

deegyada loogu talagalay Dadka Magangalyo Doonayaasha ah & Qaxootiyada ee degan aaga Bristol

bishii 9 aad 2026

Macluumaad la turjumay <https://bristol.cityofsanctuary.org/what-we-do/bristol-organisations>

Wac Migrant Help 0808 8010 503 24 saac maalintii 7 maalmood toddobaadkii



Xuquuqaha Qaxootiga Bristol www.bristolrefugeerights.org info@bristolrefugeerights.org

Wellspring Settlement, 43 Ducie Road, Bristol BS5 0AX

Isniinta iyo Talaadada laga bilaabo 10am - 1pm Khadka Caawinta - Telefoon / WhatsApp 07526 352353. Si aad u hesho taageero, inaad su'aalo weydiiso, ama aad wax badan ka barato waxa aan sameyn karno si aan u caawino.

Arbacooyinka laga bilaabo 10-12.30 Xarunta Talobixinta (Advice Drop-in Center) – Uma furna dadka degan huteelada Bristol IA. Waxaan ku siin karnaa talo iyo macluumaad ku saabsan nidaamka magangalyada iyo socdaalka iyo sida loo helo taageerada magangalyada (lacagta iyo hoyga ka socda Home Office-ka).

Khamiisyada laga bilaabo 10-1 Xarunta Soo Dhaweynta (Welcome Centre) – Goob bulsho oo toos loo tagayo, cunto kulul, farshaxan, ciyaaro, timo jaris, tixraac, iyo tilmaamid.

Talaado, Arbaco, Khamiis – Booqashooyinka wacyigelinta ee huteelada IA ee Bristol, oo lagu taageerayo tilmaamid, u doodis iyo macluumaad. Waydii huteelada, xarunta tooska loo tagayo, ama wac khadka caawinta si aad u ogaato maalinta ay booqan doonaan huteel kasta.

Pride Without Borders – Goob bulsho iyo daryeel kiis oo takhasus leh oo loogu talagalay dadka magangalyo-doonka ah ee LGBTQ+, weydii xarunta tooska loo tagayo ama wac khadka caawinta si aad isu diwaangeliso.

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

Telefoon 0117 941 5040 doorashada 1 refugeeservicebristol@redcross.org.uk

Kuwa cusub ee Dhawaan La siiyey Xaaladd Qaxootinimo: Waxaan ka caawin karnaa inaad codsato faa'iidooyinka, guriyeynta, koontada banka, isdhexgelka deynta iyo iyo kaalmada safarka ee dadka haysta fiisaha isu-keenida qoyska.

Baafinta Qoyska Waxaa laga yaaba inaan awoodo inaan ka caawino inaad qoyskaaga ka raadiso wadankaaga hooyo ama meel walba oo ay ku jirto UK ama Yurup. Telefoon 0117 941 5040 doorashada 2

cymruswenglandift@redcross.org.uk

Baahi iyo Rafaad: Haddii aadan laheyn wax dakhli ah iyo qaab kale oo aad wax ku helayso, iyada oo si wada jir ah loola shaqaynayo wada hawlgalayaasha kale ee Bristol waxaa laga yabaa inaan awooddno inaan ku siino caawin waqti muddo gaaban.



Refugee Women of Bristol <https://www.refugeewomenofbristol.org.uk/>

Taleefonka: 0117 9415867 info@refugeewomenofbristol.org.uk

Xarunta Drop-in-ka ee dumarka oo kaliya ah: Talaadooyinka laga bilaabo 10:00 – 2:30 galabnimo, waqtiga dugsiga (term time) oo kaliya, ee Easton Family Centre Bristol BS5 0SQ. Waxaan bixinaa fasalada ESOL, dhaqdhaqaaqada fayyo-qabka, quraac iyo qado.

Shaqaalaha Bulshada waxay bixiyaan taageero wax ku ool ah iyo adeeg u doodis ah oo lagu bixiyo luuqadaha bulshada (Af-Soomaali, Af-Carabi iyo Af-Mandarin).

Kooxda Mend the Gap waxay siiyaan taageero 1-1 ah iyo kuwo kooxro ah haweenka la kulma rabshadaha qoyska iyo foomamka kale ee xadgudubka. Wac Isku-duwaha Caafimaadka iyo Fayyo-qabka wixii tixraac ah oo ku saabsan **07735387820**. Haddii aad jeclaan lahayd inaad nala soo xiriirto, fadlan wac ama iimayl u dir info@refugeewomenofbristol.org.uk.



