

## **Mabasa ezvehutano muUK / Health Services in the UK**

### **Zviri mukati megwaro iri**

VeNHS

Kuchengetedza Muchivande  
Vaturikiri muNHS  
Zvichemo nezvinonetsa

Mabasa ezvehutano anowanikwa nechimbichimbi nguva dzenjodzi ku NHS  
Bazi retsaona nenjodzi

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Mamwewo mabasa orubatsiro muLeeds

# **Mabasa ezvehutano muUK**

This booklet is for asylum seekers and helps to explain what health services are available in the UK. This resource is available in other languages and versions can be downloaded from [www.bcathealthinitiative.co.uk](http://www.bcathealthinitiative.co.uk). This resource was produced in Leeds in 2004 by; The Black Health Initiative, Yorkshire MESMAC, the NHS Sexual Health and Substance Use Team (Leeds PCTs), Health Access Team for asylum seekers.

Leeds Social Services helped with the translation of this resource.

## **Mabasa ezveHutano Munyika yese (NHS)** **The National Health Service**

### ***Chiiko chinonzi Mabasa ezveHutano Munyika yese?***

Muno muUK, hutano hwenyu hunomirirwa nesangano rinonzi NHS rinomirira mabasa ezvehutano munyika yese. Mashoko anotevera apa akakosha zvikuru kunyanya kana muchida kupotera uye musati maziva mhinduro kubva kune Bazi rehurumende rinoona nyaya dzomunyika; kupinda nokubuda.

### ***Mabasa ezveHutano Munyika yese anowanikwa mahara here?***

Kana makumbira kupotera veNHS vanokupai rubatsiro mahara mune zvehutano hwenyu. Apa tinosanganisa tsaona, kurapwa muchipatara, muchinobereka kana kudzidziswa kuronga mhuri kana kudzivirira pamuviri. Zvinotevera mugwaro iri zvinotsanangura zvekurapwa zvese zvamunowana mahara kana muchizvida.

### ***Chiiko chinonzi tsamba yaChiremba yekuwana mishonga?***

Kana muchida mishonga, chiremba anokupai tsamba yekuwana mishonga. Tsamba iyi yakafanana netikiti rinotsanangura zvinodiwa nachiremba wenyu. Munitora tsamba iyi moenda nayo kwamunotenga mishonga. Chiremba havakupei tsamba yemishonga nguva dzose; vamwe vanoti munozvitengera mimwe mishonga kuchitoro chemishonga.

### ***Ndinofanira kuripa here kana ndine tsamba yekuwana mishonga?***

Kana muri mupoteri hamubvisi muripo kana mapiwa tsamba yekuwana mishonga asika munofanirwa kunitora fomu rinonzi HC2 kubva kubato reNational Asylum Support Service (NASS). Fomu iri richaratidza kuti hamufanire kuripa sezvo muri mupoteri. Muno muUK vamwe vanhu vanofanira kubhadhara kuti vawane tsamba yemishonga uye kuona chiremba wemazino kana wemaziso. Nepamusana pekuti muri mupoteri uye hamukwanise kuzvishandira muno muUK monowana izvi mahara chaiwo. Kuti zvikushandirei endai kunitora fomu rinonzi HC2.

## ***Ifomu rudziiko rinonzi HC2?***

Fomu rinonzi HC2 chinhu chamunonyorera mumwedzi mitanhatu yega-yega. Kuti muriwane munoita zvinoteverra:

- Kumbirai mushandi wenyu akakutsvagirai pekugara (ndokunge muri padzimba dzeNASS) kuti akubatsireyi.
- Endai kuchitoro chekutengesa mishonga kana kumahofisi achiremba kuti vakubatsireyi nefomu reHC2.
- Kana muri muLeeds endai kune veHealth Access Team kana kuenda kumakiriniki avo (Endai pakanyorwa kuti ealth Access Team)

## **Kuchengetedza muchivande**

### ***Mhinduro dzedu dzichanopiwa vananiko?***

Bato rezvehutano (NHS) rakasiyana nebazi rezvemapindirwo emunyika (Immigration.) Naizvozvo vashandi vese veNHS vanosungirwa kuti vachengete zvese zvakanangana nevarapwa vavo **MUCHIVANDE**. Havabvumidzwe kuti vadudze kana chii zvacho kune vemapindirwo omunyika kana veNASS zvisina mvumo yenyu. Dzimwe nguva vanachiremba kana vanamukoti vanogona kuzivisana nepamusoro penyu. Izvi zvinoitwa chete kana zvichibatsira kurapwa kwenyu uye zvinochengeteka muchivande zvisingasvike mumaoko evasina kufanira. Kana pachionekewa kuti pane vana vanogona kupinda munjodzi kana pane munhu ari kurwarira kufa zvinogonawo kuti vanhu vaziviswe. Zivai kuti kana musinganyatsogutsikana mune mvumo yekubvunza kuti ndivanani vakaziviswa nezvenyu.

## **Vaturikiri muNHS**

### ***Ndingakurukure seyiko ini ndisingagone Chirungu?***

Kana musingagone kutaura Chirungu mune mvumo yekukumbira kuti mutaure nerurimi rwaamai mugoturikirwa. Kunyange muchida kuona chiremba kana mukoti. Hamufanirwe kukumbira shamwari kana hama kuti vakuperekedzei kuti vazoturikira.

Vaturikiri vakasungirwa kuti vachengetedze muchivande zvese zvavanenge vanzwa pakaturikira. Kana musingafare nemuturikiri wenyu mune mvomo zvakare yekuti mutsvagirwe mumwe. Taurirai mushandi anenge achibatsira.

Nzira dzekukumbira muturikiri nadzo ndeidzi:

- Kumbirai Chiremba, Mukoti kana mushandi wepanzvimbo yamuri.
- Munokwanisa kuenda kubato reHealth Access Team Drop mosvikovakumbira kuti vakubatsireyi (tarisayi pakanyorwa kuti Health Access Team).

Kana muri mudunhu reLeeds munogona kuwana muturikiri wamunotaura naye ari pamuri kana wekutaura naye parunhare.

Tiregerereyiwo nekuti parizvino mudunhu reLeeds hamuna vaturikiri vanowanikwa muzvitoro zvemishonga, kuna vanachiremba vemaziso uye vanachiremba vemazino.

## Zvichemo kana zvinonetsa pakushandisa rubatsiro rweNHS

### ***Chiiko chandingaite kana ndine chichemo nerubatsiro rweNHS?***

Pane sangano rinobatsira varapwa rinonzi Patient Advice and Liaison Service (PALS) rakamirira kubatsira kana mashaya rubatsiro. Sangano iri ndere varapwa mhuri dzavo neshamwari dzavo uye rinobatsira nemafambisirwo ezvinhu. Ava vanonyatsogara pasi nemi vagoterera zvichemo zvenyu vozivisawo vashandi veNHS kuitira kuti zvichemo zvigadziriswe varapwa vagochengeteka zvakanaka. Bato rePALS rinogona kuita zvakaite seizvi;

- Kukuzivisai nezvevamwe vanobatsira panyaya dzehutano nemamwe mapato angakubatsireyi.
- Kutambira zvamunofunga zvakanaka kana kuipa zvamunoda kuti zvigadziriswe.
- Kunyatsotsanangura makwidzirwo ezvichemo nekutaura nevangagone kubatsira.
- Kushanda nemi nevashandi vepamuri kuitira kuti zvichemo zvenyu zvigadziriswe nenzira inokufadzayi.
- Munogona kuridza runhare kubato rePALS parunhare rusingabhadharwe **runoti 0800 0525 270**

# **Mabasa ezveHutano anowanikwa kubva kuNHS** **nechimbichimbi nguva dzenjodzi**

## **Bazi reTsaona neNjodzi** **(Accident and Emergency Department) (A&E)**

### ***Chiiko chinonzi Bazi reTsaona neNjodzi?***

Kana mukaita tsaona kana kurwarisisa mungade kunorapwa kubazi retsaona nenjodzi, A&E, riri muchipatara chiri pedyo nemi. Izvi hazvina muripo uye zvinoitirwa munhu wese. Bazi reA&E rinogara rakavhurwa nguva dzose husiku nemasikati. Kana muchida rubatsito rwechimbichimbi munoongororwa nachiremba chiriporipocho. Kana isiri tsaona kana njodzi chichemo chenyu chinonyorwa pasi momirira chiremba – munogona kumirira kwechinguva chakareba.

MuLeeds, bazi reA&E rinowanikwa pachipatara chinonzi Leeds General Infirmary chete icho chiri mukati meguta nechimwewo chipatara chinonzi St James' University Hospital chinowanikwa kuEast Leeds

Musati maisa chichemonyatsofungisisayi kuti hurwere hwenyu hunoda kurapwa zvechimbichimbi here kana kuti munogona kumbomira. Tinoitira izvi nekuti munogona kudzivirira vamwe vanenge vachirwarisisa chaizvo kuti vawane rubatsiro rwechimbichimbi rwetsaona nenjodzi.

### ***Chiiko chinonzi njodzi, hurwere hunoda kurapwa nechimbichimbi?***

Fananidzo yenjodzi dzinoda kurapwa nechimbichimbi ndeidzi ;

- Chirovera
- Kubaiwa muchipfuva
- Mabayo anowanikwa muchipfuva
- Kudzimira
- Kurasikirwa neropa kwakanyanya
- Kutyoka kwemapfupa
- Maronda anotyisa anowanikwa kana munhu abaiwa nebanga
- Kutadza kufema/ Kuzarirwa
- Kukuvara mumusoro
- Kukuvara munjodzi yemota

### ***Ko vacheche nevana vadiki?***

Vacheche nevana vadiki vanokwanisa kurwara chaizvo zviri nyore kupfuura vanhu vakuru.

### ***Ndingazive seyi kuti mwana ari kurwarisisa?***

Kazhinji vabereki vanokurumidza kuona kuti pane chiri kunetsa mwana kana asinganzwe zvakanaka. Zvimwe zviratidzo ndeizvi:

- Kana akamuka, kana kusvinura mwana wenyu anenge achiratidza kuneta kwakapfuuridza asingadi kukutarisayi kumeso.
- Mwana wenyu anenge asingade kudya kana kuti anenge achirutsa.
- Mwana wenyu anenge asina simba uye **akachenuruka** kunge apera ropa.
- Mwana anenge ane munyaviri kana kuita ganda rinenge rakasvuuka kana kunge ganda risina ruvara.
- Mwana anenge achipisa muviri chaizvo achiita kunge ane fivha zvekuti imi munenge mavakunetseka nazvo.
- Mwana anenge achitadza kufema kana kufemera pamusoro kusiri kwemazuva ese.
- Mwana anenge achichema zvakasiyana nemachemero emazuva ese (pamwe anenge achingogomera pamwe achihwihwidza) uye kana mukaenda kumunyaradza hazvibatsire.

### ***Ndinovika seyiko kubazi retsaona nenjodzi ,A&E?***

Munogona kuzviendera mega kuA&E iri pedyo nemi kana kudaidza hamburenzi ikuendeseyi.

### ***Ndingaidze seyiko hamburenzi?***

Munofanira kuridzira runhare kunhamba idzi 999 kudaidza hamburenzi yetsaona . Runhare urwu runoridzwa mahara chero pafoni dzomubhadharo. Kana maridza muchabvunzwa kuti muri kuchema neyiko sezvo runhare rune nhamba 999 ruchishandiswawo kudaidza vanodzima moto kana mapurisa. Kana muchida kudaidza hamburenzi mutsaona kana njodzi itayi zvinotevera.

- Ridzai nhamba idzi 999
- Taurirai anenge adaira runhare kuti munoda hamburenzi
- Muchabvunzwa kuti muri kuridza muri kupi kwacho
- Taurayi zviru kunetsa

Panongosvika hamburenzi ichakuendesayi kuchipatara chiri pedyo nemi chine bazi retsaona nenjodzi, A&E.

