Dadkaad u shaqeysaa way kuu sheegi karayaan halka xafiiskoodu yahay.

### **Hadaad tahay qof shaqeeya**

Hadii aad shaqeyso, cashuurtan waa lagaa goynayaa iyadoo toos looga goosanayo mushaharkaaga. Waxaana layidhaahdaa bixi markaad qaadanayso ama (pay as you earn)

(PAYE). Waxaa laguula dhaqmayaa sidii qof degan UK marka lagaa goynayo cashuurta.

- Hadaad joogto UK 183 ama in kabadan sanadkaa cashuunta la qaadayey, ama
- Hadii aad si joogta ah aad uugu timaado booqasho UK oo booqashadu ay ku dhow dahay91 maalmood ama in kabadan sanad adigoo aan kor u dhaafin 4 sanadood ama.
- Hadii aad u timi UK ujeedo ujeedadaas oo macnaheedu yahay inaad joogto ugu yaraan in ku dhow labo sanadood.

Sanadka cashuurta wuxuu ka bilaabmaa April 6 ilaa April 5.

Markaad shaqo bilowdid qoladaad u shaqeynaysaa waxay ku dhiibayaan Arji ama Foom layidhaahdo PAYE ama Qaado oo Bixi-ama ogeysiinta shaqaalaha cusub(P46) inaad buuxiso. Dhamaan wadamada Yurub ee laysku dhaho EU waxay leeyihiin sharci gaar ah oo u yaala oo aan qofka laba goor laga qaadayn cashuur waxa ku soo galay.

Qiyaasta waxa lagaa jarayo waxaad ka heli kartaa HM Revenue and Customs website kooda: [www.hmrc.gov.uk/rates/index.htm](http://www.hmrc.gov.uk/rates/index.htm)

## **Cashuur bixinta**

Waxaad qaadan kartaa qiimo xadidan sanadkaa adigoo aanay ahayn inaad bixisid cashuurtaa.

## **Sidan weeye qiimaha cashuurtu**

- Waxaad ka ogaan kartaa lacagta wixii lagaa jarayo HM Revenue and Customs. Hadii waxa ku soo gelaa aanay badnayn, waxba cashuur lagaa jari mayo.

- Waxaa jira heerar kala duwan oo looga jaro cashuurta dad badan oo kala duwan, laakiin qof kast gaar kiisa loogu sheegayaa waxa ka go aya ee laga jarayo. Cashuurtan oo ku xidhan qofba wuxuu qaato iyo sida xaaladoodu u kala duwan tahay.

### **Naftiisa u shaqeyste markaad tahay**

Hadii aad tahay qof keligii sheysta ama aan cid kale u shaqeyn, waxaad u baahan tahay inaad iska diiwaan gelisid HM Revenue and Customs amd xafiiska cashuur goynta. Waxaad buuxinaysaa adigoo isticmaalaya dariiqadan layidhaah iska waranka naftaada iyo waxaad qaadata ama Self-assessment system adigoo markaa raacinaya cadeyno ka waramaya waxa ku soo gala iyo wixii war bixin kale ee la mid ah. Dabadeedna xafiiska HM Revenue and Customs way eegi doonaan warbixintaa aad siisay markaasayna kuu sheegayaan inta cashuur ah ee lagugu leeyahay ama ay tahay inaad bixiso. Waxaad iska diiwaan gelin kartaa HM Revenue & Customs hadii aad markaa bilaabayso baayac mushtar oo aad adigu isu shaqeynayso;

- Telefoon **0845 915 4515** wuxuuna furan yahay 8.00 subaxnimo ilaa 6.00 galabnimo maalin kasta Isniin ilaa Jimce waxaa kula hadlaya dad ku hadla luqada ingiriisiga oo qudha.
- Markaad buuxinayso arjiga sidaad u noqon lahayd naftii u shaqeyste oo aad doo nayso inaad iska diin waan geliso qolada bixiya namberka shaqada ee cashuurtana lagu gooyo (CWF1). Waxaad kaloo ke heli kartaa

- Kala soo bax arjiga halkan [www.hmrc.gov.uk/forms/cwf1.pdf](http://www.hmrc.gov.uk/forms/cwf1.pdf) ama waxaad ka soo qaadan kartaa meel kasta oo ay xafiis ku leeyihiin HM Revenue & Customs Enquiry center.

### **Markaad ka shaqeynayso (Construction)**

Waa inaad iska diiwaan gelisay ama aad haysato shahaadada cashuurta oo sheegaysa inaad tahay qof ku shaqeynaya constraction oona ka shaqeynaya meelaha constractionka. Mid ka mid ah labadaas hadaanaad heysan laguma siin karo mushahar. Hadaad doonayso inaad dalbato kaadhka is diiwaan gelinta ama warqadaas waxaad ka heli kartaa:

- Adigoo taga xafiiska kuugu dhow ee HM revenue & Customs enquiry adigoo markaa qaadanaya ugu yaraan laba cadeynood tusaale ahaan Baasaboorkaaga iyo biilashaada guriga aad iskaga bixiso kuwii ugu danbeeyey;
- Wixii intaa dheer ee faahfaahin ah soo foongaree **0845 300 0581** inta u dhexaysa 8.00 subaxnimo ilaa 6.00 galabnimo maalin kasta waxa uun kula hadlaya dad ku hadla afka ingiriisiga oo qudha.

**Wixii war bixin guud ah eek u saabsan cashuurta kala soco [www.hmrc.gov.uk](http://www.hmrc.gov.uk)**

## Tax Credits

- Gunadan la siiyo dad ka mid ah dadka shaqeeya iyo gunada la siiyo caruurta waxaa bixiya HM Revenue and Customs(HMRC).
- Gunada la siiyo dadka shaqeeya waa mid loogu tala galay inay dulsaar u ahaato dadka mushaharkooda ama dakhliga soo galaa uu hooseeyo, ku waas oo ay ku jiraan dadka aan iyagu caruurta lahayn.
- Guno kaloo gaar ah ayaa iyana lagu sii nayaa hadii aad tahay qof laxaadka ka dhantaalan, hadii aad shaqeyso 30 saacadood ama in kabadan wiigii, ama aad bixiso lacag laguugu hayo caruurtaada.
- Lacagta Gunada ee layidhaahdo child Tax Credit waxaa lasiiyaa dadka haya ama ka mas uul ah caruur ama dad dhalin yaro ah dakhliga soo gala markaana uu yahay mid ka hooseeya cadad go'an.
- Dhamaan xaasaska dakhligooda soo gala uu yahay £50,000 ama in ka yar waxay xaq u leeyihiin xoogaa ah Child Tax Credit.
- Lacagta lagu siinayaa waxay ku xidhan tahay inta caruur ah ee aad haysato iyo in qaarkood ay yihiin kuwo laxaad la.
- Gunada waxaad qaadan kartaa hadaad tahay qof markaa shaqada kujira iyo hadii kaleba.

**Wixii faahfaahin intaa dheer eek u saabsan gunadan Child tax Credit kala soco [www.taxcredits.inlandrevenue.gov.uk](http://www.taxcredits.inlandrevenue.gov.uk)**

## **Nambarka lagu raadsado shaqada ama lala tago caydha (National Insurance)**

Qofkastoo da'diisu tahay 16 ama qof markaa qaadan kara lacagta dawladu bixiso ee lagu qiyaasay 60 sano jir haday tahay qof dumar ah haduu yahay nina 65 sano jir waxaa laga yaabaa inuu xaq loogu leeyahay inuu bixiyo lacagta la jaro . waxaa laga yaabaa in xaq laguugu leeyahay inaad bixiso lacagtan hadaad tahay;

- Qof shaqeeya oo qaata mushahar waxaa lagaa jarayaa qaybta 1aad ee lacag goynta.
- Hadaad tahay qof isagu naftiisa u shaqeyste ah (self Employed) oo dakhli soo galo waxaa lagaa qaadayaa 2 aad ee lacag goynta.

Hadba lacagta lagaa goynayo waxay ku xidhan tahay hadba waxaad ka shaqeysid iyo waxa ku soo gala hadii aad tahay qof qof u shaqeeya oo mushahar qaata ama naftiisa u shaqeyste. Hadii aad meel ka shaqeyso dadkaad u shaqeyso ayaa kaa goynaya oo ka saaraya mushahar kaaga.

## **Xuquuqda qofka shaqaalaha ah**

Qofkasta oo shaqo ka shaqeeya oo u shaqeeya dhamaan xubnaha kala duwan waxay leeyihiin xaquuqdan laga bilaabo maalinta ugu horeysa ee ay bilaabaan shaqada:

- In la siiyo mushaharka caadiga ah ee sharcigu dhigayo
- In wakhtiyada uu shaqeynaayo ay sax yihiin (oo ay la socdaan in loo baxayo nusasaace, fasax oo na la siinaya lacagtiisa markuu ku maqan yahay fasaxa, loona qiyaaso wakhtiga uu wiigii shaqaynayo);

- In la dhawro caafimaadkiisa iyo nabad gelyadiisaba.
- Inuu xaq u leeyahay inuu ku biiri karo dadka u hadla dadka shaqeeya.
- In laga ilaaliyo inaan gardaro looga eryin shaqadooda.

### **Sharciga mushahaarada caadiga ah**

shaqaalaha ka shaqeeya wadankan UK waa in ugu yaraan lagu mushaharo qiyaasta sharcigu uugu . waxa jira saddex dariiqo oo dadka loo mushahar siiyo, dabadeedna heerka ay mareyso 1da bisha octoobar 2007 waa:

- £5.52 saacadiiba shaqaalaha da'doodu ay tahay 22 jir iyo in ka weyn:
- Heerkani waa £4.60 saacadiiba shaqaalaha da'doodu ay u dhaxayso 18-21 sano ayaa qiimahani u gaar yahay.
- £3.40 saacadiiba dhamaan shaqaalaha ka yar 18 sano kuwaas oo aan ku jirin markaas waxbarashadii qasabka ahayd.

### **Maxaad sameynaysaa hadaan lagu siin mushaharka intii loogu tala galay**

Marka hore hubi inaad si wacan u xisaabsatay waxa lagu siiyey. Dhamaan shaqaalahu waxay xaq u leeyihiin in la siiyo qoraal u sheegaya sida loo xisaabiyey mushaharkooda. Hadii aad weli kula tahay inaanaad qaadan intii aad xaq u lahayd markaa:

- Hadii aad kari karto lahadal toos maamulahaaga. Tani waa wax sharci ah waanaa lagu ganaaxi karaa dadkaad u shaqeynayso hadii aanay siinin shaqaalahooda mushaharkooda saxa ah ama NMW. Hadii qoladaad u shaqeysaa ay iyagu ku dacweeyaan calaashaan waad ka hadashay arintana habiqin waayo sharcigu wuu ku kula jiraa waayo laguma eryi karo ama laguma midabtakoori karo calaashaan waad ka hadashay wax xaq ah.
- Hadii aad tahay qof ka tirsan koosxda u dooda shaqaalahana waad lahadli kartaa.
- Hadii aad istidhaahdo labadaas midna kuma qancinina waxaad soo wici kartaa qolada ku shaqada leh inay kuu sheegaan mushaharka saxa ah ee loogu talagalay dadku inay qaataan **0845 6000678** (waxad lagaa qaadayaa lacagta caadiga ah ee lagu hadlo marka aad dirsanayso telefoon), ama u soo dir e-mail adigoo u soo mari naya qolada cashuurta jara website kooda. Qaybtani waa qayb ka mid ah qaybta cashuurta goysa iyaga ayaa hirgeliya inta mushaharku yahay.
- Lasoo hadalkaad la soo hadasho waa mid la dhowrayo oo aan cid kale loo sheegeyn, waa naad weydiisan kartaa in lagaa caawiyo sida loo dalbado mushaharka saxa ah iyo hadii ay jirtay mushahar hore oo aad ku lahayd oo aan hore lagu siin. Hadii aad u baahato kuwa u xilsaaran inay daba galaan in dadka ay qaataan mushaharka loogu talagalay ayaa baadhi taan ku sameyn kara iyagoo adiga kuu hadlaaya kuuna soo dhicinaya wixii mushahar kaaga maqnaa qoladaad u shaqeyso.

## **Wakhtiyada saxa ah ee la shaqeynaayo iyo wakhtiga aan la shaqeyneyn**

- Xad bay leeyihiin qiyaasta tirade saacadaha lagaa doonayo inaad shaqeysid inkastoo aad dooran kartid inaad shaqeyso in kabadan intii loogu talagalay.
- Sharci ahaan xaq waxaad u leedahay inaad ahaato fasax wakhtiyo xadidan wiiga kasta, waxay ku xidhan tahay nooca shaqada aad qabato iyo saacadaha aad shaqeyso.
- Waxad iyana xaq u leedahay wakhti cayiman in lagu fasaxo sanadkiiba iyadoo mushaharkaagiina uu kuu soconayo.
- Waxaa kaloo jira in sigaar ah loo dhowro dadka iyagu habeenkii shaqeeya iyo dhwitaan iyagana loo sameeyo dadka da'da yar.
- Waxaad kaloo aad fasax u qaadan kartaa marka reerkaaga ay waxyabo kala duwani lasoo gudboonaadaan sida hadii xaasku umulo, nika ilmo u dhasho iyo fasax la siiyo waalidka.
- Waxaad kaloo xaq u leedahay inaad waydiisato inaad shaqeyso wakhti kugu haboon (sida adigoo bedelaya saacadahaaga ama wakhtigii aad geli jirtay shaqada) hadaad haysato caruur da'doodu ay kajar tahay lix sano (inkastoo aan qoladaad u shaqeyso ay marmar kaa yeelayn codsigaaga iyagoo sabab uuga dhigaya inay haystaan shaqo fiican).

## Reerka iyo shaqada

- Dadbadan oo ku nool UK ayaa fasax shaqada laga siiyaa marka ilmo u dhasho ama markay mid ay korsanayaan ay soo qaataan mushaharadoodana way u socotaa.
- Wakhtiga aad qaadanaysid iyo wakhtiga lagugu mushaharsiinayo wey kala duwan yihiin oo waxay ku xidhan yihiin hadaad tahay hooyadii dhashay ilma ama aabihii iyo inta aad u shaqeynaysay qoladaad u shaqeyso
- Waalidku waxay kaloo xaq u leeyihiin inay qaatan fasax haday doonayaan inay ciyaalkooda ilaashadaan ilaa intay ka gaadhayaan lix jirka fasaxana laguma siinayo wax lacag ah.

## Badbaadinta iyo caafimaadka intaad shaqada ku jirto

Wadankan UK wuxuu u dhigay sharci adag oo ku saabsan badbaadinta iyo caafimadka marka aad joogto shaqada. Dadkaad u shaqeynaysaa waxa ku qasab ah in rugta laga shaqeynayaa ay ahaato mid lagu badbaadayo oo ay hubiyaan inay ka fiirsadaan oo yareeyaan wixii halis keeni kara.

Dadka loo shaqeynayo qudhoodana waxaa saran waajibaad ah inay ilaaliyaan wixii halis gelin kara iyaga iyo kuwa kale ee la shaqeynayaba.

## **Wajibka saran dadka loo shaqeeyo waa:**

- Inay hubiyaan “intii ay kari karaan wax caqli gal ah iyo wax ay qaban karaan” caafimaadkooda, nabad gelyadooda iyo xanaanada shaqaalaha, oo ay la socoto diiqada shaqu keento.
- Tan waxaa lagu sameyn karaa iyadoo lacabiro wixii halis ah, lagana hadlo dadka u qaabilsan iyo gudida badbaadinta u qaabilsan bulshada, iyadoo labixinayo warbixin, tusaale iyo tababaro loo sameynayo dadka shaqaalaha ah iyo kuwa kale ee uu ka dhexeeyo wada shaqeyntu.
- Hadii qofka shaqaalaha ah uu hogaansami waayo sharci badbaadinta iyo caafimaadka waa danbi waana lagayaabaa in qolada HSE ay ku soo oogaan denbi.
- Shaqaalaha raaca ee sameeya waxyaabihii looga baahnaa ee ku saabsanaa badbaadinta iyo caafimaadka way ka badbaadayaan inaan lagu oogin wax danbi ah.
- Shaqaaluhuna waxaa iyana saran waajib waana lagu dacweyn karaa hadii ay jebiyaan sharciyada ku saabsan badbaadinta iyo caafimaadka.

## **Ururka u dooda dadka shaqeeya iyo waxay kuu qaban karaan**

Ururkan u dooda shaqaalaha waa urur bixiya adeegyo ay ku jirto la hadlka qoladaad u shaqeyso iyagoo kala hadlaya lacagta lagu siiyo iyo xaalada ay ku sugan yihiin meelaha laga shaqeeyaa. Ururo badan oo kuwan shaqaalaha

lataliya ah waxay bixiyaan tali bilaash ah oo ku saabsan xaga sharciyada, dhaqaalaha ka caawiyaan, gunada xanuunka iyo waxbarashada. Sharcigu wuxuu siinaya xornimo aad ku geli karto ururka u hadla shaqaalaha haddii aad rabto iyo hadii kaleba, iyo in aad kala qeyb geli kartid waxa ay qabtaan ama aad isticmaali kartid adeeg yada ay qabtaan marka aad rabto (oo waad ka qeyb qaadan karta marka la shaqeynayo haddii lagu ogolaado). Waxa kale oo sharcigu kaa hortaagan yahay in aan lagugu midab takoorin arrinta awgeed. Macnaheedu taa wuxuu yahay in aan si gaar ah laguula dhaqmin oo aan lagu yasin hadaad xubin ka tahay haddii kaleba, laguulama dhaqmi karo sidi hoos ku qoran:

- Marka aad shaqo dalbaneysid
- Markaad shaqeynaso, tusaale haddi la is dalacsiinayo ama tababaro la isu dirayo
- Marka shaqada lagaa eryayo, iyo habka loo sameeyo dhimista shaqaalaha.

**Wixii faahfaahin ah ee inta dheer eek u saabsan ururka u hadla shaqaalaha kala socio: [www.tuc.org.uk](http://www.tuc.org.uk)**

### **Shaqado lagugu midab takooro:**

Wadanka UK wuxuu ka dhigay sharci aad u adag midab takoorka (sida sabab la'aan adoo qof ula dhaqma).

Waa sharci darro in aad qof ku midab ta koortid.

- Wuxuu yahay (lab ama dhadig)
- Qofku wuxuu isu qabo (sexual orientation)
- Laxaad li'idiisa

- Sinjiyadda qofka
- Midab kiisa
- Ciddu ka soo jeedo
- Diintiisa
- Da'diisa
- Haddu xubin ka yahay ama aanu ka ahayn ururka shaqaalaha u hasla.

### **Markad shaqo ka tegeysid:**

Waa wax aad u kooban markaad shaqo ka tegeysid una tegeysid mid kale, in kaso kaga filayo in aad ku ekaato shuruudihi aad markii hore aad saxeexday, caadiyana waa in aad bixisid ogeysiin.

Waxa jira sharci u dhigan in aan qofna lagu eryin si cadaalad daro ah (oo aan lagu eryin si xaq darro ah).

Haddii lagu dhimo (laguuna eryo shaqo aad qabato oo aan jirin awgeed), waa la arka in aad hesho lacag haddii aad shaqeynasay muddo dheer.

Dhammaan wax yaabaha xaq loo leeyahay oo dhani ma wada khuseeyaan shaqaalaha oo dhan, tusaale ahaan, haddi qof xaq darro loo eryo ama la dhimo, lacagta badiba ma helaan kuwa wakiilada u shaqeeya.

Waxa aad xuquuq ku yeelanaysa marka aad u shaqeyneyso muddo.

**Hadaad rabto faahfaahin inta dheer oo ku saabsan xuquuqda shaqaalaha kala soco:**

**[www.worksmart.org.uk](http://www.worksmart.org.uk)**

## Lacagta dawladdu bixiso

### Gunno

Gunaddu waa lacag dawladdu ku siiso, waxana ka mid ah lacagta caruurta lagugu siiyo, lacagta lagu sii marka aanad shaqeyn, lacagta la siiyo xasaska, kirada guriga, cashuurta madaxa iyo lacagta la siiyo dadka laxaadka la'.

Sharciga u dhigan dalbashada lacatani aad buu u adag yahay, waxaanu ku xidhan yahay sharciga aad heysato, taariikh shaqadaada iyo qof kasta xaaladiisa gaar.

### Faahfaahin inta dheer kala soco:

**[www.dwp.gov.uk](http://www.dwp.gov.uk)**

Waxa kale oo jira ururo aad ka heli karto warbixinta ku saabsan gunada iyo sida loo dalbado. Waana ku hoos ku dhigan:

### **HEAT (Health, Energy Advice Team)**

**72-74 Durning Road**

**Kensington**

**L7 5NG**

**Tel: 0151 263 2620**

### **Merseyside Welfare Rights**

**35-37 Bold Street**

**Liverpool**

**L1 4ND**

**Tel: 0151 708 7770**

### **Local Solutions**

**125 Hall Lane**

**Kensington**

**L7 8TF**

**Tel: 0151 709 0990**

## **Citizens' Advice Bureaux (CAB)**

**Wavertree Citizens Advice Bureau**

**242 Picton Road**

**Wavertree**

**L15 4LP**

**Tel: 08448 487700**

**Toxteth Citizens' Advice Bureau**

**15 High Park Road**

**Toxteth**

**L8 8DX**

**Tel: 08448 487700**

**Liverpool Citizens' Advice Bureau**

**State House**

**1st Floor**

**22 Dale Street, Liverpool**

**L2 4TR**

**Tel: 0151 285 8534**

## **Liverpool City Council**

Kiraha guryaha iyo lacagta cashuurta waxa maamula dawladda hoose ee Liverpool(LCC), ku waaso oo lagala xidhiidho xaffis yada loo yaqaan(one stop shop) ee ku kala yaala meela badan oo magaalada ka mid ah.

