

Taleefoono lambar muhiim ah iyo bogag internet.

Haddii ay jirto xaalad deg deg ah: wax boolisk, ambalaasta ama dab damiska oo ka wac 999, waana bilaash, turjubaanana waa joogaan.

Haddii aad cabsaneeysid, cidlo dareemeyso, wal-walsantahay, murugeeysantahay, wareersantahay ama aad talo un u baahantahay: bilaash ku soo wac khadka caruurta 08001111 xilli kasta ama booqo <https://www.childline.org.uk>

Kaalmo bilaasha, talo bixin iyo macluumaad gaar ahaan caruurta la daryeelo ama kuwa guryahooda ka fog loogu talagalay: soo wac the children's commissioner's advice line "Help at Hand" kasoo wac 08005280731 (9ka subaxnimo - 5ta galbnimo Isniinta illaa Jimco) ama booqo <http://www.childrenscommissioner.gov.uk/learn-more/help-at-hand> Help.

Haddii shaqo lagugu khasbo ama in aad sameeyso wax aadan dooneyn in aad sameeyso, haddii aadan xor u ahayn in aad ka tagto meesha aad ku nooshahay, haddii uu qof kuu goodiyo adiga ama qooykaada, haddii waxyeelo lagu geeyanayo, ama haddii uu qof si kale kuu koontarooloo: soo wac Modern Slavery Help line xilli kasta si aad talo u hesho oo kazoo wac 08000 121 700

Haddii aad u baahantahay talo iyo kaalmo ku saabsan caruurta aan lala socon ee magangalyo doonka ah: soo wac qaybta caruurta ee Refugee Council oo kazoo wac 020 7346 1134 ama email usoo dir children@refugeecouncil.org.uk

Si aad u raadiso caawimaad kuu dhow : www.miclu.org/servicemap

If you are an adult and you want to help a child who you think might have been trafficked or is in danger of exploitation, or if you would like to understand more about the asylum process, you can find useful information below:

NSPCC's Child Trafficking Advice Centre:

www.nspcc.org.uk

NSPCC have a helpline 0808 800 5000 and email too:

www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-trafficking

Every Child Protected Against Trafficking (ECPAT):

www.ecpat.org.uk

Coram Children's Legal Centre - Migrant Children's Project:

www.childrenslegalcentre.com/about-us/what-we-do/migrant-childrens-project

YEEY KALA YIHIIN?

Waddanka Boqortooyada Ingiriiska markaad timaado kadib waxaad la kulmi doontaa dad waa weeyn/qaan gaar ah oo kala duwan oo badan, laakiin dhammaantood maxeey kala yihiin? Tani waa hage kugu caawin doono in aad fahamto shaqooyinka kala duwan oo ay qabtaan iyo sida ay kuu caawin karaan.



Warqaddan xaqiiqda ku saleeysan waxaa loogu talagalay caruurta soo gala Boqortooyada Ingiriiska ee magangalyo doonka ah/iska dhiibayo kaligood.

Haddii aadan fahmin weeydii qof weeyn in uu kuu akhriyo.



**Maxaadan warqad
yaraan u wadanayn
una weeydiineeyn
dadka aad la kulanto
in ay farta ku fiiqaan/
tilmaa maan midka
ay yihiin?**





IRO (Independent Reviewing Officer)

► Who they are

An **IRO** makes sure that the **Local Authority** is doing what it is supposed to do for you while you are in their care. The IRO is responsible for making sure that your social services placement is **right for you**, and that you are happy. An IRO is **independent** and **separate** from social workers.

► What they do

An IRO should check that your care plan is right for your **future**, that everyone listens to what you have to say and considers it carefully, and that everyone is keeping to their part of the plan. You should **meet** with your IRO at least **every six months**.

It is very important that you tell your IRO if there are any problems with your care, if you feel your social worker isn't listening to you, or if there are any **problems** that have **not been solved**.