## **MUSARIDZIRA HAMBURENZI KANA MUINE TSITSI NEVEMABASA E TSAONA NENJODZI**

## **ASIKA, ZIVAYI KUTI MUNOFANIRWA KUENDA KUNA CHIREMBA WENYU KANA MUCHIDA KURAPWA ZVEHURWERE HUSIRI HWETSAONA NENJODZI .**

- Bazi retsaona nenjodzi, A&E harifanirwe kushandiswa nekuti hamudi kuenda kuna chiremba ari pedyo nemi. (onai zvakanyorwa nezvaChiremba)
- Kunyange mukaridza runhare 999 hazvireve kuti muchapindira vamwe vanga vakamirira chiremba kuA&E.

- Varwere vese vanoonekwa maereano nemarwariro avenenge vachiita hapana zvekupindira.
- Hazvisi zvirwere zvese zvinoda kuvhenekwa.
- Chiremba wenyu ndiyo mhare muhurwere hwose hwose. VanaChiremba vebazi reA&E inyanzvi nemhare dzetsaona nenjodzi dzinoda kurapwa nechimbichimbi.

Mapazi eA&E ari muLeeds akanyorwa zvinoonekwa. Zvipatara zviviri zvamunogona kunowana rubatsiro ndeizvi zvakanyorwa pano:

- St James' Hospital, Beckett Street
- Leeds General Infirmary, Calverly Street, Leeds mukati meguta

# Dzimba dzavanaChiremba dzokurapira **GP Surgeries**

## ***Chiiko chinonzi Dzimba dzavanaChiremba?***

MuUK muneDzimba dzavanaChiremba (dzimwe nguva dzinonzi makiriniki kana nzvimbo dzehutano) dzakagadzirirwa kuchengetedza hutano. Vapoteri vese vane mvumo yekuwana rubatsiro uye vanofanirwa kunonyoresa kuDzimba dzavanaChiremba dziri pedyo navo. **Zvakakosha chaizvo kuti muende kunonyoresa kuDzimba dzavanaChiremba muchangosvika.**

## **Kunoyoresa kuDzimba dzavanaChiremba**

## ***Ndinofanira kunoyoresa here kuDzimba dzavanaChiremba kunyange ndisingarware?***

Kunyange musingarware zvakakosha chaizvo kuti munyorese kuDzimba dzavanaChiremba . Izvi zvinoitirwa kuti kana marwara mugone kurapwa nekukurumidza.

## ***Ndinonyoresa seyiko kuDzimba dzavanaChiremba?***

Pane nzira dzakati kuti dzamungashandise:

- Munokwanisa kuenda kuchipatara chiri pedyo nemi kana kukumbira veDzimba dzavanaChiremba kuti vakunyoresei.
- [Munogona kuenda kune veHealth Access Team Drop mugokumbira kuti vakubatsireyi.](#)

Chiremba vanonzi GP vanonyoresa vagari vepedyo nepavanorapira. Kana maenda kunonyoresa torai chitupa chenyu kana chimwewo chinoratidza zita nemufananidzo wenyu. Pamwe mungatore kadhi renyu reIND kana chimwewo chinoratidza kero yepamunogara. Kana chiremba ari pedyo nemi aine varapwa vakawanda anogona kusakunyoresai. Havafanirwe kuramba kukunyoresai nekuti muri munhu ari kukumbira kupotera.

Kana manyoreswa nachiremba muchakumbirwa kuti muunze matsamba enyu amakawana kune vamwe vanachiremba kana makambenge makanyoreswa kune vamwe vanachiremba. Matsamba aya anenge akachengeteka muchivande haashambadzirwe. Anongoratidzwa vamwe vanachiremba kana mukoti.

Muchakumbirwa kuti muzadzise fomu mugodzokera kwachiremba kunopindura mibvunzo kuna vanamukoti vanodzidzira (onai zvichauya pagwaro iri). Tapota torai matsamba enyu ekwachiremba kana muchienda. **Kana makamboenda kunotambirwa vapoteri uye mune kagwaro katsvuku, kana kakatsvukuruka kana kakasvibirira tapota endai nako pese pamunoenda kwachiremba.**

## **VanaChiremba vezvirwere zvese/vanaChiremba vemhuri yese**

### ***VanaChiremba vezvirwere zvese vanoiteiko?***

VanaChiremba vezvirwere zvese vanoshanda mumakiriniki. Chiremba vezvirwere zvese ndiye wamunotanga kuona muchangosvika munyika ino kana musinganzwe zvakanaka. Munogona kuwana izvi kuna Chiremba vezvirwere zvese:

- Yambiro nezvehutano nekurapwa
- Kuongororwa musati marapwa
- Matsamba ekuwana mishonga kuti mudzivirire kurwara
- Yambiro nezvehutano nekurapwa kana mune chirwere chepfungwa
- Kucheneteka kana muine pamuviri
- Kuwana tsamba yekukwanisa kunoona vanamazvikokota vanachiremba kune zvimwe zvipatara. (Zivai kuti tsamba dzakadai dzinonyorwa kana chiremba vachiona zvakakodzera).
- Nzvimbo yekuti madzimai apiwe mazano okuronga mhuri nekudzivirira nhumbu
- Kuzvidzivirira kurwara

VanaChiremba vezvirwere zvese vanoshanda mumakiriniki ari pedyo nemi (kwete kuzvipatara). Zvirwere zvizhinji zvinorapwa muzvipatara kune dzimwe nyika zvinogona kurapwa navanaChiremba vezvirwere zvese muno muUK.

## **Vanamukoti vari kudzidzira**

### ***Vanamukoti vari kudzidzira vanoiteyiko?***

Vanamukoti vari kudzidzira vanoshanda mumakiriniki avanaChiremba vezvirwere zvese. Mabasa avo anosanganisa izvi:

- Kuongorora varwere vatsva, zvinoitika kana maenda kunonyoresa kekutanga.
- Kubayiwa nhomba kwevanhu vakuru nevacheche
- Kurapwa zvironda zvisinganyanye kutyisa
- Kuongororwa muromo wechibereko nezvehutano hwemadzimai
- Yambiro yekuziva nezvehurwere hwakawanda nekuzvidzivirira mune hwakawanda.

## **Kunonyoresa kuna vanaChiremba vezvirwere zvese**

### ***Ndinganyorese seyiko kunaChiremba vezvirwere zvese?***

VanaChiremba vezvirwere zvese havaone vanhu vanenge vasina kunyoreswa. Zvakakosha zvikuru kuti mutange manyoresa, musangosimuka muchienda kwachiremba. Munogona kunyoresa parunhare kana kuenda kwavanorapira. Nguva dzekunyoresa ndedzemangwanani kubva kuma 08h30 kusvika 09h00. Kana muchinyoresa uye muchida kuturikirwa zivisayi vanyoresi kuitira kuti vakutsvagireyi muturikiri Vanachiremba vashoma-shoma vanobvumira kuti mungouya musina kunyoresa. Bvunzai chiremba wenyu kuti vano zvivumira here izvi.

Kana muchinyoresa kunaChiremba zvinenge zvakanaka kuti mubvunze manyoreserwo anoitwa kana muchida kozoona Chiremba. Panofanirwa kunge pane kagwaro kanotsanangura zvese zvamungade kuziva nezvinobatsira varapwa.

### ***Chiiko chandingaite kana Dzimba dzaanaChiremba dzakavharwa?***

VanaChiremba vazhinji vanogona kunge vavhara dzimwe nguva dzemasikati kana manheru kana pamazuva ezororo kana muGovera neSvondo. Kana imi kana kuti vana venyu musinganzwe zvakanaka ridzayi runhare. Runhare runenge ruwine imwe nhamba yamunogona kuridzira chiremba inoshanda pamazuva ezororo kana husiku. Ridzayi nhamba iyi kuitira kuti munzwe kuti chiremba vakuudzeyi zvekuita kana kuuya kwamuri. Munokwanisa kuridzira veNHS kwamunogona kuwana Chiremba anokubatsirayi kana kuuya kumba kwenyu. Yeukaiwo kuti vanogona kuwana vaturikiri. (onai pakanyorwa nezveNHS Direct). Kana muchiona kuti hurwere hwakakurisa endayi kunorapwa zvechimbichimbi kune chipatara chetsaona nenjodzi, A&E. Kana muchiona kuti hamukwanise kuenda kuchipatara ichi ridzai runhare panhamba dzinoti 999 mugodaidza hamburenzi (onai pakanyorwa nezveChipatara chinorapa zvechimbichimbi)

### **Kuwanikwa kwevaturikiri kuDzimba dzavanaChiremba**

#### ***Ndingaite seyiko kana ndisingagone kutaura Chirungu?***

Kana muri muLeeds, vanaChiremba vanokubatsirayi nerunhare rwunobatsira kuturikira rwunonzi Language Line, rwamunoshandisa zvisingashambadzirwe.

Nzira dzekukumbira muturikiri kunaChiremba ndeidzi:

- Kumbirayi mubatsiri wachiremba kuti akutsvagireyi muturikiri pamunoenda kunonyoresa .
- Kumbirayi Chiremba kana mukoti pachenyu pavanenge vachikuonayi.

#### ***Ndingaite seyiko kana ndaudzwa kwachiremba kuti havagone kunditsvagira muturikiri?***

Nzira dzamungashandise kuwana rubatsiro kana muchida muturikiri kwaChiremba:

- Vonai vePatient Advice Liaison Service (PALS) vachaedza kukubatsirai. [Nhamba dzerunhare dzavo dzinoti 0800 0525270.](#)
- [Munokwanisa kuenda kuHealth Access Team Drop mugovakumbira kuti vakubatsireyi \(onai pakanyorwa nezvebazi reHealth Access Team\)](#)

### **Kuchinja vanaChiremba**

#### ***Ndingachinje seyiko vanaChiremba vandinavo?***

Kana paine chikonzero chinoita kuti muchinje chiremba zivai kuti mune mvumo yekuita izvi. Kana muchida kuita izvi muchinyoresa patsva kune vamwewo varapi (onai pakanyorwa nezvekunyoresa kuna chiremba). Munongoenda kuna chiremba mokumbira kunyoreswa. Hamuneyi nekutsanangura kuti muri kuchinjireyi vanachiremba. Munogona kukumbira kuonekwa nachiremba wechirume kana wechikadzi zviru kwamuri.

# VekuNHS Direct

## ***Chiiko chinonzi vekuNHS Direct?***

**KANA MUCHIDA KUBATSIRWA NEZVEHUTANO UYE KANA MUSINGANYATSOZIVA KUTI MUNOFANIRWA KUONA CHIREMBA HERE NEKUKURUMIDZA RIDZIRAI VEKUNHS DIRECT RUNHARE PANHAMBAMBA DZINOTI 0845 4647.**

VekuNHS Direct vane rubatsiro rwamukoti nguva dzese usiku nemasikati vanopa mazano nezvehutano hwenyu zvamunoziva kuti hazvishambadzirwe:

- Zvamungaite imi kana mhuri yenyu ichirwara.
- Zvamungaite nezvirwere zvimwe, zvekuzvibatsira nemasangano ekubatsira vanhu.
- Zvamungaite kuti muzive kwekuwana nzvimbo dzehutano dzakafanana nepekuwana chiremba vemazino kana zvitoro zvemishonga zviri pedyo nemi zvinogara zvakavhurwa.

## ***Ndingashandise seyiko vekuNHS Direct?***

Ridzirai vekuNHS Direct kunhamba dzinoti **0845 4647**.