## **Mid baa ku taala jidka**

**Picton Road,**

**Liverpool**

**L15 4LP**

**Warbixinta meelaha kalena waxaad ka heli kartaa:**

**[www.liverpool.gov.uk](http://www.liverpool.gov.uk) ama Talafoonkooda oo ah 0151 233 3000.**

## Lacagta iyo baanka iyo xafiisyada boosta

### Baanka

Uk markaad joogta waxaad badanaaba u baahan tahay inaad Baan furato si laguugu soo rido wixii lacag ah ee ay ku siinayaan qoladaad u shaqeysid,ama hadii cid kale kuugu soo shubayso lacag. Hayadaha biritishka ah ee qaabilsan baananku waxay sameeyeen waraaqo kaa caawinaya sidii aad u fahmi lahayd sidaad u furan lahayd baan .

**Wixii faahfaahin intaa dheere ee aad u baahan tahay kala xidhiidh**

**[www.bba.org.uk/content/1/c4/39/710openingbankaccountleaflet204.pdf](http://www.bba.org.uk/content/1/c4/39/710openingbankaccountleaflet204.pdf)**

Markaad furanayaso bangi waa inaad la timaado waxyaabahan hoos ku qoran:

- Aqoonsi (baasaboora, cadayn meeshad degan tahay ah oo ay soo saartay isu taga Yurub, ama liisanka Babuurta oo caalami ah)
- Cadeyn deganaansho(ama warqad cadeyn ah oo ka socota cidda aad u shaqeyso)
- La arkee in Baanku in ay aqblaan cadeyn warqada dhalashada dalkaaga hooyo (warqada dhalashada la arkee in ay aqbalaan Liisanka Baabuurta).
- Baanku la arkee in ay ka weydiistaan fasax ay ku wareystaan Baankii hore dalkaaga hooyo ee aad la macaamili jirtay.
- Cadeyn cidda aad u shaqeyso ayaa loo baahankara.

Cadeymaha lagaaga baahyahay waxa ay ku xidhantahay hadba Bangiga aad u tagto, Waxa lagugala taliniya wixii cadeyn ah ee aad heli karto.

### **Siday u furan karaan Baan dadka qaxoontiga ah**

Caadiyan cadeynta looga baahnyahay waa cadeyn Baasboor, kaadh sawir leh, ama kaadh cadeynaya jinsiyadooda.

Si kastaba ha ahaatee, dadka qaxoontiga ah shuruudaha baanku waxay ka ogolyihiin aqoon siyadooda kale.

Oo ay ka midyihiin:

- **Kuwa magan gelyada ku jooga (asylum seekers)** waxa iyaga looga baahnyahay cadeyn IND ama Kaadh kii ay isku diiwaan geliyeen
- **QAXOONTIGA:** Sharciga ay ku joogaan (ISD) ama deganaansha dalka ama Baasbooka yar.

**Faahfaahin dheraad ah oo ku saabsan furitaanka Bangiga haddii aad qaxooti tahay la xidhiidh gudida qaxoontiga oo Talifoonkoodu yahay 020 7346 6777 ama [www.refugeecouncil.org.uk/onestop](http://www.refugeecouncil.org.uk/onestop)**

### **Xafiiska Boosaha (Post Office)**

Xafiiska boostu waxay ka furan yihiin meelo badan oo magaalada ka mid adeegyo aad u badana u sameysaa bulshada waxaa adeegyada ka mid ah:

- Inay kuu qabtaan wixii boostu kuu qaban jirtay oo dhan
- waxaad u isticmaali kartaa sidii baan
- biilashaad ku bixin kartaa
- wixii caymis ah ayaad ku bixin kartaa
- lacagtaad ka bedelan kartaa
- cashuurta gaadhigaagaad ku bixin kartaa/oo ku cusboonaysiisan kartaa
- kaadhahka telefoonka ama telefoonkaaga gacanta ka iibsan kartaa

### **Boosta ku taala xaafadaada**

Boosaha ku yaala xaafada kensington dhexdeeda ama agagaarkeeda waa kuwan hoos ku qoran.

#### **Fairfield Post Office**

**129 Prescot Road**

**Fairfield**

**L7 oLB**

#### **Wavertree Road Post Office**

**51 Wavertree Road**

**Kensington**

**L7 1PF**

#### **Toxteth Post Office**

**70-72 Smithdown Road**

**L7 4JQ**

#### **Boaler Street Post Office**

**208 Boaler Street**

**L7 oLB**

**Wixii faahfaahin intaa dheer eek u saabsan boosaha iyo adeegay qabtaan kala xidhiidh talafoonkan oo ah mid dad ku caawiyaa joogaan**  
**08457223344 ama [www.postoffice.co.uk](http://www.postoffice.co.uk)**

### **Ururka kubiirsashada iyo dayminta**

Ururkan waa urur ka caawiya bulshada adeega dhaqaalaha kaa soo ku siinaya fursad ah inaad wax ku biirsato iyo inuu ku daymiyo markaad u baahan tahay dayn iyo caymiska oo aad ka geli kartid. Ururkan waxaad ka heli kartaa badiba agagaarka xaafadaada ama ururada gaar ka ah ee xaafada ka sameysan.

### **Xafiiskooda ku yaala Kensington waa:**

**Edge Hill Credit Union**

**123 Wavertree Road**

**Kensington, L7 1PG**

**Tel: 0151 263 9353**

**e-mail: [edgehill@creditunion.fslife.co.uk](mailto:edgehill@creditunion.fslife.co.uk)**

**Ururkani wuxuu kaloo kaa caawinayaa wixii ku saabsan latalinta xaga Gunada**

# Nambarada aad u baahan tahay inaad dirto haddii dhibaato ku hesho



## Adeeg yada degdega ah

### Dirida 999

**Haddii aad u baahantahay Booliiska, Dab damiska ama Gaadiidka caafimaadka ee degdega ah waa in aad wacdo 999.**

Adeeg yada wacidda xaalada degdega ah waa bilaash, xita hadaad ka direysid Talifoonka gacanta. Marka laga qabto Talifoonka waxa lagu odhanaya ma degdegba, adeegee u baahantahay? Kuwa Dabka, Booliska mise Ambalaas?

Qeybaha soo socda waxay ka hadlayaan mid kasta oo ka mid ah adeegyada degdega ah.

### Markaad la xidhiidheyso Booliiska

Marka aad la xidhiidheyso xarunta Booliiska kuugu dhow ee aadan u rabin degdeg, Talifonka lagala hadlaya waa **0151 709 6010** markana weydiiso in lagu guddiyo xarunta Booliiska kuugu dhow.

Xarunta Booliiska ee qaabilsan degaanka Kensington waa:

**Tuebrook Police Station**

**West Derby Road**

**Liverpool L6 4BR**

Haddii aad u baahantahay qof ku hadla luqadaada, dhammaan xarumaha Booliisku waxay heli karaan turjubaano shaqeeya 24 saacadood, 365 Maalmood ee sanadka.

Afka aad rabto ku hadal, waanu kari karna in aanu ku caawino anago heli karayna turjubaan

ku turjuma Talifoonka. Haddaad tahay qof dembi laga galey ama aad u baahantahay talo intaba adeegani wuu u furanyahay.

Haddi aad gashay dambi oo Booliisku ku qabtay, waxa lagu taxaabi doona saldhiga Booliiska halka oo lagu sheegi doono waxa aad xaqa u leedahay taas oo ay ku jirto in aad heli karto looyar bilaash ah kaas oo ku siinaya talabixin madax banana oo ku saleysan sharciga. Haddii uu dembigu yahay mid khatar ah waxa lagu keenaya turjubaan maxkamada kaaga turjubaana.

Aad bay muhiim u tahay in aad fahansanaatid qeybo ka mid ah sharcida England laga yaabee in ay ka duwan yihiin kuwii dalkiinala.

Si kastaba ha ahaata ah, badi sharciyadu waa wax siman waanad garan karta saxa iyo khaladka.

Sharciga wadankani wuxuu u kala baxa sharciga dadweynaha iyo sharciga dambiilaha:

- Sharciga daweynuhu wuxuu ka hadla wax yaabaha sida deyn aan la bixin, Guryaha la isku khilaafsanyahay.
- Sharciga dambiiluna waxa uu ka hadla waxyaabaha Guryaha la jabsado, Qof la dhaawaco, Tuug, iyo dad la dhibay IWM.

Booliisku iyagu waxay qabtaan keliya sharciga dembi gelista. Tala bixinta ku saleysan sharciga dembi gelista waxa ka caawin kara Citizen Advice Bureaux ama looyar.

## Tala bixinta Guud:

### *Dembiga necbaanshiiyaha*

Dembiga naceybsigu sidu doono ha ahaada ah haddi lagu sameeyo qof ama hantidiisi iyado u jeedadeedu tahay qof nacbeysi sida:

- Aragtidiisa, Midab kiisa, Asalkiisa, Jinsiyadiisa ama meesha uu ka yimi
- Diintiisa
- Lab iyo Dhadig wuxu yahay
- Wuxuu isu yaqaan
- Laxaad li'idiisa

Qeyb kasta oo ka tirsan Merseyside waxa ay leedahay koox u qaabilsan, kuwa oo ay ku jiraan dad loogu tala galay in ay baadhaan dembiga necbaanshiiyaha waxa kale oo ay leeyihiin xidhiidhiyaha dembi necbaan shiiyaha kaas oo ku siinaya talo iyo tusaale ku saabsan sida ugu haboon ee lagu xalili karo iyo hey'adaha kale ee iyaguna ah in ay la socdaan.

Turjubaan iyo talifoonka oo lagaaga turjumaba waa lagu heli kara haddii aad u baahatid.

Haddii aad tahay qof lagu sameeyay dembiga necbaanshiiyaha waa in aad soo sheegtid wixi lagu sameeyay. waxad u soo sheegta sidii aad u sheegi lahayd haddi wax kale kugu dhacdo adigo wacaya **Merseyside Booliis 0151 709 6010**. Haddii aad heysid wax war ah oo aad hoos ahaan noogu sheegaysid fadlan wac qeybta joojinta dembiyada **0800 555 111**. Uma baahnid in aad magacaaga sheegtid.

## *Makhaadaraadka aan sharcigu ogoleyn*

- Makhaadaraadka aan sharcigu ogoleyn ee lacaadeystay waxay badanaaba u badan yihiin degaan degaan
- Waxa la ogyahay in kuwa ka shaqeysta makhaadaraadku ay had iyo gooraale ay abaaraan dadka soo gelaytiga ah si ay u baraan oo dabadeedna ay u noqdaan dad wixii raba.
- Xasuusnow ma lakeeni karo bilaashna maaha waxaanaad kala kulmaysaa caafimaad li'i iyo ado lagula tiigsado sharciga
- Waxaa kaloo iyana sharcigu aanu ogoleyn in la kaxeeyo gawaadhida marka aad cunto makhaadaraad.

## *Shaqada Dhilaysiga*

- Shaqada dhilaysigu waa wax ka jira wadankan
- Magaaladan lifarbuul shaqada dhilaysiga meelo badan baa jira oo aan loo ogoleyn iyo meelo loo yaqaan oon aan saani loo arki Karin.
- Wadanka wakhtigan maaha denbi hadii aad iibiso ama iibsato adeegyadan, laakiin wax yaabo badan oo raaca sida hadaad kala bedelataan oo aad tidhaahdo gabadha iraac waxaan ku siinayaa lacag eh ama wax yaabo kale waa denbi. Waxa kaloo iyana denbi ah inaad istaagto meelaha dadku maraan ama ku badan yihiin calaashaan waad dhilasysanaysaa.

- England iyo wales waxaa u yaala sharci ah hadii nin u yimaado gabadh inuu ka dhilaysto waxa lagu qaadi karaa denbi.
- Waa denbi inaad ruux u ku qaadato gaadhi calaashaan waxay ka dhilaysataa wadada dhexdeeda ama meel dad joogaan. Waa lagugu xidhi karaa hadii aad sameysid taa markaad gaadhigaaga wadato.hadaad ogaan u sameysid inaad dadka ama jaarkaaga ku daba gashidna iyana waa denbi.

Denbiyada lagu sameeyo shaqadan dhilaysigu aad baa khatar u yihiin booliiskuna aad bay u baadhaan arintaa.

Hadii adiga ama qof aad garanayso uu ku jiro shaqada dhilaysiga waxay ka heli karaan la talin iyo caawimo ururka la yidhaahdo Armistead Centre.

## **Armistead Centre**

### **1st Floor Musker Buildings**

**1 stanley Street,(off dale street,opposite Moorfields station)**

**Liverpool**

**Tel: 0151 227 1893**

- Waxay ku siinayaan adeeg aan cidna loo sheegayn bilaashna ah kuna odhan maayaan maxaad u sameysay waxaa.
- Waxay ku siinayaa latalin iyo caawimo hadaad tahay gabadh ama nin ku jira shaqadan dhilanimada hadii lagugu qasbay iyo hadaad adigu dooratayba.

- Waxay kaloo ku siiyaan caawimaad aad u fara badan oo ay ka mid tahay in lagu siiyo talo saaxiibtinimo, sirtaadoo lagu qariyo, iyadoo si fiican lagu dhageysto, iyadoo lagu sheego faahfaahin iyo talooyin ku saabsan xaga caafimaadka, qalabkaad ku dhilaysan lahayd oo bilaash lagu siiyo, iyadoo markiiba lagaa eego oo lagaa daaweeyo xanuunada laga qaado dhilaysiga, waxaa lagu siinayaa wixii aad iskaga ilaalin lahayd dhasha iyo in lagu eego inaad uur leedahay iyo in kale inaad heli karto in lagu siiyo warbixin iyo talo ku saabsan sharciga iyo sharciga wadankan u yaala eek u saabsan dhilaysiga
- In lagu gudbiyo lagaana caawiyo sidii aad uula xidhiidhi lahayd ururada la shaqeeya qaxoontiga
- Warbixin iyo talo ku saabsan khamriga/makhadaraad oo lugu gudbiyo meelaha lugu dowayo.
- Caawimo ku saabsan kufsiga iyo dhiloyinka lafaraxumayo.
- La talin iyo cowimo ku saabsan badbaadinta naftaada iyo jidkii aad uga bixilahayd.

### *Khamriga*

Wadankan cadi bay u tahay hadee dadka wawaynee ay cabaan khamriga.

- Waa dembi hadii qof wayni uu ka iibiyo ama siiyo khamri qof da'disu kayartahay 18 jir.
  - Kooxo dhalinyaro ah baa istaaga dukaanada hortooda oo waydiista dadka waaweyn inay u soo ibiyaan khamri.

- Booliisku talaabo cad bay ka qadayaan qofkay ku qabtaan isagoo u iibinaya ama siinayaan khamri dadka da'doodu ka yartahay.
- Khamriga waxaad malinkasta ka soo ibsankartaa dukaanada waaweyn iyo kuwa yaryarba.
- Meelaha liisanada haysta sida baararka iyo meelaha lagu ciyaaro ee iibiya khamriga badanaaba waxay furan yihiin ilaa goordanbe habeenkii gaar ahaan sabtiyada iyo axadaha.
  - Dadka iska leh meelaha ayaga ayaa badibaiyagaa lagala hadlaa wixii dhibaato ah ee ay macmiishoodu geystaan.
  - Waa denbi inay ka iibiyaan khamri qof markiisii horeba sakhraan sanaa.
  - Badanaaba waxay shaqaaleysiian qof ilaaliya meesha.
    - Ilaaliyihu wuxuu awood uu leeyahay inu eryikaro cidii rabshad kasamaynaysa meesha sida sakhraamiinta, iyo kuwa cabsi gelinaya.
- Hadii markaad cabto khamri aad dadka u keenayso dhib, biliiskaa laguugu yeedhayaa dabadeedna waa lagu xidhayaa.
- Hadii lagu arko adoo xoog u sakhraansan oo aan is maamuli kareynwaxaa laga yaabaa in markaa lagu geeyo saldhiga boliiska.

## *Sigaarka*

- Waa danbi aad u weyn haddii lagu arko ado siinaya ama ka iibinaya sigaar qof ka da'diisu ka yaryahay 16 jir
- Waa denbi inaad ka iibiso sigaar qof dad'diisu ay ka yartahay 18 jir
- Waa denbi weyn inaad ku cabto sigaar meelaha dadku joogaan, baararka, kilaabyada, dukaanada iyo xafiisyada.

## *Khamriga/ Makhaadaraadka iyo wadida gaadhiga*

- Waa denbi weyn inaad kaxayso gaadhi adigoo khamri cabsan ama mukhaadaraad qaatay. Waxaan kugula talinaynaa ha kaxaynin gaadhi hadii aad cabsan tahay khamri ama aad qaadatay waxyaabaha aan sharcigu ogoleyn ee kugu keeni kara inaad ka adkaan weydo gaadhiga wadidiisa.
- Waligaa hagelin gaadhi uu wado qof sakhraansan ama qaatay mukhaadaraad.
- Hadaad ka xayso gaadhi adigoo sakhraansan ama mukhaadaraad qaatay waa denbi aad u khatar ah. Hadii lagugu qabto jeel baad ku geli kartaa.

## *Gawaadhida*

Waa sharci daro inaad ku wado gaadhi wadankan hadii aanaad haysan waraaqihii sharciga ahaa:

- Waa inaad haysataa liisan aan kaa dhicin.
  - Hadii sinjiyadaadu aanay ahayn qof kayimi wadamada yurub EU oo aad haysato liisan aad ku soo qaadatay wadankiinii, waa inaad halkan aad ka gasho imitixaan kale mudo 12 bilood dhexdoodo ah laga bilaabo maalintii aad timi wadanka.
  - Waa inaad u hanuun sanaato sharciyada wadooyinka; buugagiisa waxaad ka helaysaa boosta ama meelaha buugaga lagu iibiyo.
- Gaadhiga aad ku wadato wadada maalin kastaa waa inuu ahaado mid sharciyeysan
- Caymiska ugu yare e lagaa doonayo inaad u sameyso gaadhigaaga waa Third caymiskaagu waa inuu ahaado mid ka diinwaan gashan shirikad ka tirsan caymisyada laga leeyahay dalkan UK.
- Hadii aad qof kale ka amaanaysato gaadhiga adiga ayuu masuuliyadi kaa saran tahay inaad u sheegto caymiska in lagugu ogaado inaad ka xaynaysid gaadhigaa isaga ah.
- Markaad tahay qofka leh gaadhiga hadaad u dhiibayso cid kale inay kaxeeyaan gaadhigaaga waa inaad hubisaa inay leeyihiin caymis kooda gaarka ah oo u ogolaanaya inay ka xeeyaan gaadhigaas.
- Waa denbi weyn in qofka gaadhiga lehi u ogolaado qof aan caymis laheyn inuu ku kaxeeyo gaadhiga wadada dhexdeeda.

- Waxaa kaloo lagaa rabaa inaad u sameyso gaadhigaaga sharciga wada marinta oo aad dabadeedna ku dhejiso xaga hore ee muraayada hore si loo arko.
- Gawaadhida ka waaweyn 3 sano iyaguna waxay u baahan yihiin in laga shaqeeyo lana mariyo MOT.
- Waa denbi weyn hadii aad sameyn weydo waxyaabahan aynu soo sheegnay.
- Waa denbi inaad ku hadasho talefoonka gacanta markaad wado gaadhiga.
- Waa inaad xidhataa suunkaaga markaad wado gaadhiga.(adiga iyo rakaab kaaguba)
- Waxa kaloo iyana denbi ah inaad iska kaxaysato gaadhi aanu ogeyn qofkii lahaa.
- Sharcigaa lagu horgeynayaa waana lagugu xidhi karaa hadii lagugu qabto.
- Hadii aad gasho shil gaadhi marka aad wado gaadhiga WAA INAAD ISTAAGTO dabadeedna aad tustid waraaqahaaga iyo cadeyn taada, waxaa lagugula talinayaa inaad u sheegto booliiska. Xasuu snow, booliiska waxad ka helaysaa turjubaan ku caawinaya.
- Booliiska magaaladu waxay soo saareen buug talaabo talaabo kuugu tilmaamaya shilalaka ku dhaca gawaadhida maraya jidadka kaa soo ay caawimo kageysteen qolada loo yaqaan RAC Collision **0800 158 730** ama kala soo bax Merseyside Police Website **[www.merseyside.police.uk](http://www.merseyside.police.uk)** waxaad ku heli kartaa tan afaf kala duwan hadii aad u baahato.

### *Nabad gelyada Wadooyinka*

- Xasuusnow, wadankan UK waxaa laga wadaa gawaadhida bidixda
- Mar wadada dhinaceeda haday jirto
- Mar walba iska eeg dhinacyadaada markaad wadada ka gudbayso
- Isticmaal meelaha loogu tala galay in laga gudbo haday suurto gal tahay
- Marnaba haka gudbin buska dabadiisa iyo hortiiisaba. Sug intuu dhaqaaqayo si aad u aragto labada dhinacba.

