Adeegyada Caafimaadka Biriitaaniya (UK)

Tusmada

Adeegga Caafimaadka Qaranka (NHS-ta)

Sir Xafidaada
Turjumaanada NHS-ta
Dacwadaha ama dhibaatooyinka

Adeegyada Gargaarka Degdegta ah ee ay NHS-ta bixiso
Waaxda Shilalka & Gargaarka Degdegta ah

Rugaha GP-yada/ Takhaatiirta
Iska Diiwaangelinta GP-ga
GP-yada/Takhaatiirta Qoyska
Kalkaaliyeyaasha Goobta caafimaadka
Ballan u Dhigashada
Helitaanka Turjumaanada
Bedelaada Rugaha GP-yada

NHS-ta Tooska Ah (NHS Direct)
Helitaanka Turjumaanada

Adeegyada Kale ee Caafimaadka (Gudaha Leeds)
Kooxda Wax Ka Helitaanka Caafimaadka
Baaritaanka Caafimaadka
Baaritaanka Qaaxada (TB-da)

Isbitaalada
Isbitaalada Leeds ku yaal

Farmashiyeyaasha
Farmashiyeyaasha Leeds ku yaal ee
Gooraha Dambe ee Habeenkii ah Furan

Takhaatiirta Ilkaha
Adeegyada Gargaarka Degdegta Ilkaha
ee Leeds ku yaal

Takhaatiirta Indhaha

Hababka Uur Iska Ilaalinta (Contraception)

Caafimaadka Maanka

Caafimaadka Isku Galmoodka
Rugaha Caafimaadka Isku Galmoodka

Adeegyada Caafimaadka Haweenka
Uurka
Si Ula Kac Ah Ilmo U Soo Tuurka
(Abortion)
Baaritaanka Kansarka Dhuunta
Ilmo-Galeenka
Gudniinka Dheddiga

Adeegyada Caafimaadka Carruurta
Booqdeyaasha Caafimaadka
Kalkaaliyeyaasha Dugsiyada
Tallaalka Carruurta

Wargelin Dheeraad Ah oo ku saabsan Caafimaadka Isku
Galmoodka & HIV (Ej Ay Fii)
Lahaan-kacyada Isku galmoodka La
Isugu Gudbiyo (STI-da)
HIV (Eh Ay Fii)
Sharciga iyo Isku Taga Isku galmoodka Leh
Rugaha Caafimaadka Isku Galmoodka

Kooxaha Taageerada & U Hadalka Caafimaadka Isku
Galmoodka ee gudaha Leeds laga helo

Adeegyada Kale Taageerada Bixiya ee gudaha Leeds laga helo

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Adeegyada Caafimaadka Biriitaaniya (UK)

Buug-yarahan waxaa loogu tallo galay kuwa magangelyo doonka ah waxa uuna taageerayaa sharaxaadda waxa ay yihiin adeegyada caafimaadka gudaha Biriitaaniya (UK) laga heli karo. Buug-yarahan waxaa la heli karaa isaga oo luqado kale ku qoran iyo isaga oo qaabab sanadka 2004 ayaa Leeds gudaheeda lagu sameeyey waxaana soo saarey hey'adda Hal-abuurka Caafimaadka Madowga, Yorkkshire MESMAC, Kooxda Caafimaadka Isku Galmoodka iyo Isticmaalka Mukhaadaraadka (ee Lagu Aaminada Caafimaadka Aasaasiga ah ee Leeds "Leeds PCTs" , Kooxdka Wax Ka Helitaanka Caafimaadka ee qaabilsan Kuwa Magangelyo Doonka ah).
Adeegyada Bulshada Leeds turjumaada buug-yarahan ayey naga caawineen.

Adeegga Caafimaadka Qaranka (NHS-ta)

Maxay tahay NHS-ta?

Marka UK la dhex joogo daryeelka caafimaadka waxaa laga helaa nidaamka Adeegga Caafimaadka Qaranka (National Health Service "NHS"). Tilmaan-bixinta soo socota waa mid ku quseysa haddii aad tahay qof magangelyo doon ah oo UK dhex jooga aadanna weli helin go'aan kama dambeys ah Home Office-ka (Wasaarada Arrimaha Gudaha).

NHS-ta ma bilaash baa wax looga helaa?

Haddii aad tahay qof magangelyo doon ah waxa aad xaq u leedahay in aad si bilaash ah oo aadan wax lacag ah uga bixin ku hesho daryeelka caafimaadka NHS-ta hoos yimaada intiisa badan. Tan waxaa ka mid ah iyada oo si gargaar deg-deg ahaan ah isbitaalka lagaaga daaweeyo, daryeelka caafimaadka/xaamilada iyo qorsheynta qoyska. Wargelinta soo socota ee xirmadan ku jirta waxa ay kuu sharxeysaa daaweynta aad lacag la'aanta ku heli karto inteeda badan haddii aad u baahato.

Waa maxay warqadda daawada lagu qoro?

Haddii aad daawo u baahan tahay waxaa dhici karta in uu takhtarka ku siiyo warqad uu daawada kuugu qoro (a prescription.) warqadda daawada lagu qoro waa tikit sharaxaad ka bixinaya waxa uu takhtarka doonayo in aad qaadato. Si aad daawadaada u soo qaadato waxa aad u baahan tahay in aad warqadii daawada laguugu qorey horey u geyso qofka farmashiyaha jooga. Takhaatiirta mar walba kuuma qorayaan daawooyinka aad rabto; waxaa dhici karta in ay qaarkood kuu sheegaan in aad naf ahaantaada farmashiyaha uga soo iibsato.

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Ma u baahan nahay in aan gato daawooyinkii la ii soo qorey?

Daawooyinka la qoraa waa kuwo ay bilaash ku helaan kuwa magangelyo doonka ah laakiin waxa aad u baahan doontaa in aad foomka HC2 ka soo qaadato Adeegga Taageerada Magangelyo Doonka Qaranka (National Asylum Support Service "NASS") si aad u cadeyso in aad xaq u leedahay bilaash ku qaadashada daawooyinka. Marka UK la joogo dadka qaarkiis waa in ay daawooyinka loo qoro iyo arragtiga takhtarka ilkaha ama midka indhaha iliibsadaan. Maadaama aysan kuwa magangelyo doonka ah UK gudaheeda ka shaqeysan karin adiga xaq baad u leedahay in aad kuwan lacag la'aan ku hesho. Si aad u caddeyso in aad tan xaq u leedahay waxa aad u baahan tahay in aad la timaado foomka HC2.

Waa maxay foomka HC2?

Foomka HC2 waa mid ay waajib tahay in aad lixdii biloodba mar arji u qorato. Si aad foomka HC2 u hesho waxa aad sameyn kartaa in aad:

- Qofka shaqaalaha ah ee guriyeyntaada qaabilsan ee ku soo booqda weydiisato (waa haddii aad ku jirto guriyeynta NASS ee) in uu ku caawino.
- Tagto farmashiye ama rugTakhtarka GP-ga oo aad buuxisato foomka HC2.
- Leeds gudaheeda la xiriir Kooxda Wax Ka Helitaanka Caafimaadka (the Health Access Team) ama iska tag mid ka mid ah rugahooda kale (eeg qeybta Kooxda Wax Ka Helitaanka Caafimaadka)

Sir Kuu Xafidaada (Confidentiality)

Xagee baa wargelinta laga wadaagi doonaa?

NHS-ta waa waax ka baxsan waaxda socdaalka (Immigration.) **Dhamaan shaqaalaha NHS-ta u shaqeeya waa ku waajib in ay wargelinta bukaanada ku saabsan u hafidaan si SIR XAFIDAAD LEH.** Looma ogola in ay wargelin/macluumaad kugu saabsan la wadaagaan waaxda socdaalka ama NASS-ta ogolaanshahaaga la'aantiisa. Mararka qaarkood wixii wargelinta caafimaad ah waxaa wadaagi kara takhaatiirta ama kalkaaliyeyaasha. Tan waxaa la sameyn karaa oo keliyah haddii ay caafimaadkaaga waxtar u leedahay waxaana loo gudbin karaa oo keliyah qof kale oo shaqaale caafimaad ah waxaana loo xafidi doonaa sida ugu taxadirka badan, waana in aan loo gudbin qof lagu qaldamo. Waxaa dhici karta in xeerka sir xafidaada la jebiyo haddii ay jiraan xaalado keeni kara jiritaanka qatar ku soo fool lahaan karta caafimaadka iyo u samafalka carruurta, ama haddii uu jiro qof qatar ugu jira in ay waxyeelo soo gaarto (sida in uu geeriyoodo oo kale). Haddii uu shaki kaa kalo halka lagu wadaagayo wargelin adiga kugu saabsan, xaq baad u leedahay in aad dadka wax weydiiso.

Turjumaanada NHS-ta

Sidee baan dadka ula warramaa haddii aanan af Ingiriiska ku hadlin?

Haddii ay kugu adkaato in aad dadka af Ingiriiska kula hadasho, waxa aad xaq u leedahay in aad turjumaan codsato haddii aad takhtar ama kalkaaliye caafimaad arkeyso. Waa in aan lagaa fillan in aad horey u soo wadato dad aad xigto ama asaxaab tihiin oo kuu turjuma marka aad tageyso ballamada laguu dhigey.

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Turjumaanada waa ku waajib in ay wixii laga wada hadley sir ahaan kuugu xafidaan. Haddii aadan turjumaanka ku faraxsaneyn ama aad ka welwelsan tahay sir xafidaada aadanna dooneynin turjumaankaas, tan waxa aad u sheegi kartaa shaqaalaha/hawl-yaqaanada caafimaadka.

Siyaabaha aad turjumaan ku dalban kartid waa:

- In aad si toos ah u weydiisato Takhtarka, Kalkaaliyaha ama qofka shaqaalaha ah.
- Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan (eeg qeybta Kooxda Wax Ka Helitaanka Caafimaadka).

Leeds gudaheeda waxaa dhici karta in turjumaan si fool-ka-fool ah laguugu keeno ama in teleefoonka lagugula hadalsiiyo. Waxaase nasiib darro ah in aysan Leeds gudaheeda waqtigan ka jirin tujumaano laga helo goobha farmashiyeyaasha, kuwa takhaatiirta indhaha iyo inta badan kuwa takhaatiirta ilkaha.

Dacwadaha ama dhibaatooyinka la xiriira goorta NHS-ta la isticmaalayo

Maxaan sameeyaa haddii aan qabo dacwad adeeg NHS-ta ah ku saabsan?

Waxa uu Adeegga La Tallinta iyo Xiriirinta Bukaanka (The Patient Advice and Liaison Service “PALS”) halkan u joogaa in uu ku caawino marka aad la tallin u baahato, ama aad wax ka welwelsan tahay amase aadan garaneynin halka aad wax u doonan laheyd. PALS waxaa loogu tallo galay bukaanada, qoysaskooda iyo asaxaabtooda waxa uuna bixiyaa caawinaad ku saabsan adeegyada caafimaadka goobta waxa uuna doonayaa in wax xal xaliyo. Adeegga waxa uu maqlayaa waxa aad sheegeyso waxa uuna shaqaalaha NHS-ta siiyaa fikrad dhiibato muhiim ah taas oo noo ogolaaneysa in aan sii hagaajino bixinta adeeg caafimaad oo bukaanada u daneynaya. Waxa uu PALS kuu sameyn karo;

- Bixinta wargelin ku saabsan hey’addaha kale ee daryeelka caafimaadka bixiya iyo ururada taageerada bixiya ee ay dhici karto in ay waxtar kuu lahaadaan.
- Gudoonka wixii fikrad dhiibasho ah ha fiicnaadeen ama ha xumaadeen ee adeegyadayada ku saabsan si aan u hubsano in fikrad dhiibashada loo isticmaalo sidii lagu sii hagaajin lahaa adeegyada aan bukaanada siino.
- Sharaxaadda hab-nidaameedka dacwadaha iyo sida loola xiriiro qof ku caawin kara.
- La shaqeynta adiga iyo shaqaalaha caafimaadka si xal loogu helo dhibaatoyinka ku heysta ama waxyaabaha aad ka welwelsan tahay.
- Waxa aad PALS kala soo xiriiri kartaa Teleefoonka lacag la’aanta lagu dirsado ee 0800 0525 270 ah

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Adeegyada Gargaarka Degdegta ah ee ay NHS-ta Bixiso

Waaxda Shilalka iyo Gargaarka Degdegta Ah (A&E)

Waa maxaay Waaxda Shilalka & Gargaarka Degdegta ah (Accident & Emergency "A&E")?