Dadka ku qoran warqad yarahan waxaa loo kala hormarinayaa sheegistooda sida aad ula kulmi doonto. Kaalimo kala duwan ayeey leeyihiin dhammaantood laaakiin mararka qaad waxay u muuqan kartaa in ay isku mid yihiin ama ay isku xiranyihiin.

Dadka waa weyn ee ku qoran warqad yarahan qaarkood waa in ay la wadaagaan macluumaadka/waxyaabaha adiga kugu saabsan xirfad la yaasha kale taas oo ah arin caadi ah oo shaqadooda ka mid ah. Saas waxaa loo sameynayaa in ay u wada shaqeeyaan si ay si wanaagsan kuugu caawiyaan kuuna ilaaliyaan.



Dadka waa weyn qaarkood sida caadiga ah lama wadaagaan macluumaadka xirfad la yaasha kale haddii aadan u ogolaan. Sida caadiga ah khiyaar ayaad u leedahay macluumaadka ay wadaagi karaan noociisa haddii aysan ahayn khattar aad ah oo adiga ama qof kale ku saabsan.





Turjubaan

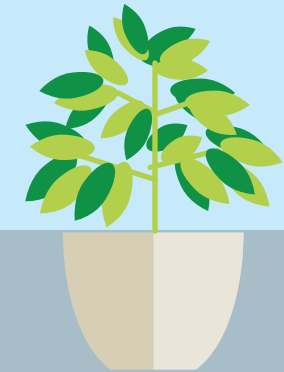
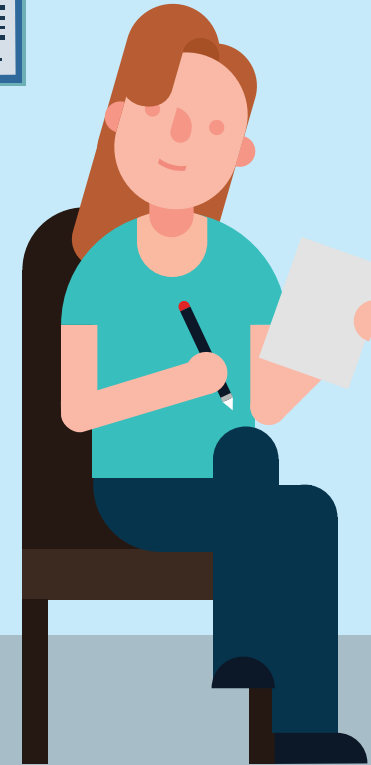
► Kuwa ay yihiin

Shaqada turjubaanka (interpreter) waa in uu hubiyaa in dhammaan erayada aad ku hadasho si wanaagsan af ingiriis loogu turjumo sidii aad u tiri iyo inuu u turjumo dhammaan erayada af ingiriiska laguugu sheego in si cad loogu turjumo luqaddaada si aad u fahamto.

► Waxa ay qabtaan

Badanaa marka aad la kulmayso dadka waa weeyn waxay u dhowdahay in uu turjubaan joogo si uu kuugu caawiyo in aad is fahamtaan xaq ayaadna u leedahay in aad turjubaan codsato. Turjubaanku tababar uma laha inuu ku siiyo talo xagga sharciga ah mana aha inuu ku yiraahdo waxaas sameey ama waxaas dheh.

Haddii aadan si wanaagsan u fahmin turjubaankaada, haddii aad u maleeyneeysa in uu san turjumeeyn wax walba ama haddii ay jiraan wax kale oo aad ka wal-wal santahay waa khasab in aad qof u sheegtaa. Si kastaba ha ahaatee haddii aadan ku kalsooneeyn turjubaanka, waxaad xaq u leedahay in aad codsato turjubaan kale.





Qof dadka maskaxiyan u daaweeyo

► Kuwa ay yihiin

A therapist (or psychotherapist) waa qof dadka ka caawiyo arrimaha isku buuqqa marka ay ku jiraan wakhti adag oo dhibaato leh. Marka ay ku jiraan habkaan daaweeynta ah dadka iyaga ayaa wax iska ogaado waxaana usoo baxo siyaabo ay kaga gudbaan dhibaatooyinka ama iyaga ayaa wax iska badala ama xaaladdooda. Inta badan waa lagu fiicnaadaa in aad heli karto qof aad la hadsho un.