### *Baaskeeladaha*

- Hubi in baaskeelkaagu uu mari karayo wadada.
- Hubi in shaagaga iyo bireega inta aanaad wadin
- Sharcigu wuxuu kuu ogolyahay in aad ku xidhato laydh cas oo dhalaalaya baaskeelada xageeda danbe iyo laydh hurdiya oo aad ku xidhid shaagaga danbe.
- Waxaa kaloo loo baahan yahay laydh cad oo aad ku xidho xaga hore iyo mid cas oo aad isticmaashid marka aad marayso jid madow ama meel hoosiis ah.
- Hubi in kuwa wadada marayaa ku arki karaan oo xidho dhar iftiimaya.
- Xidho koofiyadaha loogu tala galay kuwa baaskeeladaha kaxeeya.
- Si fiican uugu muuji meeshaad u leexanayso mid iyo midig hadba kay tahay.
- U hogaan sanow sharciga u dhigan wadada.

## *Nabad gelyada shacabka*

- Degaanka Kensignton waxay leedahay siyaabo badan oo keemaraduhu uugu xidhan yihiin booliiska ilaaliya 24 saacadood maalin kasta. Kuwaas oo ilaalinaya muwaadiniinta u hogaansan sharciga.

## *Ilaaleynta gaarka ah*

Sannad kasta dad baa denbi gala, gaar ahaan Tuugta.

- Mahaboona inaad dhigato lacag aad u badan gurigaaga.
- Hasidanin lacag aad u badan ama waxyaabo qiima leh ilaa aad ka maarmi weydid maahaane.
- Hadii aad ka maarmi weydid ilaali oo markastaba xafid.
- Ha sakhraamin waayo waxaad halis gelinaysaa naftaada.
- Iska jir makhaadaraadka aan sharcigu ogoleyn intay doonaanba ha'ahaatee.
- Hadii aad istidhaahdo dagaal baa bilaabmaya, ka tag ama foongaree booliiska. Hays odhanin adigu iska celi oo la dagaalan.
- Booliiska magaaladu waxay sameeyeen buug ah SIDAAD U BADBAADI LAHAYD kaa soo ku siinaya warbixin ah badbaadada naftaada iyo reerkaaga, wuxuuna ku qoran yahay afaf badan. Wixii faafaahin intaa dheer kala xidhiidh qaybta booliiska ee bulshada u qaabilsan (Merseyside Police Community Relations department).

- Waa denbi inaad qaadato mindi, qoryaha rasaastu ka dhacdo, kuwa u eg qoryahaas iyo wixii kale ee hub ah inaad ku haysato meelaha dadku joogo. Marmarsiinyo maaha inaad qaadato mid kamid ah kuwan adigoo uula jeeda inaad isku difaacayso ama dhaqan ahaan u sidatid.

### *Sharciga iyo wararka aad u baahan tahay inaad ogaatid*

- Da'da sharcigu kuu ogolyahay inaad ku sinaysato wadan waa 16 jir. Sinaysiga dadka da'doodu ka yartahay 16 jir WAA DENBI AAD U WEYN, waana lagugu ganaaxayaa denbigaa aad gashay.
- Saraakiisha booliisku way ku joojin karaan kulana hadli karaan mar'ala markay doonaan, laakiin waa inay uun ku baadhaan haddii ay kugu tuhmaan inaad haysato makhaadaraad, hub meel laga soo xaday ama wixii aad denbi ku geli kartid. Intaanay ku baadhin waa inay caadiyan kuu sheegaan magacooda, saldhiga ay ka shaqeeyaan, sababta ay kuu baadhayaan iyo waxay kugu tuhmeen. Qoraal bay kaa qori doonaan inay ku baadheen xaqna waad u leedahay inay ku siiyaan nuqul (Copy).

### *Anshax xumida*

Anshax xumida lagula dhaqmo dadka waa denbi aad uugu weyn booliiska.

- Dabeecad xumida iyo qaylada badan
- Kooxaha dadka ku caayaaya meelaha dadku joogo

- xashiishka la qubo iyo gawaadhida la tuuro
- dawarsiga iyo sida xun ee khamriga loo cabayo
- sida aan haboonayn ee dabka loo rido
- sakhrada
- dabecadaha kuwa dadka dila iyo kuwa qalqaaliyiinta ah

### *Aklaaq Xumaynta Qoyska*

Dirirta gurigu wuxuu noqon karaa hanjabaad, dagaal, ama dagaal ka dhasha laba qof oo ku wada nool guri ama is qaba. Dagaal kaasi wuxuu noqon karaa dagaal gacmeed ama dagaal jidhdil sida kufsi ama fara xumeyn, nafsad ahaan, dhaqaale ahaan, awood sheegasho ay isu awood sheegtaan laba isqabaa oo markaa mid uu xukumayo dhaqaalaha.

Hadii aanaad doonayn inaad u tagto booliiska, waxa jira ururo kale oo aad u tegi karto oo ku yaala degaanka aad degan tahay oo ku caawin kara. Eeg qaybta ka hadlaysa ‘is khilaafka dadka wada nool’.

Booliisku waxay halkan u joogaan inay caawiyaan dhamaan dadka katirsan bulshad. Hadii aad doonayso inaad kala hadasho booliiska wixii kula soo dersa ee ay kamid yihiin nabad gelyadaada ama hadii aad u baahan tahay latalin ku saabsan wax yaabaha aynu kaga hadalnay buugan, fadlan soo wac midka mid ah saldhigyada booliiska ama la hadal shaqaalaha booliiska. Hadalkaagaa aad baa loo qadarinayaa oo cid kale oo loo sheegayaana

majirto. Inkastoo laga yaabo inaad u aragto latalintan kor ku qoran wax aan caadi ahayn, laakiin waxay ku saleysan tahay waayo aragnimo dhibaatooyinka dadka cusub ee yimaadaa ay lakulmaan sanadaha badan ee ay joogeen. Badanaaba dadka cusub ee yimaada degaankan lama kulmaan wax ku keena inay kala hadlaan booliiska, hase ahaatee waxaanu doonaynaa in joogitaan kaaga aad joogtid halkan kensignton ay ahaato mid aad ku nabadoon tahay aanaadna kala kulmin wax dhibaato ah.

**Wixii intaa dheer ee faahfaahin ah eek u saabsan Merseyside police waxad ka heli kartaa [www.merseyside.police.uk](http://www.merseyside.police.uk)**

## **Dabka iyo sida looga badbaadayo**

Hadii dab qabsado meesha aad degan tahay, fursadaada ah sidaad uga badbaado waxay ku xidhantahay sida dhakhsaha leh ee aad debeda ugu baxdo. Faahfaahinta soo socotaa waxay kaala talinaysaa sidaad uuga digtoonaa lahayd dabka iyo sidaad uga badbaadi lahayd hadii dab dhaco.

Jaraska qaayliya marka uu qiiq uriyo

- hubi in meeshaad degan tahay ay leedahay Qiiq uriye.
- Kani waa wax loogu tala galay inuu kuu digo markay meeli gubanayso.
- Markuu sifiicana u xidhan yahay sifiicana looga shaqeeyo wuxuu kuu digaa markii uu qiiq uriyo wuxuuna fursad kuu siiyaa inaad kaga baxsato intaanuu dabku meesha wada qabsan.

**Qiiq uriyahan waxaa bilaash loo siiyaa giri kasta oo ku yaal Merseyside waxaana siiya qolada dabdaminta markay ka eegayaan gurigaaga ka badbaadinta dabka.** Tan waxaa lagu sameeyaa afaf badan oo kala duwan iyadoo ay sameeyaan dad xirfad u leh oo ka shaqeeya ka badbaadinta bulshada dabka.

**Hadii aad u baahan tahay qiiq uriye bilaash ah iyo in gurugaaga laga eego xaga nabad gelyada dabka la xidhiidh telefoonkan bilaashka ah 0800 731 5958 ama ka badbaadinta bulshada dabka (Liverpool): 0151 298 3161 (shaqaalaha ka badbaadinta bulshada dabka- qaxoontiga iyo magan gelyo doonka ah Soomaali, South Asian, Chinese, Arabic)**

#### **Ilaalinta qiiq uriyahaaga:**

- Taabo adigoo tijaabinaya qiiq uriyahaaga wiigiiba mar.
- Fiiq hareeraha Jaraska qiiq uriyaha si aad uga qaado wixii siiga ah.
- Qolada dab demiska ee Merseyside waxay bixiyaan qiiq uriye bilaash ah oo wata baatery 10 shaqeeya-hadii baaterigu kaa bakhtiyo soo wac qolada dab demiska si ay kuugu bedelaan oo kuugu geliyaan mid kale oo bilaash ah.

**WELIGAA HAKA SAARIN QIIQ URIYAHA BAATERIGA. AAD BAY MUHIIM U TAHAY INAAD MARBA EEGTO OO SAMEYSO QIIQ URIYAHA.**

Hadii aad ka shaki santahay la xidhiidh kuwaad guriga kaga jirto.

### **Qorshaha Hadii Dab Dhaco**

Waxaad u baahan tahay inaad qorshe sameysato sidii aad si dhakhso ah uuga bixi lahayd hadii meeshu gubato.

#### **Diyaar Garow-Oo Qorshe Sii Dejiso**

- Sii qiyaas sidaad debeda uuga bixi lahayd maqsinadaada gurigaaga (qaybta labaad waxaa dhici karta inaad ka bixdid daaqadaha)
- Ka ilaali meelaha aad ka baxayso inaad alaab dhigto ama wax isku kaa gudba-hubi hadii aad u baahantahay furayaal inay ku dhowaadaan albaabada, daaqadaha iwm.
- Hubi inaad gareynayso sida loola hadlo qolada dab demiska oo loo garaaco ‘999’ markaad debeda uuga baxdo meesha (ka soo dir Talefoonka gacanta, mid guri kugu dhow ama meelaha telefoonada).
- Kala hadal cidii guriga kugula jirta wixii aad sameyn lahaydeen hadii dab dhaco ama hadii qiiq uriyihu qayliyo saqda dhexe.

#### **Maanta sii qorshee\_laga yaabee berito inaanaad ka gaadhsiine.**

#### *Sidaad Uga Bixi Lahayd Marka La Hur-Hurdo*

Wakhtiga ugu xun ee meeli gubataa waa marka dadkoo dhani hurdaan ee ay habeenkii tahay markaa waa muhiim inaad sii calaamadeysato meeshii aad ka bixi lahayd intaanaad seexan.

- Sii eeg makhsin kasta siina wada bakhtii wax ala wixii ku shaqeyta laydh ee aan loogu talagelin inay markasta shidnaadaan.
- Bakhtii shamcyadoo dhan.
- Hubi in alaabta kijada taal ay wada bakhtiisan tahay.
- Hadii uu joogo cid sigaar cab ahi meeshaad degan tahay, hubi in sigaarka dabooyin kiisoo dhani si fiican u bakhtiisan yihiin- haashtarigana sii madhi oo kaga qub waxa kujira xashiish gure bir ah xashiish gurkani waa inuu yaalaa debeda.
- Xidh albaabada guduho dhan waayo waxay kaa celisaa in hadii dab dhaco aanu dhakhso kuu soo gaadhin, wuxuu kaloo kaa ilaaliyaa in qiiq badan oo adag iyo olol badan uu kuu soo galo intaad is leedahay ka baxso.

**Xasuusnow: naftu waa qaali. Meel aad ku noolaato waa la helaa- naftase lama helo!**

**Hubi in meeshaad ku nooshahay ay tahay meel amaan ah intaanaad seexan.**

### **Hadii dab ku qabsado:**

- Tag maqsin xoog uga fog meesha dabku ka baxayo, dooro mid leh talafoon.
- Xidh albaabka oo gufee meelaha daldaloolka ah ee dabku ka soo gelayo oo ku gufee barkimooyin, bustayaal iwm
- Wac dabdemiska ado garaacaya ‘999’ oo u sheeg barta aad kaga jirto gurigaaga.
- Jog meel ay daaqadi ka furan tahay oo dadka isku soo jeedi ado leh ‘WAA DABEEY!’

- Ugu danbeyntii hada waa hadii aad uun joogto QAYBTA LABAAD ama xaga sare isku day inaad ka soo baxdid daaqada.
- Hadii aad u baahato inaad tan sameyso, marka hore iska horeysii shay jilicsan sida furaash ama kuularka si aad uugu dhacdo markaad dhacdo, dabadeedna isa soo dhowee oo siibo- HA SOO BOODIN!

**Hadii aad u baahan tahay wax faahfaahin ah oo ku saabsan adeega dabka, waxaad ka heli kartaa: [www.merseyfire.gov.uk](http://www.merseyfire.gov.uk)**

### **Gaadhiga Caafimaadka**

Gaadhiga caafimaadka ee North West Ambulance Service (NWAS) waxay bixiyaan adeeg ay u fidiyaan dadka dhaawacma iyo kuwa xaalada degdega ahi la soo daristo waxayna caawiyaan dhamaan dadka degan Merseyside.

Sikastaba ha ahaatee, hadaad u baahan tahay in lagu daaweeyo ama lagaa talo siiyo xaga daaweynta, soo wac **999** maaha wax markataba aad iska soo wici karto oo aad u baahan tahay.

Waxaad wici kartaa

- **U wac NHS toos 0845 46 47; [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**
- Ama u tag dhakhtarkaaga gaarka GP (General Practitioner-doctor) ama qaybta bukaan socodka ee ku taal degaan kaaga aad degan tahay ama hadaad doontid la hadal farmasiga kuugu dhow.

Fadlan u fiirso intaanaad soo wacin gaadhiga caafimaadka oo xasuus now mar uun baa la wacaa markaasna waa markay xaalada ku

haysataa tahay khatar xun-tusaale waa hadii qof ay laabtu aad u xanuunayso oo aanuu neefsan karayn, hadii calooshu aad u xanuunayso, ama uu suuxay oo dhacay ama uu haystay shil aad u khatar ah ama meel ka soo dhacay ama uu qaatay kiniin fara badan.

Gaadhigaa caafimaadka waxa uun keliya oo loogu tala galay inay isticmaalaan kuwa aad xaaladoodu u khatarta tahay ee u baahan in la geeyo cusbitaalka ama lala gaadho kaalmo degdeg ah:

- Qaybta NWS ayaa qorshaynaya hada sida degdeg ah ee aad uugu baahan tahay in laguugu yimaado waxayna kuu sheegayaan marka lagu imanayo iyo intay ku qaadanayso gaadhigu inuu kuugu yimaado.
- Haddii aad u rabto degdeg, waa inaad wacdaa gaadhiga caafimaadka. Dabadeedna qofka halkaa fadhiyaa wuxuu kuu gudbinayaa qaybta gaadhiga caafimaadka.
- Markaa laga qabto telefoonka waxaa lagu weydiinayaa warbixin si loo qorsheeyo hadba sida xaal kaaga yahay iyo waxaa lagu sheegayaa hadba wixii ay tahay inaad sameyso ilaa inta ay ku soo gaadhayaan gaadhiga caafimaadku.

Waxa laga yaabaa in lagu weydiiyo:

- Talafoonkee baad naga soo wacaysaa?(si hadii telefoonku kaa go’o ay dib kuugu soo diraan )
- Waa halkee halkaad jooga ee shilku kaaga dhacay?
- Meesha ama halkaad joogtid oo aad u

sheegtaa aad bay muhiim u tahay waayo waxay ka caawinaysaa inay degdeg uugu yimaadaan qofka markaa shiku helay.

- Waxaa kaloo lagu weydiin doonaa nooca shilka kugu dhacay ama qofka ku dhacay waxay yihiin.
  - Maxaa ku haya?
  - Imisa qof ayaa u baahan ama shilku ku dhacay?
  - Imisa jir weeye qofka bukaa?
  - Qofka bukaa ma neefsan karayaa?
  - Meel halkee ah oo jidhka ka mid ah ayaa dhaawacan?
  - Ma xoog buu u dhiig baxayaa? (waxay kuu weydiinayaa tan si ay kuu siiyaa talo ah sidii aad u joojin lahayd dhiiga)
  - Laabtu miyey xanuunaysaa qofka buka? (waxay kuu weydiinayaan tan si ay kaagala taliyaan sidii aad qofka uugu sheegi lahayd inay is dejiyaan)
  - Waxa laga yaabaa in lagu weydiiyo hadii meesha aad joogtaa ay tahay meel amaan ah si aanay qolada gaadhiga caafimaadku aanay uula kulmin wax dhibaato geliya.
  - Shaqaalaha qaybta la talisa gaadhiga caafimaadka ayaa kuu sheegi doona sidii aad u caawin lahayd qofka buka ilaa intay kuu imanayaan qolada la socota gaadhiga caafimaadka.
  - Haddii qofka xaaladiisu ay tahay mid ku sugan khatar oo inuu dhinto u dhow, sida hadii aanu neef sanayn/ ama uu isla maqan yahay ama naftoodii khatar ku jirto,

waxay ku siin doonaan dariiqo hawl yar, oo sahlan, oo aad ku caawin karto qofka buka ilaa inta qolada la socota gaadhiga caafimaadku kuu imanayaan.

- Waanu kuu heli karnaa dad ku hadla afaf kale hadii aad u baahatid.

### **HADHIGIN TALEFOONKA, KUJIR TELEFOONKA**

**OO ISDEJI.** Gaadhiga sidii ugu dhakhsaha badan ayuu gaadhiga caafimaadku kuugu imandoonaa markaad u sheegto meeshaad joogtid.

Adeega gaadhiga caafimaadka ee (North west Ambulance) waxay jecelyihiin inay uugu soo gurmadaan dhamaan dadka soo waca iyagoo jecel inay ku soo gaadhaan si dhakhsa ah, waxay isku deyeyaan inay ku yimaadaan sided mirir gudohood hadii qofka xaaladiisu ay tahay mid aad u khatar ah/ama uu sakaraad yahay.

# Guryaha



# Guryeynta

## Nooca guryaha la kireeyo

Guriyaha waxa loo heli karaa sidatan hoos ku qoran:

- Inay ku siiyaan qoladaad u shaqeysaa
- Inaad ka kiraysatid qof isagu iska leh
- Inaad ka kiraysatid shirkadaha guryaha
- Inaad ka kiraysatid dawlada hoose ee magaalada Lifarbuul
- Meel lagaa siinayo hurdo iyo quraac/ Hudheel la seexo
- Guryaha uu hoom ofisku ku geeyo (kuwa iyagu markaa iska dhiibay UK)

Waxaad kaheli kartaa faahfaahin inaa dheer oo ka hadlaysa kuwan aan soo sheegnay xaga hoose. Waxaad kaloo aad laatalin ku saabsan kuwan aad ka heli kartaa xafiiska dawlada hoose ee magaalada lifarbuul ee wax kasta lagaaga caawinayo ee loo yaqaan (One Stop Shops,) hadaad ka eegaysid xaga internetka ama hadaad soo foongareynaysoba. Wixii intaa dheer u tag xafiiskooda kuugu dhow ee One Stop Shops waxaad kehelaysaa dhamaan adeegyada dawlada hoose ay bixiyaan iyo qaybta gaadiidka.

## Ka Kiraysashada qof isagu iska leh gurigiisa

Guryahan dadka iska leeyihiin ee la kireeyo waad kaheli kartaa dhamaan magaalada Merseyside.

- Warbixinta kuu sheegaysa sidaad u helayso guri kira ah waxaad ka heli kartaa internetka, joornaalada, looyarada, kuwa guryaha iibiya, jiheeyaha guuritaanka bilaashka ah, iyodukaanada yar yar iyo kuwa waaweynba.
- Guryaha qaar waxaad ku kireysan kartaa iyagoo alaabi taalo iyo iyagoo madhanba.
- Caadiyan kirada waxaa loo bixiyaa bil qadimaad ah.
- Dadbadan oo guriyaha kireeyaa waxay ku weydiyaan lacag qadimaad ah oo uu hadhow kuu soo celinayo marka ay dhamaato mudadaad kirada ku heshiiseen-taas oo ay caadiyana ku sii daraan bil iyana dheeraad ah kiradeed.
- Waa inaad ka tigtoonaataa inay tahay denbi weyn in uu qofka kaakireynaya ama hadaad adigu kireynaysid aanaad qof kaga qaadin Karin lacag dheeraad ah calaashaan magiciisa ay liistada ku dareysaa ama ku qoraysaa.

Dawlada Hoose ee Magaalada Lifarbuul waxay ku shaqeeyaan sidatan Voluntrary Landlord Accreditation save scheme. Dadka iyagu guryahooda iska leh hadii ay ku biirayaan ururkan waa in guryahoodu ahaadaan kuwa buuxinaya shuruudaha laga rabo waa inayna ka balan qaadaan inay fulinayaan wixii shuruudu farayso. Dadka weydiisanaya ama ka doonaya guryo ururkaa waa inay naftooda u sheegaan in guryahaasi ay yihiin amaan qofka leh gurigaasina uu uula dhaqmayo si xaq ah.

**Dawlada Hoose ee Lifarbuul waxay ku sheegtaa ururkaa websaaydadooda ah [www.liverpool.gov.uk/housing/private\\_housing/landlord\\_accreditation\\_scheme](http://www.liverpool.gov.uk/housing/private_housing/landlord_accreditation_scheme)**

### **Guryaha lagu wada jiro**

Guryaha ay ku wada jiraan in ka badan saddex qof ama in ka badan oo aan waxba isu ahayn waxa sharciyan loo yaqaan guryaha shuraakada ah ama (house in Multiple Occupation) (HMO).

