

## Luqadaha

Waxaan isku daynaa inaan ku bixinno adeeg yadeenni luqadaha ay ku hadlaan qoxootiga iyo magangalyo doona yaasha. Hadda waxaan awood u leenahay in aan ku bixinno daaweenta nafsiga luqadaha:

*Albani, Amxaari, Carabi, Creole, Deri, Faarisi, Ingariis, Faransiis, Jerman, Greek, Itaalia, Jaabaan, Kinyrwanda, Lingala, Serbo-Croat, Isbaanish, Soomaali, Iswedish, Tigrinya, iyo Turki.*

**Sidoo kale waxaan kaalmo ku bixinnaa luqadaha soo socda:**

*Amxaari, Ingariis, Faransiis, Italiyaan, Lingala, Tigrinya, Isbaanish iyo Soomaali, Turki.*

### Board of Trustees:

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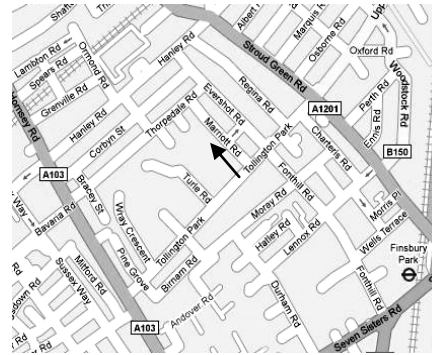
### Address:

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London N4 3RQ

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Fax: 0207 281 8729

[www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk)

### Sida noola soo xariiro:



### Irerka

We are a few minutes from  
Finsbury Park Station  
(Piccadilly and Victoria Line)

### Basaska

4, 19, 29, 106, 153, 210, 236, 253, 254, 259,  
W3, W7

### Saacadaha xafiska sfageeyo:

Tuesday – Saturday  
9:00am – 6:00pm

Refugee Therapy Centre

XARUNTA  
CAQLI CELINTA  
QAXOOTIGA

Taageerka Mashruuca  
Wacyigalinta  
(Support Outreach Project)

## Miyaad tahay qaxooti ama magangalyo doon?

Miyaad dareemaysaa walwel,  
cidla'ah, miyaad ka cawaadaysaa  
dhibaatooyin noolasha?

Miyaad dareemaysaa walaac ku  
saabsan mustaqbalkaagi?

Miyaad u baahan tahay hakis iyo  
akhbaar ku saabsan adeegyada  
xaafadaadi iyo waxyaabaha aad  
sameen kartid?

Miyaad rabtaa inaad ula hadasho qof  
sii gaar ah iyo inaad hesho xoogaa  
taageero?

Waad nala soo xiriiri kartaa  
Halkan waxaan u joonaa kaalmeen!

## Ujeedooyinka Taageerka Mashruuca Wacyigalinta

In la siiyo qaxootiga iyo magangalyo doonayaa-sha kaalmo iyo xoojin kulamo sir ah xarunta dhexdiis.

In qaxootiga laga caawino helitaanka waxbarasho ku haboon iyo tababar loogu talo galay iyaga iyo caruurtooda, sidoo kale adeegyada kale ee la heli karo.

In la gaaro dhismo xiriir shaqo dhexmara qaxootiga, lahelana akhbar ku saabsan baahida jaaliyadaha kala duwan.

In lala shaqeeyo ururada kale ee goobta jooga iyo wargalinta adeegyada ay siiyaan qaxootiga iyo magangalyo doonayaasha.

In dadka loo wargaliyo adeegyada kale ee xarunta bixiso sida taageerka kooxo ah dumar ama rag, daaweenta nafsiga, waano iyo tusaale. Sidoo kale in dadka loo sheego adeegyada ay qabtaan iskaa wax u qabsayaasha kale iyo adeegyada qaanuunka ku xusan ee loo heli karo qaxootiga iyo magangalyo doonayaasha.

## Taageerka Mashruuca Wacyigalinta

Shaqaala heenna taageerka ee laba-luqo ku hadla waxay diyaar u yihiin inay bixiyaan kaalmo iyo taageero haaddii aad:-

- **Haddii aad dareemaysid cidda'aan ee aad Jeceshahay Inaad qof la hadasho oo ku dhageesan kara.**
- **Haddii aad doonaysid caawinaad ku saabsan fahmidda iyo helidda barasho deegaanka cusub.**
- **Haddii aad u baahan tahay in lagaa kaalmeeyo adeegyada la hell karo sida caafimaadka, waxbarashada caruurtaada, iyo Ingarils ama barashada kombiyuutarka adiga ahaan.**
- **Haddii aad Jeceshahay Inaad shaqeeso ama aad noqoto qof Iskaa wax u qabso ku shaqeeya ee aad garanaynin halka laga bilaabay.**
- **Haddii aad ku farax sanayn xaaladda aad ku sugan tahay oo ka walwel santahay mustaqbal kaagi ama aad qabto walwel kale ee aad rabto Inaad qof kala hadasho sil gaar ah.**
- **Haddii aad qabto walwel ama dhibaatooyin reerkaaga ama xibin ka mid ah reerkaaga ee aad xanaanayso.**

Haddii adiga ama xibin ka mid ah qoyskaagi ama jaaliyadaadi u baahdo kaalmo iyo taageero qarsoodi ah waxaad soo wici kartaa xafiis keenni sii loo sameeyo ballan:

020 7561 1587

## Adeegyada kale ee Xarunta:

In badan oo naga mid ah oo jooga xarunta caqli-celinta qaxootiga waxaan ahaan jirnay qaxooti waxaan rabnaa inaan isticmaalno khibradeenni, oo la socoto tababar xirfadeed keenni sii aan u kaalmeenno qaxootiga la kulmi kara dhibaato noolashada halkan UK ee u baahan xoogaa kaalmo. Waxaan karnaa inaan sii tixgalin leh kuu dhagaysano iyo mararka qaarkood waxaan ku deeqnaa khibradeenna iyo cilmigeenna, Waxaan kuu heli karnaa qof ku hadla luqadaadii haddii aad rabtid, ama af Ingriis haddii aad rabtid. Adigaa go'aansan kara.

La talin iyo daaween nafsi.

Waxaan siinaa daaween ah ilmaha,qaangaara-yaasha, dadka wayn iyo qoysyada. Waxaan bixinnaa daaween ah qof-qof iyo mid kooxo. Waxaan aad uga xunnahay in adeegyada ay helaan oo kali ah xoogaa ka mid ah dadka deggan london xaafadahiisa, tusaale ahaan Islington iyo Hackney.

Hal ka mid ah adeegyada kale aan bixinno waa Mashruuca Tusaaleenta. Waxaan bixin karnaa toddobaad kasta hal ka hal taageero hadal caqli-calin ah sii aan kugu kaalmayno inaad u hormariso af Ingariskaagi, inaad barato degaan kaagi cusub iyo sahalinta habka isdhexgalidda.

Sidoo kale waxaan haynaa wax barasho horudhac la talinta qaxootiga ee loogu talagalay qaxootiga iyo magangalyo doonayaasha raba inay horumariyaan xirfaddooda si ay ugu taageeraan jaaliyada hooda.

Tusaaleenta,taageerka mashruuca wacyigalinta, iyo waxbarashada waxay yihiin mid heli kara dhammaan qaxootiga iyo magangalyo doonayaasha muhim maahan halka ay ku noolyihiin.