



“Kan yaa loogu talagalay?” Dukumeentigan waxaa loogu talagalay magangelyo-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 dhaktar (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 magangelyada?” Sheegashadaada si xun uma saameyn doonto jirro mise daaweyn caafimaad oo aad heshid.

Doorka Home Office: Home Office wuxuu magangelyo-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.

Adeegyada dheeraad ah: Halkan waxaa ah liiska adeegyada kale, ee ka socda ururada aan dowliga ahayn, kuwaas oo siiya macluumaadka iyo taageerada magangelyo-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 fayyo-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/>

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/contact-your-local-refugee-service>

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 magangelyo-doonayaasha si ay iskaga diiwan geliyan GP-ga. Waxay maamulan rug caafimaad, khadka talobixinta, adeegyada wacyigelinta iyo barnaamijyada u doodista.

Wac 0207 167 5789. Mareegta:

<https://www.doctorsoftheworld.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 gururka 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 Gurmadda

- 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

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 nafsiyeed
- Barnaamijka takhasuska ah ee daryeelka daweynta
- 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>

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/lifes-challenges/loneliness>

Adeegyada waqooyiga Ireland

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

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

**Barnardo's**

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

Waxay bixiyaan:

- **Adegaa Taageerada Qaxootiga:** isku xidha qoysaska adeegyada deeganka
- **Adegga hoyga ee la taageeray (Woqooyiga Ireland)** loogu talagalay dhalinyarada aan lala socon – (da'da 16-21)
- **Adegga Ladnaanta Qoyska: (Cardiff)** waxay taageerta qoysaska magangalyo doonka ah. Adegga 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: helpline.barnardos.org.uk

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

- **Adeega xuquuqda qoyska:** Loogu talagalay qoysaska carrurta leh, oo ay ku jiran haweenka uurka leh iyo waalidiinta keligooda ah. Iimaylka: families@scottishrefugeecouncil.org.uk
- **Adeegga Saboolnimada:** Caawinta diidmada magangalyo-doonayaasha ee loo yaqaan ARE (Appeal Rights Exhausted). Iimaylka: destitution@scottishrefugeecouncil.org.uk
- **Adeegga isdhexgalka qaxootiga:** waxay taageerta qaxootiga cusub ee la siiyay nooc kasta oo fasax ay ku joogaan. <https://www.scottishrefugeecouncil.org.uk/direct-support/support-for-new-refugees/>

Khadka caawinta teleefanka bilaashka eh: 080 8196 7274 macluumaadka iyo talada qaxootiga iyo arimaha magangalyada. (isniin ila jimca 9 subaxnimo ila 5 galabnimo)

Refugee Action

Refugee Action wuxuu taageeraa qaxootiga iyo dadka magangalyo-doonka ah eek u sugan meelo badan oo Ingiriiska ah. <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.

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

Talo, taageero, u doodid iyo calaamadaynta qaxootiga iyo magangalyo-doonayaasha ku nool Wales www.wrc.wales Telefonka 0808 196 7273. Waxay bixiyaan:

- **Adeegga Wales Sanctuary:** Joojinta taageerada iyo u doodista guud ahan Wales
- **Taageerada shaqada kiiska** loogu talagalay danyarta iyo Appeal Rights Exhausted (ARE) magangalyo-doonayaashaku nool Cardiff
- **Adeegga Move On:** waxay ku taageerta qaxootiga cusub is dhexgalka iyo kala guurka
- **Daawashada mashruuca magangalyada:** taageero habka magangalyada