- Dhamaan guryahaas (HMOS) waxay u baahan yihiin inay lahaadaan liisan dawlada siisay dawlada hoose ee magaalada lifarbuul (Liverpool City council) si ay u hubiyaan in wax yaabihiiin laga doonayey oo dhan ay leeyihiin.
- Adigoo dhawraya badbaadinayanaftaada waa inaanaad aqbalin inaad guri aan lahayn liisanka HMO aad la wadaagto cid kale.

### **Guryaha Shirikaduhu Leeyihiin**

Hadii aad degayso magaaladan lifarbuul, waxa laga yaabaa inaad doontid inaad guri ka dalbato shirkada guryaha eek u taal degaanka degan tahay (housing Associatio).

- Shirkada guryuhu waxay bixiyaan guryo ku haboon dad badan oo kala duwan oo.

Shirkada Guryaha ee Kutaal Degaankaagu waa:

**Community Seven**

**1-5 Prescott Road**

**Kensington, L7 OLA**

**Tel: 0845 330 4076 ama 0151 295 6515**

**Waxaa ka heli kartaa liista shirkada guryaha ee degaanada kuu dhow halkan:**

**[http://www.liverpool.gov.uk/housing/housing\\_associations/list\\_of\\_HAs/index.asp](http://www.liverpool.gov.uk/housing/housing_associations/list_of_HAs/index.asp)**

### **Guyaha Dawlada**

Guryaha dawladu aad bay ugu yaryihiin magaaladan lifarbuul, badnaabana waxaa la siiyaa muhiimada dadka sida gaar ka ah uugu baahan tusaale, kuwa bilaa guryaha ah ama reeraha caruurta haysta.

Hadaad rabto inaad ogaato sida loo heli karo guryaha dawlada ee degaan kaaga,iyo sidii aad u dalban lahayd soo foongaree **0151 233 3018** ama ka eeg

**[http://www.liverpool.gov.uk/housing/council\\_housing/index.asp](http://www.liverpool.gov.uk/housing/council_housing/index.asp)**

- Dawlada hoose ee magaaladan lifarbuul waxay kaloo hayaan wax layidhaahdo adigu dooro dabadeedna halgu siiyee, oo waxaa ka mid ah sagaal shirkadood oo guryaha bixiya.
- Meesha guryaha lagu soo dhejiyo oo iyana waxaa lagu soo qoraa wax alla wixii guri banana jira.
- Markasta waxaa lagu hormarinayaa dadka wixii gaar ugu baahan ama xaalad degdeg ahi haysato.

**Hadii aad rabto inaad iska diinwaan geliso ama aad rabto faahfaahin dheeraad ah eeg [www.propertypool.org.uk](http://www.propertypool.org.uk) ama telefoonka ah **0151 233 3018****

## Guryaha Hoom ofisku bixiyo (Wuxuu siiyaa guryaha dadka qaxoontiga isku dhiibaya dalkan UK)

Hadii aad tahay qof qaxoonti isku dhiibay waxaa laga yaabaa inaad xaq u leedahay in lagu siiyo guri iyo taakulo aad ka hesho dawlada.caawimada aad xaqa u leedahay waxay ku xidhan tahay hadba xaaladaadu siday tahay. Wixii faahfaahin intaa dheer eek u saabsan waxaad xaq u leedahay kala xidhiidh.

### Refugee Action

**64 Mount Pleasant**

**Liverpool, L3 5SD**

Waxaad sidoo kale war-bixin dheeraad ah ka heli kartaa Home Office-ka ciwaankiisa Internet-ka **[www.ind.homeoffice.gov.uk/applying/asylum-support](http://www.ind.homeoffice.gov.uk/applying/asylum-support)** ama soo wac qadka **Asylum Support 0845 602 1739**

## Guri la'aanta

Hadii aad guri la'dahay ama lagugu cabsiinaayo in lagaa dhigo guri laawe la xidhiidh dawlada hoose ee magaalada lifarbuul:

- Eheladaadu waxay kuu waci karaan Kooxda guri la'aanta u qaabilsan xaasaska **0151 233 3027** ama waxad caawimo weydiisan kartaa a One Stop Shop. (war-bixin intaa dheer waydiiso **One Stop Shopka** idiin dhow, fadlan eeg adeega dawlada ee degaankaaga iyo qaybta gaadiidka.)
- Raga kelidood nooli waxay caawimo weydiisan karaan xarunta tooska raga kelidood ah u caawisa ama **(Men's Direct Access centra), 115-119 Shaw Street,**

**Everton, Liverpool, L6 1HW.** Xaruntani waxay furan tahay 24 saacadood talefoonkooduna waa: **0151 298 9166.**

- Dumarka keligood ahna waxaa caawisa xarunta toos u caawisa dumarka keligood ah ama **(Women's Direct Access Centre), 10-12 Geneva Road, Liverpool L6 3AS.** Xaruntani waxay furan tahay 24 saacadood ama soo foongaree **0151 233 1914.**

**Waxaad kaloo kaheli kartaa warbixin faaiid leh iyo liistaday kuwada qornaayeenba:**

**[http://www.liverpool.gov.uk/housing/housing\\_advice/homelessness/index.asp](http://www.liverpool.gov.uk/housing/housing_advice/homelessness/index.asp)**

wakhtiga xafiisku xidhan yahay, waa inaad la xidhiidhid Xafiiska Dawlada Hoose ee magaalada lifarbuul 24 saacadood waxaad ka helaysaa cid ku siisa talo-**0151 233 3000**, kuwaas oo kuu gudbin doona shaqaalaha u gaarka ah ee ka shaqeeya.

### **Big Issue in the North**

**Tel: 0151 709 7030**

Waxay siiyaan dadka aan hoyga lahayn sidii ay ku heli lahaayeen dakhli soo gala iyagoo ay ka helaan dakhligaas iibinta jariidada layidhaahdo (The Big Issue in the North Magazine) iyagoo isla markaana siinaya talo ah sidii ay naftooda dib u dhisi lahaayeen oo ay caadigoodii hore ugu noqon lahaayeen.

## Warbixin guud

### Kirada

- Tusaale ahaan, kirada waxaa caadiyan loo bixyaa bil qadimaad ah.
- Badiba dadka guryaha iska lehi waxay kaa codsadaan inaad siiso qadimaad kuu soo noqonaya marka ay dhamaato mudadaad kula heshiisay kirada- badibana waxay noqon kartaa intaa oo lagu daray bil kale kiradeed oo qadimaad ah.

### Qashinka iyo Qashin gurayaasha

- Qolashada gurta xashiishku waxay ka guraan wixii qashin ama xashiish ah guryaha reeraha lifarbuulna waxay hada isticmaalaan tenag xashiishyada loo yaqaan (Wheeled Bin).
- Guri kasta oo ka mid ah guryaha ku yaal magaaladu wuxuu xaq u leeyahay inuu haysto tanag xashiish midabkiisu yahay Soosani si ay uugu ridaan wixii qashin ah ee ay iska qubayaan taasoo ladoonayo in la dhigo debeda ama aqalka hortiiisu si qolada gurta wig kasta qashinku ay u qaadaan.
- Reeraha magaalada qashinka waxaa lagaga guraa lacag la'aan.

Hadii aad u baahan tahay faahfaahin intaa dheer oo ku saabsan sidaad u ogaan lahayd maalinta lagaa gurayo qashinka fadlan la xidhiidh Dawlada Hoose ee Magaalada

**Lifarbuul 0151 233 3000.**

## Alaabta

- Hadii aad u rabto alaab gurigaaga waxaa jira ururo ka tirsan ururada caawiya bulshada oo kaa iibinaya alaab hore loo isticmaalay.

### **Furniture Resource Centre**

**Atlantic Way, Brunswick Business Park**

**Liverpool, L3 4BE**

**Tel: 0151 702 0550**

**Website: [www.furnitureresourcecentre.com](http://www.furnitureresourcecentre.com)**

### **British Red Cross**

**Bradbury House, Tower Street**

**Brunswick Business Park**

**Liverpool, L3 4BE**

**Tel: 0151 709 7799**

### **Top Centre Charity shop**

**131 Oakfield Road**

**Anfield, L4 OUE**

**Tel: 0151 263 5752**

- Waxaad kaloo ka heli kartaa alaabooyinka laydhka ku shaqeeya oo hore loo isticmaalay sida dharqasaalaha **<http://www.createuk.com>**.

## Cashuurta guryaha

- Noocuu doonaba ha ahaado gurigaad doorato inaad ku noolaato waxaa la hubaa inaad ka bixinaysid cashuurtan dawlada ee la yidhaahdo (Council Tax).

- Cashuurtan waxaa la siiyaa dawlada hoose ee magaalada-hubi waa intaas oo ay tahay inaad bixiside calaashaan xaaladaada dhaqaale ee aad markaa ku sugan tahay daraadeed.
- Waa denbi aad u weyn hadii aad bixin weydo cashuurtan.

**Wixii faahfaahin ah ee intaa ka badan soo foongaree Dawlada Hoose ee Magaalada Lifarbuul 0151 233 3008**

### **Caymiska**

- Intaad degan tahay xaafada waa inaad hubisaa in alaabtaadu ay kuu caymisaysan tahay hadii aad is leedahay waa alaab qiimo badan ama qiimo leh.

### **Cashuurta TV ama Liisanka Talefashanka**

- Hadii aad isticmaasho tiifii iyo wixii la mid ah (sida tusaale VCR, DVD Kuwa wax duuba ama PC kuu soo gudbinaya sawir) waxaad u baahan tahay inaad u soo qaadato liisan aad sanadkiiba mar bixiso lacagtiisa.
- Sharci ahaan waxaad u baahan tahay inaad soo qaadato liisan dabadeedna aad cusboonaysiiso sanadkiiba mar.
- Liisanka talafeshanka midabka sawirkiisu leeyahay waa £135.50 liisanaka ka madowga iyo cadaanka ay tahay sawirkiisuna waa £45.50 sanadkii (noofambar 2007).

- Sida ugu sahlan ee aad ku bixin kartid tan waa adigoo taga meesha kuugu dhow ee layidhaahdo Pay Point Outlet ama [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk) kala soco wixii faahfaahin intaa dheer.

## **Talafoonada**

- Waxa jira meelo badan oo aad ka heli karto talefoonada oo ka mid ah degaankaaga kugu dhowdhow.
- Hase yeeshee dhamaantood waxay qaataan lacag isku mid ah ooloo gooyey markay kaa kireynayaan khadka laynka iyadoo ay taana ka sareyso hadba wixii aad ku hadashay.
- Waxaa laga yaabaa inay kuu jaban tahay hadii aad isticmaasho talafoonka yar ee gacanta.

## **Bills (Biilasha)**

- Markaad kiraysato guri waxaad u baahan tahay inaad hubsato in gaastaada iyo laydhkaagu ay la socdaan kirada iyo in kale
- Hadii aanay la socon, waxaad u baahan tahay inaad la xidhiidhid kuwa biilasha soo dira oo aad hubisid in lagu soo qoro magacaaga.
- Waxaad kaloo aad u baahan tahay inaad kuwa biilasha soo dira aad u sheegto goortaad ka baxayso guriga si aan laguugu soo qorin wax intaadii aan ahayn.

## **Markaad si deg deg ah aad uula xidhiidhayso qolyaha biilasha guriga**

Dhamaan talafoonadan hoos ku qoran oo dhamaa waa kuwa marka xaalad degdega oo i ku saabsan guriga ay ku qabsato aad la xidhiidhayso, waxay shaqeeyaan 24 saacadood hadii aad u sheegayso sida gaas kugu soconaysa, laydhkii oo kaa bakhtiyey, biyo kugu soo jabay iyo wixii kale ee dhibaato ah ee degdeg kuugu timaada.

### **GAASTA:**

<b>British Gas</b>	<b>0800 111 999</b>
<b>TXU Energi</b>	<b>0800 195 2953</b>
<b>Manweb</b>	<b>0845 272 2424</b>
<b>Powergen</b>	<b>0800 363 363</b>

### **Laydhka**

<b>Manweb</b>	<b>0845 272 2424</b>
<b>Transco</b>	<b>0800 111 999</b>
<b>Powergen</b>	<b>0800 363 363</b>

### **Biyaha**

<b>Qolada Biyaha</b>	<b>0800 330 033</b>
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## Kuwa kaa caawinaya hagaajinta kuleyliyaha

- Hadii aad iska leedahay guriga ama aad ka kiraysatay qof isagu iska leh guriga, waxaa laga yaabaa in aad xaq u leedahay lacagtan layidhaahdo (**Warm front Scheme**). Taas oo ah caawimo lagaa caawimayo sidii dugsi looga dhigi lahaa guriga.
- Qoladani waxay guryahaa ka dhigayaan dugsi, caafimaad leh oo laguna noolaan karo dhaqaale ahaana u wacan.
- Kharakhkan ay bixinayaan qoladani waxaa loogu tala galay in guriga lagu dugsiyo oo lagu hagaajiyo meelaha uu qabowgu ka soo galayo kharashkaasi wuxuu noqon karaa ilaa £2,700 ama (£4,000 hadii kuleyliyaha aad isticmaalaysa loo garto inuu yahay mid ku shaqeeya saliid).
- Dawlada ayaa bixisa kharashka mashruuca waxaana maamula ( EAGA). Wixii faahfaahin intaa dheer kala xidhiidh **[www.warmfront.co.uk](http://www.warmfront.co.uk)**

# Caafimaadka



# Caafimaadka

## Adeega Caafimaadka (The NHS)

Adeegan caafimaadku wuxuu dhamaan daboolaa baahida caafimaadka ee UK wuxuuna u fidiyaa adeegan dhamaan dadka degaanka ah. Adeega caafimaadku wuxu dawweeyaa dhinacyo badan oo ka mid ah caafimaadka iyadoo uu u soo maro xaga dhakhtarkaaga gaarka ah GP (General Practitioners) ama cusbitaalka, kaas oo bilaash ah lagugu siinayuo marka lagu eegayo ama lagu daweynaayo. Ibsiga aad iibsanaayo dawada lagu qoro ama adeega indhaha baadhista waxay ku xidhan tahay hadba qofka waxa uu qaato ama xaaladiisa.

## NHS Tooska ah

Hadii adiga ama qof aad garanayso uu xanuun sanayo oo uu u baahan yahay in lagala hadlo xaga daawadiisa ama u baahan yahay warbixin iyo talo ku saabsan xaga caafimaadka, waxaad soo wici kartaa toos NHS dabadeedna waxaad lahadlaysaa Neeris ku siisa talo ku saabsan warbixinta xaga caafimaadka.

**NHS waxaad shaqeeyaan 24 saac maalin kasta, 7 cisho ee wiigaba.**

**Tel: 0845 4647 ama  
<http://www.nhsdirect.nhs.uk>**

## Adeega dhakhtarka guud

Adeega dhakhtarka guud (GPs) waa dhakhtarka gaarka ah kaa soo furan markasta dadka u faran

markasta, kaasoo eega wax ala iyo wixii ku saabsan xaalada caafimaad isagoon u eegeyn da'diisa, lab iyo dhedig, dabeecadiisu qofka.

- Waa meesha ugu horeysa ee qofku tagayo markuu doonayo in uu dhakhtar eego.
- Waxay siiyaan waxyaabo badan oo daka lagu daaweeyo, waxayna u gudbiyaan kuwa buka ku xirfadaha gaarka ah u leh markay u baahdaan.
- Dhakhtarka gaar ka ahi wuxuu kaloo qabtaa waxyaabo badan oo markii hore lagu qaban jiray cusbitaalka sida dhiiga baadhista, baadhitaanka, qaliika fudud, ilaalinta dadka sonkorta qaba, kuwa xiiqda qaba iyo dadka xanuunku ku raago.
- Markaad doonayso inaad aragto dhakhtarka waa inaad soo foongareysaa ama aad tagtaa xaruntooda si aad u sameysato balan.
- Hadii aad joogtay halkan mudo gaadhaysa 3 bilood waxaad uugu tegi kartaa dhakhtar si ku meel gaadh ah, oo maaha inaad iska diinwaan geliso.
- Waxaanu kugula talinaynaa inaad sii qaadato baasaboora kaaga.
- Hadii aad joogayso in ka badan 3 biloodna waa inaad iska diin waan gelisaa dhakhtarka.
  - Waxaan kugula talinaynaa inaad qaadatid baasaboora kaaga si aad u tustid shaqaalaha.
  - Hadii aad joogto wadan aan ahayn yurub waxaa laga yaabaa in lagu yidhaahdo bixi kharashka aad ku arkayso dhakhtarka iyo ka dawadaba.

**Dhakhtaro badan baa ku yaala degaankaaga**  
**Fairfield Medical Centre**  
**10 Hampstead Road**  
**Liverpool, L6 8NG**  
**Tel: 0151 263 1323**

**Kensington Park**  
**Jubilee Drive**  
**Kensington, L7 8SJ**  
**Tel: 0151 285 4450**  
**Edge Hill Health Clinic**  
**Crosfield Road**  
**Liverpool, L7 5QL**  
**Tel: 0151 733 1347**

**Picton Road Surgery**  
**194 Picton Road**  
**Wavertree, L15 4LL**  
**Tel: 0151 260 2777**

### **Adeega caafimaad ee loogu tala galay qaxoontiga**

Hadii aad qaxoonti ka tahay dalkan UK waxaa jira dhakhtaro sameeyo adeeg gaar ah oo loogu tala galay gaar ahaan qaxoontiga. Waana kuwa hoos ku qoran. Waxaad kaloo tegi dhakhtarkii kuugu dhow (GP).

**Dr. Flynn & Partners**  
**Sefton Park Medical Centre**  
**Smithdown Road**  
**Wavertree**  
**Liverpool**  
**L15 2LQ**

**Drs. Blakeborough & Chandrashekhar**  
**Earle Road Medical Centre**  
**131 Earle Road**  
**Liverpool**  
**L7 6HD**

**Drs. Das & Thimmiah**  
**Benim Medical Centre**  
**2 Penvalley Crescent**  
**Kensington**  
**Liverpool**  
**L6 3BY**

**Dr. Smith & Partners**  
**Princes Park Health Centre**  
**Bentley Road**  
**Liverpool**  
**L8 0SY**

**Dr. Yadav**  
**Earle Road Medical Centre**  
**131 Earle Road**  
**Liverpool**  
**L7 6HD**

**Dr. Majeed**  
**Earle Road Medical Centre**  
**131 Earle Road**  
**Liverpool**  
**L7 6HD**

**Dr. Abrams**  
**Great Homer Street Health Centre**  
**25 Conway Street**  
**Liverpool**  
**L5 3SF**

**Dr. Knowles**  
**Old Swan Health Centre**  
**Crystal Close**  
**Old Swan**  
**Liverpool**  
**L13 2GA**

### **Cusbitaalada**

Cusbitaalaka u dhow degaankaaga waa

**The Royal Liverpool University Hospital**  
**Prescot Street**

**Liverpool, L7 8XP**

**Tel: 0151 706 2000**

Cusbitaalku wuxuu leeyahay qaybta bukaan  
socodka iyo dhaawaca degdega ah.

**Liverpool Women's' Hospital**  
**Crown Street**  
**Liverpool, L8 5SS**  
**Dhakhtarkan waa lagu dhalaa**  
**Tel: 0151 708 9988**

**Royal Liverpool University Dental Hospital**  
**Pembroke Place**  
**Liverpool, L3 5PS**  
**Tel: 0151 706 2000**

## **Royal Liverpool Children's' Hospital**

**(Alder Hey)**

**Eaton Road**

**West Derby, L12 2AP**

**(Cusbitaalkani wuxuu lee yahay qaybta**

**Bukaan socodka iyo dhaawaca degdega ee  
ciyaalka)**

**Tel: 0151 228 4811**

## **Farmasiiyada (Pharmacies)**

Farmasiiyada waxaad ka heli kartaa meelo badan oo ka mid ah degaan kaad degan tahay isagaana ah meesha ugu horeysa ee aad u tagayso hadii aad weydiinayso wixii ku saabsan dawooyin ama xanuunada fudfudud. Farmasiyo badan baa ku yaala xaafada.kuwa hoos ku qorana waa kuwo ka mid ah kuwaas:

### **Durning pharmacy**

**Crosfield road**

**Kensington**

**L7 5NZ**

**Tel: 0151 260 2590**

### **Black's**

**41 Wavertree Road**

**Edge Hill,**

**L7 1PF**

**Tel: 0151 263 1112**

### **JH Davey**

**137 Kesington**

**Kensington**

**L7 2RE**

**Davey's Chemist**  
**253 Kensington**  
**Kensington**  
**L7 2RG**

**Alliance Pharmacy**  
**19 Prescot Road**  
**Kensington**  
**L7 0LA**

**Hall and Stevens family pharmacy**  
**70 Prescot Road**  
**Kensington**  
**L7 0JA**

**Moss Chemist**  
**6870 London Road**  
**Liverpool**  
**L3 5NV**

### **Xarunta Bukaan socodka (NHS Walk-in Centre)**

Hadaad bukto marka uu dhakhtar kaagu xidhan yahay galabtii ama habeenkii, toos waxa aad wixi karta ama aad tegi karta xarunta Bukaan socodka, haddii xaalad degdeg ahi ku helaan ama aad dhaawacanto, waxa aad tegi karta Xarunta Bukaan socodka kuugu dhow.