► Waxa ay qabtaan

Waxyaabihii kugu dhacay markii aad waddankaadii joogtay, intii aad soo safreysay ama xatta markii aad soo gaartay Boqortooyada Ingiriiska kadib ayaa kugu keeni karo in aad dareento dhibaatooyin. Waxaa dhici karto in aad murugo dareemeeyso, xanaaq, ama hurdo aysan kaa imaaneeyn. Waxaa dhici karto in aad wali cabsi badan dareemeeyso. In aad la shaqeeyso qofka maskaxiyan dadka u daaweeyo waxay kugu caawin kartaa in aad fahamto dareenkaada iyo in aad barato sidii aad ku joojin lahayd oo aysan kaaga tan badan. Tani waxay kugu caawin kartaa in aad culeeyska saarto nolol maal meedkaada iyo mustaqbalkaada. Sidoo kale waxaa suurtoagal ah in qofka maskaxiyan ku daaweeynayo uu ku siiyo caddeeymo kuwaas oo kaa caawiyo xagga dacwada magangalyada haddii aad tani ku waafaqdo. Haddii aad dareemeeyso in aad dooneeyso in aad la hadasho qofka maskaxiyan wax daaweeyo weeydii dadka aan ku dhalin ee ku daryeelo (foster carer), qof ka shaqeeyo arrimaha bulshada (social worker) ama garyaqaan.





Sarkaalka socdaal

► Kuwa ay yihiin

Kaalinta (immigration Officer) sarkaalka laanta socdaalka waa in uu hubiyaa in sharciga socdaalka ee Boqortooyada Ingiriiska la raacay. Sarkaalka laanta socdaalka waxuu leeyahay qaar lamid ah awoodaha sarkaalka booliska ah, laakiin ciidanka booliska kamid ma aha: waxay u shaqeeyaan qayb kamid ah dowladda Boqortooyada Ingiriiska oo la yiraah Home Office (Wasaaradda Arrimaha gudaha). Mas'uuliyad ayaa ka saaran in ay hubiyaan in aad bad qabto oo aad wanaagsantahay.

► Waxa ay qabtaan

Markaad soo gaarto Boqortooyada Ingiriiska sarkaalka socdaalka waxuu ku geeynayaa meel aad ku badbaado inta aad kasoo kabaneeyso rafaadka safarka. Saraakiisha socdaalka macluumaad asaasi ah oo adiga kugu saabsan iyo meesha aad ka timid ayeey kaa qorayaan, waxayna kugu wareejinayaan qolyaha adeegga bulashada oo kuu diyaarin doono meel lagugu daryeelo. Waxaana suurtoagal ah in ay gudbiyaaan dacwadaada is dhiibista. Saraakiishan socdaalka ma aha in ay wareysi kaa qaadaan si aay go'aan ku saabsan in lagu ogolaanayo in aad joogto Boqortooyada ingiriiska u gaaraan. Laakiin waa in aad mar walba runta u sheegtaa, waana suurtoagal in ay qoraan waxii aad ku hadasho.



Be not afraid of greatness:
some are born great,
some achieve greatness,
and some have greatness
thrust upon them.



Macallin gaar ah

► Kuwa ay yihiin

A designated teacher (macallin gaar ah) waa macallin ka shaqeeyo iskuul ama kolleejo oo mas'uul ka ah caruurta ay daryeesho degmada. Waxaa dhici karto in ay san wax cashar ah ku barin. Xoogaa ayeey ka ogyihiin xaaladdaada laakiin waxa dhici karto in aysan ogayn macluumaadkaada qof ahaaneed eek u saabsan qoyskaada taariikh ahaan iyo sababta degmada masuulka kaaga tahay.