Muchakumbirwa kuti mupindure mibvunzo nezvenyu nehurwere hwenyu uye nekuti muri kuda rubatsiro rwerudziiko. Kana muchida kubatsirwa nezvehutano, imi kana mumwewo anenge akutumai muchakumbirwa kuti mutsanangure izvi:

- Imi kana mumwewo akutumai mune zviri kuratidza kuti muri kurwara here, uye muri kunzwa seyiko uye zvakatanga rinhiko
- Imi kana mumwewo akutumai mune zvimwe zvamaedza here
- Imi kana mumwewo akutumai mune mishonga here yamuri kushandisa
- Pane humwe here hurwere hwamunoziva
- Chimwewo chamunofunga kuti chakakosha

Vana mukoti vekuNHS Direct inyanzvi pabasa iri uye vane nguva vachishanda. Vanoshandisa hunyanzvi hwemakombiyuta kuti vakubatsireyi.

## **Kuwana vaturikiri vekuNHS Direct**

### ***Ndingaite seyiko kana ndisingagone kutaura Chirungu?***

VekuNHS Direct vanogona kukupai vaturikiri mahara uye hamumirire nguva refu. Kuti mudaidze muturikiri munoita izvi:

- Ridza runhare kune vekuNHS Direct panhamba dzinoti – 0845 4647
- Kana runhare rwapindurwa taurayi rurumi rwamunoda kushandisa.
- Rambai makabata runhare kusvikira mabatana nemuturikiri anobatsira vekuNHS Direct kuti vawane zvavanoda kuziva pamusoro peny.

# **Mamwewo Mabasa ezvehutano**

## **Bato rinonzi Health Access rinoshanda neVapoteri Health Access Team**

### ***Ndivananiko vanonzi Health Access Team?***

Kana muchitsvaga kupotera kana kuti muri mupoteri muchigara mudunhu reLeeds vekuHealth Access Team vanokwanisa kukubatsirayi kuti muwane nzvimbo dzehutano kana muchida. Bato iri rine vanamukoti nenyanzvi dzavanachiremba nevamwewo vanobatsira pakurapa

### ***Vangandibatsire seyiko?***

Dzimwe nzira dzamungabatsirike nadzo ndeidzi:

- Kubatsirwa kuti muongororwe kuti hamuna chipembwe here.
- Kubatsirwa nekuwana kurapwa nachiremba.
- Kubatsirwa kuwana vaturikiri kana maenda kunoona chiremba.
- Kubatsirwa nekuwana vabatsiri vezvehutano vanokuratidzai kwekuenda kana mune zvinonetsa musingazive kuti moenda kupi.
- Kubatsirwa nekuwana nzvimbo dzechikoro, panodzidzwa Chirungu, mapato emudunhu renyu nekubatsirwa kutsvaga pekugara.
- Kubatsirwa kuwana gwaro rekunokumbira kupotera kubva kuHome Office (kwete panguva dzese)
- Kuziviswa nekwekuenda kunoongororwa chirwere chomukondombera nezvimwewo zvirwere zvapabonde.

### **Kuongororwa Kwezvehutano**

#### ***Kuongororwa kwezvehutano kunoreveyiko?***

Munofanirwa kutambira tsamba kubva kune veHealth Access mumasvondo matanhatu muchangosvika muLeeds. Izvi zvinoitirwa kuti muongororwe kuti hutano hwenyu hwakanaka uye munokurudzirwa kuti mutaure zvinokunetsayi kana muinazvo. Pano tinosanganisa zvese zvehutano, zvirwere zvepfungwa kana nyaya dzepabonde kana mukondombera, kana zvimwewo zvamunenge muchinetseka nazvo. Vebato iri vanogona kukutsvagirai kumwe kwekunobatsirwa kana kurapwa kana vasingakwanise.

### **Kuongororwa kuti mune chipembwe (Tiibhii) here**

#### ***Zvinomboitirweyiko kuongororwa kuti tine Chipembwe here?***

Pamunotanga kusvika muchiongoroorwa muchavhenekwa kuti hamuna chipembwe here. Chipembwe chinotanga zvishomashoma mumapapu sekukosora asika chinorapika. Vanhu vane chirwere ichi vari kuwanda munyika yese uye nemuno muUK. Chinotanga nekupisa muviri, kukosora, kupera muviri, kukosora ropa uye kutikitira usiku kana makarara. Pamunonyoresa muchaongororwa paganda kuti hamuna kubatana nevanhu vane chirwere ichi here uye kutsvaga kuti imi hamuna kuchibata here. Muchadaidzwa kuti mudzoke mumashure mesvondo kuti mukoti azokuudzayi mamiriro ezvinhu uye kuti

munofanirwa kubaiwa jekiseni here rekuzvidzivirira kana kupiwa mimwe mishonga yekuzvirapa. Kana maonekwa musina chipembwe munopiwa kadhi rine ruvara rwegirini. Chengetai kadhi iri nekuti richabvunzwa kana muchitsvaga nzvimbo yechikoro. Kana muchifunga kuti makabata chirwere ichi tapota onai vanaChiremba vezvirwere zvese kana vekuHealth Access nekukurumidza.

Zvakakosha zvikuru kuchengeta nguva yamunenge mapihwa pakunyoresa uye munokumbirwa kuzivisa vekuHealth Access kana musingakwanise kunoongororwa uye kana musina kupiwa nguva yekuongororwa.

### ***Ndingavone seyiko vekuHealth Access?***

Nzira dzekuwana vekuHealth Access nadzo ndeizi:

- Rindzai runhare urwu 0113 295 2740 kwavari.
- Kana muchigara pamba yamakatsvagirwa neveNASS mubatsiri wenyu anogona kukubatsirayi.
- Endai kune veHealth Access Team Drop in mugovakumbira kuti vakubatsireyi.

### ***Makiriniki eveHealth Access Team Drop in anowanikwa kupiko? (onai kero dzakanyorwa pano)***

**City Centre St George's Crypt Refugee Drop in** – Great George St, Leeds, LS1 3BR (0113 2459061).

Nguva dzekuvhura: Muvhuro, Chitatu ne Chishanu chega-chega 3:30-4:30pm, China 2:30 – 4:30pm.

**Archway Refugee Drop in** – Archway, 95 Roundhay Rd, Leeds, LS8 5AQ.

Nguva dzekuvhura: China chega-chega 10 – 11am.

**Boston Towers Drop-In – New to the UK,** East Leeds Health for All – 5 Boston Towers, Lincoln Green, Leeds, LS9

Nguva dzekuvhura: Chitatu chega-chega 11– 1.00pm

**Hamara Healthy Living Centre Refugee Drop in** – Tempest Road, Beeston, Leeds 11.

Nguva dzekuvhura: Chipiri chega-chega 1 – 3pm

**Armley Refugee Drop In** – Christ Church, Armley, Ridge Rd, Armley, Leeds 12

Nguva dzekuvhura: Muvhuro wega-wega 11-1pm

# Zvipatara / Hospitals

## ***Ndingaende kuchipatara riiniko?***

Kana marapirwo amunenge mawana kuna Chiremba wezvirwere zvese kusingashande kana kuti muchida kuongororwa, Chiremba wenyu anokupai tsamba yekuenda kuchipatara. Hamungozvifungira kuti mava kuda kuenda kuchipatara. Munofanirwa kupiwa tsamba naChiremba. Mukasaita izvi munogona kumirira mwedzi yakati kuti musati mawonekwa kana nani zvake kuchipatara. VeNHS vanogara vane vanhu vakamirira kwenguva dzinotanga kubva kumasvondo matanhatu kusvika kumwedzi mitanhatu.

## ***Ndingaite seyiko netsamba dzandinotambira kubva kuchipatara?***

Kana matambira tsamba inobva kunaChiremba, kuchipatara kana kune vabati veZvehutano musarase tsamba iyi kana kusaita hanya nayo. Inogona kunge iri tsamba yekuzivisayi nezvekunyoreswa kwenyu kune nyanzvi dzavanachiremba kana kukuzivisayi nekuongororwa kwamakaitwa kana kukuzivisayi kuti muturikiri wenyu awanikwa nenguva yamungafanirwa kuzomuona. Munochengetedza mari yebhazi yamunoshandisa kana muchienda kuchipatara. Kana maenda kunonyoresa kuchipatara bvunzai munhu wokuona nenyaya yetsamba..

Kana muchinetseka kunzwa zviru mumatsamba amatambira kana kuti muchida kuchinja nguva yamunenge mapiwa uye musingazive zvekuita munoita izvi:

- Bvunzai kunaChiremba wezvirwere zvese kana mumwewo kuti abatsire (kana mabvunza mumwewo chero musingatye kuti zviru mutsamba zvichashambadzirwa)
- [MuLeeds munogona kuona veHealth Access Team kuti vakubatsireyi](#)

## **Zvipatara muLeeds**

### **St James' Hospital Becketts St**

Runhare: 0113 243 3144

### **Seacroft Hospital Becketts Street**

Runhare: 0113 264 8164

### **Cookridge Hospital Hospital Lane**

Runhare: 0113 267 3411

### **Leeds General Infirmary Great George St**

Runhare: 0113 243 2799

### **Chapel Allerton Hospital Chapeltown Rd**

Runhare: 0113 262 3404

### **Wharfedale Hospital Newall Carr Rd**

Runhare: 01943 465 522

# **Zvitoro zvinotengesa mishonga** **(zvinodaidzwawo kuti maKemisiti )** **Pharmacies**

## ***Chiiko Chitoro CheMishonga kana Kemisiti?***

Iyi inzvimbo inotengesa mishonga yese. Pano munowana mishonga yamunenge manzi mushandise naChiremba wenyu kana akupai katsamba kemishonga. Mimwe mishonga munozvitengera mega musina katsamba aka. Varidzi vezvitoro izvi vanogonawo kukuratidzai mimwe mishonga kana muchida kuzvirapa zvinhu zvakaita sechikosoro nedzihwa...

Nzira dzekuwana rubatsiro rwekuziva kwekuwana zvitoro izvi ndeidzi:

- Bvunzai muchitoro chiri padyo nemi.
- Endai mega kuchitoro chemishonga.
- [Munokwanisa kuenda kune veHealth Access Team Drop in mugovakumbira kuti vakubatsireyi.](#)

Munogonawo kuridzira runhare kuNHS Direct panhamba idzi 845 4647 mobvunza kuti zvitoro zvinotengesa mishonga usiku nemasikati zvinowanikwa kupi.

## **Zvitoro zvinotengesa mishonga usiku nemasikati muLeeds**

**Tesco Pharmacy**  
361 Roundhay Road 0113 214 7449  
York Road 0113 215 8247

**Boots Pharmacy**  
Leeds train station, City Centre  
0113 242 1713

# **VanaChiremba wemazino**

## Dentists

### ***Chiremba wemazino anoiteyiko?***

MuUK kana muchida kurapwa mazino munofanirwa kuenda kunaChiremba wemazino. Hamugone kuenda kunaChiremba wezvirewe zvese kana muchida kurapwa mazino.

Munofanirwa kunyoresa kuna chiremba wemazino ari mudunhu renyu kuti muwane pekunorapwa nekunopota muchitariswa mazino. Havazi vese vanachiremba wemazino vanorapa zviri maererano neNHS saka bvunzai musati manyoresa.

### ***Ndinonyoresa seyiko kuna chiremba wemazino?***

Nzira dzekuwana kuna chiremba wemazino nadzo ndeidzi:

- Bvunzai muchitoro chiri padyo nemi.
- Endai mega kuchitoro chemishonga.
- Ridzai runhare kune veNHS panhamba idzi 0845 4647
- Munokwanisa kuenda kune [veHealth Access Team Drop in mugovakumbira kuti vakubatsireyi](#).

### ***Ndinogona kurapwa mahara here nachiremba wemazino?***

Kana muchida kurapwa mahara maererano neveNHS munofanirwa kunge mune fomu rinonzi HC2 rinowanikwa kuNASS.