**Xarunta Bukaan socodku ee kuugu dhowi waa:**  
**Xarunta Bukaan Socodku (Liverpool (City)**  
**Walk-in Centre)**  
**Great Charlotte Street**  
**Liverpool, L1 1HU**

**Liverpool (Old Swan) Walk-in Centre**  
**Old Swan Health Centre**  
**Liverpool, L13 2BY**

### **Dhakhtarka Ilkaha**

Dhakhtarka Ilkuhu Waa adeeg ay bixiyaan NHS iyo kuwa iskood u shaqeysta. Dhakhtarka Ilkaha waxaad ka heli karta degaanka u dhow halka aad ku nooshahay ama

**www.liverpoolpct.nhs.uk** ama **Telefoonka**  
**Liverpool Primary Care Trust 0151 296 7000**

### **Dhakhtarka Indhaha**

Adeega Indhaha, oo ay ku jiraan cabirka Indhaha waxaad ka heli karta degaano badan, oo ay ku jiraan Dukaamada waa weyn ee wax laga gato. Laga yaabee in aad lacag lagaa qaado marka indhaha la eegayo, in kasto dadka haysta kaadh ka NHS ay bilaash u tahay.

### **Sida loo helo Goobaha Caafimaadka**

Sidaad ku heli kari dhamaan adeegayada caafimaadka ee ay ka mid yihiin dhakhtarka goysaka, dhakhtarka ilkaha, cusbitaalada, qaybta dhaawaca iyo gargaarka degdega ah, ka muraayadaha bixiya ama farmasiyada waxaa ka eegi kartaa **http://www.liverpoolpct.nhs.uk** ku qor nambarka boostada degaankaaga iyo adeega nooc aad u baahan tahay inaad eegto eek u yaala ‘halkaad degan tahay’ ama foongaree **Liverpool Primary Care Trust 0151 296 7000.**

## **Adeega Dadka maskaxda ka jiran**

Kooxda xanaanada dadka maskaxda ka jiran (NHS Primary care Mental health Team)

- U jeedada kooxdan xanaanaysa dadka maskaxda ka jiran waa inay wax ka qabtaan baahida dadka maskaxda ka jiran ee qaba shakiga iyo diiqada.
- Waxay la shaqeeyaan dad buka iyagoo ka caawiya sidii looguna tilmaami lahaa meelaha ku haboon ee ay ka helayaan caawimada, kaas noqon kara mudo gaaban oo loo gudbiyo qaybaha ku shaqada leh.
- Waxay xirfad u leeyihiin adeegyada ku yaala meeshaad degan tahay waxayna markiiba xidhiidh fiican la sameeyaan qaybaha kala duwan ee adeegyadan.
- Waxay kaloo sameeyaan koox isu yimaada bishiiba mar.

**Wixii faahfaahin intaa dheer fadlan kala xidhiidh 0151 330 8175**

## **Caafimaadka ku saabsan isu taga**

Talo bixin ku saabsan dhalmo joojinta iyo wixii aad u qaadan lahayd ayaad ka helaysaa meelahan, iyadoo laga yaabo in lagu siiyo kondom bilaash ah. Waxaad kaloo aad ka helaysaa talo bixin ku saabsan caafimaadka xaga isutaga raga iyo dumarka waxaanaad ka helaysaa taladaas xarunta bukaan socodka ee u dhow meeshaad degan tahay.

## **Royal Liverpool University Hospital GUM**

### **Department**

**1st Floor, Prescot Street**

**Liverpool L7 8XP**

**Tel: 0151 706 2620/2621**

**Tel: 0151 706 2622/2623 (waa lagu  
caawinayaa)**

Waxay wax ka qabtaan dhamaan wixii xanuunada ku dhaca xaga hoosta.

- Maalintaasba waa lagu baadhayaa.
- Dhamaan wixii ku saabsan xanuunada HIV
- Waxad ka helaysaa wixii aad dhasha ikaga joojin lahayd
- Waxay kuu sameeyaan adeega (Cytology and colposcopy service)
- Waxay ku siiyaan latin qarsoon iyo kondom.

**Soo foongaree si aad u sameysato balan.**

## **Abacus Clinics for Contraception &**

### **Reproductive Health Care**

**Central Abacus, Citrus House**

**40 -46 Dale Street, Liverpool L2 5SF**

**Tel: 0151 284 2500 (Textphone 0151 330 0825)**

Adeeg qarsoon oo bilaash aha ayey ka heli karaan raga iyo dumarkuba da'kastooy yihiinba.

- Waxay bixiyaan dhamaan noockasta oo ah dhalmo joojin.
- Dhalma joojinta degdega ah.
- Kondom
- Eegitaanka inaad uur leedahay in kale

- Urka aanaad ku tala gelin iyo latalin ku saabsan sidaad isaga soo ridi lahayd.
- (Cytology)
- Wixii xanuun ah eek u saabsan isu taga raga iyo dumarka
- Baadhitaanka jabtida iyo ka daweynteeda wixii ka yar 25 jir.
- Xanaanooyinka u furani waa 25 xanaano oo ku yaala lifarbuul iyo koonfurta sefton.

In loo yimaado bilaa balan, balan gaar ah si aad u aragto dhakhtarka ku takhasusay

**Toos ula xidhiidh (NHS Direct 0845 4647)  
meelaha kale ee ay ku yaaliin  
xanaanooyinkani.**

**Brook**

**81 London Road, Liverpool L3 8JA**

**<http://www.brook.org.uk/>**

**Tel: 0151 207 4000**

**Brook Recorded information Line 0207 950  
7700 24 saacadood (24)**

Brook waxaad ka helaysaa dhalmo joojin bilaash ah iyo adeega caafimaadka isku taga raga iyo dumarka oo la siinayo dadka da'doodu ka yar tahay 25 jir. Waxay kaloo kaa baadhayaan STI markaad la sameysato balan.

## **H.I.V/A.I.D.S Services**

**Sahir House**

**Po Box 11, Liverpool L69 1SN**

**info@sahir.uk.com/**

**http://www.sahir.uk.com/**

**Tel: 0151 708 9080/707 0606**

**Mersey AIDSLINE helpline: 0151 709 9000**

Waa xarun ay joogaan dad badan oo kala duwan oo laga caawiyo warbixina laga siiyo HIV iyo adeegyo kale oo aad u fara badan haday dadkaasi yihiin dadka kaligood ah amaba xaasas ku nool Merseyside.

Adeegyadan waxay isugu jiraan mid aad iska tegi karto markasta, kooxo is caawiya, iyadoo lagaa daaweeyo, iyadoo lagaala hadlo, warbixin lagu siiyo, waxbarasho iyo tababar lagu siiyo, kalkaalisada bulshada oo kula hadasha; Mersey AIDSLINE.

Dhamaan adeegyadani waa bilaash waxa laguu sheegaana waa qarsoodi.

**National AIDS Helpline**

**24 saac (24 hour FreePHONE)**

**Tel: 0800 56 71 23**

## **Labeeb, Nimanka dumarka iska dhiga iyo dumarka Raga iska dhiga**

**Armistead project**

**1st Floor, Musker Buildings, 1 Stanley Street.**

**Liverpool, L1 6AA**

**info@armisteadcentre.co.uk**

**http://www.armisteadcentre.co.uk/**

**Helpline: 0870 990 8996**

**(Mincom 0151 227 1478)**

- Adeegani waa bilaash cidna looma sheegayo wixii aad u sheegto ee ku saabsan labeebnimadaada bulsho gaar ahaan uuga hadashada sidii laysaga ilaalin lahaa HIV iyo xanuunada ka yimaada isu taga raga iyo dumarka.
- Adeegani wuxuu bixiyaa tababar ku saabsan dhinaca isutaga labka iyo dhediga iyo xanuunka HIV/ama xanuunada ka yimaada isutaga labka iyo dhediga.
- Wuxuu kaloo ka hadlaa sidii loo dhimi lahaa waxyaabaha halista aad u tahay iyo sidii loo horey marin lahaa adeegyada loo fidiyo dadka labeebka ah haduu yahay mid nimaneed iyo mid dumarba oo ku shaqeysta waxyaabahan.
- Waad lahadli kartaa, utegi kartaa, wecyi gelin baad ka helaysaa, warbixin galmada ku saabsan baad ka helaysaa; kondom bilaash ah baa lagu siinayaa iyo in aad isxidho; waxaa kaloo lagu caawiyaa nimanka labeebka ah ee qaba xanuunka HIV, waxay iyana caawiyaan kooxaha dhalinyarta ah ee dad'doodu tahay 13-19 jir, waalidiinta iyo dadka iyana ilaaliya, iyo dadka iyaguna laxaadka ka dhantaalan.
- Wixii da'doodu ka yartahay 16 jir iyaga si qarsoodi ah ayaa loo caawinayaa.

## **Adeega khamrada iyo dadka mukhaadarooyinka qaata**

**Kensington Family Support Centre**

**Sacred Heart School**

**3 Hall Lane**

**Kensington, L7**

**[www.warmtears.co.uk](http://www.warmtears.co.uk)**

Waa urur ka mid ah ururada u shaqeeya bulshaweynta waxayna caawiyaan reeraha ay dadkoodu qaataan makhaadaraadka iyagoo ay si qarsoodi ah u caawinayaan;

- Qof gaar keligood oo uula shaqeynaya oo aan cidna u sheegeyn waxay u sheegaan.
- Kooxo is caaiya oo isla taliya oo ay u ku xidhayaan haday doonaan.

Ururada kale ee u dhowdhow meeshaad degan tahay iyo adeegyadooda caawimo ee ay u fidiyaan dadka iyagu markaa ay haysato dhibaataada khamrada iyo makhaadaraadka hoos bay ku qoran yihiin.

### **ACT Drug Helpline**

**Freephone: 0800 028 1300**

### **Meel kale waa (Lighthouse project)**

**Tel: 0151-449-1929**

Xarunta ayaa lagyu siiyaa sidii ay isaga joojinayaan khamrada iyo makhaadaraadka ay cunaan iyadoo loo sameeynaayo.

- Tababar,
- Waxbarasho ama wacyi gelin
- Sidii uu qofku uuga adkaan lahaa naftiisa.

## **C.I.C**

**Tel: 0151-707-2420**

Adeegani wuxuu caawiyaan labadaba qofka iyo reerkiisa sidii ay uga bixi lahaayeen dhibtaas iyadoo la siiyo.

- Baadhitaan
- Talo/iyo faahfaahin
- Lagala hadlo makhaadaraadka iyo khamrada ay isticmaalaan

## **CAIS Ltd**

**Tel: 01978313904**

Waxaa bixiyaan adeegyo fara badan oo ay ka mid yihiin.

- Sidii looga hortegi lahaa ama loo yareyn lahaa makhaadaraadka iyokhamrada dhibaatooyinka la xidhiidha.
- Sidii looga saari lahaa jidhkaaga
- Adeega wacyi gelineed iyo in lagaa daweeyo

## **Frank**

**Freephone: 0800776600**

Telefoonkan oo lagugu siinayo talo qarsoodi ah oo ku saabsan makhaadaraadka ay dadka yar yari cunaan iyo reerahooda.

## **Irish Community Care Merseyside**

**Tel: 0151 707-4302**

Waxay la shaqeeya dadka reer guuraaga ah ee Irishka u dhashay, iyagoo siiya adeegyo farabadan oo ay ka mid yihiin.

- Makhaadarada iyo khamrada
- Dadka waalan oo ay geeyaan meelo ay ku noolaadaan

## **Mersey Care NHS Trust**

**Tel: 0151-709-0516**

Adeegani waa mid ku baahsan magaalada oo caawiya dadka qaata makhaadaraadka iyo khamrada eek u nool Liverpool iyagoo ka caawiya;

- Waxay koo qoraan waxaad qaadanayso
- Sidii jidhkaaga looga saaro waxaad qaadato
- Sidii laguugu sheegi lahaa waxad ku bedelayso ama kaga hor tegayso
- Waxay gudbin u sameeyaan qof kasta oo da'doodu ay ka sareyso 18 GP giisaa u diraya ama adeegyada kale ayaa u gudbiya

## **NSPCC**

**Tel: 0151 734 1999**

- Waxay bixiyaa adeeg caawiya dumarka uurka leh iyo dumarka haysta caruurta haysta oo markaa iyagu isticmaala wax yaabahan.
- Kooxdani waxay kaloo la shaqeeyaan reeraha ku waas ay ku jiraa kuwa lanool iyo caruurtooda la degan ee waalidkood ay cunaan makhaadaraadka.

## **Parkview Project**

**Tel: 0151-263-8123**

- Adeegani waxay ku degiyaan meel ay kuugu sheegayaan sidii 12 talaabo ay kuu tusi lahaayeen sidaad kaga bixi lahayd dhibtan.

## **Progress 2 Work**

**Tel: 0151-258-1199**

Adeegooda caawimo wuxuu ku saleysan yahay inay abaaraan dadkii makhaadaraadka isticmaali jiray ee hada doonaya inay galaan tababaro ama/shaqooyin.

## **Project 8**

**Tel: 0151-735-0009**

- Baadhitaan kan iyo gudbintani waa mid ay wadaan dadka ka midka ah bulshada, iyagoo u jeedadoodu tahay inay ay hubiyaan in la isticmaalayo adeega dadka madow iyo kooxa ha laga tirade badan yahay.
- Baadhitaanka ka dib, dadka isticmaala adeegan waxaa loo gudbinayaa meesha ugu haboon ee ay ka helayaan wixii ay u baahan yihiin eek u saabsan baahidooda.

## **Relay Project (Community Voice)**

**Tel: 0151 7092998**

Mashruucyada dad kula mid ah hogaaminayaan, caawimaad lagu qabto, dhexdhexaadis, dad ado kale ah oo ku caawinaya, NLP, irbadaha yaryar ee laysku mudmudayo, kuwo xirfad u leh dadka buka, adeega kooxaha bulshada u shaqeeya ee u hadla, kuwa ku gudbiya ama ku

tilmaama, ururada kuu gudbiya meesha aad rabto ee loo tago ama balanta lala sameysto.

### **Sharp project**

SHARP Liverpool [Selfp-Help Addiction Recovery Programme] waa mid ka kooban 12 talaabo oo kala ah in lagula qorsheeyo waxad qaban lahayd maalintaas, daaweyn/ habka ka joojinta khamriga iyo mukhaadaraadka ay raga iyo dumarka isticmaalaan.

### **Spider project**

**Tel: 0151 709 4841**

- Wuxuu ku hayaa adeeg ah sidii aad isaga ilaalin lahayd makhaadarooyinka aad hada qaadato iyo kuwa marba lagu noqnoqdo.
- Wuxuu kuu hayaa adeegyo badan oo ay ka mid yihiin sida waxa xiiso leh loo qoro, sawiraada, ciyaaraha iyo wixii xaflado ka dhacaaya dibadaha.

### **Adeega dadka qaata makhaadaraadka (Liverpool city Council)**

- Adeegyada bulshada u qaabilsan dadka makhaadaraadka iyo khamriga qaata eek u nool lifarbuul
- Waxad ka helaysaa warbixin/talo/baadhitaan loo sameeyo dadka u baahan caawimo in laga caawiyo makhaadaraadkaa ay qaataan.
- Iyadoo la geynayo meel inta ay ilaawayaan makhaadaraadkay cunaan.

### **Summerville**

**Tel: 0151 734 4465**

Mashruucan caawimaada guryaha wuxuu caawiyaa reeraha iska deynaya ama iska daayey makhaadaraadkii iyo khamriga ay qaadan jireen.

### **The Basement**

**Tel: 0151 707 1515**

Ururkani waxay ku yaaliin magaalada dhexdeeda waxayna caawiyaan dadka aan hoy la'aantu haysato adeegoodu waa mid bilaa balan ah, waxay laayihiin meel aad ku nasan karto, waxay kaloo leeyihiin meel dumarkoo qudhaloogu talagala.

### **The Social partnership**

**Tel; 0151 258 6333**

Qoladan social partnership waxay bixiyaan adeegyo farabadan oo ay ku caawiyaan dadka makhaadaraadka cuna iyo siday wax u baran lahaayeen, tababar u heli lahaayeen, shaqana u heli lahaayeen.

### **Whitechapel centre**

**Tel: 0151 207 7617**

Adeegyo badan bay u sameeyaan dadka hoyli'idu haysato ku waas oo ay ka mid yihiin inay ka caawiyaan guryaha, iyo meelahay ku kulmi lahaayeen,iyo inay raadiyaan.

**Windsor Clinic Alcohol Treatment  
unit(merseycare NHS Trust)**

**Tel: 0151 529 2450**

Waxay bixiyaan adeeg ah sidii baadhitaan weyn loo sameyn lahaa, lagaa maydho (hadaad tahay bukaan socod iyo hadii kaleba) iyo inaad hesho sidii lagaaga daweyn lahaa maskax ahaan. Hadii ay jiraan dhibaatooyin kala jaadjaad ah iyana waa lagaa caawin karaa.

**Adeegyada u furan bulshada laga tirade  
badan yahay**

Liverpool Primary care Trust (PCT) waxay shaqaaleysiiyeen koox ku hadla afaf kala duwan oo caawiya/dabadana ka soo shaqeeya waana qayb ka mid ah PCTwaxaana la yidhaahdaa Social Inclusion Team. Kooxdani waxay ka kooban tahay 16 shaqaale oo loo shaqaaleysiiyey bulshadooda, kuwaas oo ay ka mid yihiin Somali, Chinese, homeless and Traveller Communities. Waxay shaqadoodu tahay inay hubiyaan in bulshadu ay helaan warbixinta iyo caawimada ay xaqa u leeyihiin iyo inay ukala shaqeeyaan caafimaadka ilaalinta bulshada.

**Waxaa lagala xidhiidhi karaa**

**Kumba Imani Centre**

**4 Princes Road**

**Toxteth, L8**

**Wixii intaa dheer ee ku saabsan adeega  
caafimaadka, wac Liverpool primary Care  
Trust 0151 296 7000**

# Waxbarashada iyotababarada



# Waxbarashada iyo Tababarada

## Waxbarashada iskuulka

- Waalidiinta/iyo kuwa ilaaliya caruurtuba waa in ay ogaadaan sharci ahaan inay iyagu masuuliyada koowaad ay ka saran tahay caruurtooda inay u diraan iskuulka.
- Dhamaan caruurta da'doodu u dhaxayso 4-16 jir waa inay tagaan iskuul.
- Waa in iskuulka la wargeliyaa isla maalintaa hadii ilmahaagu aanuu iman doonin iskuulka
- Waalidka/ama kuwa ilaaliya caruurta ee ilmahoodu si joogta ah uuga habsami iskuulka waxaa lala tiigsan karaa sharciga.
- Si ilmahaaga uu u galo iskuulka waa inaad marka hore ka diinwaan gelisaa ilmaha. Liverpool City council ayaa kuu sheegi doona iskuulka ilmahaagu tegi doono kuna siin doona faahfaahin ah wixii aad qaban lahayd intaa ka bacdi.

**Hadii aad la kulanto wax mashaakil ah fadlan la soo xidhiidh Liverpool City Council Children's Services 0151 225 6030 ama EMTAS (Ethnic Minority & Traveller achievement Service) 0151 233 3901. wixii faahfaahin intaa dheer eek u saabsan sidii ilmaha loo gelin lahaa iskuulka waxaad ka helaysaa website ka Council ka [www.liverpool.gov.uk/education\\_and\\_learning/schools\\_and\\_colleges/school\\_admissions/index.asp](http://www.liverpool.gov.uk/education_and_learning/schools_and_colleges/school_admissions/index.asp)**

Caruurta tegi karta

- Caruurta yar yare e da'doodu tahay 3 ilaa 4 Jir
- Caruurta iskuulka hoose ee da'doodu tahay 4 ilaa 11 jir
- Caruurta iskuulka sare ee da'doodu tahay 11 ilaa 16 jir

**Hadii ilmahaagu u baahan yahay caawimo xaga barashada ingiriisiga, tan waxaa loo yaqaanaa'Caawimo Dheeraad ah' caawimadaasna waa la siinayaa.**

Warbixinta dheeraadka ah eek u saabsan iskuulada iyo meelaha kuwa yaryar lagu hayo eek u taala qaybtan Kensington waa kuwan hoos ku qoran:

### **St Sebastian's Field of Dreams Nursery**

Waxaa lagu hayaa halkan caruurta ah6 bilood ilaa 5 jirka

**Holly Road**

**Kensington, L7 OLH**

**Tel: 0151 260 9697**

**Email:sebastians-ao@st-**

**sebastians.liverpool.sch.uk**

### **Kensington children's centre**

Waxaa lagu hayaa caruurta ka yar 5 jirka

**The Lifebank**

**Quorn Street**

**Kensington L7 2QR**

**Tel: 0151 300 8420**

### **Sacred Heart Catholic Primary School**

Halkan waxaa lageeyaa caruurta da'doodu ka yar tahay 5 jir, dugsiga hoose waxaa iyaga lageeyaa caruurta da'doodu tahay 5 ilaa 12jir

**Hall lane**

**Kensington, L7 8TQ**

**Tel: 0151 709 7182**

**Email: sacred-  
ao@sacredheart.liverpool.sch.uk**

### **St Sebastian's catholic primary School**

Halkan waxaa lagu hayaa caruurta da'doodu tahay 3 ilaa 5 jir, dugsiga hoosena waa caruurta 5 ilaa 12 jirka.