Haddii uu shil wax ku gaarsiiyo ama aad tahay mid si darran u xanuunsan waxaa dhici karta in lagugu daaweeyo Waaxda A&E-da ee isbitaalka kuugu dhow. Tani waa lacag la'aan waana wax uu qof walba heli karo. Waaxda A&E-da maalin iyo habeenba waa ay furan tahay. Haddii ay baahidaadu tahay mid aad u darran isla markiiba waa lagu arki doonaa waana laguu adeegi doonaa. Marka xaaladaha kale oo dhan jiraan waxaa lagaa qaadi doonaa faahfaahintaada waxaana dhici karta in aad dhowr saacadood sugto ka hor inta aan lagu arkin oo waxna laguu qaban.

Marka Leeds la dhex joogo, waaxyaha A&E-da waxaa laga helaa oo keliyah gudaha Isbitaalka Leeds General Infirmary ee bartamaha magaalada ku yaal Isbitaalka St James' University Hospital oo barigga Leeds ku yaal.

Waa in aad si taxadir leh uga fikirtaa in ay xaaladaadu tahay ama xanuunkaagu yahay mid gargaar degdeg ah u baahan iyo in kale, maadaama ay dhici karto in aad dad kale oo xaalado nafta qatar geliya hayaan ka hor istaageyso helitaanka daryeel degdeg ah oo ay u baahnaayeen haddii aad isticmaasho adeegga A&E-da iyada oo aysan xaaladaadu aheyn mid gargaar degdeg ah u baahan.

Waa maxay wax Gargaar Degdeg ah u baahan?

Tusaalaha waxyaabaha ka midka ah wax Gargaarka Degdegta ah u baahan waa waxa soo socda;

- Dhicid
- Xabad xanuun cusub ama mid darran
- Xabad xanuun
- suuxdin
- dhiig-bax badan
- lafo laga shakiyo in ay jabeen
- dhaawacyo mool ah sida dhaawacyada mindi gelinta
- neefsashada sida darran u adkaata
- Dhaawac madaxa gaara
- Shilalka baabuurta

Ka warran dhallaanka iyo carruurta?

Dhallaanka iyo carruurta si sida dadka waaweyn aad uga fudud bay cudurobadan ugu dhici karaan.

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Sidee baan ku ogaan karaa haddii uu dhallaankeyga si darran u jiran yahay?

Caadi ahaan waalidiinta way ku wanaagsan yihiin garashada marka ay si darran wax uga qaldan yihiin dhallaankooda. Halkan waxaa ku qoran qaar ka mid ah callaamadaha muhiimka ah:

- Marka uu soo jeedo, waxaa dhici karta in uu cunugaaga u muuqdo mid si aan caadi u aheyn u hurdeysan ama aan u xiiseyneynin in uu ku soo eego
- Waxaa dhici karta in uusan cuugaaga xiiseyneynin in uu quuto, ama uu yahay mid matagaaya
- Waxaa dhici karta in uu cunugaaga ka dareento in uusan tabar laheyn ee uu dhacdhacayo una muuqan kara mid midabkiisu doorsoomey
- Wax cusub baa ka soo yaaci kara ama maqaarkiisa ayaa kuula muuqan kara mid buusbuusan ama midabkii ka tahey.
- Cunugaaga oo kuula muuqda in uu kulul yahay oo qandheysan yahay taasna ay welwel kugu beerto.
- Cunugaaga oo kuula muuqda in uusan neefsaneynin ama u neefsanaya si ka dhaqsiyo badan sidii u caadiga aheyd
- Oohinta cunugaaga oo u muuqata mid tiisii ka duwan (oo ay dhici karto in uu cabaadayo, yiiqleynayo ama ay ku adag tahay oo cod yareynayol), iyo aamusintaada oo u muuqata inaysan waxba u tareynin

Sidee baan ku tagaa Waaxda A&E-da?

Adigaaba iska tagi kara A&E-da kuugu dhaw ama waxa aad u wacan kartaa ambalansi (ambulance) ku qaada.

Sidee baan ambalanis ugu yeertaa?

Waa in aad wacdaa 999 si aad ambalaniska gargaarka degdegta ah u hesho. Tani waa wicitaan aan lacag lagaaga qaadeynin marka aad ka soo waceyso teleefoonada lacagta lagu rido. Waxaa lagu weydiin doonaa adeegga aad dooneyso maadaama aad wicitaanka 999 aad ku dalban karto adeegyo tirro ah sida Adeegga Ciidanka Dab-demiska iyo midka Booliiska. Haddii aad dooneyso in aad hesho ambalaniska gargaarka degdegta ah:

- Wac 999
- Qofka kaa qabta u sheeg in aad ambalanis dooneyso
- Waxaa lagu weydiin doonaa halka aad joogto
- Sharaxa waxa dhacey ee waxqabadka u baahan

Marka uu ambalaniska kuu yimaado, waxa uu ku geyn doonaa waaxda A&E-da ee isbitaalka kuugu dhaw.

HA KA WELWELIN WICITAANKA AMBALANISKA HADDII AAD KA WELWELSAN TAHAY WAX GARGAAR DEGDEG AH U BAAHAN.

HASE AHAATEE, XUSUUSNOW IN AY TAHAY RUGTA TAKHTARKAAGA GP-GA HALKA AY TAHAY IN AAD U AADO DAAWEYNTA DHIBAATOOYINKA AAN GARGAARKA DEGDEGTA AH U BAAHANEYN.

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- A&E-da ma aha meel aad isticmaaleyso bedelka Rugtaada GP-ga (eeg qeybta Rugta GP-yada)
- Wicitaanka 999 kuma gelinayo halka safka A&E-da ugu sareysan queue
- Bukaanada oo idil waxaa loo arkaa hadba sida ay xaaladda baahidooda caafimaad tahay
- Dhaawacyada oo dhan raajo ama kashaafad u ma baahna
- Takhtarkaaga GP-ga ayaa khamiir ku ah dhibaatooyinka guud ee caafimaad. Takhaatiirta A&E-da waa kuwo ku takhasusey shilalka iyo gargaarka degdegta ah.
- Waaxyaha A&E-da ee Leeds ku yaal waa kuwo si fiican loo tilmaamey. Labada isbitaal ee aad daryeelka gargaarka degdegta ah ka heli kartid waa:
- St James' Hospital, Beckett Street
- Leeds General Infirmary, Calverly Street, Leeds city centre

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Rugaha GP-yada (Takhaatiirta)

Waa maxay Rugta GP-ga?

Marka gudaha UK la joogo Rugaha GP-yada (oo mararka qaarkood loagu magacaabo goobaha ama xarruumaha caafimaadka) ayaa inta badan ku siiya daryeelka caafimaadka. Dhamaan dadka magangelyo doonka ah waxa ay xaq u leeyihiin lagana filayaa in ay iska diiwaangeliyaan Rugta GP-ga ee u dhow halka ay degan yihiin. **Waa wax aad muhiim u ah in aad rugta Gp-ga isaga diiwaangeliso sida ugu dhaqsiyaha badan ee aad awoodo laga soo bilaabo goorta aad wadanka timaado.**

Iska diiwaangelinta Rugta GP-ga

Ma in aan Rugta GP-ga iska diiwaangeliyaa xitaa haddii aanan xanuunsaneynl?

Waa muhiim in aad iska diiwaangeliso Rugta GP-ga xitaa haddii aadan xanuunsaneyn. Tani waa sidaas maxaa yeelay haddii aad xanuunsato waxaa laguu arki karaa sida ugu dhaqsiyaha badan ee suurtogalka ah.

Sidee baan Rugta GP-ga isaga diiwaangeliyaa?

Siyaabaha aad isku diiwaangelin karto waa:

- Waxa aan booqan kartaa Xarruunta Caafimaadka ama Rugta GP-ga xaafadaada ku taal waxa aadna weydiisan kartaa in ay ku diiwaangelin karaan iyo in kale.
- Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

Rugta GP-ga waxa ay diiwaangelineysaa oo keliyah bukaanada ku dhex nool goobta xarruuntooda agagaaraheeda ah. Marka aad u tageyso oo aad diiwaangelin ka dooneyso horey u sii qaado wax lagugu aqoonsado. Waxa aad horey u sii qaadan kartaa karkaaga IND-da ah ama wax kale oo muujinaya cinwaanka aad degan tahay. Haddii ay rugta caafimaadka ay ku badan yihiin bukaanada u diiwaangashan waxaa dhici karta in ay ku diiwaangelin kari waayaan. Waa in aysan kuu diidin ahaanshaha aad magangelyo doonka tahay oo keliyah.

Maka ay rugta caafimaadka ogolaato in ay ku diiwaangeliso, waxa ay GP-gaagii hore ka dalban doonaan wixii qoraalo caafimaadkaaga ku saabsan ah haddii aad horey uga diiwaangashaneyd meel kale oo gudaha UK ah. Warkan oo dhan waxaa loo xafidi doonaa sir sir xafidaad leh mana ahaan doonaan wax lala wadaago cid kale oo ka aheyn Rugta GP-ga ama takhtarka ama kalkaaliyaha.

Waxaa lagu weydiin doonaa in aad foom buuxiso waxaana dhici karta in ay waajib kugu noqoto in aad u soo noqoto baaritaan caafimaad oo uu Kalkaaliyaha Caafimaadka goobta jooga kugu sameeyo (halka hoose eeg). Waa wax waxtar leh in aad horey u sii qaadato wixii diiwaan caafimaad ah ee ay dhici karto in aad heysato. Haddii aad joogi jirtey xarrruunta kuruud bixinta ama aad leedahay buug gaduud, basali ama buluug ah, fadlan horey u sii qaado marka aad tageyso ballamadaada caafimaad oo idil.

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Takhaatiirta Guud (GP-yada) / Takhaatiirta Qoyska

Maxay GP-yada sameeyaan?

GP-yada waa takhaatiir ka shaqeeya Rugaha GP-da. Haddii aadan caafimaad qabin, GP-ga waa takhtarka ugu horeeya ee aad caadi ahaan arkeyso marka aad wadankan dhex joogto. GP-yada waxa kale oo ay ku siin karaan:

- Kala tallinta iyo ka daaweynta dhibaatooyinka caafimaadka
- Baaritaanada (Tests)
- Daawooyin laguu qoro oo aad soo qaadato si dhibaatooyinkaas lagaaga daaweeyo ama looga hortago
- Kala tallinta iyo ka daaweynta dhibaatooyinka caafimaadka maanka
- Daryeelka waqtiga (haweenka) uurka leeyihiin
- U sii gudbinta kuwa takhasusaadda leh eeisbitaalada iyo xarruumaha caafimaadka jooga. (Sii gudbinta waxaa la sameyn doonaa oo keliyah haddii ay takhtarka la noqoto in loo baahan yahay).
- Qorsheynta qoyska iyo iska ilaalinta uurka oo lacag la'aan ah oo haweenka loogu tallo galay
- Caawinaad lagaa siiyo ka hortagga xanuun kugu dhaca

GP-yada waxa ay ka shaqeeyaan gudaha rugaha ama xarruumaha caafimaadka u dhaw meelaha ay degan yihiin (isbitaalada kama shaqeeyaan). Xaalado badan oo marka dunida meelaheeda kale la joogo isbitaalada lagu daaweeyo ayey GP-yada daaweyn karaan marka UK la joogo.