### ***Ndingaite seyiko kana ndichida kurapwa mazino zvechimbichimbi?***

Nzira dzamungagone kurapwa mazino zvechimbichimbi nadzo ndeidzi:

- Endai kononyoresa kuLeeds Dental Hospital (pedyo neLeeds General Infirmary - LGI) kana kuridza runhare urwu 0113 233 6211. Pano panorapwa chero ani zvake asina kunyoreswa nachiremba wemazino muLeeds. Vaturikiri vanowanikwa dzimwe nguva.
- Kana nguva dzemanheru dzapfuura(6pm) kana pakupera kwesvondo ridzai runhare urwu 07831 459969 kuti muwane kubatsirwa (hapawanikwe vaturikiri)
- Munogona kuridzira kiriniki yemazino parunhare runoti 0113 244 1275
- Munogona kuona [veHealth Access](#) kana matadza kuwana chiremba wemazino

## **Chiremba wemazino wechimbichimbi**

**Leeds Dental School**  
Leeds General infirmary  
Runhare: 0113 244 0111

**Dental Access Team**  
Runhare:  
3 244 1275 muziviswe zvakanwanda

# VanaChiremba Vemaziso Opticians

## ***Chiremba wemaziso anoiteyiko?***

Chiremba wemaziso anotarisa maziso enyu agokuzivisayi kuti munoda magirazi here. Vanotarisa maziso kuti hamuna zvirwere zvemaziso here kunyanya chinopotisa maziso..

## ***Ndiropwa mahara here kwaChiremba wemaziso?***

Kana muchida kurapwa mahara uye kuwana magirazi mahara uye kuongororwa mahara munofanirwa kunge mune fomu rinonzi HC2.

## ***Chiremba wemaziso ndingamuwane seyiko?***

Nzira dzekuwana kuna chiremba wemaziso nadzo ndeizi:

- Bvunzai muchitoro chiri padyo nemi.
- Endai mega kuchitoro chemishonga.
- Ridzai runhare kune veNHS panhamba idzi 0845 4647
- [Munokwanisa kuenda kune veHealth Access Team Drop in mugovakumbira kuti vakubatsireyi](#)

# **Kudzivirira Nhumbu (kwatinotiwo Kuronga Mhuri)**

## Contraception / Family Planning

### ***Nzira dzokudzivirira nhumbu nadzo ndingadziwane kupiko?***

MuUK nzira dzokudzivirira nhumbu nadzo dzinowanikwa mahara. Kune nzira dzakawanda dzekuzvidzivirira kubata nhumbu. Munokwanisa kuwana makondomu mahara. Makondomu akakosha kana muchida kudzivirira zvirwere nomukondombera. . Zivai kuti zvese zvamunotaura zvokudzivirira nhumbu hazvishambadziwe. Munogona kuwana rubatsiro kubva kunotevera:

- Chiremba wezvirwere zvese
- Makiriniki okuronga mhuri
- [MuLeeds munokwanisa kuenda kune veHealth Access Team Drop in mugovakumbira kuti vakubatsireyi. Vane makondomu emahara.](#)

### ***Chiiko chinonzi kudzivirira nhumbu zvechimbichimbi?***

Nzira dzokudzivirira dzechimbichimbi dzinoshandiswa kunge masangana nemurume musina kuzvidzivirira muchifunga kuti matobata nhumbu nekuti zvose zvamunoshandisa hazvina kushanda. Munokwanisa kuwana rubatsiro urwu kusvikira mazuva mashanu masangana nemurume asi zvinenge zvakanaka kurapwa ipapo kana zvichikwanisika kana kuti kusapere maawa anokwana makumi manomwe ane maviri (72 hours). Kana maawa anokwana makumi manomwe ane maviri (72 hours) asati apfuura munogona kurapwa nekupiwa mushonga kamwe chete asi kana kwapera mazuva mashanu muchaiswa kasimbi kokuvhara nhumbu. Mukakurumidza kurapwa zvinobatsira chaizvo kudzivirira kubata nhumbu.

### ***Nzira dzokudzivirira nhumbu nechimbichimbi ndingadziwane kupiko?***

Nzira dzokudzivirira nechimbichimbi mungadziwane sezvinotevera:

- Endai kuna Chiremba wezvirwere zvese
- Endai kukiriniki dzokuronga mhuri ( Family Planning Clinic)
- Ridzirai veNHS Direct parunhare runoti 845 46 47 kuti muziviswe nzvimbo iri pedyo nemi inowanikwa nzira dzokudzivirira nhumbu nechimbichimbi
- [Munogona kuenda kuzvitoro zvinotengesa mishonga asi pano munobvisa mari](#)
- [MuLeeds munogona kuenda kuHealth Access Team Drop in movakumbira kuti vakubatsireyi.](#)

### ***Makiriniki eZvokuronga Mhuri (Kudzivirira Nhumbu Nohutano) anoiteyiko?***

Makiriniki aya ndeemahara kwamunogona kuenda musina kutanga maenda kwaChiremba. Apa munowana yambiro, nzira dzokudzivirira nadzo nhumbu uye nzira dzokudzivirira nadzo zvechimbichimbi. Madzimai anogona kuongororwa zvese zvemadzimai kusanganisa kuongororwa muromo wechibereko. Munogonawo kuridzira veNHS runhare panhamba idzi 0845 4647 kuti vakuudzeyi kiriniki iri pedyo nemi.

- MuLeeds, makiriniki okuronga mhuri anonzi Contraception and Sexual Health Clinics (CASH).
- Munokwanisa kuridza runhare urwu 0113 295 3359 kana muchida kunzwa kuti kiriniki iri pedyo nemi ndeipi. Hapawanikwe muturikiri panhamba idzi.
- Munowanawo rubatsiro kune vezvehutano vari pedyo nemi.
- Munogona kuenda kuHealth Access Team Drop in movakumbira kuti vakubatsireyi.

# **Hutano Hwepfungwa** **Mental Health**

## ***Chiiko chinonzi hutano hwepfungwa?***

Zvirwere zvepfungwa zvinowanikwa muvanhu vese uye zvinobata munhu wese chero nguva nenzira dzakasiyana. Vamwe vanongonzwa kusuwa, kuvhunduka kana kufunga kuzviuraya kana zvese izvi nguva imwe chete. Unogona kungonzwa sekunge ugere wega pasina wamunoziva munyika yamusingazive muchifunga mhuri yakasara kumusha. Dzimwe nguva musati mauya kuno makarohwa kana kushushwa kana kubatwa chibharo uye hamuna wamakaudza kana akakubatsirayi, naizvozvo munoda rubatsiro pazvishusho izvi.

## ***Ndingawane kupiko rubatsiro?***

Kana muchinzwa chimwe chezvakanjorwa apa:

- Endai kunaChiremba wezvirewe zvese
- Endai kuHealth Access Team Drop in movakumbira kuti vakubatsireyi.

**Kana imi nevamwewo vamunoziva vachinzwa kusuwa kukuru zvekuda kuzviuraya kana kuzvikuvadza neimwe nzira tapota edzai kuenda kuchipatara chine bazi retsaona nenjodzi , A&E – makiriniki akadayi anogara akavhurwa chero nguva.**

Zvakakosha zvikuru kuti muzive kuti rubatsiro rwunowanikwa uye musatye kukumbira kubatsirwa. Zvirwere zvepfungwa zvinozivikanwa chaizvo uye zvinogona kubata chero ani zvake saka pane rubatsiro rwakakwana runopiwa kumunhu wose anonetseka.

# Hutano Hwepabonde Sexual Health

## ***Ndinofanirwa kuzvinetsa here nezvehutano hwepabonde?***

Munogona kunge muchitsvaga kwekuwana rubatsiro nezvehutano hwepabonde. Izvi zvinoitirwa zvikonzero zvakawanda:

- Munogona kunge mabatwa chibharo
- Munogona kunge mapambwa mozviwana mava kurara nevarume vakawanda
- Munogona kunge makabva kunyika ine vanhu vakawanda vane chirwere chomukondombera, vamanga muchigara navo uye vamwe vavo vakafa nechirwere ichi.
- Munogona kuona zvimwewo zvinoratidza kuti mune chirwere chisipo pane zvakanyorwa apa.

Kana makambobatwa nezvirwere izvi nezvimwewo kana kusangana nevane mukondombera, muri pamutariko, naizvozvo mungangoda kuenda kunoongororwa. Mungazviwane zvichirema zvikuru kuti muchengete zvakadai mumwoyo, naizvozvo mungade mumwewo wekutaura naye nenhamo yamakawana.

## ***Ndekupiko kwandingaende kunobatsirwa kana ndiine dambudziko nezvehutano hwepabonde?***

Mabasa ehutano hwepabonde haana muripo uye akagadzirwa zvekuti munhu anogona kuzvibatsira zvekuti anowana hupenyu hwakanaka. Mabasa aya akawanda zvekuti munhu anosarudza kuti ndezvipiko zviru kunyanya kunetsa. Mungade kubatsirwa nezvokuronga mhuri kana kubata nhumbu kana kuongororwa kuwona kuti hamuna hutachiwana hunokonzera zvirwere zvakawanda.

Nzira dzamungawane nadzo rubatsiro pahutano hwepabonde ndeidzi:

- Endai kuna Chiremba wezvirwere zvese
- Endai pakiriniki iri pedyo nemi yezveHutano hwepabonde

Kana muchiwana zvichinetsa kuti muwane rubatsiro ridzai runhare kune veNHS panhamba dzinoti 0845 4647 kuti vakuraireyi zvekuita

[Munogona kuenda kuHealth Access Team Drop in movakumbira kuti vakubatsireyi](#)

## **Bazi renyika yese rakamirira Hutano Hwepabonde**

### **The African Aids Helpline**

Runhare rwemahara 0800 0967 500  
Tsamba yechikwereti chefoni hachidudze

### **The Sexual Health Helpline**

0800 567 123

### **Terrence Higgins Trust Helpline**

0845 1221 200

### **NHS DIRECT**

0845 46 47

Kuwana rubatsiro rwuri pedyo nemi

## Makiriniki eHutano Hwepabonde ***Makiriniki eHutano hwepabonde (ane rimwe zita rinonzi GUM) ndeeyiko?***

Makiriniki aya ana vanachiremba navanamukoti vakadzidzira basa rekuongorora nekurapa zverwere zvese zvepabonde nemukondombera, Kana muchifunga kuti mungava nechirwere chepabonde kana mukondombera munokwanisa kuongororowa uye kurapwa pamakirinika aya. Hamubvise mari kana muchirapwa pano uye hapana achashambadzira zvehurwere hwenyu.

### ***Mungasvika seyiko kumakiriniki eHutano hwepabonde?***

Nzira dzamungasvika nadzo kumakiriniki akamirira Hutano hwepabonde ndeizi:

- Munogona kurairwa naChiremba wezvirwere zvese
- Dzimwe nguva kana mune zvinoonekwa kuti mune chirwere munoridza runhare kuna chiremba mugonyoresa.
- [MuLeeds](#), munogona kubatsirwa neve [Health Access Team](#).
- [MuLeeds](#), sangano rakamirira zveHutano hwepabonde (rinozivikanwa nerimwe zita rokuti GUM) rezvekuongorora zvirwere kana mukondombera, , rinowanikwa ku [Sunny Bank Wing muLeeds General Infirmary](#). Munovaridzira runhare panhamba idzi 0113 392 6724.

## **Mukondombera/Shuramatongo (HIV)**

### ***Chiiko chingaitike kana ndichida kuongororwa kuti ndine Mukondombera here?***

Hamubvise mari kana muchida kuongororwa kuti mune mukondombera here uye hapana achashambadzira izvi. Hazvitore nguva yakawanda kuziva kuti makamira seyi munogona kuudzwa ipapo kana mumashure memazuva mashoma. Hamusungirwe kuudza kana ani zvake kuti makaongororwa. Kana mawanikwa mune hutachiwana, nyanzvi dzavanachiremba navanamukoti vachakugarisai pasi vonyatsokurukura nemi nezvehutano hwenyu. Vachakutsvagirayi nzira dzamungarapwe nadzo kuitira kuti mugare makasimba kwenguva yakareba. .