Xarunta Soo Dhaweynta (Welcome Centre) Isniin kasta (10am-1pm) iyo Talaado kasta (10am - 2pm); waxay bixisaa quraac, ciyaaro, daawaynta farshaxanka (Art therapy), timo jaris, taageerada IT-ga, iyo tixraaca adeegyada kale iyo taageerada.

Rashiin bilaash ah hubaal Talaado kasta oo dhan 10:00 - 11:30am iyo cunto kulul (Qado Xalaal ah) 1:00 - 2:00 pm

Pruseekta Wacyigelinta (Outreach Project) – Mashruuca wacyigelinta wuxuu diiradda saaraa caafimaadka iyo fayyo-qabka goobaha ku dhow Bristol haray, oo ay ku jiraan huteelada IA iyo xarmaha kale ee soo dhaweynta. Waxaan ku taageeraynaa raadinta daryeelka caafimaadka, kaadhahka SIM-ka, safarrada, dhaqdhaqaaqyada, tilmaamida iyo tixraaca hay'adaha kale. Wax ka aski huteelada ama wac xafiiska si aad u ogaato xilliga ay booqashooyinku dhacayaan.

Pruseekta Waxbarashada (Learning Project) – Fasalada Ingiriisiga, xisaabta iyo gabayada ayaa la bixiyaa toddobaadka oo dhan, iyo sidoo kale barnaamijka ESOL oo xooggan oo lagu wado bahda BRASP. Is-diiwaangelintu waa 10:30 Isniinta ee Assisi Centre (Borderlands).

Pruseekta Talo-bixinta iyo Hoggaaminta (Mentoring Project) waxay bixisaa 1:1 taageero shaqsiyeed iyo mid wax ku ool ah oo loogu talagalay dadka magangalyo doonka ah iyo qaxootiga muddo 6-9 bilood ah.

Dhaqdhaqaaqyada Fayyo-qabka (Feel Good Activities) – Yoga-da dumarka iyo fasalada tolida dumarka oo dhan Arbacada. Fasalada karinta waxay u fudud yihiin xubnaha raba inay kariyaan Isniinta. Kubadda cagta ragga oo dhan Khamiista. Fuulida dhagaxyada (Rock Climbing) oo u fudud oo dhan xubnaha Khamiisyada.



BHN waxay siisaa adeegyo magangalyo doonka iyo kuwa loo diiday:

Xarunta Soo-dhaweynta Isniinta 10-2pm ee Easton Family Centre, BS5 OSQ; talo, taageero bulsho, quraac iyo qado kulul, ESOL, timo-jare, toolid, tabaruc, ciyaaraha.

Waxaan sidoo kale bixinaa lacag-bixinno martigelin iyo midnimo oo loogu talagalay **magan-gelyo-doonka saboolka ah ee loo diiday**, iyadoo ku xiran kiis gaar ah iyo haddii aan boos haysanno. Gudbinta laga aqbalo ururada shuraakada ah, ama iskiis u tixraac adigoo booqanaya Xarunta Soo dhawaynta Isniinta, ama iimayl u soo dir Hello@bhn.org.uk.



Aid Box Community www.aidboxcommunity.co.uk

Cinwaanka: Hoolka Parish ee St Bart, Wadada Sommerville, BS6 5BX Telefoon: 0117 336 4411

Xarunta Soo Dhaweynta (Welcome Hub) – Goob toos loo tagayo oo aad ku kulmi karto dadka, ku nasan karto, oo aad wax ku cabbi karto.

Dukaan Bilaash ah – Doorashada dhar bilaash ah, alaabta nadaafadda, alaabta jikada, alaabta guriga, iyo waxyaabaha kale ee muhiimka ah. **Furan:** Isniinta - Jimcaha 10:30am – 3:30pm **Iimayl:**

freeshop@aidboxcommunity.co.uk

Dhaqdhaqaaqyada iyo Safarrada Fasaxa – Jadwalka toddobaadlaha ah ee dhaqdhaqaaqyada oo ay ku jiraan kubadda cagta, dabaasha, kooxaha bulshada, ciyaaraha dumarka, wadahaadalka Ingiriisiga iyo ESOL.