Kalkaaliyeyaasha Goobta Caafimaadka

Maxay Kalkaaliyeyaasha Goobta Caafimaadka sameeyaan?

Kalkaliyeyaasha Goobta Caafimaadka waxa ay ka shaqeeyaan Rugaha GP-ga. Qaar ka mid ah adeegyada ay bixiyaan waa:

- Baaritaanka bukaanada cusub, oo caadi ahaan dhaca goor u dhow goorta aad isdiiwaangelineyso
- Tallaalka carruurta iyo dadka waaweyn
- Daaweynta qaar ka mid ah dhaawacyada fudud
- Dheecaan ka qaadidda dhuunta ilmo-galeenka iyo baaritaanka caafimaadka haweenka fayo-qabka ah
- Kala tallinta ku saabsan cuduro badan iyo sida caafimaad qabka loogu sii sugnaado

Ballan u dhigashada Rugaha GP-ga

Sidee ballanta loogu dhigtaa Rugta GP-ga?

Inta badan Rugaha GP-yada waxa ay arki doonaan dadka ay ballamiyeen oo keliyah. Sidaas daraadeed, waa muhiim in aad ballan u dhigato. Isku dey in aad teleefoon u dirto ama aad Rugta tagto inta u dhaxeysa 0830 iyo 0900 saac.

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Marka aan ballan u dhiganeyso, qofka soo dhaweynta jooga ogeysii haddii aad turjubaan u baahan tahay maadaama ay dhici karto in ay u baahdaan inay kuu dhigaan ballan uu waqtigeedu sida jirta ka dheer yahay.

Qaar tirro yar oo Rugaha GP-yada ka mid ah waxa ay leeyihiin waqtiyo la iska yimaado (walk-in) oo aan ballan u soo dhigasho looga baahneyn aadse iska fariisaneyso oo aad wax iska sugeyso. Waxa aad u baahan tahay in aad Rugtaada GP-ga ka hubsato in ay nidaamkan leedahay iyo in kale.

Marka aad GP iska diiwaangelineyso waa fikrad fiican in aad weydiiso sida loo dhigto ballanta lagu doonayo in lagu arko takhtarka ama kalkaaliyaha si aad u fahamto sidii aad mustaqbalka wax u sameynsan laheyd. Rugta caafimaadka waa in ay heysaa buug-yare rugta ku siinaya wargelin ku saabsan iyo adeegga ay bukaanada u fidiso.

Maxaa la sameeyaa haddii ay Rugta GP-ga xiran tahay?

Waxaa dhici karta in ay Rugta GP-gaaga xiran tahay waqti ka mid ah galbaha, fiidadka iyo maalmaha feestooyinka dadweynaha nasanayaan ah. Haddii aad adiga ama carruurtaada xanuun dareemaan aadna dooneyso in aad takhtar arragto, teleefoon u dir Rugta GP-gaaga. Teleefoon jawaaba oo farriinta orey loogu duubey ayaa ku siin doona lambarka takhtarka shaqeeya habeenkii, malmaha wiikindiyada ah (Sabti & Axad) ama maalmaha feestooyinka ah. Lambarkan wac oo takhtarka ayaa tallo ku siin doona ama guriga kugu soo booqan doona. Waxaa kale oo aad isticmaali kartaa NHS-ta Tooska ah (NHS Direct) si ay tallo kuu siin; xusuusnow in ay trurjumaano kuu heli karaan (eeg qeybta NHS Direct). Haddii aad dareensan tahay in ay wuxu yihiin wax gargaar degdeg ah u baahan aad Waaxda gargaarka Degdegta ah ee A&E-da isbitaalka kuugu dhaw ama wac 999 oo ambalanis dalbo haddii uu xanuunka ku hayaa kaa reebayo in aan qof ahaan meesha u tagto (eeg Adeegyada Gargaarka Degdegta ah ee Caafimaadka).

Helitaanka Turjumaanada lage helo Rugta GP-ga

Maxaan sameeyaa haddii aanan af Ingiriiska ku hadlin?

Gudaha Leeds, waxaa jirta in ay Rugaha GP-ga ku isticmaali karaan adeegga teleefoon ku turjumaada oo loo yaqaano Language Line,kaas xaalka sir ahaan u ilaaliya (confidential).

Siyaanbaha aad turjumaan uga codsan karto Rugta GP-ga waa adiga oo:

- Qofka soo dhaweynta jooga ka codsada in turjumaan ballan laguu ballamiyo.
- Si toos ah GP-ga/kalkaaliyaha u weydiista marka aad arkeyso.

Maxaan sameeyaa haddii ay kuwa jooga Rugta GP-ga ii sheegaan in aysan turjumaan ii keeni karin?

Siyaabaha lagaaga caawin karo helitaanka qof kuu turjuma marka aad Rugta GP-ga joogto waa andiga oo:

- La soo xiriira Adeegga La Tallinta iyo Xiriirinta Bukaanka (PALS) oo isku deyi doona in ay ku caawinaan. Lambarkoodu waa 0800 0525270.

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- Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan (eeg Qeybta Kooxda Wax Ka Helitaanka Caafimaadka).

Bedelaada Rugta GP-yada

Sidee baan Rugta GP-ga isaga bedelaa?

Haddii aad dooneyso in aad GP-ga iska bedesho waxa ay sabatu tahayba, waa wax aad xaq u leedahay in aad sidan yeesho. Haddii aad dooneyso in aad goobtaada caafimaad iska bedesho waxa aad isku deyi kartaa in aad iska diiwaangeliso rug kale oo kuwa caafimaadka ah (eeg sida Rugta GP-ga la isaga diiwaangeliyo). Waxa aad booqasho ugu tagtaa goob caafimaad oo kale kana codso in ay ku diiwaan geliyaan. Waajib kuguma aha in aad u sharaxdid sababta aad tkhaatiirta u kala bedelaneysid. Waxaa kale oo aad weydiisan kartaa in aad arragto takhtar lab ama ama mid dheddig ah haddii goobta caafimaadka mid laga heli karo.

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NHS-ta Tooska Ah (NHS Direct)

Waa maxay NHS Direct?

HADDII AAD U BAAHAN TAHAY LA TALLIN CAAFIMAAD AMA AADAN HUBIN IN AAD U BAAHAN TAHAY IN UU TAKHTAR SI DEGDEG AH KUU ARKO IYO IN KALE WAXA AAD SOO WICI KARTAA NHS DIRECT OO LAGA HELO 0845 4647.

NHS Direct waxa ay 24-ka saac ah wadaa adeegga kalkaaliyaha la tallinta iyo baraarujinta caafimaadka bixiya, iyaga oo warar si sir ahaan u xafidan ka bixinaya:

- Waxa la sameeyo marka ay aad adiga ama qoyskaagu xanuun dareemaan
- Tallo bixin ku saabsan xaaladaha caafimaadka, kooxada iskaa wax u qabsada iyo taageerada .
- Tallo bixin ku saabsan adeegyada daryeelka caafimaadka goobta, sida takhaatiirta ilkaha ama farmashiyeyaasha gooraha dambe ee habeenkii ah furan.

Sidee baan NHS Direct u isticmaalaa?

Adeegga NHS Direct ka soo wac teleefoonka ah **0845 4647**.

Waxaa lagu weydiin doonaa in aad bixiso wararka aasaasiga ah ee kugu saabsan iyo in aad sharaxaad ka bixiso waxa aad daraadood u soo wacdey. Haddii aad u baahan tahay in lagaala talliyo dhibaato caafimaad oo ku heysa ama mid heysa qof kale oo aad u hadleyso, waxaa lagaaga baahan yahay in aad sharaxaad ka bixiso:

- Waxa ay callaamaha jira yihiin, sida ay adiga/qofka kale wax idin yeelayaan iyo goorta ay bilowdeen
- Waxa aad adiga ama qofka kale aad (daawo ahaan) horey isugu deydeen
- Wixii daawo ah ee aad adiga ama qofka kale horeyba u qaadan jirteen
- Wixii xaalado caadimaad ah oo aad horey u qabteen
- Wixii kasta ee kale ee ay kula tahay in ay muhiim yihiin

Kalkaaliyeyaasha NHS Direct waa kuwo leh xirfado iyo waayo-arragnimo badan waxa ayna isticmaalayaan habka kombiyuutarka si ay kuu siiyaan la tallin si amaan leh oo la xiriirta wadada waxqabka ugu haboon.

Helitaanka turjumaanada laga helo NHS Direct

Maxaan sameeyaa haddii aanan af Ingiriiska ku hadlin?

Waxa ay NHS Direct daqiiqado gudahooda laga soo bilaabo goorta aan na soo wacdo kuu heli kartaa turjumaano sirta kuu xafida, oo luqado badan ku hadla. Si aad turjumaan u dalbato waa in aad:

- NHS Direct ka soo wacdaa lambarka – 0845 4647
- Marka soo wicitaankaagii laga jawaabo, waxa aad kalmad af Ingiriis ah ku tiraahdaa luqadda aad dooneyso in aad ku hadasho.
- Khadka wax ku sug ilaa lagula xiriiriyo qof turjumaan ah oo kugu caawina in ay NHS Direct ku siiso wargelinta caafimaadka ee aad u baahan tahay.

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Adeegyada Kale ee Caafimaadka

Kooxda Wax ka Helitaanka Caafimaadka ee Kuwa Magangelyo Doonka Ah Loogu Tallogalay

Waa maxay Kooxda Wax ka Helitaanka Caafimaadka?

Haddii aad magangelyo doon ama qaxooti tahay oo aad Leeds ku dhex nooshahay, Kooxda Wax Ka Helitaanka Caafimaadka (Health Access Team) ayaa ayaa kugu caawin karta in aad halkii aad uga baahato caafimaadka wax ka hesho. Turjumaano ayey mar walba isticmaalaan. Kooxda waxaa ka mid ah takhaatiir, kalkaaliyeyaal iyo shaqaalaha taageeradda.

Sidee bay ii caawini karaan?

Qaar ka mid ah siyaabaha ay kooxdan kuu caawin karto waa iyada oo:

- Kuu fidisa baaritaanka caafimaad iyo baaritaanka Qaaxada (TB-da)
- Kugu taageerta helitaanka daaweyn aad takhtar ka hesho.
- Kugu caawinta qabanqaabinta turjumaanada goorta aad takhtarkaaga ama isbitaalka tageyso.
- Kaa caawinta wixii dhibaatooyin caafimaad ah oo aadan garaneynin halka aad la aado.
- Kaala talisa adeegyada ay ka midka yihiin kooleejada, fasalada af Ingiriiska, kooxaha goobta iyo/ama guriyeynta.
- Tallo kaa siisa helitaanka warbixinta caafimaadka aad u dooneyso magangelyada aad Home Office-ka ka dooneyso (waa marka ay xaaladaha qaar jiraan oo keliyah
- Ku siiya wargelinta ku saabsan halka aad ka doonan karto baaritaanka HIV (Ej Ay Fii) / baaritaanka caafimaadka isku galmoodka iyo baaritaanada kale.