### ***Chiyiko chandinofanirwa kuita kuti ndiongororwe kuti handina Mukondombera?***

Kana muchida kuongororwa kuti hamuna mukondombera kana kutaura nezvechirwere ichi munokwanisa kuona:

- Chiremba wezvirwere zvese  
Nzvimbo yezvehutano hwepabonde (kana GUM) iri pedyo nemi

[MuLeeds](#) munoongororwa mahara nenyanzvi muchihwande kunotevera:

- [Nzvimbo yezveHutano hwepabonde iri kuLeeds General Infirmary](#). Munokwanisa kuridza runhare panhamba idzi 0113 392 6724 kana 0113 3926725
- [Bato reinfection and Travel medicine Unit](#), rinowanikwa ku [Ward 16 kuSt James' Hospital](#). Munokwanisa kuridza runhare panhamba idzi 0113 206 5716

Kana muchida rumwe rubatsiro maererano nechirwere chemukondombera kana munhu wekutura naye tapota onai;

- [Terrence Higgins Trust](#) runhare 0113 236 4720 ku 2 Oxford Place, Leeds
- [VeBarnardos Castle project](#) runhare 0113 258 9290 ku Clarence Road, Horsforth, Leeds

# **Mabasa ezveHutano hweMadzimai** **Women's Health Services**

## **Nhumbu**

### ***Ndingaite seyiko kana ndichifunga kuti ndine nhumbu?***

Kana muchifunga kuti mune nhumbu nyoresai kunaChiremba wezvirwere zvese. Chiremba wezvirwere zvese achaongorora kuti mune nhumbu here zvechokwadi kana manga musati mazviongorora pachenyu. Kana muine nhumbu Chiremba wezvirwere zvese vachakudaidzirayi Nyamukuta uye vozivisawo Chipatara.

### ***Chiyiko chinonzi Nyamukuta?***

Vananyamukuta vakadzidzira kubatsira madzimai pakubereka uye vagotarisawo kuti mwana anenge aberekwa zvakanaka here. Vanoshanda muzvipatara nemumisha yenyu. Kuva nenhumbu muri kunyika yamusina kujaira ine vanhu vasiri vekwenyu zvinowanonetsa. Vananyamukuta vakadzidzira kuchengeta madzimai (nemhuri dzavo) panguva dzakadai kuitira kuti vasvike panguva yekusununguka vakafara.)

### ***Ndingaone nyamukuta kupiko uye chiyiko chichaitika?***

Nyamukuta vachakuonerai kumba kana kuChipatara kana kwaChiremba wezvirwere zvese. Muchabvunzwa nezvehupenyu hwenyu kuti makapedzisira rinhi kuenda kumwedzi uye makaita vana vangani. Nyamukuta vachanyora zvese izvi mugwaro ramuchapiwa kuti mugare narokwese kwamunoenda kunorapwa.

Nyamukuta vachakupai zvese zvinowanikwa nemadzimai kana aine nhumbu uye vachakubvunzai kuti munoda kunosunungukira kupiko. Kana makamboitwa maoparesheni udzai nyamukuta. Mamwe marudzi ane zvirango zvavanoita kuvanasikana kuvasunga vachiri vacheche. Kana makaitwa izvi udzayi nyamukuta. Zvichabatsira nyamukuta kana nguva yenyu yakwana mugobereka zvakanaka.

### ***Muno muLeeds vana vanoberekerwa kupi?***

MuLeeds munokwanisa kubatsirwa kuLeeds General Infirmary, St James' Hospital kana kumba kana muchida.

### ***Ndinoenda nguva ipiko kuchipatara?***

Kana musingarware mabata pamuviri muchatariswa nanyamukuta wenzvimbo yenyu nguva dzese. Kana mava nemasvondo makumi maviri muchaendeswa kunovenekwa nemuchina unonzi *ultrasound*. Munoenda kuchipatara kunovhenekwa. Kana chiremba vachifunga kuti makafanirwa kuongororwa zvakadzama muchanyoreswa kuchipatara. Madzimai mazhinji haawanzoenda kuchipatara zvakanaka vanongoenda kamwe chete kana kaviri vasati vasununguka. Nguva zhinji vanoonekwa naNyamukuta kana Chiremba wezvirwere zvese.

Madzimai ane nhumbu ese anofanirwa kuongororwa kuti havana hutachiwana hunokonzera mukondombera here.. Madzimai mazhinji anoitira kuti kana vawanikwa vane

hutachiwana hwemukondombera vanachiremba vachaedza zvese kuti mwana asabatwe nechirwere ichi pakuberekwa. Muchaziviswawo zvakare kuti musayamwise mwana kana mune mukondombera nekuti mwana akayamwa anobatwa nechirwere chemukondombera chamunenge mamupa chinowanikwa mukuyamwa.

### ***Chiyiko chichaitika kana nguva yangu yakwana?***

Muchipatara munokwanisa kudaidza munhu anoenda nemi anobvumirwa kupinda nemi angava murume kana imwewo shamwari. Kana makasarudza kuberekerwa kumba munenge makaronga kare nanyamukuta kwasara masvondo matatu mwana asati aberekwa.

Kana masununguka zvakanaka uye mwana akasimba munogona kuenda kumba mumashure memaawa matanhatu muchangobereka. Nyamukuta ndivo vanenge vachiona mamiriro ezvinhu.

Kana matora mwana muchienda naye kumba Nyamukuta vachapota vachiuya kuzokuonayi panguva dzamunenge makaronga. Kana kwapera mazuva gumi kana kuti masvondo maviri mukoti anonzi Health Visitor vachakushanyirai kumba.

### **Kubvisa nhumbu**

#### ***Mutemo wekubvisa nhumbu unotiyiko?***

MuEngland, kuWales nekuScotland madzimai anobvumirwa kubvisa nhumbu kana vachiona kuti ndizvo zvavasaruudza. Mutemo unobvumira kubvisa nhumbu dzine masvondo makumi maviri nemana. Zvisinei mamwe madzimai anokurumidza. Kana mudzimai achida kubvisa nhumbu zviru nani kuti akurumidze kuita izvi. Kana uine nhumbu usingazive kuti mwana wacho uchamuchengeta here pane vanhu vakawanda vamungakurukure navo. **Kumbirayi mazano nguva ichiripo kuti zvisazokunetsai.**

#### ***Ndingaenda kupiko kana ndichida kutaura nezvekubvisa nhumbu?***

Nzira dzamungawane kwekutaura nezvekubvisa nhumbu:

- Munogona kuenda kwaChiremba wezvirewere zvese
- Munogona kuenda kukiriniki iri pedyo nemi yokuronga mhuri kana kudzivirira nhumbu.
- **Kana muchiona kuti hamusiri kuwana rubatsiro nezvekubvisa nhumbu ridzai runhare kune veNHS Direct panhamba idzi 0845 4647 kuti mubatsirike.**
- [Munogona kuenda kuHealth Access Team Drop in movakumbira kuti vakubatsireyi](#)

Chiremba vachakutsanangurirayi zvichaitika. Hamuna mari yamunobvisa kana muchinobvisa nhumbu kuNHS uye hazvina njodzi inouya kwamuri kunyanya kana makurumidza asi musati mabvisa chiremba vanokuzivisai njodzi dzinokwanisa kuitika. Madzimai ane mvumo yekusaruudza kubvisa nhumbu kana vachida, uye havasungirwe kuuudza munhu. Zvese zvekubviswa kwenhumbu hazvishambadzirwe.

## **Kuongororwa Gomarara Muchibereko**

### ***Chiiko chinonzi kuongororwa muromo wechibereko?***

Kuongororwa uku kunoitirwa kutarisa kuti hamuna chirwere chegomarara here chinowanzowanikwa pamuromo wechibereko. Kuongororwa uku ndekwe hurongwa hwehutano hwemadzimai muUK kuti vazive kuti havana chirwere ichi. Chirwere ichi kana chakurumidzirwa kubatwa chinorapika. Madzimai ese anopfura makore makumi maviri anofanirwa kuongororwa makore matatu ega-ega. Vanachiremba kana vanamukoti vose vakadzidzira kuongorora. Naizvozvo mune mvumo yekukumbira chiremba wechidzimai kuti akuongororeyi. Ichokwadi kuti zvinonyadzisa nekuti munofanira kuratidza muromo wechibereko. Asika zvinobatsira sekuti vanhu vazhinji vaidai vakafa nechirwere ichi.

Kwamungaende kunoongororwa muromo wechibereko:

- Endai kunaChiremba wezvirewe zvese
- Endai kukiriniki iri pedyo yokuronga mhuri kana kudzivirira nhumbu.
- [Munogona kuenda kuHealth Access Team Drop in movakumbira kuti vakubatsireyi.](#)

## **Tsika yekucherechedza kukomba kwavanasikana**

### ***Itsika yerudziyiko iyi?***

Kune tsika dzakasiyana-siyana dzekucherechedza kukomba kwavanasikana. Vamwe vanosunga vanasikana kuti vachengetedze husikana hwavo. Zvirango izvi zvinonzi Female Circumcision (FC), kana kunzi Female Genital Mutilation (FGM), kureva maitirwo ezvirango izvi. Dzimwe nguva musikana anoche kwa husikana kana kusungwa kuti arambe akakwana.

Zvirango izvi zvinoitwa kana mwanasikana achiri mudiki asati akomba. Dzimwe nguva zvinoitirwa dzinza kana chechi. Zvisinei hapana pazvakanyorwa muBhaiberi kana muKorani kuti zvinobvumidzwa.

### ***Ndekupi kwazvinowanikwa zvirango izvi?***

Zvirango izvi zvinowanikwa munyika dzinokwana makumi maviri ane masere dziri muAfrika. Dzimwe nyika dzakafanana neAsia (Indonesia, Malaysia) nedziri kuMiddle East (Yemen, United Arab Emirates, Egypt) dzine tsika iyi. Nyika zhinji **HADZINA** tsika yakadai.

### ***Tsika iyi inokanganisa hutano seyiko?***

Tsika iyi ndeye pasichigare uye hazvisi nyore kuti isateverwe. Varidzi vayo vanoitora semagariro nemakurisiro evanasikana.

Zvinonetsa ndezvekuti tsika iyi hayifambirane nemagariro emazuva ano anokurudzira kubatwa kwevanhu vese zvakaenzana. Tsika iyi inoita kuti vanasikana vakure vasina kunyatsofaranuka uye hutano hwavo hunokanganisika. Izvi zvinoenderana nemaitirwo

etsika iyi. Vamwe vanosonwa kana kuchekwa kazhinji; nyakugadzira musikana anogona kukanganisa uye asina kunyatsotsvinda mwana obva opindwa nehutachiwana.

### ***Ndezvipi zvirwere zvinokonzerwa netsika iyi?***

Zvimwe zvinowanikwa zvinosanganisira:

- Kubudisa ropa rakawanda
- Kupera simba nekuti ropa rakawanda riri kubuda uye kurwadziwa
- Kusairasa mvura
- Kuzara nehutachiwana
- Kufa nokutya uye nenzira yeropa rinobuda zvakawanda

Zvimwe zvinokanganisa vanasikana kana vakura zvinosanganisira:

- Kushaya mbereko
- Kurwara nejeko
- Kurwadziwa pakusangana nemurume
- Kuve nehutachiwana hwepanobuda weti
- Kurwara nepfungwa zvekugara wakasuwa
- Kutambudzika panyaya dzepabonde

### ***Chiiko chingakanganisike pakuva nenhumbu kana pakusununguka?***

Kana musikana akaitwa zvirango izvi ave nenhumbu zvichamunetsa chaizvo pakusununguka. Zvichamunetsa iye kana nemwana kana asina kunoongororwa navanachiremba. Akagara achionekwa nevehutano anobatsirwa zvakanaka. Zvinobatsira kuti vanachiremba vazive kuti ndizvo zvakaitwa munhu asati afunga zvenhumbu.