**Holly Road**

**Kensington, L7 oLH**

**Tel: 0151 260 9697**

**Email: sebastians-ao@st-  
sebastians.liverpool.sch.uk**

### **Kensington Infants School**

Halkana waxaa lagu hayaa caruurta da'doodu tahay 3 ilaa 5 jir, dugsiga hoosana waxaa la geliyaa 5 ilaa 7 jirka

**Brae Street**

**Kensington, L7 2QG**

**Tel: 0151 263 6429**

### **Kensington Junior School (Dugsiga hoose ee Kensington)**

Dugsiga hoose ee 7 jirka ilaa 12 jirka

**Brae Street**

**Kensington, L7 2QG**

**Tel: 0151 263 1911**

**Email: Kensington-jun.liverpool.sch.uk**

### **Phoenix primary School**

Xanaanada caruurta iyo dugsigu hoose ee 5 jirka ilaa 12 jirka.

**Waa iskuulka u gaarka ah dadka laxaadka la Birchfield road**

**Kensington, L7**

**Tel: 0151 228 3831**

**Email: phoenixp-  
ao@phoenix.pri.liverpool.sch.uk**

### **The Academy of St francis of Assisi**

Dugsiga sare ee 12 jirka ilaa 16 jirka

**Gardners drive**

**Liverpool**

**L6 7 UR**

**Tel: 0151 260 7600**

### **Waxbarashada Caruurta laxaadka la ama caruurta u baahan in gaar wax loogu dhigo (SEN)**

Adeega caruurta ee dawlada hoose ee magaalada lifarbuul ay qabtaan (Liverpool City Council children's services) waxa caawiyo iyo talaba u fidiyaan waalidiinta/ iyo kuwa koriya caruur laxaadkoodu kala dhantaalan yahay ama u baahan waxbarasho gaar ah. Waxaa kaloo kujira adeegyadan:

- Iskaashiga waalidiinta
  - Siinta waalidiinta/iyo kuwa ilaaliya caruurta war faahfaahsan , isku kalsooni iyo caawimada ay u baahan yihiin inay ku sameeyaan go'aanada ay u bahaan yihiin inay gaadhaan ee ku saabsan waxbarashada caruurtooda.

Waxay heli karayaan warar faahfaahsan waalidiintu, kuwaas oo qaarkood loogu turjubaanay afafkooda ay ku hadlaan. Hadii aad u baahan tahay warbixin intaa dheer oo ah waxay kuu qaban karaan lasoo xidhiidh **0151 233 2848** ama email: **parentpatnership@liverpool.gov.uk**

### **Adeegyada degaanka ee caruurta da'doodu ay ka hoosayso 5 jir**

(NEYS) Adeegani waa mid ku sal leh caawimaada caruurta da'doodu u dhaxayso 0-5 jir ee u baahan waxbarasho gaar ah, ama laxaad la iyo reerahooda.

**Wixii intaa dheer kala xidhiidh  
Kensington insaf School  
Brae street, Kensington, L7 2QG  
Tel: 0151 233 1116  
Email: lynne.bell@liverpool.gov.uk**

### **Waxbarashada sare ee iskuulada**

Marka caruurta ay ka weynaadaan 16 jir, waxaa laga yaabaa inay doortaan inay tagaan koolaj ama jaamacad. Waxaa jira koolajyo aad u badan iyo jaamacado ku yaal UK oo bixiya waxyaabo badan oo kala duwan oo aad sameyn karto.

Jaamacadha magaalada waxaa ka mid ah jaamacada Lifarbuul (University of Liverpool), Jaamacada Liverpool John Moores, Hope University iyo Edge Hill University.

## **Waxbarashada sare iyo Tababarada**

Waxaa jira jaanisyo badan oo u furan dadka waaweyn haday gelayaan tababar iyo haday wax dhiganayaan Liverpool ba. Waxaad helaysaa talo lagaa siiyo waxad dhiganayso oo aad ka helaysaa meesha layidhaahdo Toos wax uuga baro(Learn Direct) **www.learndirect-advice.co.uk**. Tani waa kayd aad u weyn oo kaa caawinaya helitaanka tababarka kugu haboon iyo sidii aad uula xidhiidhi lahayd qaybta waxbarashada iyo tababarada bixisa.

Waxaa hoos kuugu qoran meelaha kugu dhodhow ee aad ka heli karto waxbarasho iyo tababar.

### **Liverpool Community College**

Waxa ay leeyihiin qaybo badan oo wax lagu dhigto, oo aad ka heli karto waxyaabo kala duwan oo aad dhigan karto.waxa aad ka helaysaa **Lifebank, Asylum Link and Library**

**Tel: 0151 252 1515**

**Website: www.liv-coll.ac.uk**

### **Xarunta Waxbarashada Dadka waaweyn (Adult learning Centre)**

Waxa ay wax kubaraan goobaha ururada bulshada eek u yaal dactalada Liverpool iyago bixiya casharo badan, kuna dhiga

**Kensington Community Learning Centre**

**Tel: 0151 233 2400**

**Website:**

[www.liverpool.gov.uk/education-and-learning/adult-and-community-education/adult-learning-providers/index.asp](http://www.liverpool.gov.uk/education-and-learning/adult-and-community-education/adult-learning-providers/index.asp)

**Eastern Link Jet:**

Waxa ay bixiyaan wax barasho loogu tala galay in ay siiso degaanka, xirfad iyo shahaadooyinka ay ku heli karaan shaqo.

**Tel: 0151 233 6175**

**Website: [www.jeteasternlink.co.uk](http://www.jeteasternlink.co.uk)**

**Kensington Community Learning Centre**

Dadka ku nool Kensington waxa ay heli karaan barasho Computer oo bilaash ah iyo xirfad ay ku faa'iidaan mustaqbalka.

**291-299 Kensington**

**Liverpool**

**L7 2RG**

**Telephone: 0151 260 1006**

**Kensington Fields Community Association**

**Life Bank**

**Quorn Street**

**Liverpool, L7 2QR**

**Tel: 0151 300 8420**

Waxaa kaloo jirta koolajo kale oo aad waxbarasho ka heli karto magaalada Merseyside:

**Knowsley Community College**

**Rupert Road**

**Roby, L36 9QD**

**Tel: 0845 155 1055**

**Email: info@knowsleycollege.ac.uk**

**www.knowsleycollege.ac.uk**

**Hugh baird Community College**

**Balliol Road**

**Bootle, L20 7EW**

**Tel: 0151 353 4444**

**Email: enquiries@hughbaird.ac.uk**

**www.hughbaird.ac.uk**

**Wirral Metropolitan College**

**Conway Park campus**

**Europe Boulevard**

**Conway Park, Birkenhead**

**CH41 4NT**

**Tel: 0151 551 7144**

**www.wmc.ac.uk**

**Waxbarashadu waa bilaash**

Qiimaha lacagta waxbarashadu waxay ku xidhan tahay hadba waxaad dhiganayso, inta saacadood ee aad dhiganaysid iyo waxyaabo badan oo xaqiiq ah. Waxyaabaha qaar waxaa laga yaabaa inaanaad lacag bixin, qaarna waxaa laga yaabaa inaad bixiso inkastay ku xidhan tahay sharciga aad wadanka ku joogtid.

## **Markaad doonayso inaad u gudubto jaamacada**

Hadii aad jeceshahay inaad wax ka barato jaamacada, waxaa jira waxyaabo badan oo aad u dhigan kartid gelin koo dhan ama gelin badhkii oo kaa caawinaya sidaad ugu diyaar garoobi lahayd, badanaaba waxaa loo yaqaan waxbarashada aad ku geli karto ama (Access Course) waad ka heli kartaa waxbarashadan koolag yada liferbuul iyo jaamacadaha qaarkoodba (also available at Liverpool community College and some university).

## **Ingiriisida/ iyo galaasyada luqada lagu barto**

Waxaa jira meelo badan oo aad ka heli karto sidaad u baran lahayd luqada ingiriisiga, galaasyadan ingiriisida lagu barto badanaaba waxaa loo yaqaan **ESOL** ama (ingiriisiga loogu talagalay dadka ku hadla afafka kale).

Ururadan hoos ku qoran dhamaantood waxay dhigaan galaasis yadaa. Hadii aad u baahan tahay warbixin faahfaahsan fadlan la xidhiidh ururada toos.

### **Liverpool Community College**

**Tel: 0151 252 4590**

### **Lifebank**

**23 Quorn Street**

**Kensington, L7 2QR**

**Tel: 0151 300 8420**

**Asylum Link Merseyside**  
**St anne's Church**  
**1 Overbury Street**  
**Liverpool, L7 3HG**  
**Tel: 0151 709 1713**

**Alghazali Centre**  
**35 Earle Road**  
**Liverpool, L7 6HD**  
**Tel: 0151 734 3843**

**Liverpool Community College**  
**Tradewind square**  
**Duke Street**  
**Liverpool, L11 5GB**  
**Tel: 0151 252 4590**

**Liverpool Community College**  
**Bankfield Road**  
**Liverpool, L13 0BQ**  
**Tel: 0151 252 1515**

**Liverpool Community College**  
**Crawford House**  
**Upper Warwick Street**  
**Liverpool, L8 8HF**  
**Tel: 0151 709 8258**

**Adult Learning Services**  
**Tel; 0151 233 2400**

**Kensington Community Learning Centre**  
**291-299 Kensington**  
**Kensington, L7 2RG**  
**Tel: 0151 260 1006**

**Granby Adults learning centre**  
**Granby Street**  
**Liverpool, L9 2TU**  
**Tel: 0151 233 2400**

**Park Road Adult Learning Centre**  
**155-163 park Road**  
**Toxteth, L8 6SE**  
**Tel: 0151 233 2430**

**Newsham Adult Learning centre**  
**83 Newsham Drive**  
**Liverpool, L6 7UH**  
**Tel: 0151 263 5153**

**Liverpool Library services**  
**Tel: 0151 233 3000**

**Toxteth Library**  
**Windsor St**  
**Toxteth, L8 1XF**  
**Tel: 0151 709 7489**

**Kensington Fields Community centre**  
**Hall Lane**  
**Kensington**  
**L7 8TQ**  
**Tel: 0151 708 9107**

**City Church**  
**Jubilee Drive**  
**Kensington, L7 8SL**  
**Tel: 0151 280 6466**

**ESOL Family Learning- English Classes for  
Bilingual Parents, Adult Learning Service**

**Tel: 0151 707 0260**

**Smithdown Primary School**

**Chatsworth Drive**

**Liverpool, L7 6 LJ**

**Tel: 0151 707 0260**

**Granby Adult Learning Centre**

**Granby Street**

**Toxteth, L8 2TU**

**Tel: 0151 233 2400**

**St. Hugh's School**

**Earle Road,**

**Liverpool, L7 6HE**

**Tel: 0151 707 0260**

**Kensington Children's Centre (Xarunta  
caruurta ee Kensington)**

**Lifebank**

**23 Quorn Street**

**Kensington, L7 2QR**

**Tel: 0151 300 8420**

**Muslim Women's Centre**

**51 Granby Street**

**Toxteth, L8 2TX**

**Tel: 0151 707 0260**

**Windsor School**  
**Upper Hill Street**  
**Toxteth, L8 8JE**  
**Tel: 0151 707 0260**

**St.Micheal's School**  
**Guion Street**  
**Liverpool, L6 9DU**  
**Tel: 0151 707 0260**

**Blackburne House**  
**Blackburne Place**  
**Liverpool, L8 7PE**  
**Tel: 0151 709 4356**

**Workers' Education Association**  
**Tel: 0151 243 5340**

**The people's Centre**  
**54 Mount Pleasant**  
**Liverpool, L3 5SD**  
**Tel: 0151 709 8023**

**Toxteth Community College**  
**Tel: 0151 708 8230**

**Toxteth Community College**  
**68 Falkner Street**  
**Toxteth**  
**L8 7QA**  
**Tel: 0151 708 8230**



# Adeegyada ay bixiyaan dawlada hoose ee magaaladu



## Adeegyada dolada hoose ee magalada Liferbuul

### Dowlada hoose ee Liferbool

Dolada hoose ee liferbool waxay bixiyaan adeegyo ay oo qabtaan shicibka kuu nool agaarka magalada liferbool, oo ay ku jirto Kensington.

### Adeegyada bulshada

Adeegyadan bulshadu waa adeegyo farabadan oo loogu talagalay in lugu caawiyo qof walbaa, xaasaska iyo kuwa caawiyaba.

Hadii aad oo baahantahay caawimo ama talo laa xidhiidh **Careline**.

- **Careline** waa adeeg loo samayo bulshado iyadoo shaqaalahooduna ay shaqayaan 24 saagadood maalinkasta sanadkoodhan, waa meesha igo horaysa ee aad laa xidiidhaysoo, markaad doonayso inaad wax ka ogaato adeegyada loo fidiyo caroorta, dadka, reeraha bilaa guryaha la, iyo dadka xanuunka waalidoohayso.
- **Careline** waa adeeg ay kugu caawinayaan shaqaalada bulshado sii qarsoodi ah waxaayna kula kaa cawinayaan siday kugu qoodbin lahayaan ururada ku qabankara waxaad u baahantahay.

Careline waxay kaa caawin karaan inay kugu yaadhaan dad turjubaano ku hadla afaf kala duwan.

**Telephone baad kula xidiidikarta Careline.**

- **0151 233 3700 Careline qaybta adeega caruurta**
- **0151 233 3800 Careline adeega dadka waawayn ( dhaman wixii aad donaysid inaad waydiisid ee u saabsan dadka da'doodu tahay 18 ama in ka weyn)**
- **Hadii aad dhaga culustahay ama aad dhaga la'dahay waxaad garaacikarta (Minicom) 0151 225 2500**

## **Telefoonada loo bahanyahay ee adeegyada dowlada hoose**

Hoose waxa kugu qoran telephone loo bahanyahay uu aad garaacikarto hadaad uu bahantahay faahfaahin ku saabsan adeegyada doolada hoose qabtaan:

- **Disabled Parking hadaad ka hadlaysid curyaamiinta iyo melahay gawaadhida dhiganayaan ( Blue badge scheme) warbixinta guud, adeegyada casrida, madbacda qaranka ay laga soo qaato boogagta 0151 233 3000**
- **Xasheesh guru yaasha, dhirta iyo kaynta, wadooyinka waaweyn, nadiifinta dariiqyada, laydhadka dariiqyada, hagaajinta dhulka, yarenta xayawaanka, dibistigmaalida waraaqaha la tuuray, waxyaabaha kaladoowan iyo wixii xasheesh doog ah ee la tuuray 0151 233 3001**

- Kuwa talabixinta ku siiya ku saabsan markaad wax aad soo iibsatay aanad jeclaysan oo khilaaf idin dhexyaalo adiga iyo kuwaad ka soo iibsatay 0151 233 3002 (Trade Standards and Consumer Advice)
- Markaad dalbanyasid arji shaqo 0151 233 3003
- Markaad samaysaneysid balan ah sameyn dhalasho ama dhimasho ama aad samaynayso diiwaan galin ah guur, wac 0151 233 4975. Markaad samaynaso balan ku saabsan mayd xabaashi ama mayd la gubayo iyo wax la mida wac 0151 233 3004
- Kuwa hagaajiya guraha dowlada markay degdeg aad uu rabto ama saacadaha shaqada la rawaxo wac 0151 233 3005
- Gunada wax barashada, gelida iskuulada, caawimada ardayda wac 0151 233 3007
- Caashuurta dowlada wac 0151 233 3008
- Kirada iyo gunada caashuurta dowlada wac 0151 233 3009
- Balan uu somaysiga kirada iyo gunada caashuurta dowlada ee xafiiska (one stop shop) kugu dhow wac 0151 233 3016
- Gunada wax barashada, cuntada iskuulka, balcada, kaardhka basaska wac 0151 233 3010

- Adeega isu taga caruurta iyo reerahooda  
wac 0151 233 3700
- Khasiraada gawaadhida  
wac 0151 233 3011
- Liisanada  
wac 0151 233 3015
- Qorshaha iyo xukumida dhismaha  
wac 0151 233 3021
- Gawaadhida aan cashuurnayn  
wac 0151 233 3045

### War bixiinta guud

Wixii warbixin guud ah waxad kala xidhiidhi  
karta 0151 233 3000

Minicom: 0151 225 3275

Email: [Liverpool.direct@liverpool.gov.uk](mailto:Liverpool.direct@liverpool.gov.uk)

You can also contact us by using **Typetalk**

### Xafiiska (One Stop Shop)

Dadka doonaya inay la hadlaan la taliyayaasha adeegyadan si toos ah, waxay tegi karaan xafiiska **(One Stop Shop)** ka. Ka uugu dhow xaafadoodu waa **(One Stop Shop)** ka:

**Picton Road**

**Liverpool**

**L15 4LP**

Wixii faahfaahin intaa dheer ee ku saabsan xafiisyadooda kale **(One Stop Shop)** ka kala xidhiidh [www.liverpool.gov.uk](http://www.liverpool.gov.uk) ama foongaree 0151 233 3000.

## **Adeega Madbacada buugaagta**

Waxaa jira 24 madbacadaha buugaagta ah oo ku yaala magaaladan Liverpool, wakhtiyo kala duwan ayey furan yihiin wixii faahfaahin intaa dheerna waxaad ka heli kartaa [www.liverpool.gov.uk](http://www.liverpool.gov.uk). Waxaad ka qaadan kartaa buugaagta, DVDka, waxaad isticmaali kartaa computarkooda oo aad ka heli karto internet bilaash ah, waxaad ka qaadan kartaa waxyaabaha ku quran afafka kale, adeegyo kalena waad ka heli kartaa. Halkan waxaa ku qoran madbacadaha biigaagta ee kuu dhow:

### **Kensington Community Library**

**Kensington**

**Liverpool, L7 2RJ**

**Tel: 0151 233 4495**

**Email: [Kensington.library@liverpool.gov.uk](mailto:Kensington.library@liverpool.gov.uk)**

### **Waxyaabo gaar ah**

- UK Xarunteeda aad kala xidhiidhi karto
- Internet bilaash ah oo aad ka heli karto
- Waad iman kartaa markaad doonayso inaad wax ku akhrisato(DISC)
- Waxbaad ku sawiran kartaa ama (photocopier)
- Fax baad ka dirsan kartaa

### **Waxyaabahaad ka heli karto**

- Adaptive software ayaad ka heli kartaa inay ka caawiso dadka isticmaalaya cambiyuutarka(screen magnification, Text-to-speech)

**Edge Hill Community Library**  
**Lodge Lane**  
**Liverpool, L8 0QH**  
**Tel: 0151 233 2052**  
**Email: [edgehill.library@liverpool.gov.uk](mailto:edgehill.library@liverpool.gov.uk)**

### **Waxyaabaha gaarka ah**

- UK Xarunteeda aad kala xidhiidhi karto
- Internet bilaash ah oo aad ka heli karto
- Waad iman kartaa markaad doonayso inaad wax ku akhrisato(DISC)
- Waxbaad ku sawiran kartaa ama(photocopier)

### **Wixii 5 jir ka yar wakhtiga sheeko xariir kooda**

- Jimcaha 10.30 subaxnimo-11.30 subaxnimo, waa sheekooyin loo sheekeeyo wixii 5 jir ka yar
- Waxaa tan la sameeyaa uun xiliyada iskuuladu furan yihiin

### **Waxaad ka heli karto**

- Adaptive software ayaad ka heli kartaa si uu kaaga caawiyo markaad kambiyuutarka ku jirto(screen magnification, text-to-speech)

## **Wavertree community Library**

**Picton Road**

**Liverpool, L15 4LP**

**Tel: 0151 233 2128**

**Email: [Wavertree.library@liverpool.gov.uk](mailto:Wavertree.library@liverpool.gov.uk)**

Waxyaabaha gaarka ah ee aad ka heli karto

- UK Xarunteeda Online
- Internet bilaash ah oo loogu talagalay dadweynaha
- Buugaag(kuwaas oo ay ku jiraan kuwa farta waaweyn ku qoran)
- Sheekooyinka Buugaagta oo cajalad lagu duubay(kuwaas oo ay la socdaan maawelada caruurta oo cajalad iyo CD lagu duubay)
- Waxyaabo Afaf kala duwan ku qoran oo la soo ururiyey- haday yihiin Fiirdiyow, DVD, buugaag iyo cajalado yaryar.
- Buugaagta ku qoran afka boolishka oo aad amaanaysan karto
- Waxbaad ku koobi kareysan kartaa ama ku sawiran kartaa

### **Xiliyada Sheekooyinka caruurta da'doodu ka yar tahay 5jir**

- Salaasooyinka 10.00 subaxnimo ilaa 11.00 subaxnimo
- Waa xiliyada iskuulada oo qudha

### **Waxyaabahaad ka heli karto**

- Adaptive software baad ka heli kartaa si uu kaaga caawiyo markaad rabto inaad gashokambiyuutarka (screen magnification, text-to-speech)

**Toxteth Community Library**  
**Windsor Street,**  
**Liverpool, L8 1XF**  
**Tel: 0151 709 7489**  
**Email: [toxteth.library@liverpool.gov.uk](mailto:toxteth.library@liverpool.gov.uk)**

### **Waxyaabo gaar ah**

- UK Xarunteeda Online
- Internet bilaash ah oo loogu talagalay dadweynaha
- Qaybta kambiyuutarada ee loogu talagalay bulshada
- Adeega madbacada buugaagta ee jaaniiska waxad ka heli kartaa Buugaag, CD,DVDs iyo CD. Kambiyuutar ah buuga wax laga dalbado oo jaaniis ah iyo waxyaabo kuwaas lamid ah.
- Waxbaad ku koobi kareysan kartaa ama ku sawiran kartaa
- Faakisna waad ka diran kartaa

### **Sheekooyinka caruurta ka yar 5 jir ka**

- Isniinaha 1.30-3.00 galabnimo
- Waa wakhtiyada iskuulada oo qudha

### **Waxyaabahaad ka heli karto**

- Adaptive software baad ka heli kartaa si uu kaaga caawiyo markaad rabto inaad gashokambiyuutarka(screen magnification, text-to-speech)

## **Adeegyada cayaaraha jimicsiga**

### **Xarumaha Jimicsiga**

Dawlada hoose ee lifarbuul waxay leeyihiin 11 meelood oo aad ka heli karto ciyaaraha jimicsiga ku waas oo ah kuwo alaab casri ah ay taalo dad shahaadooyin sitaana ay joogaa qaboojiyena leh.