► Waxa ay qabtaan

Macallinka gaarka ah waxuu caawinayaa iskuul kaada ama kolleejadaada in ay ku caawiyaan si ay u buuxiyaan baahidaada, ayagoo hubinayo in aad si habboon ugu lug leedahay waxa iyo sida aad wax u baraneeyso. Waxay hubinayaan in iskuul kaada/kolleejadaada arrimaha saameeyn ku yeelan karo wax barashadaada waxayna la soconayaan xaaladdaada sida ay tahay. Sidoo kale waxay mas'uul ka noqonayaan (Personal Education Plan) kaada, Qorshahaada waxbarasho ee Qof ahaaneed.

Si joogto ah ayuu macallinka gaarka ah ula hadlayaa qofka kuu qaabilsan ka shaqeeynta arrimaha bulshada asagoo ka wareeysanayo sida aad iskuulka ku tahay. Macallinka gaarka ah ma aha inuu u sheego ardayda kale in mas'uul lagaa yahay ama in uu kuula dhaqmo si ka duwan iyaga hortooda.





Ka shaqeeye/sheeyso arrimo bulsho

► Kuwa ay yihiin

Ka shaqeeye arrimo bulsho (Social worker) waa qof mas'uul ka ah caawinta caruurta xaafaddooda ku nool. Maadaama aad kaligaa tahay oo aadan haysan qoys ku daryeelo maamulka xaafadda aad ku nooshahay ayaa masuul ka ah daryeelkade. Ayagaa hubinayo in aad hesho meel maal aad si bad qab ah ugu noolaato, cunto, dhar, daryeel caafimaad, waxbarasho iyo waxii kale oo caawimaad ah oo aad u baahantahay maadaama aad tahay ilmo yar. Tani waxaa loo yaqaan "looked after" ama "in care", la daryeelo ama la xannaaneeyo.

► Waxa ay qabtaan

Ka shaqeeyaha arrimaha bulsho ayaa go'aan ka gaarayo waxii ku saabsan daryeelkaada. Qofka ka shaqqeyo arrimaha bulsho ee adiga ku qaabilsan waa in ugu yaraan 6dii todobaadba mar uu kusoo booqdaa. Waa in ay ku dhageeystaan ayna ku daraan qorshaha daryeelka waxii aad rabto iyo dareenkaada. Waa in ay kuu sharxaan go'aamada ayna hubiyaan in aad taqaan sida codkaada lagu maqli karo/waxaad rabto u gidbin karto. Waa in ay mar walba kula hadlaan ayagoo isticmaalayo turjubaan haddii aadan af ingirriska aqoonin. Waxaa dhici karto in aad yeelato hal arrimo bulsho ka shaqeeye ka badan maadaama mararka qaar ay is badalaan. Markasta wado magaca iyo lambarka qofka ka shaqeeyaha arrimahaada bulsho.

Waxaad xaq u leedahay in lagaa ilaaliyo dhammaan waxyeelooyinka jir ahaaneed, maskax ahaaneed in six un lagaaga faa iideeysto iyo dayacaad haddii:

- uu qof ku waxyeeleeynayo
- qof weeyn uu san kuu daryeeleeyn sidii loo loo baahnaa
- qof uu kugu khasbayo in aad u shaqeeyso ama aad sameeyso wax aadan rabin in aad sameeyso
- aadan xor u ahayn in aad ka baxdo meesha aad joogto*
- qof uu kugu leeyahay wax xun ayaan kugu sameeynayaa adiga ama qoyskaada.
- aadan xor ahayn sababtoo ah qof baa wax kugu leh ama
- waad baqaysaa arrimo kale dartood...

Waxaa jiro dad kale oo ku caawin karo laakiin waa in aad aamintaa oo aad qof u sheegtaa. U sheeg qofka ku qaabilsan ee arrimaha bulshada ka shaqeeyo, dadka ilmaha aysan dhalin daryeelo ama qof kasta oo warqad yarahaan ku qoran ee aad ugu kalsooni badantahay ama wac mid kamid ah lambarada ku qoran xagga dambe ee warqad yarahan.