Kana nyamukuta vachikurukura nemi vachibvunza nezvemaoparesheni amakawana vaudzeyi nezvetsika iyi nekuti zvakanakosha kuti nyamukuta azvize. Nyamukuta vanogona kukubatsirayi zvakanaka kana kukuendesai kune vanobatsira kana nguva yenyu yakwana.

### ***Ko mutemo unotiyiko nezvetsika iyi?***

Tsika iyi hayibvumirwe muUK; zvinoreva kuti kana pane anoita izvi anosungwa nekuti anenge apara mhosva. Vanenge vachiziva kuti ndizvo zvamaita izvi vakasadura vanenge vaparawo mhosva uye vanogona kusungwa. Imhosvawo zvakare kutora mwanasikana muno muUK momuendesai kune imwe nyika kuti tsika iyi inoitwa ikoko nekuti paanodzoka munowana mhosva iyi yakakumirirayi uye munokwanisa kugara makore gumi nemana mujeri kana kuripiswa mari kana zvese zviriviri.

### ***Ndekupiko kwandingaende kunoyambirwa nezvetsika iyi?***

Kune nzvimbo dzakawanda dzinoyambira vanhu nekubatsira.

- Nyamukuta vangakuendesayi kwaChiremba kunoonekwa kuti hunyanzvi hwachiremba hushandiswe pakukubatsirayi kuti musununguke zvakanaka (Onai Chiremba wezvirwere zvese).

- Bato reBlack Health Initiative (BHI) rinopa rubatsiro panyaya dzese idzi uye hazvishambadzirwe. Rubatsiro rwavo rwunopiwa vagari vemuAfrika kana vatemala vechiCaribbean vanogara muLeeds. Rubatsiro rwavo rwunosanganisa kubatsira madzimai akakanganiswa netsika yekusunga vanasikana. Varidzireyi runhare panhamba idzi: 0113 307 0300 – Unit 10, Chapeltown Enterprise Centre, 231-235 Chapeltown Rd, Leeds.
- Endai kuHealth Access Team Drop in movakumbira kuti vakubatsireyi .

# **Mabasa ezveHutano Hwevana** **Children's Health Services**

## **VanaMukoti vanoshanyira kudzimba**

### ***Chiiko chinonzi Mukoti anoshanyira kudzimba?***

VanaMukoti ava vanoshanda zvakare kwaChiremba wezvirwere zvese. Vanopa mazano nezvehutano wenyu uye nezvokurunga mhuri nekudzichengeta dziine hutano hwakanaka. Vanamukoti ava vanopa rubatsiro kuitira kuti mhuri yenyu ikure nemazvo. Nzvimbo zhinji dzekurapa nedzavanaChiremba vezvirwere zvese dzine nzvimbo inonzi Child Health Clinics dzakabatwa navanamukoti vanoshanyira kudzimba. Kana mune vana munogona kungoenda chero nguva kuti mwana ayerwe pachikero kana kuvaudza chero chinonetsa. Kana musingakwanise kuenda kukiriniki vanamukoti ava vanouya kuzokuonerayi kumba. Kana muchida kuti vauye kumba munoita zvinotevera:

- Kumbirai pane vanoshandira nzvimbo dzohutano kana kwaChiremba wezvirwere zvese kuti vakunyoreseyi kuna mukoti
- [Endai kuHealth Access Team Drop in movakumbira kuti vakubatsireyi](#)

## **VanaMukoti vekuchikoro**

### ***Chiiko chinonzi Mukoti vekuchikoro?***

Vanamukoti vekuchikoro vanoshanda nevabereki nevana/namazera anopinda chikoro. Vanamukoti vekuchikoro vanoongorora vana pamazera akasiyana-siyana okukura kwavo kuitira kuona makuriro avo. Kana muine mwana wezera rechikoro muchapiwa fomu rinenge richikubvunzai kuti munoda here kuti mukoti vekuchikoro aone mwana wenyu. Zvakakosha kuti muzadzise fomu iri nekuti kana pasina fomu mwana wenyu haonekwe.

## **Kubaiwa nhomba kwevana**

### ***Inhomba dzerudziyiko dzinobayiwa muUK?***

Vana vazhinji vanobayiwa nhomba yeBCG pakuberekwa kuti vadzivirirwe chirwere chechipembwe. Kana mwana akwana mwedzi miviri muchanzi muuye naye kuzobayiwa jekiseni rekutanga. Jekiseni iri ndere kudzivirira zvirwere zvinoti; kuzarirwa, kuoma shaya, chipembwe, mhetamakumbo, kudhanganyika pfungwa nezvimwe zvirwadzo.. Muchadzoka zvakare kana mwana ava nemwedzi mitatu uye mwedzi mina kuzobaiwa jekiseni irori zvakare. Kana mwana ava nemwedzi iri pakati pegumi nemitatu kana gumi nemishanu muchadzoka kuzomubaisa jekiseni rinodzivirira mhezi, kuzvimba kwetsinga zvikuru mumutsipa.. Kana ave pedyo nekutanga chikoro muchadzoka zvakare kuzomubaisa jekiseni rekudzivirira kuzarirwa, kuoma shaya mhetamakumbo nezvimwe zvirwadzo zvevana.

Kana mwana ava kuchikoro ava nemakore gumi kana gumi nemana muchauya kuzomubayisa BCG kudzivirira chipembwe. Kana ava nemakore gumi nematatu kana

gumi nemasere muchamubaisa jekiseni rekudzivirira kuzarirwa, kuoma shaya nemhetamakumbo.

***Ndingaite seyiko kana mwana wangu ari mutsva muno muUK uye asina kubayiwa majekiseni aya?***

Kana muri vatsva muUK zvinoitika kuti mwana wenyu anenge achifanirwa kubaiwa muchangosvika. Kutu mugone kumubaisa kuti afanane nevamwe kana muchangosvika muUK kana [muLeeds munogona](#) kuita zvinotevera:

- Endai kuna Chiremba wezvirewe zvese mugokumbira kunyoreswa kuna mukoti wamunowana ipapo
- [Endai kuHealth Access Team Drop in](#) movakumbira kuti vakubatsireyi

***Ndingazive seyi kuti nguva yekunobaisa mwana ndeipi?***

Kana muchida kunobaisa mwana asati atanga chikoro munofanirwa kunge mune tsamba yakanyorerwa kumba kwenyu ichikudaidzirayi kwachiremba ari pedyo nemi. Kana musina tsamba yakadai tapota udzayi chiremba kana vanamukoti vanoshanyira kudzimba.

# **Zvimwewo zvamunofanira kuziva nezveHutano** **Hwepabonde noMukondombera** **Further Information on Sexual Health & HIV**

## **Zvirwere zvepabonde**

### ***Chiiko chandingade kuziva nezvezvirwere zvepabonde***

Zvirwere izvi zvakawanda zvekuti pavanhu gumi pane mumwe chete anozvo. Kana muchiona muchiburitsa zvamusina kujaira kuzasi kana zvironda kana kurwadziwa endai kunoongororwa kuti hamuna zvirwere zvepabonde here. Mamwe mazita ezvirwere izvi anoti: njovhera, kujuja, mwandabvu, maronda uye kupisa nokuvava..

Zverwere zvepabonde zvinobatwa nzira idzi

- Kusangana pabonde
- Kugunzvana kwezvibereko nomunhu ane chirwere
- Kunanzva chibereko
- Mai vane chirwere vanopa mwana pakusununguka pane dzimwe nguva

### ***Chiiko chinoratidza kuti pane chirwere?***

Pane ndudzi dzakasiyana-siyana dzezvirwere zvepabonde uye vanhu havawanzoziva kuti vane chirwere sezvo zvisingaonekwe kumeso kwemunhu. Dzimwe nguva kunyange pasina chinoratidza munofanira kunoongororwa kana izvi zvaitika. Zivai kuti munogona kurapwa uye hapana achashambadzira hurwere hwenyu. Zvimwe zvingaratidze kuti mune chirwere:

- Kuburitsa zvamusina kujaira kuzasi kwenyu
- Maronda akasiyana-siyana kuzasi
- Mhezi kana kuvaviwa kuzasi
- Kurwadziwa kana kupiswa pakuita weti
- Kurwadizwa kana muchisangana pabonde

Zvirwere zvizhinji zvepabonde zvinorapika. Asi zvikagarisa zvinokonzera hosha huru nekuti munogona kushaya mbereko. Makiriniki ane nzvimbo yekuongororwa .

### ***Ndedzipiko nzira dzekuongororwa zvirwere zvepabonde?***

Vanachiremba kana vanamukoti vane nzira dzavo dzekuvheneka kuti vawone kana mune chirwere. Dzimwe nguva vachakumbira kuti muvape ropa, weti kana zvavatora nedonje chero panzvimbo ipi zvayo pamuviri wenyu.

## **Hutachiwana hunokonzera mukondombera**

### ***Ndinofanira kufunga nezvemukondombera here?***

Kana muchibva kunyika dziri muAfrika kana muAsia munoziva vanhu vane chirwere ichi. Munyika idzi mune vanhu vakawanda vane chirwere chomukondombera. Munogona kunge makachibatawo kunyange makasangana nevanhu vashoma pabonde.

Izvi zvinokonzerwa nekuti hapana chinokuratidzai kuti munhu ane chirwere chomukondombera ndizvo saka chichiwanda. Naizvozvo isu tinokurudzira vanhu vanobva kunyika dzakadai kuti vaongororwe. Tinoitira izvi nekuti hatidi kuti chirwere chemukondombera chizare nyika yese uye tigokwanisa kubatsira vanacho.

### ***Chirwere chomukondombera chinowanikwa seyiko?***

Chirwere chomukondombera chinowanikwa nenzira ina idzi;

- Kana muchisangana pabonde [musina kuzvidzivirira](#)
- Kuzvibaya jekiseni netsono yamboshandiswa pane vamwe
- Kupiwa ropa muchipatara (kunyanya kunyika dzisingavheneke ropa risati rapiwa vanhu)
- Mai vane chirwere vanopa mwana pakusununguka kana kuyamwisa mwana

### **Hamubate chirwere chomukondombera kana mukakwazisa vanhu**

Chirwere chomukondombera hachirapike asi mazuva ano pane mishonga inoti kana yatorwa nguva iripo munhu anogona kurarama kwenguva yakareba. Vanhu vane chirwere chomukondombera vanorarama kwenguva yakareba kwazvo muUK.

Hapana munhu anofanirwa kuziva kuti mune chirwere chomukondombera. Uye hazvina chekuita nekukumbira kupotera.

### ***Ndinofanirwa here kuongororwa kuti ndine mukondombera?***

Vanhu vazhinji vane chirwere chomukondombera asi havazvize. Kuongororwa kunobatsira kuti muzive kuti mune hutachiwana here kana kwete. Kana mawanikwa mune hutachiwana munokwanisa kutora mishonga nerumwe rubatsiro kuti mugare hupenyu hwakareba uye musape vamwe chirwere. Zvakanaka chaizvo kuti mugare muchiziva.

Kana muchibva kunyika dzekuAsia (dzinosanginisa China, Indonesia, India) kana kuzasi kwegwenga reSahara muAfrica (nyika dzakaita seZimbabwe, Somalia, Botswana) kune vanhu vakawanda vane mukondombera kana vakafa nomukondombera.

Kana makabatwa chibharo kana kuti makapinda chipfambi kuti murarame minofanirwa kunoongororwa. Mukondombera hachisi chirwere chinonetsa kurapa mazuva ano uye pane zvekubatsira zvakananda muno muUK zvinoita kuti mugare kwenguva yakareba.

Zviri nani kunoongororwa kukiriniki yezvirwere zvepabonde pane kuenda kuna chiremba wezvirwere zvese sekuti makiriniki aya ane nyanzvi dzevarapi.