Baaritaanada Caafimaadka

Waa maxay Baaritaanka Caafimaadka?

Waa in aad muddo lix toddobaad ah gudahooda laga soo bilaabo goortii aad Leeds timid ku heshaa ballan laguu dhigey oo aad ku arkeyso xubin ka mid ah Kooxda Wax ka Helitaanka Caafimaadka. Tani waa baaritaan lagu hubsanayo in ay caafimaad ahaan wax walba OK yihiin waxaana lagugu dhiirigelin doonaa in aad ka hadasho wixii dhibaatooyin caafimaad ah ee ku haya. Tan waxaa ka mid ahaan doona wixii welwel ah ee aad ka qabto caafimaadkaaga maan ahaaneed iyo caafimaadka isku galmood ahaaneed; welwelka HIV (Ej Ay Fii) kaa heysta ama wixii dareen ama welwel ah ee kale ee ay dhici karto in aad qabto. Ka dibna Kooxda waxa ay kugu caawin doontaa helitaanka wixii daaweyn iyo taageero ah ee aad u baahan tahay.

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Baaritaanka Qaaxada (TB-da)

Waa maxay baaritaanka TB-da?

Marka baaritaanka caafimaadka la wado, waxaa lagugu sameyn doonaa tijaabada Qaaxada. Qaaxada (TB-da) waa lahaan-kac (infection) si tartiib-tartiib ah u sii kordha oo la daaweyn karo oo badanaaba sanbabada wax yeela. Tirrada dadka TB-da qaba aduunka iyo halkan oo UK ahba waa ay ku sii kordheysaa. Astaamaha iyo callaamadaha jiritaanka TB-da muujin kara waa qandho ama xumad, qufac, iyo miisaanka hoos u dhaca, dhiig qufacaaga soo raaca iyo habeen dhidid. Marka ballantii laguu dhigey timaadid waxaa lagugu sameyn doonaa tijaabo sahlan oo maqaarkaaga lagu tijaabinayo si loo hubiyo in aadan la soo xiriirin qof TB-da qaba iyo in aad cudurkan ka badbaadsan tahay. Markaas ka dib waxaa lagu arki doonaa toddobaad ka bacdi si uu kalkaaliyaha u eego natiijada una go'aamiyo in aad u baahan tahay irbad cudurkan lagaaga badbaadinayo iyo in kale, ama in aad daaweyn dheeraad ah u baahan tahay iyo in kale. Haddii ay natiijada muujiso in aadan qaban wax lahaan-kac TB ah, waxaa lagu siin doonaa kaar cagaaran. Waxaa dhici karta in aad arragto in aad u baahan tahay caddeynta baaritaanka si aad u aado kooleejada ama dugsiga iskuulka ah. Haddii aad ka welwelsan tahay in aad TB qabto iyo in kale, fadlan sida ugu dhaqsiyaha badan u la xiriir GP-gaaga ama Kooxda Wax Ka Helitaanka Caafimaadka.

Waa wax aad iyo aad muhiim u ah in aad ballantii laguu dhigey oofiso ama aad la xiriirto Kooxda Wax Ka Helitaanka Caafimaadka haddii aadan awoodin in aad ballantii oofiso ama aan midba laguu dhigin.

Sidee baan Kooxda Wax Ka Helitaanka Caafimaadka u la xiriiraa?

Siyaabaha aad Kooxda Wax Ka Helitaanka Caafimaadka ula xiriiri kartid waa:

- Adiga oo si toos ah uga waca 0113 295 2740.
- Haddii ay guriga NASS ku siisey waxaa dhici karta in uu kugu caawin karo qofka shaqaalaha guriyeyntaada qaabilsan ah.
- U tag Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay a ku caawinaan).

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Xagee ku yaalaan Rugaha la iska yimaado ee Kooxda wax ka Helitaanka Caafimaadka?

City Centre St George's Crypt Refugee Drop in – Great George St, Leeds, LS1 3BR (0113 2459061).
Waqtiyada ay furan tahay: Isniimaha, Arbacooyinka iyo Jimcooyinka 3:30-4:30 galab, Khamiisaha 2:30 – 4:30 galab.

Archway Refugee Drop in – Archway, 95 Roundhay Rd, Leeds, LS8 5AQ.
Waqtiyada ay furan tahay : Khamiisaha 10 – 11 subax.

Boston Towers Drop-In – New to the UK , East Leeds Health for All - 5 Boston Towers, Lincoln Green, Leeds, LS9
Waqtiyada ay furan tahay: Arbacooyinka 11– 1.00 duhur

Hamara Healthy Living Centre Refugee Drop in – Tempest Road, Beeston, Leeds 11.
Waqtiyada ay furan tahay : Talaadooyinka 1 – 3 galab

Armley Refugee Drop In – Christ Church, Armley, Ridge Rd, Armley, Leeds 12
Waqtiyada ay furan tahay : Isniimaha 11-1 duhur

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Isbitaalada

Goortey tahay in aan isbitaalka aado?

Haddii aysan daaweynta uu GP-ga ku siinayo wax kuu tari weyso ama haddii aad u baahan tahay tijaabo uu mid takhasusaad leh kuu sameeyo, waxaa dhici karta in uu GP-gaaga isbitaalka kuu sii gudbiyo. Adiga oo keliyah iskama go'aansan kartid in aad isbitaalka aado, GP-gaaga oo keliyah ayaa kuu diri kara. Waxaa dhici karta in ay dhawr bilood qaadato ka hor inta aan ballan laguu dhigin. Inta badan NHS-ta waxa ay leedahay liisas wax lagu sugaayo oo waqti gaaban ama waqti fog qaata. Tusaale ahaan lix toddobaad ilaa lix bilood.

Maxaan ku sameeyaa waraaqaha aan isbitaalka ka helo?

Marka aad hesho warqad kaaga timid GP-gaaga, Isbitaalka, ama Hey'adda Caafimaadka waa wax aad muhiim u ah in aadan iska dhego tirin ama aadan iska tuurin. Waxaa dhici karta inay tahay ballan la doonayo I uu kugu arko takhtar takhasusaad leh oo kaala hadla natiijada tijaabo baaritaan ah oo la sameeyey, ama uu kuugu sheegayo in qof turjumaan ah laguu ballamiyey.Tikidhkii aad baska ku soo raacdey waa aad heysan kartaa si laguugu soo celiyo lacagtii kaaga baxdey safarkii aad isbitaalka ku timid goortii aad ballanta oofineysey. Arrintan wax ka weydii qofka aad isbitaalka ku arkeyso.

Haddii ay kugu adkaato fahamka warqadaha laguu soo diro ama aad dooneyso in aad waqtiga ballanta bedelato oo aadan fahmeynin sida wax la yeelo waxa aad sameyn kartaa in aad:

- Rugta GP-gaaga ama qof kale weydiisato in ay ku caawinaan (waa haddii aadan ka welwelsaneyn waxyaabaha ku saabsan wargelinta caafimaadkaaga ee kuu sirta ah)

- Leeds gudaheeda waxaa aad kala xiriiri kartaa oo aad tallo weydiisataa Kooxda Wax Ka Helitaanka Caafimaadka

Isbitaalada Leeds ku yaal

St James' Hospital
Becketts St
Tel: 0113 243 3144

Leeds General Infirmary
Great George St
Tel : 0113 243 2799

Seacroft Hospital
Becketts Street
Tel: 0113 264 8164

Chapel Allerton Hospital
Chapeltown Rd
Tel: 0113 262 3404

Cookridge Hospital
Hospital Lane
Tel: 0113 267 3411

Wharfedale Hospital
Newall Carr Rd
Tel: 01943 465 522

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Farmashiyeyaasha (oo magaca kale ee loo yaqaan Keemisteyaal yahay)

Waa maxay Farmashiye ?

Farmashiye waa dukaan aad daawooyinka ka heli karto. Daawooyinka way ku siinayaan haddii uu GP-gaaga kuu soo qorey si toos ahna daawooyinka way kaaga gadayaan hhaddii aan laguu soo qorin. Farmashiyeyaasha waxaa kale oo ay mararka qaarkood bixiyaan la tallin ku saabsan dhibaatooyinka caafimaadka ee sahlan sida qufaca iyo hargabka ama dureyga.

Siyaabaha aad ku heli karto caawinaad laguugu siiyo wax ka helitaanka farmashiyaha waa adiga oo:

- Subermaarketka ama dukaanka xaafadda weydiiya halka uu keemistaha kuugu dhow ku yaal.
- Aada dukaankii keemiste ah.
- Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

Waxa aad NHS Direct ka wici kartaa 0845 4647 si aad u weydiiso halka ay ku yaalaan Farmashiyeyaasha gooraha dambe ee habeenkii ah furan.

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Farmashiyeyaasha Leeds ku yaal ee Gooraha dambe ee Habeenkii ah Furan

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

Boots Pharmacy
Leeds train station, City Centre
0113 242 1713

Takhaatiirta Ilkaha

Waa maxay Takhtarka Ilkaha?

Marka UK la dhex joogo waa takhaatiirta ilkaha oo keliyah kuwa ilkaha daryeela, GP-da iyo takhaatiirta kale ma awoodi kari doonaan in ay in ay kaa daaweeyaan dhibaatooyinka ilka kaa heysta.

Waa in aad iska diiwaangelisaa takhtarka ilkaha ee goobtaada ka shaqeeya si uu kuugu ogolaado helitaanka baaritaanka joogtada ah iyo daaweynta. Takhaatiirta ilkaha oo idil ma bixiyaan daaweynta NHS-ta, sidaas daraadeed iska hubi inta aadan iska diiwaangelinin.

Sidee baan Takhtarka Ilkaha isaga diiwaangeliyaa?

Siyaabaha aad takhtarka ilkaha ku heli karto waa:

- Subermaarketka ama dukaanka xaafadda weydiiya halka uu takhtarka ilkaha kuugu dhow ku yaal.
- Aada oo weydiista in uu ku diiwaangeliyo.
- NHS Direct ka waca 0845 46471
- Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

Daaweynta aan takhtarka ilkaha ka helaayo ma lacag la'aanbaa?

Si aad u hesho daaweynta ilkaha NHS-ta waxa aad u baahan doontaa in aad heysato foomka HC2 form oo ay NASS ku soo siiso.

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Maxaan sameeyaa haddii aan u baahdo in si degdeg ah ilkaha la igaaga daaweeyo?

Siyaabaha aad takhtarka ilkaha ku heli kartid marka ay jiraan waxyaabo gargaar degdeg ah u baahan waa adiga oo:

- Ballan ka sameysta isbitaal ilka ee Leeds Dental Hospital (waa midka ku dhegan isbitaalka Leeds General Infirmary -LGI) marka aad wacdo 0113 233 6211. Waa ay arki doonaan qof kasta oo aan ka diiwaangashaneyn takhtar ilko oo Leeds dhex deggan. Mararka qaarkood turjumaanada waa la heli karaa

- Wixii 6 fiidnimo ka dambeeya ama waqtiyada wiikindiyada (Sabti & Axad) an wac 07831 459969 si aad caawinaad iyo la tallin uga heshid (ma jiraan turjumaano oo la heli karo)

- La xiriiri kara rugta helitaanka takhtarka ilkaha oo laga helo 0113 244 1275

- La xiriiri kara Kooxda Wax ka Helitaanka Caafimaadka haddii aad dhibaato kala kullanto la xiriiridda takhtarka ilkaha

Adeegyada Gargaarka Degdegta ah ee Ilkaha

Leeds Dental School
Leeds General infirmary
Tel: 0113 244 0111

Dental Access Team
Tel: 0113 244 1275 faahfaahinta

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Takhaatiirta Indhaha (daryeelka isha)

Waa maxay Takhtarka Indhaha?