* Mararka qaar markii maamulka degmada ay aaminsanyihiin in uu jiro qof weeyn oo ku nool Boqortooyada Ingiriiska oo aan adiga bad baado kuu ahayn in aad xiriir la sameeyso waxaa dhici karto in ay xaddidaan meelaha aad aadi karto iyo qofka aad arki karto intii muddo ah si lagu bad baadiyo. Waa in ay kuu sharxaan arrintan. Haddii aadan ku faraxsaneeyn ama aad ku wareersantahay markaas waxaad wali arrinta kala hadli kartaa garyaqaankaada ama qof kale.



Waa in aad sii waddaa aaminaadda inkastoo aad khattar ku suganatahay. Waxaa laga yaabaa in aadan islahayn qof kale oo kaa naxayo ayaa jira ama aadan aqoon qofna laakiin qofbaa kaa naxayo

Caruurta oo dhan isku xuquuq ayeey leeyihiin

- Xaqqa waxaan u leeyahay in la I dhageeysto
- Xaqqa in aan helo guri, cunto iyo daryee
- Xaqqa in la iga ilaaliyo cunfi iyo sixun ula dhaqanka
- Xaqqa in dhakhtar/dhakhtarka ilkaha la I tuso iyo inaan helo daaweeyn bilaash ah
- Xaqqa in helo wax barashu buuxda oo bilaash ah
- Xaqqa in aan la xirin/meel lagu haayn
- Xaqqa in aan helo qooyaskayga
- Xaqqa in aan midab takoor la igu sameeyn
- Xaqqa in aan si buuxda horumar u sameeyo markaasi sii weeynaadaba

Xaqiiq: Marka laga hadlo sharciga Boqortooyada Ingiriiska, qofku wali waa ilmo illaa uu gaaro 18 sano jir. Xaafadda uu ku noolyahay ilamha yar waxaa waajib ku ah in ay daryeelaan ilamha aan qoys lahayn illaa uu gaaro 18, xaaladaha qaarna da'daas kadibba. Sidaas darted ayaa ilamha yimaado Boqortooyada Ingiriiska ayagoo kaligood ah loo geeyaa meel lagu daryeelo.





Ilmo uu san dhalin koriye/ koriso

► Kuwa ay yihiin

Foster care (ilmo uusan dhalin koriye) waa qof gurigiisa u furo xannaaneynta caruur aanan haaysan qoys daryeelo si uu u daryeelo.

► Waxa ay qabtaan

Ilmo aysan dhallin koriyeyaasha waxay bixiyaan guri bad qab iyo amaan leh. Daryeel maalin walba ah ayeey ku siinayaan, iskuulka ayeey kuu wadayaan waxayna ku siinayaan waxyaabaha aad u baahantahay sida dhar iyo cunto. Sidoo kale ilmo uu san dhalin daryeelaha waxuu xiriir la yeelanayaa dhowr kamid ah dadka waa weeyn eek u lug leh noloshaada sida ka shaqeeyaha arrimaha bulsho (Social worker), dhakhtarkaada guud (GP), qareen kaada (lawyer) iyo macallimiintaada. Noloshooda qoys waxaa laga yaabaa in aysan ahayn mid aad horeey usoo aragtay, tani haddii ay kugu adkaato waa muhiim in aad dareenkaada la wadaagto si ay kuu caawiyaan.





Sarkaal boolis ah

► Kuwa ay yihiin

A police officer sarkaal boolis waxuu masuul ka yahay badbaadada dadka waxuuna ka shaqeeynayaa in dadku ay u hogaansamaan ayna raacaan sharciga Boqortooyada Ingiriiska iyo inuu baro dambiyada. Saraakiisha booliska waa in ay iyagana sharciga u hogaansmaan sidoo kale.