Dabaasha waxaad lagu sameeyaa 9 meelood oo kala duwan oo aad ka helaysid xiliyo gaar ah oo loogu tala galay waalidiinta iyo caruurtooda yaryar, waxaa lagu dhigaa sidii loo bari lahaa dabaasha dhamaan caruurta da' kastaba ha ahaadaane, badbaadiyayaale la tababaray iyo macalimiin xirfad iyo shahaado sita ayaana bara.

Intaa waxaa dheer 9 xarumood oo dhulkooda laydh lagu sameeyey, oona lloogu tala galay in lagu sameeyo ciyaaro kala jaad jaad ah.

Waxaad ka heli kartaa faahfaahin intaa dheer ama hadii aad doonayso inaad is qorto noocyada ciyaaraha ee ay hayaan ama ogaato lacagtay qaataan ka eeg

**[www.liverpool.gov.uk](http://www.liverpool.gov.uk)**

**xarunta kuugu dhow ee jimicsiga cayaarahu  
waa:**

**Lifestles Picton**

**Wellington Road**

**Wavertree, l15 4LE**

**Tel: 0151 293 8350**

**Lifestyles Park Road  
Steble Street  
Toxteth, L8 6QH  
Tel: 0151 233 3600**

**Lifestyle Toxteth Sports Centre  
Upper Hill Street  
Toxteth, L8 8EN  
Tel: 0151 709 7229**

**Waxyaabaha loogu talagalay dadka laxaadka  
la**

**Faahfaahin ku saabsan adeegyada dadka  
laxaadka la waxaad ka heli kartaa  
[www.disabledgo.info/AccessGuide](http://www.disabledgo.info/AccessGuide)**

# Gaadiidka



# Gaadiidka

## Gaadiidka Merseyside

Gaadiidka magaalada wuxuu leeyahay xidhiidh ka dhexeeya qolada basaska, tareenada iyo doonyaha si ay kuu caawiyaan markaad doonayso inaad meelayow kale tagtid. Markaad ku tala gasho safar waxa jira meelo badan oo aad ka heli karto faahfaahin badan intaa naad bilaabin safarkaaga:

- Lahadal qolada safarada
- Eeg meesha ay ku qoreen ee kambiyuutarka qolada gaadiidka magaaladu warbixintooda
- Ka Akhri warkarkooda cusub hadba qaybta wararka ee gaadiidka magaalada

Gaadiidka magaalada meersisaydh waxay kaloo kuu hayaan hab lagu safro oo lagu helo tigidhada aad sii goosan karto.

**Si aad u hesho faahfaahin intaa dheer oo ku saabsan adeegan iyo wakhtiyada la helayo kala soco: [www.merseytravel.gov.uk](http://www.merseytravel.gov.uk) ama garaac khadkooda ah 0871 200 22 33 oo shaqeeya maalin kasta (Isniin ilaa Jimce 7 subaxnimo ilaa 8 habeenimo, sabtida, axada iyo maalmaha fasaxyada 8subnimo ilaa 8 habeenimo).**

## **Xarunta gaadiidka safarka**

Meesha kuugu dhow ee aad gaadiidka safarka ka heli karto waa:

**Paradise Street travel centre**

**Paradise street Interchange**

**1 Canning place**

**Liverpool, L1 8B**

**Wakhtigay furan yihiin waa:** 9.30 subaxnimo ilaa 5 galabnimo maalmaha Isniinta ilaa Sabtida

**Queen Square travel centre**

**Queen square**

**Liverpool, L1 1RG**

**Wakhtiyaday furan yihiin waa:**

9.00 subaxnimo ilaa 5.30 Galabnimolsniin ilaa Sabti

10.00 subaxnimo ilaa 4.30 galabnimo bil kasta salaasada u horeysa

10.30 subaxnimo ilaa 4.30 galabnimo Axadaha

## **Rugta Basaska**

Liverpool waxa ay leedahay laba qyabood oo ah rugta basaska

**Paradise Street Interchange**

**1 Canning Place**

**Liverpool, L1 8LB**

**Queen's Square Bus Station**

**Liverpool, 1RG**

Meelaha kale ee muhiim ka ah ee Basasku is taagaan waxaad ka heli karta

**Victoria Street, Sir Thomas Street, London Road iyo Renshaw Street.**

### **Rugta Treenada**

**Merseyrail**, Liverpool's rail system waa Tareenada ugu shaqada badan ee ka shaqeeya dalka marka laga reebo London. Waxa khadka woqooyigu ku xidha **Ormskirk, Kirkby, Southport** iyo **Hunts Cross, Wirral Line Liverpool-West Kirby, Ellesmere Port, New Brighton** iyo **Chester**.

Mersey Trains waxa ay ka shaqeeyaan 5 xarumood oo gudaha Liverpool ah:

**Liverpool Central,  
Ranelagh Street  
Liverpool**

**Moorfields (This station has two entrances)  
waxa uu leeyahay laba illin  
Moorfields  
Liverpool**

**Old Hall Street  
Liverpool**

**James Street  
Liverpool**

Tareenada Gudaha ka shaqeeya waxay ka baxaan **Lime Street** oo ah rugta ugu wayn oo debed iyo gudaba looga dhoofi karo

**Lime Street Station  
Liverpool**



# Adeegyada bulshada loo fidiyo



## Adeegyada Bulshada

Waxa jira adeegyo badan oo ku yaal degaan kaaga oo siiya bulshada sadaqad iyo ururo kale oo bulsha taakulo siiya.

Ururada Bulshada (Community Organisations)

**The Congolese Association of Merseyside:  
Flat 2, 87 Botanic Road  
Kensington, L7 5PY  
Tel: 07956 386 213  
Email: congomerseyside@yahoo.fr**

Bar tilmaameedka koox dani waxa uu yahay:

- In ay hagaajiyaan nolosha qaxootiga iyo kuwa magan gelyo doonka
- In ay sare uqadaan is dhexgelka bulshada ku wada nool dalkan
- In ay suuto geliyaan wax barasho joogta ah

**Dhaqanka Hindida iyo isu ururintooda (Hindu Cultural Organisation)  
253 Edge Lane  
Kensington, L7 2PH  
Tel: 0151 263 7965  
Email: hinducentre@17kensington.net**

Waxay bixiyaan meel wax wac lagu caabudo iyada oo aan loo eegayn waxa aad rumeysantahay. Waxa kale oo ay bixiyaan:

- Talooyin ku saabsan qaxootiga qaxootiga iyo arimaha bulshada

- Meelaha xanaada caruurta
- Dhaqdhaqaaqa dhalinyarada
- Bandhigyada iyo ceyaaraha Hindida

**Ururka Shiinaha ee Gobolka Merseyside  
(Merseyside Regional Chinese Association)**

**Business Centre, 1st floor, Maxwell House  
Liverpool Digital**

**Kensington, L7 9HJ**

**Tel: 0151 907 2912**

**Email: cathy liverpool@hotmail.com**

Ururkani (MRCA) wuxuu kor uqaada is dhexgelka Shiinaha iyo Bushada laga tirade badan yahay ee ku nool Merseyside iyo nawaaxiga Merseyside.

**Over 50s Sacred Heart Club**

**42 Connaught Road**

**Kensington, L7**

**Tel: 0151 263 0243**

Waa kilaab bixiya- dhaqdhaqaaq dhinaca ciyaaraha sida: Bingo, Dhanis iyo wada hadal dhexmara dhalinta iyo safaro

**Yambi Africa**

**153a Kensington,**

**Kensington, L7**

**Tel: 0151 263 0325**

**Email: info@yambiafrica.org.uk**

**www.yambiafrica.org.uk**

Yambi Africa waxa uu xoojiya isku filaansha dadka African ka ah iyo dadka laga tirade badan yahay. Wuxuu u sameeyain uu sare u qaado shaqa dooda dhinacyada kala duwan, si caalami ah iyo maxali ahba, si ay sare ugu

qadaan dhaqanka Africa

**Ururka isutaga Africa (Liverpool African Association)**

**The job Bank**

**Tunnel Road**

**Liverpool, L7 6QD**

**Tel: 0151 233 6153/6182**

**Mobile: 07861 233 226**

Waxay bixisa gargaar dadka African ka ah ee u dhashay Africa-Bil kasta isu imaatin-xaflado, war is weydaarsi iyo is dhexgelid shacabka deegaanka.

**Ururka Degaanda (Residents Association)**

**Clint Road Estate Tenants & Residents Association**

**20 Clint Way**

**Liverpool, L7 5QQ**

**Tel: 0151 260 3889**

**Crossfield Tenants & Residents Association  
8 Webb Close**

**Edge Hill, L7 5QW**

Urur kani wuxuu leeyahay dhul baaxad weyn oo isku xidha Durning Road, Edge Lane, Botanic Road iyo Wavetree Road.

**Fairfield Area Residents Association (ururka degaanka Fairfield)**

**Tel: 0151 280 1787**

**Email: faraliverpool@hotmail.com**

Gears

**26 Gresham Street  
Fairfield, L7 9LU  
Tel: 0151 475 5974  
Email: ann.hodges@talk21.com**

**Lister Residents Association (Ururka  
degaanada Lister)  
c/o 11 Lister Crescent  
Fairfield, L7 OHP  
Email: listerresidents@blueyonder.co.uk**

**Needham Road Residents Association (Ururka  
Degaanka Wadada Needham)  
5 Frost Street  
Kensington, L7 OEL  
Tel: 0151 260 8893**

**Royston Residents (Degaanka Royston)  
17 Janet Street  
Liverpool, L7  
Tel: 0151 263 0292**

### **Community Education & Lifelong Learning Groups**

**All Arts (Farshaxanada)  
52 Toft Street  
Liverpool, L7 2PS  
Email: allarts@blueyonder.co.uk**

**Brae Street Parents Association (Ururada  
waalidiinta ee Brae Stree)  
Kensington Infants School  
Brae Street  
Liverpool, L7 2DQ**

**St Sebastian's School**  
Holly Road  
Liverpool, L7 OLH  
Tel: 0151 260 9697  
Email: Sebastian-ao@st-sebastians.liverpool.sch.uk

**Kensington Fields Community Association**  
(Ururka bulshada Kensington Field)  
24 Hall Lane  
Kensington, L7 8TQ  
Tel: 0151 708 9107  
Email: kfcasue@talk21.com

**Kensington Community Learning Centre**  
(Rugta waxbarashada bulshada ee Kensington)  
291-299 Kensington  
Kensington, L7 2RG  
Tel: 0151 260 1006  
Email: alan@kclc.co.uk

### **Ururada caafimaadka iyo ciyaaraha (Health and Sport Organisations)**

**Leighbridge Football Club**  
47 Tynwald Hill  
Liverpool, L13 7DN  
Tel: 0151 228 0477

**Waxay u furan yihiin caruurta degaanka inamada iyo hablaha ka yar 6 ila iyo 12 sano**

**Rugta Ciyaaraha Bulshada ee (Kensington Kensington Community Sports Centre)**  
Jubilee Drive

**Kensington, L7 8SJ**

**Tel: 0151 261 9598**

**Email:kcsc@btconnect.com**

Waxa ay bixisa qalab lagu ciyaaro, fasalo ciyaara ah iyo qalabka jimnaastikada

**Kensington Monarch Majorettes**

**Kensington Methodist Church**

**Kensington**

**Liverpool, L7 2QN**

**Tel: 0151 488 0400**

Tababarada wiilasha iyo gabdhaha laga bilaabo 3 jir

**Wax ka Qabadka Ciyaaraha (Sports Action Zone (SAZ))**

**Job Bank**

**4 Tunnel Road**

**Liverpool, L7 6QD**

**Tel: 0151 233 6141**

**Email: Nadine@liverpool.gov.uk**

SAZ waxay la shaqaysaaa bulshada si ugu samayso goobo Sportis, xarumo tayo leh oo ay maamulkeeda hayaan bulshadu.

**Liver World Community Sports**

**7 Fell Street**

**Kensington, L7 2QB**

**Tel: 07891 199496**

**Email@ abalo19@yahoo.com**

Waxa uu u ololeeyaan is dhexgalka bulshada iyadoo la sameeyo ciyaaraha sports-ka iyo dhaq-dhaqaaqyo wadda jir ah.

## **Ururada Diinmaha (Religious Organisations)**

**Jubilee Drive  
Kensington, L7 8SL**

**Tel: 0151 264 9995**

**Email: df\_lathom@onetel.com**

Kiniisada Madhabta Evangelical-ku waxay sameeysaa fasallo ESOL ah, u gaara dadka laga tirada badan yahay, dhalinyarada, caruurta, waalidiinta iyo caruurta yaryar iyo Kafateeriyo wax laga cabo.

**Elim Pentecostal Church  
Coleridge Street**

**Kensington, L6 2BT**

**Tel: 0151 228 9468**

**Email: elimliverpool@yahoo.com**

Waa Urur ka shaqeeya arimaha diinta kiristanka iyo wacyi gelinta deegaanka.

**Ephrata Church of Liverpool**

**153 Kensington**

**Liverpool, L7**

**Tel: 0151 286 3760**

**Email: angwabamukwa@yahoo.fr**

Waa Kiniisad la sameysa kulamo Haweenka, adeeg wadda cibaadaysiga dadka French-jiga iyo Lingala. Waxay sidoo kale bixiyaan adeegyo Afcelin iyo turjumaad ah luuqadahan Lingala, Swahili, Kikongo, Tshiluba, French and English.

### **St Mary's Edge HILL**

**Irvine Street**

**Edge Hill, L7**

**Tel: 0151 260 3262**

**Email: stcyps@btinternet.com**

Kiniisadani waxa ay taakulisa dhalinyarada iyo kooxaha miyuusiga

### **Ururada Dhalinyarada (Youth Organisations)**

#### **Kensington Fields Community Associations**

**24 Hall Lane**

**Kensington, L7 2QG**

**Tel: 0151 708 9107**

**Email: kfcasue@talk21.com**

Waxay bixisa tolid farshaxan sida loo barto sida wax loo soo kala guuriyo iyo ciaaraha wadaniga ah.

#### **Alghazali Centre and Youth**

**35 Earle Road**

**Liverpool, L7 6HO**

**Tel: 0151 734 3843**

**Email: info@al-ghazali.org.uk**

Wuxuu bixiya, ciyaaro oo uu siiyo caruurta iyo dhalinyarada Muslinka.

#### **Central Youth Club**

**62 Walker Street**

**Liverpool, L6 1EJ**

**Tel: 0151 236 3856**

**Email: centra.yc@merseymail.com**

Wuxuu bixiya jidh diska, musikada, qalab muusikada lagu kala duubo, qol computer, qolka ciyaaraha, farshaxanka iyo TV.

**Edge Hill Youth Club (Kilaabka dhalin yarada  
Edge Hill)**

**79 Durning Road**

**Liverpool, L7 5ND**

**Tel: 0151 263 2921**

Kilaab kani wuxuu baxsha wax yaabo kala duwan oo dhaqdhaqaaq ah, waxa u dheer meelo lagu nasto, farshaxan iyo ciyaaro kala duwan iyo wax kasta oo khuseeya nolol caafimaad qabta.

**YIP (Youth Inclusion Project)**

**201 Kensington**

**Kensington, L7 2RF**

**Tel: 0151 260 3768/3792**

Waxa uu caawiyaa dhalinyarada, ka soo baxa ururada Faldambiyeenka Dhalinta iyo Haa'ayadaha kale, si ay noloshooda u soo kabaan ugana qayb qaataan dhaq-dhaqaaqyo.

**L'Arche Liverpool Community**

**The Ark**

**Lockerby Road**

**Kensington, L7 0HG**

**Tel: 0151 260 0422**

**Email: [Liverpool@larche.org.uk](mailto:Liverpool@larche.org.uk)**

**Website: [larche.org.uk/liverpool](http://larche.org.uk/liverpool)**

Guryo lagu caawiyo dadka ay waxbarashadu ku agag tahay. Waxay sidoo kale bixiyaan shaqooyin iyo waxyaabo la xidhiidha daaweyn

**Prospects 2000+**  
**22 Marmaduke Street**  
**Edge Hill, L7 1PB**

**Tel: 0151 263 8297**

Waxay siiyaan dhaq-dhaqaaq debadeed iyo kuwo gudaha ah dhalinyarada.

### **Credit Union**

**Edge Hill Credit Union**

**123 Wavertree Road**

**Kensington, L7 1PG**

**Tel: 0151 263 9353**

**Email: [edgehill@creditunion.fslife.co.uk](mailto:edgehill@creditunion.fslife.co.uk)**

### **Shaqaale ka shayeeya Deegaanka (Neighbourhood Wardens)**

**Kensington Community Wardens**

**1-5 Prescot Road**

**Kensington**

**Tel: 0151 260 9840**

**Email@ [susan.tracey@community7.org.uk](mailto:susan.tracey@community7.org.uk)**

Waxay ilaaliyaan deegaanka iyo ay uga hortagaa Anshax xumada la xidhiidha iyo wacyi gelinta dhibaatooyinka bulshada.

### **Bulsho Bixisa Talootin Iyo War (Community Advice and Information)**

Talo bilaash ah, oo qarsoodi ah dhinacyo badana leh ayey bixiyaan qeybahooda Liverpool

**Talo bixin Shedaal ah oo caafimaad (Health Energy Advice Team) (HEAT)**

**72-74 Durning Road**

**Kensington**

**Tel: 0151 263 2620**

**Website: [www.heatkensington.org.uk](http://www.heatkensington.org.uk)  
oo shaqeysa Isniin- Ila Jimc 9-5 Galabti (Drop  
in Monday to Friday 9am-5pm).**

Ururka Heat waa urur ku dhisan sadaqo  
degana Kensington-Liverpool oo bulshada  
U adeega kana caawiya:

- Shaqada iyo Tababarada
- Talada Gunnada
- Falalka Dhibta ah ee qoyska ka dhaca
- Diirimaadka guryaha iyo aqalada
- Heat waxa ay ku siin karta talo bixin,iyo  
waxa aad xaq u leedahay ku noolasha  
dalkan U.K

### **Talo Bixinta Muwaadinka (Citizens Advice)**

Talo bixinta muwaadinku waa hay'ad madax  
bananan oo bixisa taloyin kana talisa  
muwaadinka dhinacyo badan

**Tel: 084 48 48 77 00,**

**Website: [www.adviceguide.co.uk](http://www.adviceguide.co.uk)**

#### **Eeg xafiiska maxaliga ah**

Xafiisyadu waxa ay ku yaaliin Anfield, Garston,  
Toxteth, Speke, Wavetree

Iyo Suuqa dhexdiisa.waqtiyo kala duwan ayaa  
la fura xafiisyada

### **Refugee/ Asylum Seekers Advice Services (tallo bixinta Qaxootiga)**

#### **Asylum Link Merseyside**

**St. Anne's centre**

**7 Overbury Street**

**Liverpool, L7 3HJ**

**Tel: 0151 709 1713**

**Website: [www.asylumlink.org.uk](http://www.asylumlink.org.uk)**

Tegista aad u tagto waxa aad kala kumeysa soo dhoween, caawimo iyo talo bixin. Waxa si firfircoon ugu dhiiriyaan qaxootiga iyo magan gelyo doonka in ay ka qeyb qaataan tala bixinta ay bixiyaan oo ay ka mid tihiin:

- La Talinta qaxootiga
- Gunno la bixiyo
- Qalab fadhiga iyo jiif
- Wax Barasho Afka Ingiriiska
- Barashada computer ka
- Cawimooyin ay ka mid yihiin-Guryo, Lacag naqad ah iyo cunno, Dharka meel lagu dhaqo iyo qalabka dharka lagu meydho
- Hadlayaal kaa caawiya muhaajir nimada
- Tolista dharka-sida wax loo tolo
- Agamaha xusuusta mudan
- Imashada Maalinta Jimcaha
- Sida wax loo beero iyo barashada baaskelka

### **Ururka Caawiya Qaxoontiga (Refugee Action)**

**64 Mount Pleasant  
Liverpool, L3 5SD**

**Tel: 0151 702 6300**

**Website: [www.refugee-action.org.uk](http://www.refugee-action.org.uk)**

Refugee action waxa ay bixisa talo, tageerid, tababar iyo adeegyo horumarin ah dhamaan woqooyi Gelbeed (North West). Waxa adeegyadaasi isugu jiraan:

- The One Stop Shop oo bixiya adeegyo iyo talo bixi toos ah, wax qabada iyo taakilayn guud

- Horumarinta iyo is dhexgalika bulshada shaqaale ka shaqeyaa sidii awood loo siin lahaa ururada la shaqeyaa dadka qaxoontiga ah kuna taageera dhiiri gelinta bulshada
- Adeegyo kala gedisan oo isgu jira tababar iyo wacyi gelin, horumarinta dadka, taageerida waalidiinta, ilaalinta dhalinta

**Fahfaahin dheeraad ah iyo ururada kale ee bixiya talada iyo caawimada qaxootiga iyo magangelyada doonka kala xidhiidh Mersyde Network for change.**

**[www.Merseyside.network.forchange.org/directory](http://www.Merseyside.network.forchange.org/directory)**

## **Aaska**

Aasku waa laba nooc mid la aaso qofka iyo mid la gubo. Qabanqaabadeedana waxa kaa caawin Kara kuwa xabaalaha ka shaqeyaa ama adigaa keligaa qabsan kara, oo u aasan kara sida aad adigu jeceshahay inaad u aasato.