Takhaatiirta Indhaha arragtida indhahaaga ayey baaraan waxa ayna qoraan owkiyaaleyaasha la gashado (glasses) iyo muraayadaha indhaha lagu dhejiyo (contact lenses). Waxaa kale oo ay baaritaan ku raadshaan cudurada isha u daran sida cudurka guluukooma (glaucoma).

Daaweynta aan takhtarka indhaha ka helaayo ma lacag la'aanbaa?

Si aad lacag la'aan ugu hesho daaweynta indhaha iyo caawinaad lagaa siiyo kharashka owkiyaaleyaasha waxa aad u baahan doontaa in aad heysato foomka HC2 form.

Sidee baan Takhtarka Indhaha ku helaa?

Siyaabaha aad takhtarka indha ku heli karto waa:

- Subermaarketka ama dukaanka xaafadda weydiiya halka uu takhtarka indhaha kuugu dhow ku yaal.
- Aada oo weydiista in uu ku diiwaangeliyo.
- NHS Direct ka waca 0845 46471
- Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

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Hababka Uur Iska Ilaalinta (oo magaca kale ee looyaqaan yahay qorsheynta qoyska)

Xagee baan adeegga hababka Uur Iska Ilaalinta ka heli karaa?

Hababka Uur Iska Ilaalinta UK gudaheeda waa wax lacag la'aan ka ah. Waxaa jira hababbadan oo kala duwan oo oo uurka looga hortago. Waxaa kale oo lacag la'aan ku soo qaadan kartaa kondomis (condoms) oo ah banbiiro xubinta labka la gashado si looga hortago Lahaan-kacyada Isku Galmoodka la isku gudbiyo iyo HIV (Ej Ay Fii). Dhamaan wixii wargelin ah ee hababka iska ilaalinta uurka ku saabsan waa wax sir ahaan loo xafido. Waxa aan hababka uur iska ilaalinta lacag la'aan ah iyo la tallinba ka heli kartaa:

- GP-gaaga
- Rugaha Qorsheynta Qoyska
- Leeds gudaheeda, waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ku caawinaan. Waxa ayna hayaan Kondomis lacag la'aan lagu helo.

Waa maxay habka Uur Iska Ilaalinta degdegta ah?

Habka uur iska ilaalinta degdegta ah waa la isticmaali karaa haddii aad qof isku galmooteen adinka oo aan hab uurka la isaga ilaaliyo isticmaalin ama ay kula tahay in uusan habkii uur iska ilaalinta ahaa ee aad isticmaasheen uusan wax kuu tarin. Waxa aad habka uur iska ilaalinta degdegta ah wax ka heli kartaa ilaa shan maalmood oo isku gaalmoodka ka dib ah, inkasta oo ay wanaagsan tahay in aad wax ka soo doonato sida ugu dhaqsiyaha badan ee suurtogalka ah, oo caadi ahaan 72 saacadood gudahooda ah. Caadi ahaan 72 saac gudahooda waxaa laguugu siin karaa hal cabir o kaniinka sida degdegta ah uurka looga hortago laakiin wixii ilaa 5 maalmood gaarsiisan waa in laguu xiraa sheyga koyl (coil) loo yaqaan. Hadba sida ugu horeysa ee aad adeegan ugu timaadaba, waxaa sii kordheysa waxtarka uu uur ka hortagidda kuugu lahaan karo**.**

Xagee baan ka heli karaa habka uur iska ilaalinta degdegta ah?

Siyaabaha aad habka uur iska ilaalinta degdegta ah ku heli karto waa adiga oo :

- GP-gaaga arki kara
- U taga Rugaha Qorsheynta Qoyska
- NHS Direct uga waca 0845 46 47 oo ogaada halka ay ku taal meesha halka aad ku nooshahay ugu dhow ee bixisa habka urr iska ilaalinta degdegta ah .
- Ka heli kara Keemisteyaasha qaarkood laakiin waa in aad gadataa
- Leeds gudaheeda, waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

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Waa maxay Rugaha Qorsheynta Qoyska (Rugaha Habka Uur iska Ilaalinta iyo Caafimaadka Isku Galmoodka)?

Rugahan waa kuwo lacag la'aan wax looga helo, oo aad iska tagi kartid adiga oo aan marka hore GP-gaaga soo marin. Waxa ay bixiyaan la tallin iyo waxyaabaha uurka la isaga ilaaliyo oo lacag la'aan ah ayna ka mid tahay habka uur iska ilaalinta degdegta ah. Waxaa kale oo ay bixiyaan qaar ka mid ah baaritaanada haweenka loogu tallo galay, oo ay ka mid yihiin baaritaanka dheecaanka dhuunta ilmo-galeenka. Waxaa kale oo aad NHS Direct ka soo wici kartaa 0845 4647 si aad u ogaato halka ay ku taal rugta qorsheynta qoyska ee kuugu dhow.

Leeds gudaheeda, rugaha qorsheynta qoyska magaca kale ee loo yaqaan waa Rugaha Habka Uur iska Ilaalinta iyo Caafimaadka Isku Galmoodka (Contraception and Sexual Health Clinics "CASH").

Waxa aad wici kartaa 0113 295 3359 si aad u hesho wargelinta ku saabsan rugaha halka aad deggan tahay ugu dhow. Ma jiraan turjumaano lambarkan laga heli karo.

Waxaa kale oo aad wargelinta ka doonan kartaa xarruunta caafimaadka kuugu dhow Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

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Caafimaadka Maanka

Waa maxay caafimaadka xanuunka maanka?

Caafimaadka xanuunka maanka waa wax goor kasta ku dhici kara qof kastana ugu dhici kara siyaabo kala duwan sida murugo dareensanaanta, welwel, welwel dheeraad ah ilaa laga gaaro heer uu qofka dareemo inaysan nolosha la istaahilin, ama isku darka wax kasta oo kuwan ka mid ah. Waxaa dhic karta in aad dareento go'oonsanaan iyo cidlo wadanka aad ku cusub tahay dareedeed ah, welwel iyo welwel saa'id kaa haya qoyskii aad ka soo tagtay, ama waxaaba dhici karta in jir-dil ama kufsi lagugu soo gaarsiiyey wadankaagii aadna u baahan tahay in lagaa taageero waxyabahan aad la soo kulantay.

Xagee baan caawinaad ka heli karaa?

Haddii ay ku heystaan wax waxan la mid ah waxa aad sameyn kartaa in aad:

- GP-gaaga arragto
- U tagto Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

Haddii aad adiga ama qof kuu xigto ah uu heysto welwel aad saa'id u ah uuna qatar ugu jiro in uu naftiisa wax yeeko ama uu doonaayo in uu isdilo, isku dey in aad geyso waaxda A&E-da goobtada si loo caawino 24 saac ee maalintiiba ah.

Waa wax muhiim ah in la xusuusto in caawinaad la heli karo iyo in aan laga cabsan caawinaad weydiisashada. Caafimaadka xanuunka maanka waa dhibaato aad loo yaqaan oo la fahamsan yahay in ay qof walba ku dhici karto waqti noloshooda ka mid ah iyo in ay jiraan adeegyo si wanaagsan loo habeeyey oo uu qof walba wax ka heli karo.

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Caafimaadka Isku Galmoodka

Maxay tahay sababta ay tahay in aan caafimaadka isku galmoodka uga welwelo?

Waxaa dhici karta in aad u baahato helitaanka adeegyada iyo taageerada la xiriira caafimaadkaaga isku galmoodka ah. Tani waxaa ugu wacnaan kara sababo tirro ah:

- Waxaa dhici karta in lagu kufsaday
- Waxaa dhici karta in lagugu qasbay ka shaqeynta ka ganacsiga isku galmoodka
- Waxaa dhici karta in aad degganeyd wadan aad ogtahay in ay jireen dad badan qabay ama u geeriyoodey HIV/AIDS (Ej Ay Fii/Aydis)
- Waxaa dhici karta in aad isku arragtay waxyaabo callaamad ah oo tilmaamaya in ay caafimaadkaaga isku galmoodka wax ka qaldan yihiin adiga oo aan la soo kulmin wax kuwa sare ka mid ah .

Haddii aad la kulantay wax kuwa sare ka mid ah waxaa dhici karta in ay sii korortay qatarta aad ugu jirto qaaditaanka Lahaan-kacyada Isku Galmoodka La Isku Qaadsiiyo waxaana dhici karta in aad ka fikirto helitaanka baaritaan iyo taageero. Waxaa kale oo dhici karta in aad u baahato wax taageero niyadeed ah oo kugu caawina wax ka qabadka waxa ku heysta.

Xagee baan ka heli karaa caawinaad la iga siiyo dhibaatada caafimaadka isku galmoodka iga heysata?

Adeegyada Caafimaadka Isku Galmoodka waa kuwo dadka lacag la'aan lagu siiyo si loogu helo oo dadka loogu caawinayo sidii ay uga adkaan lahaayeen arrimo badan oo caafimaadkooda isku galmoodka ah ku saabsan. Adeegyada la heli karo waxa ay kaa caawin karaan arrimo badan oo ku saabsan habka uur iska ilaalinta si qofka loogu taageero qorsheynta goorta uu doonayo in uu ilmo dhalo ee uu iska baarayo lagana daaweynayo wixii lahaan-kacyo iyo fiirusyo (infections & viruses) ah, ee loo yaqaano Lahaan-kacyada Isku Galmoodka La Isku Qaadsiiyo.

Siyaabaha aad la tallin ama caawinaad ku saabsan dhibaatooyinka caafimaadka isku galmoodka ku heli karto waa adiga oo :

- Aada GP-gaaga
- Aada Rugta Caafimaadka Isku Galmoodka ee kuugu dhow
- Haddii aad arragto in ay kugu adkaatey helitaanka tallo siinta ama daaweynta la xiriirta caafimaadka isku galmoodka waxa aad NHS Direct ka wici kartaa 0845 4647 si aad la tallin dheeraad ah uga hesho
- Taga Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

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Adeegyada/Taageerada Caafimaadka Isku Galmoodka Qaranka

The African Aids Helpline
Telefoon lacag la'aan ah 0800 0967 500
Wicitaanka biilasha kama muuqdaan

The Sexual Health Helpline
0800 567 123

Terrence Higgins Trust Helpline
0845 1221 200

NHS DIRECT
0845 46 47
waa wararka ku saabsan adeegyada kuugu dhow

Waa maxay Rugaha Caafimaadka Isku Galmoodka ama GUM ?

Kuwani waa rugo ay joogaan takhaatiir iyo kalkaaliyeyaal si wax ku takhasus leh logu soo tababarey baaritaanka, hubsiimaha iyo daaweynta Lahaan-kacyada Isku Galmoodka La Isugu Gudbiyo (STIs) iyo HIV (Ej Ay Fii). Haddii aad ka welwelsan tahay in ay dhici karto in aad u dayacantay STI ama HIV rugahan ayaa ku bari kara iyada oo aan lacag lagaa qaadin. Adaegan waa mid lacag la'aan ah oo sirtana xafida.

Sidee baad wax uga heli kartaa rugta Caafimaadka Isku Galmoodka?