► Waxa ay qabtaan

Haddii aad khattar ku jirto ama aad u baahantahay in aad soo sheegto dambi waa in aad booliska ula hadashaa sida ugu dhakhso badan ee suurtoogalka kuu ah. Soo wac 999

Haddii aad ka cabsaneeyso in aad booliska soo wacdo ama aadan dooneyn in aad siiso macluumaadkaada qof ahaaneed markaas la hadal qof kale oo weeyn oo aad aamineeyso. Dambiga waxaa lasoo sheegi karaa ayadoo aan la bixin macluumaadkaada qof ahaaneed.

Waxaa dhici karto in shuruucda dambiyada ee Boqortooyada Ingiriiska ay aad uga duwantahay shuruucda dambiyada ee waddankaada. Tusaale ahaan waxaa lagugu ganaaxi karaa sigaar aad dariiqqa ku tuurtay. Weeydii qofka kuu ah ka shaqeeye arrimaha bulsahada ama qof kale oo weeyn si uu kuugu caawiyo in aad in badan ka fahamto sharciga.

Haddii dambi lagugu soo oogo waxaad xaq u leedahay in uu garyaqaan kula joogo inta sarkaalka booliska wareeysi kaa qaadayo.

Haddii uu qof kale kugu khasbay in aad dambi sameeyso markaas dhibane ayaad tahay waxaadna u baahantahay caawimaad iyo ilaalin.

Xasuusnaaw: Haddii aad ka cabsaneeyso in aad booliska la hadasho, la hadal qof weeyn oo aad aamineeyso.





Kalkaaliso/liye gaar ah iyo dhakhtar good (GP).

► Kuwa ay yihiin

Kalkaaliso gaar ah (designated nurse) waa kal kaaliso fahmeeyso dhibaayinka iyo arrimaha ay la kulmaan ilmaha ay daryeelaan qolyaha bixiyo adeegyada bulshada. Waxay la shaqeeyaan qofka qaabilsan arrimahaada bulsho (social worker) si ay u hubiyaan in baahidaad caafimaad la buuxiyay.

Dhakhtar guud (GP) waa dhakhtar siiyo talooyin caafimaad guud iyo daaweeyn dad ku nool xaafad gaar ah.

► Waxa ay qabtaan

Kal kaaliya gaar ah ayaa ku hubin doono si loo hubiyo in aad qabto wax dhibaato caafimaad ah. Tani waxaa loogu yeeraa (first assessment) qiimeeynta/hubinta ugu horeeyso. Tani waa in loo sameeyo sida ugu dhakhso badan ee suurtoagal ka ah mar allaale markaad soo gasho Boqortooyada Ingiriiska. Si bilaash ah ayaad ku arki kartaa dhakhtarkaada guud haddii aad qabto wax dhibaatooyin caafimaad ah ama dhibaatooyin kale sida haddii aad murogo badan dareemeeyso ama aad qabto dhibaato hurdo la'aan ah. Boqortooyada Ingiriiska markaad joogto uma baahnid in aad lacag bixiso si lagu daaweeyo, oo ay kamid tahay u tagista dhakhtarka ilkaha ama indhaha.

Haka cabsan in aad si daacad ah ugu sheegto kal kaaliyaha caafimaad ama dhakhtarkaada guud waxii ku saabsan dhibaatooyinka ku horyaal. Kal kaaliyaha gaarka ah ee aad leedahay waa in ay kuu diyaarisaa turjubaan kuu raaco ballamaha aad la leedahay dhakhtarkaada guud (GP).





Qof u shaqeeyo wasaaradda arrimha gudaha oo dacwad qaabilsan

► Kuwa ay yihiin

Qof u shaqeeyo wasaaradda arrimha gudaha oo dacwad qaabilsan (Home Office case worker) wareeysi ayuu kaa qadayaa oo su'aalo ayuu kaa weeydiin doonaa dacwadaada magangalyo, qiimeynayaa dhammaan caddeymaha adiga iyo garyaqaan kaada aad soo gudbiseen eek u saabsan codsigaada waxeeyna bar-bar dhigayaan macluumaadka iyo xogaha ay dowladdu haayso. Waxaan oo dhan waxay u isticmaalayaan si ay go'aan uga gaaraan nooca ogolaansho oo ay dhici karto in lagu siiyo si laguugu ogolaado in aad joogto Boqortooyada Ingiriiska.