Kuongororwa hutachiwana hwemukondombera kunoitwa kuMakiriniki ezvepabonde kana ku(GUM) uye munotorwa ropa ronoongororwa. .

MuLeeds mune nzvimbo mbiri dzamunowana rubatsiro nekuongororwa mukondombera...

- KuLeeds Centre for Sexual Health (GUM Clinic) - Runhare 0113 392 6724/25 (kunyoresa) iri muLeeds General Infirmary
- KuInfection and Travel Medicine Unit (Ward 16) paSt. James' Hospital: Runhare: 0113 206 5716 kana 0113 206 4790

### ***Mungave nehupenyu hwakanaka here kana mune hutachiona?***

Kana muchiziva kuti mune mukondombera muchigara muUK pane zvinhu zvakati zvamungade kuziva. Zvinosanganisira izvi:

- Kuchengegedza hupenyu hwenyu kuti muve nehutano hwakanaka
- Zvamungaita kuti musape vamwe chirwere ichi.
- Mungade kutaura nevamwe vanoziva nezvemukondombera kana mamwe mapato evanhu vanobatsira vane mukondombera. Mamwe mapato anosanganisa nyanzvi dzavanachiremba navanamukoti vezvemukondombera.

Kana mune hutachiona hazvireve kuti mune mukondombera. Munogona kurarama kwenguva mune hupenyu hwakanaka kana muchitora mishonga yenyu zvakana uye nekuzvichengeta mune hutano hwakanaka. Pane nyanzvi dzavanaachiremba navanamukoti vanoziva nezvechirwere ichi

MuLeeds munogona kuwana rubatsiro nezvemukondombera kubva kunzvimbo idzi;

- Leeds Centre for Sexual Health, Sunny Bank Wing, Leeds General Infirmary, Runhare 0113 3926724
- Infection and Travel Medicine Unit, Ward 16, Gledhow Wing St James' Hospital Runhare 0113 2065716

Munokwanisa kuwana rubatsiro kune vamwe vane chirwere ichi. Munogonawo kuwana rubatsiro nezvemapindiro emunyika kune ava;

- VeCastle Project - African Team, Low Wood, Clarence Road, Horsforth, Runhare 0113 258 9290
- VeTerrence Higgins Trust (THT), 2 Oxford Place, Leeds, Tel 0113 2364720

# **Zvepabonde zvisina njodzi / Safer Sex**

## ***Ndezvipiko zvepabonde zvisina njodzi?***

Zvepabonde zvisina njodzi zvinoreva kuti munozvidzivirira pese pamunosangana kuitira kuti musabatwe nomukondombera kana zvirwere zvepabonde. Makondomu anokuridzirwa chaizvo muno muUK kunyanya kana muchisangana nemunhu wamisina kujaira kana wamusinganyatsoziva mafambiro ake.

## ***Makondomu anoita basa reyiko?***

Makondomu ndiyo nzira yekuzvidzivirira zvirwere inoshanda zvakasimba uye ndiyo nzira yekudzivirira zvirwere zvepabonde nemukondombera. Kana mukaashandisa zvakanaka munogara makadzivirirwa. Makondomu anofanirwa kushandiswa nenzira kwayo kana muchida kudzivirira mukondombera nezvirwere. Chero nzira yipi yamunoshandisa pakusangana, shandisayi makondomu.

## ***Ndingashandise seyiko kondomu?***

Kana kondomu risina kushandiswa zvakanaka rinotsemuka izvi zvigokonzera mukondombera nezvimwe zvirwere zvepabonde:

- Bvisayi kondomu mupaketi muchicherechedza kuti hamuna nzara dzakareba dzinogona kuritsemura. Pfekai kondomu kana nhengo yababa yamira.
- Tangai kupfeka kondomu kana nhengo yakamira
- Batai kumagumo kwekondomu musvine kuitira kuti mhengo yese ibude
- Chiitayi kumononora kondomu kusvika nhengo yese yanyatsokwana mukondomu
- Pane kamushonga kamungaise kunze kwekondomu musati masangana
- Kana mapedza bvisai kondomu zvakanaka hurume husaende kwesekwese.
- Sungai kondomu iri mugorasa mubhini

Kamushonga kanoiswa kunze kwekondomu kanobatsira kudzivirira zvirwere. Kamushonga aka kanobatsira zvakare kuti kana mudzimai akaoma kondomu risatsemuke muchiri mukati. Mushonga unonzi *KY Jelly* kanozikwano zvikuru. Musashandise zvine mafuta. Shandisayi kondomu rimwe chete nguva yega-yega. Makondomu anofanirwa kugara panotonhorera mugotarisa kuti nguva yaro haisati yapfuura here.

Makondomu echikadzi ava kuwanikwa. Naizvozvo madzimai anogona kushandisa makondomu aya kana vanababa vasina.

## ***Makondomu anowanikwa kupiko?***

Makondomu emahara anowanikwa kunzvimbo dzinotevera:

- Kiriniki yezvokuronga mhuri
- Makiriniki ezvepabonde
- Munogona kutenga muzvitoro
- [MuLeeds](#), munogona kuwana makondomu emahara kubva kuHealth Access Team, kana Makiriniki ezvekuronga mhuri kana vamwe vanoita mabasa ezvepabonde.

## **Mutemo unochengetedza Zvepabonde**

### ***Mutemo wezvepabonde unotiyiko?***

- MuHingirandi mutemo unoti munhu anofanirwa kuva nemakore gumi nematanhatu kuti asangane nomurume kana mukadzi.
- Vaviri ava vanofanira kubvumirana.
- Varume nevakadzi vanobatwa zvakaenzana panyaya idzi. Vanosarudza wavanoda kusangana naye uye masanganire acho.
- Munhu wese ane mvumo yekutaura kuti haachada haafanirwe kumanikidzwa.
- Kana munhu aramba kusangana siyayi akadaro musamumanikidze.
- Hungochani haurambidzwe muUK uye haisi mhosva.
- Pane mapato anobatsira ngochane vanowanikwa kunzvimbo dzakawanda kuti vachengetane.

Kana muchida kuziva nezvehungochani onai veYorkshire MESMAC. Kuti muwane zvakanwanda ridzai runhare urwu 0113 244 4209

## **Chipfambi**

### ***Ndingawane rubatsiro rwakadiiko kana ndiri pfambi?***

Kana muri kufamba nenzira yekuti hamuna mari kana kuti ndiro basa renyu munokwanisa kuwana rubatsiro ;

- Kuongororwa zvirwere zvepabonde kana mukondombera
- Kutaura nevamwe nezveupenyu hwenyu
- Kuwana makondomu kuti muzvidzvirire zvirwere zvepabonde nemukondombera
- Kuwana rubatsiro kana mari kuti mubatsirike
- Kuwana mamwe mazano nevamwe vanobatsira.
- Kuwana mashoko anobatsira kana makuvara muchida kuenda kumapurisa.

### ***Ndingaenda kupiko kunwana rubatsiro?***

- MuLeeds mune sangano rinonzi Genesis rinobatsira madzimai nevasikana vari mubasa rechipfambi. Munokwanisa kuridza runhare urwu 0113 2430036
- VeBlast project vanoshanda nepfambi dzechirume nevakomana vechifambi. Varidzireyi runhare urwu 1274 731 468
- Endai kuHealth Access Team Drop movakumbira kuti vakubatsireyi

# **Makiriniki eZvepabonde** **Sexual Health Clinics**

## ***Makiriniki ezvepabonde anoita basa reyiko? (rimwe zita rinonzi Genito-urinary Medicine G.U.M)***

Makiriniki aya ane nyanzvi dzavanamukoti navanachiremba vakadzidzira basa iri kuongorora nekurapa zvirwere zvepabonde nemukondombera. Kana muchifunga kuti mune chirwere endayi kumakiriniki aya. Hazvina muripo uye zvehurwere hwenyu hazvishambadzirwe. Munokwanisa kuwana rubatsiro nezvekuronga mhuri kana kudzivirira nhumbu kurapwa kwechimbichimbi makondomu nemukondombera. Makiriniki aya anowanikwa kuzvipatara zvese uye dzimwe nguva anonzi makiriniki eSTD (Sexually Transmitted Disease), eGUM, kana kuti makiriniki enyanzvi.

## ***Ndingasvika seyi kumakiriniki aya?***

Makiriniki mazhinji anoshandisa tsika yekunyoresa. Kune vanachiremba vechirume nevehikadzi. Zviri kwamuri kusarudza kuti munoda vapi pamunonyoresa. Anovhurwa mazuva ese Muvhuro kusvika Chishanu uye anovarwa panguva dzezororo.

Vabereki vanogona kuona chiremba kunyange vasina kunyoresa. Havasungirwe kuudza kana ani zvake kuti vari kunoona chiremba. Asika kana vachida kunyoresa vanogona kukumbira chiremba avanyorese.

## **Kana muchida kuongororwa kana kurapwa zvirwere zvepabonde kana mukondombera munogona kuridza runhare :**

- Makiriniki ezvepabonde (GUM Clinic) panhamba dzinoti 0113 3926724 kana 3926725. Munwana pakiriniki pakanyorwa 'The Centre for Sexual Health'. Munwana izvi kuSunnybank Wing, paLeeds General Infirmary Hospital muCalverley Street, pakati peguta reLeeds (zvatarisana neMillenium Square)
- Kuongororwa nekurapwa mukondombera ridzai runhare urwu 0113 2065716 rweInfection and Travel Medicine Unit kuSt James' Hospital

## ***Musati maenda***

Kana muchitanga kuenda kukiriniki zvingakubatsireyi kuziva zvichaitika ikoko. Zvimwe zvinhu zvinosiyana-siyana asi izvi zvingakubatsireyi

## ***Zvamunofanirwa kuziva***

- Madzamai anobatsirwa namukoti wechikadzi nguva dzese kunyange vachionekwa nachiremba
- Hapana achashambadzira kuti muri pano
- Musaite weti nekuti ichashandiswa pakuongorora
- Torai mishonga yese yamuinayo kana kunyora mazita acho pasi.
- Endai nguva ichiripo nekuti chiremba havamirire imi

- Nyorai pasi zita, gore rekuberekwa, kero nerunhare rwenyu nekuti muchabvunzwa izvi. Kana muna chiremba nyorai zita rake pasi
- Torai kagwaro kenyu kapfumbu kana muinako
- Chengetai tikiti ramashandisa kuitira kuti muripwe mari yamunenge mashandisa

### ***Mune nguva yakawanda here?***

Kwachiremba kunogona kutora maawa maviri saka zivai kuti muchaongororwa muchataura nachiremba mugoziviswa zvamaonekwa munazvo.

### ***Ndianiko achaziva kuti ndaenda kukiriniki?***

Hapana, hazvishambadziwe. Kana musina kupa mvumo yekuti zvitaurewe hazviitike. Dzimwe nguva vanachiremba vangade kuziva izvi saka vachaudzwa. .

### ***Makiriniki ezvepabonde anokubatsirayi seyiko?***

Munosvikowana izvi musina kubvisa mari:

- Ruzivo nezvehutano hwepabonde
- Kuongororwa nekurapwa
- Vamwewo vekukurukura navo nezvehutano hwepabonde
- Majekiseni ekudzivirira zvirwere zvechiropa
- Kuongororwa mukondombera nekubatsirwa zvisati zvaitwa uye kana zvapera
- Kuongororwa kwehutano hwepabonde
- Makondomu nemishonga yacho
- Kuzvidzivirira nhumbu kwechimbichimbi
- Kuongororwa kuti mune nhumbu here

### ***Imi nemubatsiri wenyu wezvehutano***

Makiriniki mazhinji ane vabatsiri vanonzi Health Advisers kana Counsellors. Inyanzvi pabasa ravo. Mungakurukure pamusoro pezvinotevera:

- Zverwerezvepabonde
- Kubatwa chibharo kana kukuvadza munyaya dzepabonde
- Kuongororwa mukondombera
- Kunzwa musingade zvekusangana kana kutadza
- Hupenyu hwekuti mumwe ane mukondombera mumwe asina
- Kurarama nohutachiona hwomukondombera
- Zvamungasarudze zvinorapa mukondombera kana zvinonetsa nemishonga iyi
- Zvomupfungwa dzenyu nezvehutano hwepabonde
- Nzira dzekuudza mumwe wenyu kuti vane chirwere uye vakafanira kunoongororwa
- Zvinonetsa pakuenda kunoongororwa kumakuriniki, kunyanya zvekufambisa kana kutya kuti zvichashambadziwa.