Siyaabaha aad Rugta Caafimaadka Isku Galmoodka wax uga heli kartid waa adiga oo karto waa adiga oo:

- Uu GP-gaaga rugta kuu soo gudbiyo
- Ama haddii ay kaa muuqadaan callaamado muujinaya in ay jiraan wax caafimaadkaaga isku galmoodka ka qaldan, oo aad adiguba teleefoon soo dirsan karto oo aad ballan dhigan karto.
- Leeds gudaheeda, waxaa ku soo gudbin kara Kooxda Wax ka Helitaanka Caafimaadka.
- Leeds gudaheeda, Xarruunta Caafimaadka Isku Galmoodka (Centre Sexual Health "GUM Clinic"), ee qaabilsan baaritaanka STI ama HIV, waxaa u saldhig ah qeybta Sunny Bank Wing ee isbitaalka Leeds General Infirmary. Si aad ballan ula dhigato waxa aad ka wici kartaa teleefoonka 0113 392 6724 ah.

HIV (Ej Ay Fii)

Maxaa dhici kara haddii aad doonayo in HIV la iga baaro?

Baaritaanka HIV waa lacag la'aan sir ahaana waa loo xafidaa adiga oo natiijada baaritaankana ku heli kara dhowr maalmood gudahooda ama mararka qaarkood isla maalintiiba. Qasab kuguma aha in aad qofna u sheegto in aad HIV iska baareyso. Haddii HIV lagaa helo, waxa aad heli kartaa takhaatiir iyo kalkaaliyeyaal aad kala hadasho waxa ay tani la micno tahay marka caafimaadkaaga isku galmoodka ah la eegayo. Waxaa kale oo ay eegi doonaan wadooyinka kuu furan ee lagugu daaweyn karo si laguugu caawino in uu caafimaadkaaga iyo fayo-qabkaaga mudo dheer sii jiro.

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Sidee baan ku awoodi karaa in aan baaritaanka HIV diyaarsado?

Haddii aad jeclaan laheyd in HIV lagaa baaro ama aad jeclaan laheyd in aad arragto qof aad baaritaanka kala hadasho, waxa aad la xiriiri kartaa:

- GP-gaaga
- Xarrunta Caafimaadka Isku Galmoodka / rugta GUM ee goobtaada ku taal

Leeds gudaheeda waxa ka heli kartaa baaritaanka HIV oo lacag la'aan ah oo sir xafidaad leh oo ay kuu sameeyaan kuwo ku takhasusey oo jooga:

- Xarruunta Caafimaadka Isku Galmoodka ee isbitaalka Leeds General Infirmary. Waxa aad ka wici kartaa 0113 392 6724 ama 0113 3926725
- Unugga Lahaan-kaca iyo Daaweynta Safarka (The Infection and Travel medicine Unit), oo uu saldhigiisu yahay qeybta Ward 16 ee isbitaalka St James' Hospital. Si aad ballan ula dhigato waxa aad ka wici kartaa 0113 206 5716

Si aad u hesho taageero dheeraad ah, oo niyad ahaan ama waxqabad ahaan kuugu taageerta wax ka qabadka ahaanshaha qof HIV laga heley, waxa aad la xiriiri kartaa;

- Terrence Higgins Trust oo laga helo 0113 236 4720 ee deggan 2 Oxford Place, Leeds
- Mashruuca Barnardos Castle project oo laga helo 0113 258 9290 ee deggan Clarence Road, Horsforth, Leeds

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Adeegyada Caafimaadka Haweenka

Uurka

Maxaan sameeyaa haddii ay ila noqoto in aan uur leeyahay?

Haddii ay kula noqoto in aad uur leedahay waa in aad ballan caadi ah ah GP-gaaga uga dhigataa. GP-ga ayaa ka dibna uurka kaa baari doona haddii aan horey uurka lagaaga soo baarin. Haddii baaritaanka lagu xaqiijiyo in aad uur leedahay , GP-gaa waxa uu kuu sii gudbin doonaa Umulisada iyo Isbitaalka.

Waa maxay Umuliso?

Umulisooyinka waa kuwo si qaas ah loogu soo tababarey in ay haweenka iyo cunugyada daryeelaan inta ay haweenka uurka leeyihiin iyo goorta ay dhalayaanba. Waxa ay ka shaqeeyaan isbitaalada iyo beesha gudaheeda. Uur aad ku qaado deegaan uu dhaqankiisu kugu cusub yahay iyo waqti aysan wax kuu wada hagaagsaneyn waxa uu ahaan karaa mid aad waqtigiisa niyad ahaan iyo welwel ahaanba kacsan tahay. Umulisooyinka waxaa loo soo tababarey in ay bixiyaan daryeelka jismi ahaaneed iyo midka niyad ahaaneed oo ay ku haqabtirayaan baahidaada shakhsi ahaaneed, iyo in ay adiga (iyo qoyskaagaba) idin taageeraan waqtiga aad xaamilada tahay oo idil, goorta aad foolaneyso iyo bisha hore ee dhalasha ilmaha ka dambeysa.

Xagee baan Umulisada ku arki doonaa maxaana dhici doona?

Umulisada waxa ay kugu arki doontaa guriga, Xarruunta Caafimaadka ee Goobtaada ama Rugta GP-gaaga. Waxa ay qaadi doontaa taariikhdaada caafimaad, iyada oo ku weydiineysa goorta dhiigga ama caadada kuugu dambeysey waxa ayna kaala hadli doontaa wixii uur ah ee horey u soo qaadey. Umulisada waxa ay dhameystiri doontaa dukumentiga diiwaanka hooyonimada oo ay ku siin doono si aad horey ugu sii qaadato mar walba oo aad tageyso ballamada kale ee caafimaadka.

Umulisada waxa ay ku siin doontaa wargelin ku saabsan adeegyada hooyonimada, waxa ayna ku weydiin doontaa meesha aad rabto in aad ku dhasho. Umulisadaada waxa ay ku weydiin doontaa wixii qaliin ah ee ay dhici karto in horey laguugu soo sameeyey. Haddii aad tahay qof gudan,waa muhiim in aad arrintan umulisada u sheegto. Tan waxa ay Umulisadaada awood u siineysaa in ay kuu doonto daryeelka caafimaad iyo midka niyad ahaaneed ee kuugu haboon ee kuuguna waxtarka badan, iyo sidii ay u sameyn laheyd qorsho daryeel oo ay uurkaaga iyo dhalitaanka ugu tallogashey.

Xagee bay ilmaha ku dhashaan marka Leeds la joogo?

Marka aad Leeds dhex joogto ilmaha waxa aad ku dhali kartaa isbitaalka Leeds General Infirmary, St James' Hospital, ama mararka qaar guriga dhexdiisa.

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Goormay igu waajib tahay in aan isbitaalka tago?

Haddii uu caafimaadkaagu wacan yahay inta aad uurka leedahay waxaa dhacda in aad inta badan daryeelkaaga ah ay Umulisadaada beesha kugu dhex siiso. Marka uu uurkaaga qaaro qiyaastii 20 toddobaad waxaa laguu soo diri doonaa ballan uurka lagu iskaangareynayo (ultrasound scan). Waa inaad tan daraadeed isbitaalka u aadaa. Haddii uu takhtarka doonayo in uu uurkaaga la socdo, waxaa dhici karta in ballamo dheeraad ah laguu qabto. Haweenka intooda badan waxa ay u baahan yihiin oo keliyah in hal ama labo jeer isbitaalka lagu arko guud ahaan inta ay xaamilada yihiin. Baaritaanada intooda kale ee soo hartay waxaa kuu sameyn doona Umulisada ama GP-ga Xarruuntaada Caafimaad ama Rugta GP-gaaga.

Haweenka uurka leh oo dhan waxaa loo fidiyaa baaritaanka HIV (Ej Ay Fii). Haweenka intooda badan waxa ay doortaan in laga baaro maxaa yeelay haddii ay qof dumar ah HIV qabto waxa uu isbitaalka u qorsheyn karaa yareynta qatarta ay HIV-ga ugu sii gudbin karto ilmaheda goorta ay dhaleyso. Isbitaalka waxaa kale oo uu ku siin doonaa wargelin iyo taageero ku saabsan daryeelka ilmaha maadaama ay dhici karta in ay naas-nuujinta noqoto wado kale oo uu HIV-ga ilmaha ugu soo gudbo.

Maxaa dhaca marka ay dhalashada ilmaheyga la filaayo?

Isbitaalka waxa uu kuu diyaarin karaa qof kula jooga marka aad ilmaha dhaleyso. Haddii aad leedahay qof aad isqabtaan ama isku lamaanan tihiin, qofkaas waa lagu soo dhaweynayaa in uu kula joogo. Haddii aad diyaarsatay in aad guriga ku dhex dhasho, Umulisada ayaa saddex toddobaad ka hor goorta dhalashada ilmaha la filaayo kaala hadli doontaa dhamaan waxyaabaha laguu qabanqaabiyey.

Dhalashada ilmaha ka dib, haddii aysan wax dhibaato ah jirin, haweenka waxa ay doortaan in ay durbadiiba gurigooda aadaan lix saacadood ka dib markii ay dhaleen. Umulisada isbitaalka joogta ayaad arrintan ka wadahadli doontaan. Marka aad ilmahaaga guriga u qaadato, Umulisadaada ayaa guriga kugu soo booqan doonta waqtiyo aad ku wada heshiiseen, iyada oo ku xiran hadba sida ay baahidaada tahay. Inta u dhexeysa toban iyo afar iyo toban maalmood gudahooda ee markii uu ilmahaaga dhashey ka dib ah, waxaa kale oo ku soo booqan doona Booqdaha Caafimaadka (Health Visitor) ku qabilsan.

Si Ula Kac Ah Ilmo U Soo Tuurka/ Uur Dilka

Waa maxay sharciga u yaal Si Ula Kac Ah Ilmo U Soo Tuurka?

Gudaha England, Wales iyo Scotland haweenka joogaa ilmaha uurkooda ku jira si ula kac ah ayey isaga soo dili karaa haddii aysan dooneynin in ay uurkaas dhameystirtaan. Sharci ahaan si ula kac ah ilmo u soo tuurka ama uur dilka waxaa la ogol marka uu uurka yahay ugu badnaan ilaa 24 toddobaad oo keliyaha inkasta oo ay haweenka intooda badan ilmaha iska soo tuuraan waqti intaas aad uga soo horeeya, maadaama ay wanaagsan tahay uurka goorta hore la iska soo tuuro. Haddii aad uur leedahay, aadanse hubin in aad ilmaha rabto iyuo in kale, waxaa jira tirro dad ah oo aad arrintan kala hadli kartid. Waa muhiim in aad sida ugu dhaqsiyaha badan ee suurtogalka ah tallo u doonato.

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Xagee baan la tallinta si ula kac ah ilmo u soo tuurka la xiriirta ka heli karaa?

Siyaabaha aad la tallinta si ula kac ah ilmo u soo tuurka la xiriirta waa adiga oo*:*

- Aada GP-gaaga
- Aada Rugta Qorsheynta Qoyska ee kuugu dhaw
- Haddii ay helitaanka adeega si ula kac ah uur isga soo tuurka dhibaato kaa qabsato waxa aad NHS Direct uga waci kartaa 0845 46 47 si ay la tallin dheeraad ah kuu siiyaan.
- Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

Takhtar baa kaala hadli doona waxa xiga ee dhici doona. Si ula kac ah ilmo u soo tuurka waa waxa NHS-ta lacag la'aan looga helo oo hab-nidaameedyo amaan ah la marsiiyo, qaas ahaan marka la sameynayogooraha uu uurka hor leeyahay. Hase ahaatee, takhtar baa kaala hadli doona haddii ay wax dhibaato qatar ah jirto. Si ula kac ah ilmo u soo tuurka waa wax ay haweeneyda doorashadeedu leedahay loogamana baahna in ay warka u sheegto midka ay isqabaan ama isku lamaanan yihiin (haddii ay mid leedahay). Dhamaan wixii war ah ee uur dilka ku saabsan waa sir kuu xafidan oo aan lagaa sheegin.