► Waxa ay qabtaan

Waa muhiim in aad siiso qofka dacwadaada gacanta ku hayo macluumaadka ugu badan ee suurtoagal ah ee ku saabsan dacwadaada magangalyo. Qofka dacwadaada gacanta ku hayo waa in uu kugu caawiyaa sidii aad u sharxi lahayd waxii kugu dhacay asagoo su'aalo ku weeydiinayo oo dhageeysanayo jawaabahaada.

Haka cabsan in aad u sheegto qofka dacwadaada gacanta ku hayo waxii kugu dhacay oo dhan - ma hayaan qaab sixir oo ay ku ogaadaan haddii aadan u sheegin. Aad ayeeyna muhiim u tahay in aad mar walba runta sheegto, haddii aadan jawaabta aqoonna aad tiraah ma aqaan ama ma hubo. Go'aanka uu gaaro qofka dacwadaada gacanta ku hayo ma aha go'aan kii ugu dambeeyay waxaana suurtoagal ah in aad racfaan (appeal) xaq u leedahay.

Haddiise lagugu wareejiyo National Referral Mechanism (NRM) hey'adda qaabka gudbinta markaas qof kale oo wasaaradda arrimaha gudaha u shaqeeyo ayaa go'aaminayo haddii ay u maleeynayaan in lagu soo kaxeeyaya. Go'aanka waa in uu noqdaa mid ka gaddisan, laakiin macluumaadka ku saabsan go'aan kasta weey wadaagi karaan dadka dacwada gacanta ku hayo.

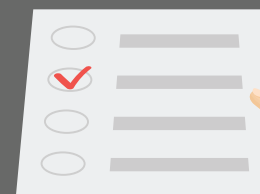




Su'aalo isku mid ah ayaa la I weeydiiyay, waxaanna dareemayaa in aysan I rumeeyan. Waxaad u baahantahay aaminaad si aad wax walba si fudud uga hadasho. Laakiin mararka qaar waa khasab igu noqotay in aad isku khasbo

Waxaa laga yaabaa in wareeysiyo dhowr ah ay kaa qaadaan dad waa weeyn oo kala duwan intii muddo ah, taas oo keeni karto caro/caal waa. Sabar yeelo.

Haddii ay kugu adagtahay in aad ka jawaabto su'aal, haddii aad cabsi badan qabto, xishooneeysid, xanuunsantahay ama aad illoowdo, waa in aad sharaxdaa tan. Waa caadi in aad tiraah "tani hadda kama hadli karo". Haddii aadan sheegin qofka wareeysiga kaa qaadayo ma ogaanayo, waana muhiim in ay fahmaan.





Qof mas'uul ah oo weeyn/ qof wayn oo ku habboon

► Kuwa ay yihiin

(qof weeyn ee ku habboon) ama (qof weeyn oo mas'uul ah) waa qof mas'uul ka ah ilaalinta xuquuqda iyo daryeelka ilmaha yar marka wareeysi laga qaadayo.

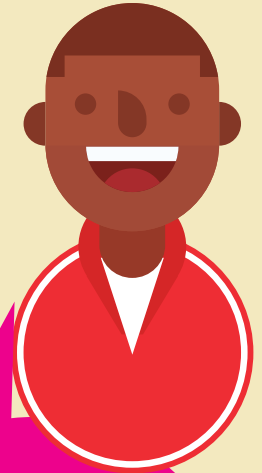
► Waxa ay qabtaan

Qofka weeyn eek u habboon waxuu kuu raacayaa wareeysi sida wareeysiga dacwadaada magangalyo, qiimeeyn da' (taas oo ah qaab go'aan looga gaaro da'daada) ama wareeysi boolis kaa qaadayo.