### ***Kuonana nemubatsiri wezvehutano***

Zviri nani kutanga manyoresa musati maenda kunoonekwa asi kana mune nguva mungangoenda zvenyu. Dzimwe nguva munogona kutaura nemubatsiri parunhare. Vabatsiri ava vanogona kukuonai muri vaviri kuti mutaure zvinokunetsayi. Kana muchida munoenda neshamwari yenyu asi muchaonekwa mega.

Kana mukaonekwa mune hutachiwana munoenda kuna Health Adviser. Izvi zvinoitirwa kuti mutsanangure kuti makawana seyi hutachiwana uye mugobatsirika pakurapwa. Vanodawo kuti musarware zvakare kana kusangana nevamwe vanhu mune hutachiwana. Kana mune vadiwa vakawanda ndiyo nguva yekudura zvese kuti vese vaongororwe kana kurapwa.

### **Zviri maererano nemi**

Munosungirwa kupa zita, kero, runhare gore rekuberekwa nenguva yese yamunoenda kunoonekwa. Kana zvachinja zivisai vepakiriniki.

### **Kuona Chiremba**

Kana muchinoona chiremba muchabvunzwa izvi:

- Makagumisira rinhi kusangana?
- Makasangana nemurume here kana mukadzi kana vakawanda?
- Makambobatwa chibharo here?
- Kana muchifungira kuti mune hutachiwana munofunga zvakatanga rinhi makaona chiyiko?
- Pane mishonga yamuri kunwa here?
- Makamborwara nezvirwere zvepabonde here?
- Munonetseka nezvehutano here?

### **Kuongororwa**

Chiremba vachakubvisisayi mbatya kuitira kuti vaone kana mune hurwere. Chiremba vachabatabata pamutsipa negotsi kuona kuti hazvina kuzvimba here. Chiremba vachakuzivisayi zvavachaita kuti vaongorore. Vanokuzivisai nguva dzese pavanenge vachiongorora. Kana muri mudzimai mukoti wechikadzi anogara aripo

### **Kuongororwa**

Pane zvakawanda zvamunowona chiremba vachiita kana maenda kukiriniki. Munogona kutorwa ropa, weti kana zvinobuda kuzasi kwenyu kana panobuda nedhodhi. . **Hamusungirwe kuita zvese izvi. Kana muchiona zvichikutadzisai kugara taurirayi chiremba kuti zvinyatsotsanangurwa.**

### **Zvinobuda kwachiremba**

Muchaziviswa kuti zvinenge zvaonekwa nachiremba muchazvipihwa seyi.

### **Kurapwa / Nemishonga**

Zvakakosha kunwa mishonga senzira inenge yataurwa. . **Zvakakoshawo zvakare kutora mishonga yese nenzira yamakaudzwa kunyange mava kunzwa zviri nani.**

### ***Kuudza vamwe***

Vekukiriniki vanogona kuti kana mune vamakasangana navo vakawanda muvazivise kuitira kuti vaendewo kunorapwa. .

### ***Kusashambadzirwa kwehurwere***

**Pamutemo zvamunenge maudza vanhu pakiriniki hazvishambadzirwe. Zivayi zvakare kuti kana mapepa akanyora zvehurwere hwenyu anofanirwa kugara kukiriniki uye haabvumirwe kuenda kumwe zvisina mvumo yenyu.**

# **MAPATO ANOBATSIRA NEZVEHUTANO** **HWEPABONDE ANOWANIKWA MULEEDS** **Sexual Health Support Groups in Leeds**

## **VeTerrence Higgins Trust (THT)**

Tinopa rubatsiro kuvanhu vane hutachiwana kana mukondombera. Tinopa mazano ezvekugara zvakanaka kana mune mukondombera uye mamwe mashoko nekuchinjana mazano nevamwe vane mukondombera. Tinopawo mazano pa; mawanirwo edzimba kana rubatsiro rwokuchengeta mari uye mapindiro omunyika. Tinokubatsirayi nekukupayi vanhu vanoziwa nhamo, kushaya mari, kupinda muchikwereti, kudzidzira mabasa kana chiyi zvacho chamungade kuziva nezvemukondombera. Zvese izvi hazvibvisirwe mari uye hazvishambadzirwe. Runhare rwavo ndourwu 0113 2364720 – 2 Oxford Place, Leeds

## **VeBarnardo's African Communities Team**

Vanopa rubatsiro kumhuri dzinobva kuAfrika uye vanhuwo vane mukondombera. Vanokutsvagirayiwo mapato amungaonana nawo anobatsira pakutsvaga dzimba, kupa ruzivo nezvehutano uye nezvemapindiro munyika. Vanobatsira madzimai ane nhumbu nemadzimai kana vana vane mukondombera. Vanopa makondomu mahara uye hamuna mari yamunobvisa pane zvese zvavanokupai

Runhare rwavo ndourwu : 0113 2589290 – Clarence Road, Horsforth, Leeds

## **VeSTAR project**

Ava vakamirira kubatsira vanhu vanenge vakabatwa chibharo kana kudzivirira nhumbu uye vanobatsira nezvese zvavangade. Rubatsiri rwunowanikwa nani zvake ane makore akapfuura gumi nemana akambobatwa chibharo. Apa panobatsirwa vakadzi kana varume. Vanobatsira zvekuti munobva maziva zvekuita.

Runhare rwavo ndourwu: 01924 292361 / 298954 – 14 Laburnum Rd, Wakefield

## **VeYorkshire MESMAC**

Ava vanogara mukati mevanhu uye vanobatsira ngochani. Vanoenda kunowanikwa ngochani uye kumabhawa kana makirabhu kwavanosanganira. Bato iri rinobatsira ngochani nezvese zvadzinoda. Pane mapoka akawanda engochani anosanganisa ngochani dzine michato kana dzechidiki.

Runhare rwavo ndourwu : 0113 2444209

## **Bato reBlack Health Initiative (BHI)**

Vanopa rubatsiro nemazano nenyaya dzehutano hwepabonde kuvanhu vanobva kunyika dzemuAfrika nedzeAfrican Caribbean vave kugara muLeeds. Apa vanobatsira madzimai anobva kunyika dzine tsika yokucherechedza kukomba kwevanasikana; kuchengetedza husikana hwavo nemadzimai ane zvirwere zvemadzimai segomarara, kurwadza kwenyama, kunetsa kwenyaya dzokumwedzi nezvimwewo zvirwere zvemadzimai. Vanoongorora vane nhumbu uye kutambirisa makondomu navananyamukuta paMigovera yega-yega. Vanopawo yambiro musati matanga kudzivirira nhumbu ; inonzi ABC (Advice Before Conception) .

Runhare rwavo urwu: 0113 3070300 – Unit 10, Chapeltown Enterprise Centre, 231-235 Chapeltown Road, Leeds

## **VeWorking it out- The CASAC Partnership Ltd**

Sangano reWorking it out ndere madzimai chete nepfambi kana vakamboita zvechifambi vanogara muChapelton kana munharaunda.

VeWomen's Drop-in - Archway, Roundhay Road, Leeds

Chitatu chega-chega panguva dzinoti 1.30 ne4.00, pfambi kana vakamboita chifambi vanouya pano paDrop In kuzokurukura kana kuwacha kana kugeza. Panowanikwa makondumu nekuongororwa nhumbu. VeWorking it out vanobatsira vapoteri kana madzimai anogara muChapelton nemuHarehills. Nyaya huru inonetsa vapoteri vechidzimai kushaikwa kwemari. Izvi ndizvo zvinokonzera kuti vazviwane vava kufamba kunyange vachiziva kuti hutano huchakanganisika. Pano vanobatsirwa kuchengetedza hutano nekuwana vekunyoresa kunaChiremba kana kuwana nzira dzekudzivirira nhumbu. Dzimwe nguva vanoenda kune veGenesis kuti vavabatsire.

Tinopawo rubatsiro maerenaro nekuwana pekugara, zvehutano, zvekutsvaga mabasa kana kudzidzira mabasa.

Kana muchida kuenda kumusangano kuDrop In iri kuArchway, Roundhay Road, endai zvenyu kana kuridza runhare kuna Jenny Moscrop pa 0113-380-5651 kana 07969-443789 .

## **VeGenesis**

VeGenesis vane rubatsiro rwavanopa kunzvimbo dzakawanda muguta uye rwakanangana nemadzimai anoda kurega basa rechipfambi uye havaneyi nerudzi kana chechi kana zera kana kunobviwa. Vanoshandira muvanhu. Vanofambira kunogara vanhu katatu pasvondo kubva nguva dza 8 kusvika 11 usiku. vachipa vanhu zvekuwana, makondumu kana magirovhisi ekushandisa uye kukuzivisayi nezvemiyedzo inokuvadzisa.

Kana vachisanganisa kufambira muvanhu vanobatsira kwechinguva kana kwemazuva. Madzimai mazhinji anenge achida kusiya basa rechipfambi anoda kubatsirwa zvakasimba kuti vaenderere mberi nehupenyu hwavo. Vamwe vanenge vakamboshandisa zvinodhaka kana kurohwa kana kushaya chikoro kana pekugara. Pane rubatsiro rwunowanikwa mundimi gumi. . **Kana muchida kuziva zvimwe tapota fonerai vashandi vekuGenesis parunhare urwu 0113 2430036 kana kuenda kuOxford Chambers, Oxford Pace, Leeds, LS1 3AU.**

# **Mamwewo mapato erubatsiro**

## **Kanzuru yevapoteri**

Pano panobatsirwa vapoteri pane zvese zvinonetsa chero mupoteri. Munokwanisa kubatsirwa nenzira dzekukumbira kuwana rubatsiro kana imba kubva kuNASS kuenda kunoona kuti munokodzera here kuwana mari yepasvondo, kuzivisa veNASS kana mabva pamunenge muchigara kana zvimwewo zvamunoda kuvazivisa, kukwidza chichemo kana mari yambomiswa uye kunochemachema kana pane dambudziko.

Kanzuru yevapoteri inobatsira vese vapoteri vanotsvaga chero mazano kunyanya madzimai anenge achitiza kushushwa mudzimba. Vanovazivisawo zvavanobvumirwa kuita munyika muno kunyanya kana vakamirira kunzwa nezvechikumbiro chehupoteri. .

Kero yavo inoti, Refugee Council, Ground Floor, Hurley House, 1 Dewsbury Road, Leeds LS11 5DQ - 0113 2449404  
[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

## **Bato reLeeds Refugees and Asylum Support Service (LRASS)**

VeLRASS inhengo yebato rehurumende rinonzi Housing and Environmental Health. VekuLeeds vanokubatsirayi nekutsvaga pekugara uye rubatsiro kuvapoteri vari muLeeds vari pasi pechisungo cheYorkshire neHumberside NASS. Vanobatsira vapoteri vanowana rubatsiro kubva kuNASS uye vachigara mudzimba dzekanzuru.

Kero inoti  
155 Kirkstall Road, Leeds LS4 2AG - 0113 395 0747

kana  
Hillside Centre - 0113 257 7957  
[asylum@leeds.gov.uk](mailto:asylum@leeds.gov.uk)