Baaritaanka Kansarka Dhuunta Ilmo-galeenka

Waa maxay baaritaanka Dheecaanka Dhuunta Ilmo-galeenka?

Baaritaanka dheecaanka waa (A smear test) waawax lagu raadinayo jiritaanka unugyo nooca kansarka ka abuurma dhuunta ilmo-galeenka haweeneyda. Baaritaankan waxa uu ka mid yahay barnaamij loogu deeqey dhamaan haweenka UK deggan, waxaana lagu baarayaa wixii callaamado hore u soo ifbaxa oo tilmaamaya jiritaanka kansarka dhuunta ilmo-galeenka.Kansarka Dhuunta Ilmo-galeenka waa laga hortagi karaa haddii waxyaabaha isbedelaya goor hore la ogaado. Dhamaan haweenka ay da'dooda 20 sano jirka ka weyn tahay waxaa saddexdii sano iyo xoogaaba loo fidiyaa baaritaan lagu sameeyo dheecaankooda. Baaritaankan waxaa u sameeya takhtarka ama kalkaaliyaha Rugta ama Goobta caafimaadka. Waa codsan kartaa in uu tan kuu sameeyo takhtar haween ah. Baaritaankan waa wax shakhsiga u qaas ah waxaa dhaceysa in unugyo (cells) la baarayo laga soo qaadayo dhuunta ilmo-galeenka haweeneyda. Hase ahaatee, baaritaankan waa mid aad muhiim u ah oo sanad walba dad badan buu noloshooda badbaadiyaa.

Siyaabaha aad baaritaanka dheecaanka dhuunta ilmo-galeenka waa adiga oo:

- Aada GP-gaaga
- Aada Rugta Qorsheynta Qoyska ee kuugu dhaw
- Waxa aad tagi kartaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

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Gudniinka Dheddiga

Waa maxay Gudniinka Dheddiga?

Gudniinka Dheddiga (Female Circumcision "FC"), oo badanaaba loo soo hadal qaado sidii ay tahay Googoynta Xubinta Taranka Dheddiga (Female Genital Mutilation "FGM"), waa erey-bixin la isticmaalo marka la sharxaayo qaababka kala duwan ee loo jaro (oo mararka qaarkood la isugu tolo) qeybta sare xubnaha taranka dheddiga.
FC waa wax guud ahaan lagu sameeyo gabdhaha da'da yar iyada oo waxyaabo badan sabab looga yeelayo, sida magac dhaqan, mid caado ama mid diin. Hase ahaatee, waa in la xusuustaa in uusan Baybalka Injiil & Towreed (bible), iyo Qur'aanka midkoodna falkan baneyneynin.

Xagee buu ka socdaa dhaqanka Gudniinka Dheddiga?

Inta badan gabdhaha iyo haweenka Gudniinka Dheddiga lagu sameeyo waxa ay ku nool yihiin 28 wadan oo Afrikaan ah, inkasta oo ay qaarna ku nool yihiin Aasiya (Indooniisia, Malaysia) iyo Bariga Dhexe (Yaman, Imaaraadka Carabta Midowday , Masar). Gudniinka Dheddiga **MA AHA** mid looga dhaqmo dunida inteeda badan.

Waa maxay dhibaatooyinka caafimaadka ee uu Gudniinka Dheddiga leeyahay?

FC waa caado qarniyaal soo jirtey oo aad u dhex gashey qaab-dhismeedka bulshada beelaha ku dhaqma. Run ahaantii, waa wax guud ahaan la ogol yahay oo aan inta badan wax su'aal ah laga keenin oo nolol dhaqameedka ka mid ah.

Hase ahaatee, Gudniinka Dheddiga waa wax si darran meel uga dhacaya waxyaabo tirro ah oo xuquuqul aadamiga haweenka iyo gabdhaha, waxaana ka soo bixi kara dhibaatooyin tirro ah oo la xiriira caafimaadka jismi ahaaneed, midka nafsad ahaaneed iyo midka galmo ahaaneed. Kala duwanaanshaha darnaanta dhibaatada waxa ay ku xiran tahay hadba sida ay wax goynta gudniinka ah tahay, qofka wax gudaya, da'da qofka lagu gudo, iyo sida ay ay aheyd xaaladdii lagu dhex gudey.

Waa maxay dhibaatooyinka guud ee inta badan gudniinkan ka daba yimaada?

Qaar dhibaatooyinka daba socda ka mid ah waa:

- Dhiigbax daran
- Naxdin dheeraad ah oo ka dhalata dhiigbaxa ama xanuunka
- Kaadi ceshasho la'aan
- Lahaan-kac (Infection)
- Geeri ka dhalata naxdinta ama dhiigbaxa saa'idka ah

Qaar ka mid ah dhibaatooyinka waqtiga dheer jira waa:

- Dhal la'aan (infertility)
- Caadada oo lagu xanuunsado
- Isku galmoodka (ragga) lala yeesho oo lagu xanuunsado
- Lahan-kaca kaadimareenka (urinary infections)
- Niyad-jab badan
- Dhibaato lagala kulmo xiriirka isku galmoodka leh

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Waa maxay dhibaatooyinka la xiriira uurka, ilmo dhallidda iyo umusha ka dib?

Haddii aan la garan, FC waxa ay lahaan kartaa dhibaatooyin raaga oo dhaca waqtiga uurka iyo waqtiga ilmo dhallidda kuwaas oo wax u dhimi kara caafimaadkaaga iyo fayo-qabkaaga waqtiga fog ah iyo caafimaadka ilmahaagaba.Marka si ku haboon loo maamulo, waxaa dhici karta in dhibaatooyinkan laga hortago. Sidaas daraadeed waa wax aad muhiim u ah in caadadan daacad laga ahaado oo runta laga sheego.
Marka aad taariikhda caafimaadka kaa qoreysa, Umulisadaada waxa ay ku weydiin doontaa wixii qalliin ah ee ay dhici karto in waqti hore lagugu soo sameeyey. Haddii aad tahay qof la soo gudey, waa muhiim in aad Umulisadaada arrinta u sheegto. Tani waxa ay Umulisadaada u suurtogelineysaa in ay kuu qabanqaabiso daryeel caafimaad iyo mid niyad ahaaneed oo dhaqan ahaan kuu haboon, waxa ayna dejineysaa qorshe daryeel oo uurkaaga iyo dhalmadaadaba loogu tallogalay. Waxaa kale oo dhici karta in ay Umulisadaada kuu sii gudbiso adeegyada daaweynta ee kuu haboon haddii ay wax dhibaatooyin ah yimaadaan ama kuwa taageerada niyad ahaaneed.

Waa maxay sharciga u yaal Gudniinka Dheddiga?

Gudniinka Dheddiga waa wax sharci ahaan ka mamnuuc ah wadanka UK ah; tan micnaheedu waa in ay tahay wax ciqaab sharci mudan. Qofka waa mid sharciga jebinaya haddii uu caawino, dhiirigeliyo, ku talliyo ama iibsada in gabar lagu sameeyo gudniin lagu googoynayo qeyb ka mid ah ama gebi ahaan xubnaha tarankeeda ka mid ah. Waxaa kale oo uu sharciga mamnuucayaa in gabar wadankan laga kaxeeyo si gudniin loogu soo sameeyo. Qofka uu denbigan ku cadaado waxa xabsiga la dhigi karaa muddo ugu badnaan gaareysa 14 sano, ama ganaax maaliyadeed baa laga qaadi karaa, amase labadaba waa la isugu dari karaa.

Xagee baan u aadi karaa la tallinta ama taageerada la xiriira arrimaha Googoynta Xubnaha Taranka Dheddiga (FGM)?

Waxaa jira meelo badan oo aad la tallinta iyo taageerada ka heli kartid.

- Waxaa dhici karta in ay Umulisadaada kuu sii gudbiso Takhtar ku takhasusey daryeelka aad u baahan tahay oo kuu dejiya qorshaha uurkaaga iyo dhalmadaada.
- GP-gaaga arag.
- Hal-abuurka Caafimaadka Madowga (Black Health Initiative “BHI” waxa uu bixyaa taageero iyo u hadal ku saabsan arrimaha caafimaadka isku galmoodka iyo taranka inta badan ku wajahan beelaha Afrikaanka iyo iyo Afro-Kariibiyaanka ah ee Leeds deggan. Adeegga waxaa ka mid ah, taageero la siiyo haweenka ay waxyeelada ku heyso googoynta xubnaha taranka dheddiga (FGM), Tel: 0113 307 0300 – Unit 10, Chapeltown Enterprise Centre, 231-235 Chapeltown Rd, Leeds.
- Aad Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

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Adeegyada Caafimaadka Carruurta

Booqdeyaasha Caafimaadka (Health Visitors)

Waa maxay Booqde Caafimaad?

Booqdeyaasha Caafimaadka iyagana waxa ay ka shaqeeyaan Rugaha GP-yada. Waxa ay wargelinta caafimaadka ka bixiyaan maadooyin tirro ah, qaas ahaan kuwa ku saabsan waalid ahaanshaha. Waa kalkaaliyeyaal GP-yada la shaqeeya si ay caawinaad uga geystaan sugnaanta caafimaadka carruurta iyo qoysaskooda. Waxaa kale oo ay tallo ka bixiyaan inay carruurta si haboon u korayaan oo ay u sii weynaanayaan iyo in kale. Xarruumaha Caafimaadka iyo Rugaha GP-yada intooda badan waxaa maamula Booqdeyaasha Caafimaadka. Haddii aad carruur leedahay waxa aad caadi ahaan iska tagi kartaa rugta caafimaadka ilmaha oo waxaa ilmaha kuu miisaamaya ama wixii aad ka welwelsan tahay kaala hadlaya qof Booqde Caafimaad ah. Qofka Booqdaha Caafimaadka ah ee ku qaabilsan waxaa kale oo uu kugu soo booqanayaa gurigaaga taageerana waa uu kuu fidin doonaa. Si aad ballan ula dhigato qofka Booqdaha Caafimaadka ah ee ku qaabilsan waxa aad sameyn kartaa in aad:

- Weydiisaa qofka jooga qeybta soo dhaweynta Xarruunta Caafimaadka ama Rugta GP-ga
- Aadaa Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

Kalkaaliyeyaasha Dugsiyada

Waa maxay Kalkaaliye Dugsi?

Kalkaaliyeyaasha Dugsiyada waxa ay la shaqeeyaan waalidiinta iyo carruurta/dadka da'da dugsiga dhigata ah. Kalkaaliyeyaasha Dugsiyada waxa ay arki doonaan carruurta yarta inta ay waqtiyada kala duwan marayaan waxa ayna la soconayaan koriimadooda iyo sii weynaantooda. Haddii aad leedahay ilmo dusgi cusub galaya, waxa ay u badan tahay in aad hesho foom lagugu weydiisanayo in aad ogolaato in uu kalkaaliyaha dugsiga ilmahaaga arki karo. Waa muhiim in aad foomka saxiixdo aadna dib u soo celiso.

Tallaalka Carruurta

Waa maxay tallaalada UK gudaheeda la isku siiyo?

Ilmo badan baa marka ay dhashaanba la siiyaa tallaalka BCG-ga si looga hortago in uu cudurka Qaaxada ku dhaco.Marka uu ilmahaaga labo bil jir gaarowaxaa lagugu martiqaadi doonaa in aad Rugta ama Goobta GP-ga keento si irbidaha hore loo siiyo. Tan waxa ay ka hortageysaa in ay ku dhacaan cudurada kala ah gowracato, toddobo-ma-gaarto (teetano), xiiq-dheer, dabeel, Hib iyo menanjiito nooceeda C. Ka dibna waxaa lagugu martiqaadi doonaa in aad irbado kale u soo noqoto marka uu ilmaha 3 bil jir gaaro hadana marka uu 4 bil jir gaaro.