Ma aasi kartid qofka ilaa aad soo qaadato warqadii aaska.

## **Markaad doonayso in kuwa xabaalaha ka shaqeyaa ku caawiyaan**

Dad badan baa waxay jecel yihiin in qoladani ay u sameeyaan qaban qaabada aaska. Taas oo ka caawisa marka ay ku jiraan wakhti aad u naxdin badan. Iyadoo isla markaana ay hubiyaan in qofkii maydka ahaa si wacan loogu dhamaystiro askiisii loona aaso sidii ku haboonayd.

Qaraabadaada, asxaabtaada iyo dhakhtarkaaga ama sheikh ayaa laga yaabaa inuu kuu sheego meesha kuugu dhow ee lagu aasi karo. Shirkado badan oo qabbanqaabiya aasaska waxaad ka heli kartaa telefoonkooda buuga telefoonada.

Shirkadaha ugu waaweyn ee qabanqaabiya aasaska waxay ka mid yihiin labadan urur ee ugu waaweyn.

**National Association of Funeral Directors**

**Telephone: 0845 230 1343**

**Website: [www.nafd.org.uk](http://www.nafd.org.uk)**

**Society of Allied & Independent funeral Directors**

**Telephone: 0845 230 6777**

**Website: [www.saif.org.uk](http://www.saif.org.uk)**

Dadka ka shaqeeya shirikadahaas ayaa kuu sheegi doona qiimaha ay ka qaataan hadba aas kaad dalbato in lagu sameeyo qiimuhu kama badnaan karo qiyaasta ay ku siiyaan waa inayna ku su'aalaa marka hore hadaad aqbashay.

Dadka ka shaqeeya aasku sedan bay kuu caawin karaan:

- Meesha ladhigayo maydka inta aan la aasin
- Wakhtiga la'aasayo iyo meesha lagu aasayo
- Aas noocee ah ayaad u baahan tahay (mid diini aha mise mid kale) oo iyagaana kuu qabanaya

- Kharash intee ah ayaa ku baxaya aaska
- Dalabka dadka ka soo qayb galaya aaska
- Wixii ogaysiis tacsiyadeed ah ee aad ku qorayso warqada joornaalka

### **Aasaska debeda England iyo Wales**

- Waxaad u baahan tahay cadayn aad ka keento Coroner ha ama dawlada hoose ee gobolka in aanaad ka saarin maydka debeda England iyo Wales
- Sharciyada waa kuwo aad u adag markaa waxaa wacan inaad waydiisato caawimo shaqaalaha aasaska.
- Coroner ku wuxuu u baahan yahay ugu yaraan afarcisho oo ah maalmaha la shaqeeyo in loogu sheego intaan maydka la saarin markaa wuxuu ku siinayaa warqadii fasaxa ahayd ee lagu saaraayey warqadan waxaa la yidhaah (form 104), mid waxaa loo dirayaa xafiiska dhalashada, dhimashada iyo guurka.

Qabanqaabada Aaska Maamulaha aaska aan loo yeedhin

- Waxa jira sifooyin dhowr ah oo waafaqsan sharciga aaska ee UK
- Waxa loo baahanyahay in qofka dhinta si fiican loo daryeelo, ama la aaso ama la gubo.

Habka loo diiwaan geliyo qofka dhinta

- Waa in qofka dhinta la diiwaan geliya muddo 5 maalmood ah
- Marka aad ta la timaado, waxa lagu siinaya shahaadada dhimashada
- Si aadan dib uga dhicin, ka diiwaan geli meydka xafiiska degaanka uu ku dhintay

Xafiiska diiwaan gelinta ee Liverpool waa:

**Liverpool Register Office (xafiiska diiwaan gelinta)**

**The Cotton Exchange**

**Old Hall Street**

**Liverpool L3 9UF**

Haddii aad ballan ka sameysanaso xafiiska diiwaan gelinta dhalashada ama dhimashada, wac centraalka **Liverpool City Council** oo ah **0151 233 3004**. Khadku wuu furan yahay 24 saac, 7da cishaba

- Dhalashada ilmaha waxa la diiwaan gelinkara 42 maal mood ka dib dhalashadiisa, ugu dambeyna 3 bilood
- Inta badan waxa laga sameyn kara Isbitaalka ama xafiiska diiwaan gelinta ee degmada
- Haddii qofku Aqalka ku dhinto ama isbitaal, meydka waxa diiwaan gelinkara eheladiisa, qof goob joo aha marka ay naftu ka baxday, qof guriga kula noola, ama sarkaal ka socda isbitaalka .

## Qofka aaska qabanqaabiya

- Qofka ku meel kale ku dhinta, waxa diiwaan gelinkara eheladiisa, qof goob joog aha, qof meydka helay, qof mas'uul ka ah qofka dhintay ama qof sameeya qabanqaabinta aaska
- Arimaha hoose ku qorani waa lagama maarmaan in loo sameeyo meydka
- Shahaado cadeyn ah sababta uu u dhintay
- Warqadda dhalashada, shahaadada guurka, shahaadada wada noolashada, karaka NHS haddi ay jirto
- Waxa kale oo aad u baahantahy in aad ogaato:
  - Magaca meydka oo dhan
  - Haddii magic kale uu lahaanjiray
  - Taariikhda dhalashadiisa iyo halka uu ku dhashay
  - Halkii ugu dambeysay ee uu degana
  - Shaqada uu qabanjirey
  - Magacyada haddi ehelo uu ka tegay marxuunku ama cid ay wada noolayayn
  - In marxuunku qaadan jiray gunada hawl gabka ama gunooyinka kale ee la bixiyo

## Doorashada Degaanka Iyo Doorashada

Si aad uga qeyb qaadato doorashada waa in aad iska diiwaan Gelisa qeybta diiwaan gelinta. Qeybta diiwaan gelintu waa liisto lagu qoro magaca iyo cinwaanka qof kasta oo raba in uu food bixiyo. Ma foodi kartid maalinta doorashada haddii aadan Diiwaan gashanayn.

### Is Diiwaan gelinta si aad u foodo

Haddii aadan is diiwaan gelin inta u dhexaysa 1da bisha Diseembar ilaa badhtamaha Ogosto, waxa aad ka dalban karta arji aad isku diiwaan gelinaysid dawladda hoose ee Liferbuul  
**(Liverpool City Council)**

**Tel: 0151 233 3028**, marka arji ayaa lagu soo diri doona.

Haddi kale booqo [www.aboutmyvote](http://www.aboutmyvote) Website kala soo bax arjiga diiwaan gelinta oo ku soo celi qeybta adeega doorashooyinka (Electoral service Unit, Room 230, Municipal Buildings, Dale Street, Liverpool, L2 2DH)

Inta u dhaxaysa badhtamaha Ogosto iyo 30 Nooveenbar 2008

Sannad kaas shaqadaasa ka soconeysa magaalada oo dhan.

- Arjigi dorashada lagu gelayey ayaa lagu soo diraya gurigaaga.
- Arjiga waxaad ku dari karta ciddi kale foodaysa ama waad bedeli karta warbixinta ku qoran, marka dib Boosta ugu celi si dhaqsa ah.

- Haddi aadan waxba ka bedlayn warka ku qoran, marka Telefoonka ugu sheeg in ay sax yihiin (Telefoonku waxa uu ku qoranyahay Arjiga) Ama Internet-ka.

### **Markaad is diiwaan geliso:**

- Waa in aad ahaato qof degan degaanka
- Waan in aad ahaatid British ama u dhashay Irish, ama u dhashay Commonwealth ama u dhashay Dalalka European Union
- Waa in da'daadu ahaato 18 jir iyo wixii ka weyn ama aad gashey 18ka marka aad is diiwaan gelisay
- Foodayaasha ka yar 18ka ee diiwaan gashan waxa loo soo diri doona kaard dhalasho (Birthday Card) oo ay u soo diraan adeega foodadku marka ay 18 jirsadaan
- Waa in aadan wax dembi ah lahayn si aad u foodid

Kuwa u dhashay wadamada cusub ee ku soo biiray European Union (Poland, Lithuania, Estonia, Latvia, Slovenia, Slovakia, Hungary iyo Czech Republic) Dadka degan UK way ka foodi karaan doorashooyinka Dawladda hoose lakiin kama foodi karaan dorashooyinka UK ee baarlamaanka (General Parliamentary Elections)



# Dembi ka Hortegidda



## Dembi ka Hortegidda

### Dembi ka Hortegidda ee Merseyside

Waxa ay caawisa dembi baadhista Merseyside sida fal dembiyeedka, bixinta wararka sirta ah iyo in ay noqdaan maxkamadda maxaliga ah.

**wixii war bixin dheerad ah kala xidhiidh**

**[www.victimsupport.org.uk/vs\\_england\\_wales/contacts/merseyside/index.php](http://www.victimsupport.org.uk/vs_england_wales/contacts/merseyside/index.php) ama khadka telefoonka 0845 30 30 900.**

### Midab Takoorka

Haddi aad la kulanto wax midab takoor ah iyo ceebayn haday noqoto, gaar ahaan caa'ilad ama dad isutegay ama dhinaca midabka, waxa la xidhiidga

**0800 731 1373** ama la xidhiidh CARELINE oo ku siin kara talo bixin

Kala xidhiidh **0800731 3200** (waa talifoon bilaasha) ama

**[www.liverpool.gov.uk/A\\_Z\\_of\\_Council\\_Services/We\\_can\\_help/Racial\\_harassment/index.asp](http://www.liverpool.gov.uk/A_Z_of_Council_Services/We_can_help/Racial_harassment/index.asp)**

Wixii degdeg ah ee halis ah sida Booliska ama Ambalaaska iyo dab demista wac **999**

### Fara xumeynta Caruurta (Child Abuse)

Childline waa khad telefoon oo lacag la'aan ah si kalsooni ah lagaga caawiyo caruurta iyo dadka yaryar ee UK

Caruurta iyo dadka yaryariba way la soo hadli karaan Childline 0800 1111 waxkasta oo dhibaato ah. Waxaa jooga dad tababaran oo mutadawaciin ah oo ku siin kara tallo bixin,

difaacina kara caruurta iyo dadka yaryar ee meel kale oo ay u ciirsadaan la.

### **Akhlaaq Xumeynta Qoyska**

Hanjabaada dhabta ah ama qofka oo galmada lagu khasbo aanu doonayn isagoo gurigiisa jooga waa dambi ka soo horjeeda sharciga

Wax Yeelaynta /Fara xumaynta qoysku waxay noqon kartaa Hanjabaad, Akhlaaq Xumo ama Xumayn; ama ha noqoto gacan ka dagaalid, maskaxiyan oo qofka laga dilo, fara xumayn galmo, dhinac dhaqaale, ama mooraal ahaan; had iyo jeer iyadoo qofka la saaro xoog iyo kaantarool faamligiisa dhexdiisa kuwaas oo ah xaas xumeeyayaal.

Qaybaha Fara Xumaynta Qoysku isugu jirto:

*Gacan ka dagaalid* – qofka oo wax lagu dhufto, feedhid, laadid, riix-riixid, buquujin ama neefta oo qofka lagu dhejiyo, tima jiidid, naba u isticmaalid, wax ku toorid IWM.

*Fara Xumaynta Galmada*

Hadal ahaan – yasid, hanjabaad, u dhaarasho, magic ugu yeedhid, qofka oo lagu qayliyo

*Dareen ahaan ama Maskaxiyan* – ku eedayn dhibaatooyinka qoyska dadka intiisa kale, kaga qaseysiin ama ceebayn, dadka oo loola dhaqmo sidii dambiile, xawayaanka guriga oo la waxyeleeyo, qofka oo maskaxda lagaga Ciyaaro, qol ku xidhid, ka daba shaqayn

*Bulshanimu* – qofka oo la weydiiyo meeshuu ku maqnaa, wuxuu qabanaayey, cida uu la hadlaayey, qofka oo dadka dhexdiisa lagu ceebeeyo iyo ka hinaasid iyadoo la tusayo/ lagu qancinayo kalgacal qofka cabeecadahaas

Jimsi Dil – la dagaalamid, sinqasho, qofka oo lagu ceebeeyo waxa uu aaminsan yahay, xadhan, siyaasadeyn, diin ahaan, dhaqan kiisa ama ku xumayn dhidig iyo lab kuu yahay.

Wax Yeelaynta dhaqaale ahaan – cadaadis laga saaro lacagta, shaqada iyo ilaha kale ee dhaqaale

Hanjabaada iyo Cabsi Gelinta – u hanjabid inaad wax yeeli, afduubid ama wax yeelid qof qaan gaadh ah/caruurta/xawayaanka guryaha lagu haysto, xaaska oo loogu hanjabo inuu is dilayo hadii ay tagto. Ta kaliya ee ka xun cabsi gelinta qofka waa iyadoo loogu hanjabo dilmo.

Waxaa jira adeegyo kala duwan ciddii ay Dhibaatooyin ka Qoysku Wax Yeelayso, kuwaas oo isugu jira kala talin iyo taageero iyo magan gelin oo qofka guri la geeyo.

### **Xarunta Ka Hortaga Akhlaaq Xumaynta Qoys ee Kensington (Kensington Domestic Violence Service) - HEAT**

**Tel: 0151 263 7474**

### **Waxyaabaha sirta oo la qariyo**

**Tel: 08000 283398**

- ‘Waxyaabaha Sirta oo la Qariyo’ waxaanu dhagta u furnaa oo ka dhageysanaa dadka ay dhibaataysay Akhlaaq Xumaynta Qoyska.
- cid kasta oo ay dhibaataysay Akhlaaq Xumida Qoysku ama faamli ama asxaab oo ka cabsi qabay falalkaas waxay si lacag la’aan ah noogala soo hadli karaan telefoonkaas oo aan cidna loo shiigi doonin sirtooda

- telefoonkan aad noo soo dirtaa ma ka muuqan doono waraaqda biilka oo waa la qarin doonaa
- shaqaaluhuna waxay u joogaan inay caawiyaan dadka ay dhibaataadu ka haysato Akhlaaq Xumaynta Qoysku iyagoo u sharaxi doona talaabooyinka qofku qaadi karo, siina doona talooyin iyo ta ugu muhiimsan oo ah , inay ku taageeri doonaan

### **Speke Garson Domestic Violence**

**Tel: 08000 837114**

- Waxay bixiyaan war bixin iyo waawimo
- Waxay biyaan oo kale iska wax u qabso nabadgelyo ah

### **Centre 56 (Xarunta 56)**

**Tel:0151 727 1355**

- Xaruntani waxay diseen guryo 19 hurdo ah oo la siin karo dumarka qaxootiga ah iyo ubad kooda
- Waxay sugaan nabad gelyada iyo jifka dumarka la dhibo iyo tageero kale si dumarku u helaan nolol iyaga ku haboon iyo weliba niyad dhisid
- Waxay leeyihiin 24 saac shaqaale heegana.

### **Amaduudu**

**Tel: 0151 254 2640**

- Qaxootiga iyo dumarka ee laga tira badan yahay iyo kuwa aan haysan caruur laga tirade badanyahay oo ay wax la qabtaan

## **Amistread**

**Tel: 0151 227 1893**

- Waxay caawiyaan dadka isku galmada ah ama dhadig isku ah ama lab isku ah

## **Chrysalis**

**Tel: 0151 254 2640**

- waxay caawiyaan lana taliyaan dadka ku dhibatooda falaka guryaha ka dhaca

## **Waan idin caawin (We Can Help)**

**24 saacba waan idin caawin**

**Tel: 0800 731 1313 (waa bilaash)**

- caawimaad qarsoodi ah, waxa qabta dawladda hoose ee Liverpool iyago kuu gudbinaya ururo ku haboon wax qabadka arrintaada
- Dad ku haboon in ay gacan ka geystaan kuna caawiyaan
- waxa ay ku diyaarin turjumaad Afka aad rabtid

## **Xarunta xanaanada Dumarka iyo Caruurta (Women's And Children's Aid Centre)**

**Tel: 0151 727 1355 (24 hours)**

- Waxay taakulo u fidiyaan qaxootiga







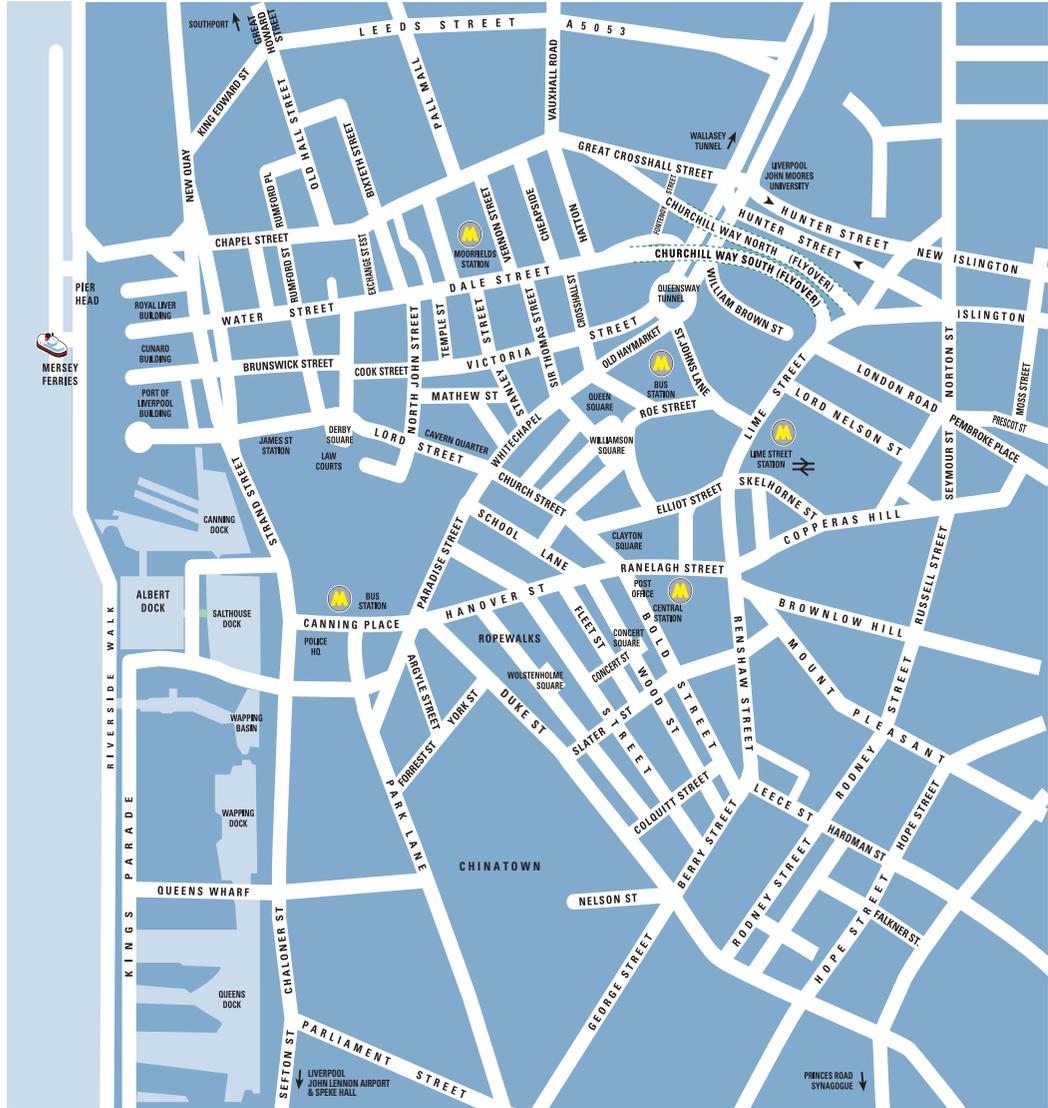
## Ogaysiin

Buugani waxaa siwada jir ah u sameeyey oo iska kaashaday Kensington Regeneration, HEAT (Health Energy Advice Team) iyo Merseyside Refugee Support Network.

**Digniin:** Buugan ah soo dhoweynta Kensington waxaa sameeyey Kensington Regeneration. Iyadoo intii karaan kayo ah aanu aad uuga fiirsanay in warbixinta ku qoran buugan ay noqoto mid sax ah markii aanu qoreynay buugan (Febraayo 2008), Kensington regeneration iyo cidii kala qayb qaatayba kuma balan qaadi karaan inaan laga heli qalad yar oo ah qoraal ama isbadelo yar yar markaana waxaanu ka cudurdaaranaynaa inaanu masuul ka ahayn wixii talaaba ah ee laga sameeyo ama laga qaado taas. Hadii aad doorato inaad ka qaado talaabo ama aad qaraar ku gaadhid in warbixinta ku qoran buugan, waxaanu kugula talin lahayn inaad talo waydiisato dadka sameyey intaanaad ku dhaqaaqin talaabadaas.



# Liverpool city centre



# Ku Baxaan-bixid



