

“Kan yaa loogu talagalay?” Dukumeentigan waxaa loogu talagalay magangalyo-doonayaasha kuwaas oo walaac ka qaba caafimaadkooda jirka ama maskaxeed.

“Daryeel caafimaadkee ayaan heli karaa?” Adeegga Caafimaadka Qaranka (NHS) waa adeegga daryeelka caafimaadka ee ay dawladdu maalgeliso ee qof kasta oo ku nool UK uu isticmaali karo iyada oo aan la waydiin in uu bixiyo kharashka adeegga. Waxaad xaq uleedahay inaad aragtid dhakhtar (GP-ga) oo NHS aay ku siiso daryeel isbitaal lacag la’aan. Waxa kale oo aad xaq u yeelan kartaa daawo bilaash ah ama qiimo jaban. Macluumaad dheeraad ah ayaa laga heli karaa: *NHS entitlements: migrant health guide* - GOV.UK (www.gov.uk).

“Taageerada daryeelka caafimadku ma saamayn doonta codsigayga magangalyada?” Sheegashadaada si xun uma saameyn doonto jirro mise daaweyn caafimaad oo aad heshid.

Doorka Home Office: Home Office wuxuu magangalyo-doonayaasha ka taageeraa arimaha la xidhiidha nidaamka magangalyada. Arimaha caafimaadka ee lala wadaagay Home Office ayaa laga yaabaa in la tixgeliyo marka la baarayo sheegashooyinka magangalyada iyo qiimeynta baahiyaha hoyga. Home Office ma bixiso taageero jireed ama caafimaadka maskaxeed.

Doorka Migrant Help: Migrant Help waxay ka taageerta arimaha la xidhiidha hoyga iyo taagerada dhaqaale - [Asylum advice and guidance | Migrant Help \(migranthehelpuk.org\)](#) (way furan tahay 24/7/365): 0808 8010 503.

Adegyada dheeraad ah: Halkan waxaa ah liiska adeegyada kale, ee ka socda ururada aan dowliga ahayn, kuwaas oo siiya macluumaadka iyo taageerada magangalyo-doonayaasha. Waxaa laga yaabaa inaad codsatid turjuman si uu kaaga caawiyo helitaanka adeegyada. Fadlan kala xidhiidh ururadan wixii macluumaad dheeraad ah.

Golaha Qaxootiga (The Refugee Council)

Refugee Council waxay la shaqeysa dadka magangalyo ka raadsanaaya UK. Refugee Council <https://www.refugeecouncil.org.uk/> waxay bixisaa talo, daaweyn iyo taagero wax ku ool ah si ay uga caawiso dadka inay dagaan. Waxaa kale oo ay ku takhasusaan la shaqaynta carurta kaligood yimaada UK. Wac Khadka macluumaadka telefoonka bilaashka ah ee 0808 196 7272 (Isniin iyo Khamiis 9.30 Subaxnimo-12.30 Dhuhurnimo). Kawac caruurta aad kala maqantihitelefoonka bilaashka ah ee 0808 175 3499 (Isniin – Jimca 8:30 Subaxnimo-5:30 galabnimo).

‘My View’ – Adeegga carruurta

Adeegga carruurta ee My View waa meel ammaan ah oo qarsoodi ah oo loogu talagalay dhalinyarada si ay u helaan taageerada fayo-qabka iyaga oo ku hadlaya, shaqo hal abuur shaqsi, ama taageero kooxeed. Adegan waxaa laga bixiya meelo kala duwan oo dalka eh. Fadlan booqo website keena wixii macluumaad dheraad ah: <https://www.refugeecouncil.org.uk/get-support/services/my-view-childrens-therapy/>

Every Mind Matters Loneliness

NHS waxay bixisaa talo wax ku ool ah iyo tilmaamo si loo yereeyo kelinimada iyo faahfaahinta ururada taageerada. Mareegta: <https://www.nhs.uk/every-mind-matters/life-challenges/loneliness>

British Red Cross

British Red Cross waxay bixisaa gargaar degdeg ah, taageerada fool ka foolka ah iyo shaqada kiisaska oo waxay caawiyaan dib u midaynta qoysaska. British Red Cross ma bixiso talada socdaalka. British Red Cross waa adeeg bixiyo laga helo UK oo dhan ah.