Dhaqdhaqaaqyada wixii ku saabsan: Iimayl: sara@aidboxcommunity.co.uk

Kooxaha Dhaqdhaqaaqyada Toddobaadlaha ah – Waxaa ka mid ah Kooxda Haweenka, Kubadda Cagta Ragga, Isboortiga Baddan ee Haweenka, fasalada Ingiriisiga (ESOL), iyo safarrada fasaxa ee shaqsiyaadka iyo qoysaska. Wixii macluumaad dheeraad ah, la xiriir: sara@aidboxcommunity.co.uk

Barnaamijka Saaxiibtinimada (Befriending Programme - Connections) – Wuxuu isku xiraa dadka magangalyo doonka ah iyo qaxootiga iyo dadka deegaanka si ay saaxiibtinimo u samaystaan.

Ma rabtaa inaad hesho saaxiib cusub? La xiriir Naomi wixii macluumaad dheeraad ah:

naomi@aidboxcommunity.co.uk



Project MAMA <https://projectmama.org>

Goobta: 39 Seymour Road, BS5 0UW. Waxaan ku suganahay "Muller Hall

Mother Companions Project: bixinta daryeelka taageerada mid ka mid ah uurka iyo waalidnimada hore.

Waxay bixiyaan meel ay hooyooyinku ku cabbiri karaan rabitaankooda iyo welwelkooda, isla markaana lagu hubiyo in ay helaan macluumaadka ay u baahan yihiin si ay go'aanno xog ogaal ah u gaaraan, una fahmaan nidaamka daryeelka hooyonimada iyo xuquuqda caafimaad ee UK. Gudbinta waxa lagu samayn karaa iyada oo la soo marsiinayo websaydkeena.

MAMAHub Kooxahan bulsho waa meel ay hooyooyinku ku kulmaan, is taageeraan, ku raaxaystaan waxqabado, isla markaana helaan macluumaad faa'iido leh.

Ciyaar & Kora: Arbaco kasta (xilliga iskuulka) 10 subaxnimo – 12 duhurnimo, loogu talagalay hooyooyinka leh carruur da'doodu u dhaxayso 0 ilaa 5 sano.

- **Uurley & Dhallaanka:** Jimce kasta (xilliga iskuulka) 11 subaxnimo – 2 duhurnimo, loogu talagalay haweenka uurka leh iyo hooyooyinka leh dhallaanka ka yar 18 bilood.

Waxaan dib u bixinaynaa kharashaadka baska.

The Haven www.sirona-cic.org.uk/nhsservices/services/the-haven/

The Haven

The Haven waa adeeg caafimaad oo takhasus leh oo loogu talagalay dadka magangalyo doonka ah iyo qaxootiga, oo ku dhex yaalla Montpelier Health Centre, BS6 5PT. Telefoonka: 0300 124 6875 | Iimaylka: the.haven@nhs.net

Waxaan qiimeynaa oo aan daboolnaa baahiyaha caafimaad ee dadka magangalyo doonka ah iyo qaxootiga ku baahsan Bristol, North Somerset iyo South Gloucestershire. Waxaan sidoo kale caawinaa dadka si ay u helaan adeegyada caafimaadka iyo adeegyada kale ee ay u baahan yihiin.

Helitaanka adeegga waa tixraac ah (referral) ha ahaato telefoon ama iimayl, rugaha caafimaadkuna waxay furan yihiin Isniinta ilaa Jimcaha 8:30 am ilaa 4 pm.



Buundooyinka loogu talagalay Bulshooyinka www.bridgesforcommunities.com

info@bridgesforcommunities.com Xarunta Qoyska Easton, BS5 0SQ

Bridges waxay waddaa barnaamijyo dhowr ah oo ka caawiya dadka raadinaya magangalyada (sanctuary) inay la xiriiraan bulshooyinkooda deegaanka. Kuwaas waxaa ka mid ah **Barnaamijka Saaxiibtinimada (Befriend)**, oo isku xira dadka magangalyo doonka ah iyo tabaruceyaasha deegaanka, **Ila Soco (Walk With Me)**, **Toliinka Wadajirka ah (Stitching Together)**, **Taageerada Dib-u-dejinta (Resettlement Support)**, **Cunnooyinka Nabadda (Peace Feasts)**, iyo dhacdooyinka kale iyo safarrada hal-mar ah.



Ciida Qaxootiga Bristol www.bristolrefugeefestival.org Info@bristolrefugeefestival.org

Docklands Community Centre, St Pauls, Bristol BS2 8UA.

Waxaan isku dubaridnaa barnaamij dhacdooyin iyo dhaqdhaqaaqyo ah oo sannadka oo dhan socda, oo leh Festifaal sannadle ah bisha Juun ee doobkiiba, si loo xiro qaxootiga iyo magangalyo doonka bulshooyinkooda hoose, loona soo bandhigo hibadooda iyo waxqabadkooda magaalada.