Caawimaad madax bannaan ayeey ku siinayaan, waxii aad u baahantahay ayeey u sheegayaan qofka wareeysiga kaa qaadayo, waxayna hubinayaan in aad fahamto sida ay wax u dhacayaan iyo in aad awooddo in aad la hadasho.

Qofka weeyn ee mas'uulka ah waxuu noqon karaa qofk ilmo uu san dhalin koriyo, qof arrimaha bulshada ka shaqeeyo, qof u shaqeeyo urur arrimaha qaxootiga ka shaqeeyo ama qof masuul ka ah ilmo yar laakiin waa in ay ahaadaan qof aad taqaan oo aad aamineeyso.

- Haka wal-walin in uu qof kuu xanaaqo ama uu kuu arko qof qallafsan/hadal adag.
- Haddii ay kugu adagtahay in aad fahamto shuruucda iskuulka ama guriga dadka ku daryeelo - weeydii



Ahaaw qof adag, waxay doonto ha haato. Haddii aan did u fiiriyo, wax allaale waxii cadaadis ama walaac in ay badnaayeen sababtoo ah waan is dhiibayay/gacantaan ka taagayay. Sideey doonaanba arrimuhu ha ugu muuqdaan in ay xunyihiin, ma aha halkii ugu dambeysay

Ha cabsan. Dadkan in ay ku caawiyaan ayeey meesha u joogaan. Isku day in aad si furan ula hadasho si ay si aad u fudud kuugu caawiyaan.



- Waa muhiim in macluumaadka lala wadaago oo runta la sheego.
- Weeydii waxii su'aalo ah ee aad rabto intee doonaanba ha ahaadeen oo sheeg haddii ay jiraan wax aadan ku raacsaneeyn.



Garyaqaan/Qareen

► Kuwa ay yihiin

Garyaqaan waa qof yaqaan oo fahamsan sharciga. Garyaqaanka arrimaha socdaalka waxuu yaqaan shuruucda wasaaradda arrimaha gudaha (Home Office) uu isticmaali doono si uu go'aan uga gaaro codsigaaga magangalyo laakiin waxaa jiro noocyo kale oo garyaqaano oo aqoon u leh tusaale ahaan garyaqaan dambiyada, garyaqaan arrimaha qoyska ama garyaqaan arrimaha adeegga bulshada.

► Waxa ay qabtaan

Garyaqaan aduu kuu shaqeeyaa. Garyaqaan waxuu kugu caawinayaa in aad fahamto waxa dhici doono inta aad ku guda jirto howlaha arrintaada magangalyo iyo sida shuruucda kala duwan loogu dabaqi karo xaaladdaada. Waxeey u baahanyihiin in ay ogaadaan waxa kugu dhacay si ay taas u sameeyaan. Waa in ay dhageeystaan waxa aad leedahay.

Si ay u fahmaan waxii kugu dhacay waxay u baahanyihiin in ay kula kulmaan dhowr jeer inta codsiga dacwadaada la diyaarinayo. Haddii aadan fahmin garyaqaankaada ama aad ka cabsaneeyso ama aad ka xishooneeyso in aad la hadasho waa in aad qof u sheegtaa. Waxaa suurtoagal ah in aad la shaqeeyn karto garyaqaan ka duwan.

Garyaqaankaada waa in uu kugu caawiyaa in aad soo saarto/garato qeeybaha muhiimka u ah dacwadaada magangalyo ee waxyaabaha kusoo maray. Waa in ay kula joogaan marka lagaa qaadayo dhammaan wareeysiyada muhiimka ah ee ay kula yeelanayaan saraakiisha socdaalka ama booliska ayna hubiyaan in aad macluumaad ku bixiso wakhtigii loo baahnaa.

Garyaqaankaada waa in uu san lacag ku weeydiin si uu dacwadaada magangalyo uga shaqeeyo. Hey'adda dowladda ka tirsan oo la yiraah "Legal aid" ayee lacag weeydiisan karaan si ay u diyaariyaan galkaada/dacwadaada ayagoo adiga ku matalayo laakiin tani macnaheeda ma ah in ay dowladda u shaqeeyaan.