Wixii macluumaad dheeraad ah la xiriir xafiiska degaankaaga:

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

Barnardo’s

Barnardo’s (<https://www.barnardos.org.uk/get-help>) waxay rabta inay taageerto caruurta, dhalinyarada iyo daryeelayaasha. **Waxay bixiyaan:**

- **Adeegga Taageerada Qaxootiga:** isku xidha qoysaska adeegyada deeganka
- **Adeegga hoyga ee la taageeray (Woqooyiga Ireland)** loogu talagalay dhalinyarada aan lala socon – (da’da 16-21)
- **Adeegga Ladnaanta Qoyska: (Cardiff)** waxay taageerta qoysaska magangalyo doonka ah. Adeegga isdhexgalka qoyska (Birmingham/Glasgow)
- **Khadka caawinta Boloh:** (loogu talagalay dadka waaweyn ee ka weyn 18 sano) Talo, tilmaame, taageero niyadeed iyo daawaynta ay bixiyaan daaweeyayaal aqoon u leh. Fadhiyada daawayntu waxa ay ka dhici karaan meel fog dhanka telifoonka ama online: <https://helpline.barnardos.org.uk/>

Adeegyada kale

Khadka caawinta xadgudubka guriga

- **England** – Telefoonka bilaashka ee 24-saac ee qaxootiga khadka caawinta xadgudubka guriga qaranka; 0808 2000 247. Adeegga wada sheekaysiga tooska ah, Isniin-Jimca, 3-10 galabnimo <https://www.nationaldahelpline.org.uk/Chat-to-us-online>
- **Wales** - Khadka caawinta ee Live Fear Free; 0808 80 10 800
- **Scotland** – Xadgudubka guriga iyo Khadka caawinta gurka qasabka ah ee Scotland; 0800 027 1234
- **Northern Ireland** - Gargaarka haweenka woqooyiga Ireland; 0808 802 1414
- **Ragga** – Khadka talo siintaragga; 0808 8010327
- **Galop (LGBTQI)** <https://galop.org.uk/>; Wac 0800 999 5428

Adeegga jawaabta Gurmada

- Wac 999 ama 112 haddi qof six un u buko mise u dhaawac gaaro oo noloshoodu halis ay ku jirto
- Wac 111 si aad u heshi Taageerada caafimaad ee daryeelka degdega ahayn ee caadiga ah.

Khadka caawinta ka hortagga is-dhilka

- **Papyrus** - Ka hortaga is dilka dhalinyarada <https://www.papyrus-uk.org/>; Wac 0800 068 4141
- **Samaritans** - <https://www.samaritans.org/>; Wac 116 123

NHS 111 Taageerada Caafimaadka Maskaxda ee Degdegga ah

NHS-ku wuxuu bixiyaa adeeg taageero caafimaadka maskaxda oo degdeg ah 24/7 iyadoo la adeegsanayo hal khad telefoon oo keliya. <https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

Freedom from Torture

Freedom from Torture waxay kuleedhahay xarumo goboladha London, Birmingham, Newcastle, Manchester, iyo Glasgow. Kuwa saldhigoodu yahay UK oo ka badbaaday jirdilka waxay bixiyaan:

- Waxqabadyo daawaynta fool-ka-fool ah iyo hawlo daawaynta kooxeed oo loogu talagalay daawaynta xanuunka murugada kadib (PTSD), niyad-jabka, walaaca, iyo dhibaatooyinka kale.
- Waxqabadyada hal-abuurka iyo kooxda: ka shaqaynta beerta, muusiga, farshaxanka, kubadda cagta iyo cunta kariska
- Qiimaynta caafimadka iyo maaraynta xanuunka oo ay ku jiraan daawaynta jimicsiga
- Waxbixinada medico-legal oo sheegashooyinka magangalyada halkaas oo dhakhtariintu ay ku qiimeeyan saameynta jirdilka: <https://www.freedomfromtorture.org/help-for-survivors/medico-legal-reports>
- Taageerada sharciga: helida qareen, fahamka nidaamka magangalyada iyo sii deynta xabsiga
- Taageerada guriyeynta, waxbarashada, taagerada dhaqaalaha, caafimaadka iyo daryeelka bulshada
Wac: 020 7697 7777. Mareegta: <https://www.freedomfromtorture.org/contact-us>

Helen Bamber Foundation

Helen Bamber Foundation waa hay'ad samafal caafimaad oo takhasus leh iyo xuquuqul insaanka oo la shaqeysa dadka ka badbaaday tahriibinta, jirdilka iyo noocyada kale ee naxariis darrada loo gaysta bini'aadamka.

