

Caawinta loogu talagalay maangalyo doonayaasha Bristol iyo South Gloucestershire

Macluumaad waxaa lagu heli doonaa turjumista Carabiga, Soomaali, Kurdish Sorani, Pashto, Farsi, Urdu, Albaniyan, Bengali, Faransiis, Mandarin, iyo Vietnamese. Turjumista waa tan

<https://www.bristolrefugeerights.org/how-we-help/i-need-help-i-start/>

ama waxaa laga heli karaa ururada Bristol ee hoose ku qoran.

Adeegyada Bristol ayaa isbeddelay sababtoo caabuqa Korona, kaas oo sababa cudurka la dhaho Covid 19.

Haddii aad dareenmeyso inaad xanuunsan tahay, ama aad u maaleyso inaad leedahay astaamaha Covid - 19, **HA AADAN GP-gaaga ama farmashigaaga**, maadama tan laga yaabo inay sii faafiso fayriska.

beddelkeeda, wac 111. Waxaad weydisan kartaa turjumaan. ama booqo: <https://111.nhs.uk/>

Macluumaadka la turjumay ee ku saabsan Korona fayriska waa kuwan:

<https://www.doctorsoftheworld.org.uk/coronavirus-information/#>

Sharciyada dowladda ama talada NHS ee ku saabsan waxa ay tahay inaan sameeyno inta lagu jiro faafidan waa kuwan:

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Adeegyada taageerada magangalyada doonka Bristol

Dhammaan keenista iyo adeegyada fool ka foolka ah ee ABC, Borderlands, Bristol Hospitality Network, Bristol Refugee Rights, Red Cross, Bristol Hospitality Network iyo Refugee Women of Bristol, waa xiran yihiin ilaa badqabad ka noqdaan in dib loo furo.

Adeegyada waxay isku dayi doonaan inay kugu caawiyaan telefoonka, fariin qoraaleedka iyo email.

Madaama ay xaaladdu si degdeg ah isku beddelayso, waxaan soo galin doonaa websaydkeena akhbaartii ugu dambaysay ama bogga facebook-ga.

Isgarab istaaga/taageerada ayaa hadda sii socota: waxaan si wada jir ah uga shaqeeynaynaa si aan u helo wadooyinb aan tani ku bixino iyada oo aan fool ka fool loo kulmin.



Borderlands <https://www.borderlands.uk.com/>

Farrin u dir ama wac 07713 695 845 dhaaf macagaaga ama lambarkaaga telefoonka.

La talinta taageeristeenaa ayaa sii soonta doontaa waxayna ku shaqeeyneysa telefoonka iyo baraha bulshada.



Aid Box Community <https://www.aidboxcommunity.co.uk/>

Telefoon 0117 336 8441

Aid Box Connections ayaa kugu xiri kartaa xubnaha kooxda ABC, kuwaas oo si joogta ah kula soo xiriiri karaa.

Xaaladda degdeg ah, waxaan isku dayi doonaa inaan kugu caawino taageero waxqabadka ah. Tani waxay noqon kartaa baco cuntooyin ah, musqusha ama uruurinta dawada.

Waxaa lagu gudbin karaa adeegan urur walba kaas buuxin karaa foomka aad u soo gudbisay. Waa kan foomka <https://www.aidboxcommunity.co.uk/covid-19response>



Bristol Hospitality Network <https://www.bhn.org.uk/>

Telefoonka, fariin ama WhatsApp **07561 391 353** or **07934 341 391**

Haddii aysan jirin jawaab, dhaaf fariin oo ay la socoto magacaaga iyo lambarka telefoonkaaga. Dib ayaan kuu soo wici doonaa.

Email-ka kooxda caawinta elinor@bhn.org.uk

Waxaan ku dhawnahay soo gudbinta margelinta cusub. Taageerada xubnaha hore iyo margelinta ayaa sii socon doontaa.



Bristol Refugee Rights

<https://www.bristolrefugeerights.org/>

Adeega tallada - telefoonka, fariin ama WhatsApp 07526 352 353

email advice@bristolrefugeerights.org

Waxaan kaala talin karnaa kana caawin karnaa codsiyada ee taageerada magangalyada doonayaasha (Lacagta Xafiiska Wasaradda Arrimaha gudaha iyo guryeynta), isbedelada hada socda ee sheegashada howlaha magangalyada iyo nidaamka magangalyada, iyo u gudbinta hoy la'aan iyo adeegyo kale. Waxaan isku dayi doonaa in nala helo maalin walba Isniinta ilaa Jimcaha.

Haddii aysan jirin jawaab, dhaaf fariin oo ay la socoto magacaaga iyo lambarka telefoonkaaga. Dib ayaan kuu soo wici doonaa.

Waxaan ku helayna turjumaan. Fadlan noo sheeg luuqaada.

Su'aalaha guud iyo macluumaadka 07846 332 172

Taageerada Red Cross Refugee

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

telefoon, fariin ama WhatsApp 07739 863 036 / email refugeeservicebristol@redcross.org.uk

Waxaan isku dayi doonaa in nala helo maalin walba toddobaadka. Haddii aysan jirin jawaab, dhaaf fariin ama nagu sooq ro, iyo kiiska ka shaqeyaha dib ula soo xiriir.

Fadlan noo sheeg macagaaga ama qofka aad wicitaanka aad wakiilka ug tahay, lamabarka telefoonka iyo sababta wicitaanka.



Refugee Women of Bristol

telefoon 0784 578 9482 / email info@refugeewomenofbristol.org.uk

Waxaan siineynaa taageerada dareenka dumarka la kulma qalalasaha qoyska, iyo ku xirida Next Linka, turjumista macluumaadka ugu dambeyey vee dowladda iyo NHS; helida dareenka caafimaadka ee

xubnaheena. Waxaan la shaqeyneynaa shabakadeena haween aad ee degan sidii aan u taageeri laheyn kuwa aad loo soocay.



Project Mama

<https://projectmama.org/>

Waxay rabtaa inay siiso xaafada, haddii la helo, hooyooyinka cusub ee u baahan. Waxaa lagu gudbin doontaa urur walba kaas buuxin karaa foomka aad u soo gudbisay. Waa kan foomka [Mashuraca Jawaabta MAMA Covid 19 response Nappy & foomka codsiga agaybad Aasasiga ah](#)