Kooxdooda tacliintoodu sareeyso iyo daawaynta waxay bixiyaan daryeel isku dhafan oo loogu talagalay badbaadayaasha oo ay kujiraan:

- Dukumeenti-sharciyeed oo dhawacyada jireed iyo nafsiiyeed
- Daryeel Daawayn oo Khibrad Leh oo ku Salaysan Caddeymo
- Adeeg latalin caafimaad
- Barnaamijka ka-hortagga ka ganacsiga
- Guryaha iyo talada daryeelka
- Talada ilaalinta sharciga
- Hawlaha iyo adeegyada isdhexgalka bulshada

Mareegta: <https://www.helenbamber.org/refer>

Micro Rainbow

Micro Rainbow waxay taageertaa qaxootiga LGBTQI iyo dadka magangalyo-doonka ah ee ku sugan UK. Habka isku-dhafka ee Micro Rainbow wuxuu ku salaysan yahay saddex tiir: guryo ammaan ah, ka mid noqoshada bulshada, iyo taageerada shaqo helidda. Barnaamijyadani waxay hubiyaan in qaxootiga LGBTQI aysan kaliya ammaan ahayn laakiin sidoo kale ay awoodaan inay ku noolaadaan nolol madax-bannaan oo qancisa. Waxay bixiyaan:

- Guryo ammaan ah iyo talooyin ku saabsan guryaha dadka LGBTQI ee magangalyo-doonka ah ee ku sugan UK.
- Waxqabadyada iyo munaasabadaha bulshada ee loogu talagalay qaxootiga LGBTQI iyo dadka magangalyo-doonka ah.
- Taageerada u gudbista iyo shaqo helidda, taasoo ka caawisa qaxootiga LGBTQI inay u gudbaan marxaladda ka-tagga magangalyo-doonka ilaa qaxooti.

Bogga internetka: <https://microrainbow.org/>. Lambarka caawinta: 0800 3585851

Scottish Refugee Council (SRC) (Adegyada Scotland oo Kaliya)

- **Family Rights Service:** Loogu talagalay qoysaska carrurta leh, oo ay ku jiraan haweenka uurka leh iyo waaliinta keligooda ah.
 - **Adeegga Saboolnimada:** Caawinta diidmada magangalyo-doonayaasha ee loo yaqaan ARE (Appeal Rights Exhausted).
 - **Adeegga isdhexgalka qaxootiga:** waxay taageerta qaxootiga cusub ee la siiyay nooc kasta oo fasax ay ku joogaan.
- Si aad ula hadasho la-taliye oo aad wax badan uga ogaato dhammaan adeegyada, fadlan wac 0808 1967 274 ama email u dir refugeesupport@scottishrefugeecouncil.org.uk

Lambarka telefoonka bilaashka ah: 080 8196 7274 oo loogu talagalay macluumaadka iyo talooyinka ku saabsan arrimaha qaxootiga iyo magangalyada.

Telefoonka bilaashka ah wuxuu furan yahay:

- Isniinta (9 subaxnimo - 5 galabnimo)
- Talaadada (9 subaxnimo - 5 galabnimo)
- Arbacada (2 duhurnimo - 5 galabnimo)
- Khamiista (9 subaxnimo - 5 galabnimo)
- Jimcaha (9 subaxnimo - 3 galabnimo).

Welsh Refugee Council (WRC) (Adegyada Wales oo Kaliya)

La-talin, taageero, dood-wadaag, iyo tilmaamid loogu talagalay qaxootiga iyo dadka magangalyo-doonka ah ee ku nool Wales. Bogga internetka: www.wrc.wales. Lambarka caawinta bilaashka ah oo bixiya ballamo, macluumaad, iyo talooyin ku saabsan arrimaha qaxootiga iyo magangalyo-doonka: 0808 196 7273. Waxay bixiyaan:

- Adeegga Magangalyada ee Wales: Taageero kiisaska magangalyada iyo dood-wadaag guud ahaan Wales, oo ay ku jiraan kuwa dhammeeyey xuquuqda rafcaanka.
- Adeegga U Gudbista: Taageero ku aaddan isdhexgalka iyo kala-guurka qaxootiga cusub.
- Taageerada Muhaajiriinta aan helin Kaalmooyinka Dadweynaha.
- Taageero turjubaan iyo tarjumaad.
- Mashruuca ciyaarta carruurta ee qaxootiga iyo kuwa magangalyo-doonka ah.
- Taageerada Waxbarashada iyo Shaqo-helidda, oo ay ku jiraan casharro ESOL ah.
- Fursadaha iskaa wax u qabso.
- Taageerada kala-guurka e-visa.

Adegyada waqooyiga Ireland

Talo iyo taageero, Oo ay ku jiraan daryeelka caafimaadka, guryaynta, shaqalaynta iyo helitaanka waxbarashada, ayaa diyaar u ah qaxootiga iyo magangalyo-doonayaasha.

Mareegta:

<https://www.nidirect.gov.uk/articles/asylum-seekers-and-refugees-help-and-advice>.

Doctors of the World

Doctors of the World waxay siisa ballamo caafimaad oo hal mar ah, macluumaad iyo taageero wax ku ool ah u ah magangalyo-doonayaasha si ay iskaga diiwan geliyan GP-ga.

Waxay maamulan rug caafimaad, khadka talobixinta, adeegyada wacyigelinta iyo barnaamijyada u doodista.

Waqtiyada la furayo pening 10-subaxnimo-12-duhurnimo
Talaadada ilaa Khamiista.

Wac 0808 164 7686. Mareegta:

<https://www.doctorsoftheworld.org.uk/patient-clinic/>

Refugee Action

Refugee Action wuxuu taageeraa qaxootiga iyo dadka magangalyo-doonka ah eek u sugan meelo badan oo Ingiriiska ah. Mareegta: <https://www.refugee-action.org.uk/our-services/help-and-advice/>

- **Dhibaataada magangalyada (London, Manchester, West Midlands, Bradford (qoysaska kaliya)):** Haddii aad tahay magangalyo doon aanad ubahantahay meel aad uhoyoto mise taageero mise taageeradaada la diido mise la joojiyo, adeeggan ayaa ku caawin kara.
- **Mashruuca Brave (Bradford):** waa khabiir khibrad u leh mashruuca diirada saaraya sii xumaanshaha iyo nashaadaadka ladnaanta ee magangalyo-doonayaasha gudaha Bradford. Tani waxaa loogu talagalay dhammaan isticmaalayaasha adeegga Refugee Action oo si gaar ah diiradda u saaraya yoysaska.
- **Barnaamijka Daryeelka Nafaqada:** Adeegga Daryeelka Nafaqada waxaa lagu fulinayaa iskaashi lala leeyahay Solace, kaas oo isku daraya daawayn hal-iy-hal ah oo loogu talagalay qaxootiga iyo magangalyo-doonka la ildaran astaamaha dhaawacyada maskaxda (oo ay bixiso daaweeyaha Solace) iyo kalfadhiyo todobaadle ah oo kooxeed oo loogu talagalay kuwa leh baahiyo hooseeya ama u baahan taageero dheeraad ah oo ka sokow hal-iy-hal taageero.
- **Adeegga Qaran ee Talada Socdaalka (NIAS):** NIAS waa adeeg cusub oo ka socda Refugee Action. Waxay bixisaa talooyinka socdaalka, taageerada kiiska, iyo wakiilnimo si loogu adeego dadka nugul ee magangalyo-doonka ah iyo muhaajiriinta ka faa'iideysanaya adeegyada Refugee Action ee Asylum Crisis. Adeeggu wuxuu bixiyaa talooyinka socdaalka iyo taageerada kiisaska ilaa heerka OISC Level 3. Macaamiisha waxaa gudaha looga gudbin doonaa Asylum Crisis Services ee London, Birmingham, Manchester, iyo Bradford. Adeeggu sidoo kale wuxuu heli doonaa gudbinta tooska ah ee Bradford.