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Marka uu ilmahaaga jiro inta u dhexeysa 13-15 bilood waxaa lagu martiqaadi doonaa in la siiyo tallaalka saddexan ee MMR ah ee isgu jira kuwa jadeecada, quunka iyo Rubeela). Wax yar ka hor inta uusan ilmahaaga dugsiga bilaabin, waxaa lagu martiqaadi doonaa tallaalada kobciyaha ah ee gowracato, toddoba-ma-gaarto, xiiq-dheer, dabeel iyo MMR.

Marka uu ilmahaaga dugsiga dhiganayo oo ay da'diisa u dhexeyso 10 ilaa 14 sano jirka, waxaa lagu martiqaadi doonaa taallaalka BCG-ga si looga badbaadiyo cudurka Qaaxada (TB-da). Ka dibna marka ay da'dooda u dhexeyso 13 ilaa 18 sano jirka waxaa la siin doonaa tallaalada gowracatada, toddobo-ma-gaartada iyo dabeesha.

Maxaan sameeyaa haddii uu ilmaheyga UK ku cusub yahay ayna dhici karto in uu qaar tallaaladan ka mid ah gefey?

Marka aad wadankan UK ah ku cusub tahay waxaa dhici karta in uu ilmahaaga tallaalka u baahan yahay goorta uu imaanayo. Tani waxa ay ilmahaaga awood u siineysaa in uu la qabsado waxa caadi ahaan wadankan looga bixiyo. Haddii aad wadankan UK ama Leeds ku cusub tahay waxa aad:

- Aadi kartaa Rugta GP-gaaga oo aad weydiisan karto in ballan laguugu dhigo Kalkaaliyaha Goobta.
- Aad Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

Sidee baan ku garan karaa goorta mustaqbalka ah ee ay tahay in aan ilmahayga tallaalka geeyo?

Dhamaan wixii tallaal ah ee uu ilmahaaga u baahan yahay inta uusan dugsiga aadin ka hor, waa in aad heshaa warqad cinwaanka gurigaaga laguugu soo direy oo kugu martiqaadeysa tageitaanka Rugta ama Goobta GP-ga. Haddii aadan warqad warkan sida helin fadlan arrinta u sheeg rugta caafimaadka ee ku qaabilsan ama booqdaha caafimaadka.

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Wargelin Dheeraad ah oo ku Saabsan Caafimaadka Isku galmoodka iyo HIV (Ej Ay Fii)

Lahaan-kacyada Isugu Gudbiyo (STI-da)

Waa maxay waxa ay tahay in aan STI-da ka ogaado?

STI-da waa wax caadi ah waxaana jirta in qiyaas 1 oo 10 kii qofka ka mid ah uu mar ay STI-da ku dhacdo. Haddii aad isku aragtay dheecaan aan caadi aheyd oo xubnahaaga taranka ka soo baxaya, ama wax barar ama xanuun ah waxa aad u baahan tahay in aad STI-da lagaa baaro. Qaar ka mid ah STI-da sida badan dadka ugu dhacda waxaa ka mid ah: Kalaamiidiya (Chlamydia), Jabto, wax xubnaha taranka ka soo yaaca (Genital Warts) iyo cuncunka xubnaha taranka (Genital Herpes).

STI-da waxaa la isugu gudbiyaa siyaabaha ah

- Siilka ama dabada oo la isaga galmoodo
- Maqaarka goobaha xubnaha taranka (labo qof) oo istaabta
- Afka oo la isaga galmooda
- Hooyo ilmaheeda u sii gudbisa goorta uu ilmaha dhalanaayo (xaaladaha qaar)

Waa maxay callaamadaha STI-da lagu garto?

Waxaa jira noocyo STI-da ah oo badan oo kala duwan markaa dad badan mar walba ma gartaan in ay STI-da qabaan, maadaama ay dhici karto inaysan wax callaamado ama astaan ah ka muuqan. Hase ahaatee, haddii aad isku arragtay wax callaamadaha soo socda ah, waxa aad kuwa caafimaadka isku galmoodka ku takhasusey ka heli karta baaritaan iyo daaweyn lacag la'aan ah oo sir xafidaadna leh.
Qaar ka mid ah callaamadaha inta badan la arka waa:

- Dheecaan aan kuu caadi aheyn oo siilka ama guska ka soo baxa
- Barar ama boogo ka soo baxa wareegga goobta xubnaha taranka
- Wax ka soo yaacid ama cuncun ku dhaca wareegga goobta xubnaha taranka
- Marka la kaadinayo oo xanuun ama dareen gubasho lehla dareemo
- Marka falka isku galmoodka uu socdo oo xanuun la dareemo

STI-da intooda badan waa la daaweyn karaa. Hade ahaatee, haddii aan la daaweyn qaar ka mid ah STI-da waxa ay sababi karaan dhibaatooyin caafimaad oo waqti dheer socda sida ragga iyo haweenka oo ilmo dhali kari waaya. Baaritaanada iyo daaweynta STI-da waxaa lagu sameyn karaa Rugaha Caafimaadka Isku Galmoodka / rugaha GUM .

Waa maxay baaritaanada STI-da loogu tallogalay?

Baaritaanada waxaa sameyn doona takhtar ama kalkaaliye, waxaana dhici karta in jismi ahaan korkaaga iyo xubnahaaga taranka loo baaro. Waxaa kale oo dhici karta in marka baaritaanada qaarkood la sameynayo, loo baahdo in dhiig, kaadi ama dhareer lagaa qaado.

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Hiyuuman Iminoodifishiansi Fiirus (HIV)

Ma u baahanahay in HIV (Ej Ay Fii) ka fikiro?

Haddii aad asal ahaan ka timid mid ka mid ah wadamada Afrika ee lama degaanka Sahara ku hooseeya ama mid bartamaha qaarada Aasiya ah waxaa dhici karta in aad ka warheyso dadka beeshaada ku dhex nool oo HIV qaba. Marka la dhex joogo wadama ay tirro badan oo dadka ku nool ah HIV qabaan, adna waxa aad ku jirtaa qatar weyn oo aad HIV ku qaadi kartid, xitaa haddii aad leedahay tirro yar oo dad aad isku galmootaan ah.

Tan sababta ugu wacan waa iyada oo aysan inta badan jirin callaamado HIV muujinaya, oo dadkana fiiruska ayey isku gudbin karaan iyaga oo aan ka warheynin. Sababtan daraadeed iyo sababta la xiriirta jiritaanka dad ka yimid goobo aan ognahay inay ku nool yihiin dad HIV qaba baan dadka ugu dhiirigelineynaa in ay HIV iska baaraan. Tan danta laga leeyahay waa in dadka lagu caawino ka hortagga sii faafidda HIV iyo in taageero la siiyo dadka HIV qaba.

Sidee baa HIV la isugu gudbiyaa?

HIV waxaa qof-ka-qof la isugu gudbiyaa oo isku soo qaadsiiyaan afar wado oo kala ah;

- Inta uu socdo isku galmoodka aan difaaca laheyn ee siilka ama dabada la iska galo
- Irbidaha oo qof kale lala wadaago
- Waxyaabaha dhiiga ka soo asalka sida dhiig la isku shubo (ka dhaca wadamada aan dhiiga la baarin)
- Hooyada oo ilmaha u gudbisa inta uu uurka ku jiro ama uu dhalanayo amase naaska la nuujinayo

HIV wadada xirrirka bulsho ee maalinaha la isuguma gudbiyo

Weli lama hayo wax HIV loogu bogsoon karo, inkasta oo ay jiraan daaweyn la heli karo oo, haddii waqtiga saxa ah la qaato, qofka u caawini kara in uu waqti dheer caafimaad qab ku sii sugnaado. Dadka qaata daawooyinka HIV ee UK dhex jooga waxa ay ku noolaan karaan nolol caafimaad iyo firfircooniba leh.

Qofna ma aha in uu ogaado in HIV lagaa baarey oo waxana uma dhimeyso xaaladaada magangelyo doon ahaaneed.

Maxay tahay sababta aan HIV isaga baarayo?

Dad badan baa HIV qaba oo iyagana ma oga in ay fiiruska qabaan. Baaritaanka HIV waxa uu awood kuu siinayaa in aad ogaato in tahay mid HIV qaba ama mid aan HIV qabin. Haddii baaritaanka lagugu sameeyo ayna cadaato in aad HIV qabto, waxa aad heli kartaa daaweyn iyo taageero kugu caawina in aad ahaato mid caafimaadkiisa sida uu yahay ku sii wada helana wararka jira ee ku saabsan sida looga hortaga in aad HIV dad kale u sii gudbiso. Sida uu qofka goor hore ugu ogado in uu HIV qaboba, waxaa u sii kordhaya awooda uu leeyahay sii maamulashada caafimaad qabkiisa iyo fayo-qabkiisa.

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Haddii aad ka timid wadan qaarada Aasiya ka mid ah (sida Sheyna, Indoonisiya, Hindia) ama mid Afrikada lama degaanka Sahara ah (sida Simbabwe, Soomaaliya, Bootiswana) oo la og yahay in ay jiraan dad badan HIV ama AIDS (Aydis) u dhintay
Ama
Aad tahay qof la kufsadey ama si uu u noolaado ay qasab ugu noqotay in uu ka shaqeyso hawlaha isku galmoodka/dhileysiga, waxaa dhici karta in aad ka fikirto iska baaridda HIV.

Hadda HIV waa xaalad caafimaad oo la maamuli karo, UK gudaheedana waxaa looga heli karaa taageero badan oo kugu caawin karta in aad waqti dheer sii noolaato ooaad caafimaad iyo firfircooni ku sugnaato.

Waxaa fiican in baaritaanka Hiv lagu sameeyo rugta caafimaadka isku galmoodka halkii lagu sameyn lahaa rugaha GP-da maadaama ay goobahan yihiin kuwo aad ugu takhasusey taageerada dadka HIV qaba.

Baaritaanka HIV waxaa lagu sameyn karaa Rugaha Caafimaadka Isku Galmoodka (Goobaha GUM) waxaana dhaceysa in lagaa qaado dhiigga baaritaanka lagu sameynayo.

Leeds gudaheeda waxa aad adeegga baaritaanka HIV oo sir ahaan u xafidan ka heli kartaa:

- Xarruunta Caafimaadka Isku Galmoodka (GUM Clinic) – Tel 0113 392 6724/25 (si aad ballan u dhigato) oo ku taal isbitaalka Leeds General Infirmary.
- Unugga Lahaan-kaca iyo Daaweynta Safarka (The Infection and Travel medicine Unit “Qeybta 16”), oo ku taal isbitaalka St James’ Hospital: Tel: 0113 206 5716 or 0113 206 4790

Si wacan ma noolaan kartaa adiga oo HIV qaba?

Haddii aad og tahay in aad HIV qabto ama baaritaan ahaan lagugu soo cadeeyey in aad HIV qabto adiga oo UK dhex jooga, waxaa jira dhawr shey oo aad u baahan tahay in aad ka fikirto. Kuwan waxaa ka mid ahaan kara:

- Sida aad caafimaadkaaga u sii wanaajin laheyd ama aad u hagaajin laheyd
- Sida aad ku hubsan karto in aadan HIV dad kale ugu sii gudbinin.
- Waxaa kale oo dhici karta in aad wixii aad ka welwelsan tahay kala hadasho dad kale oo HIV wax ka yaqaana. Kuwan waxa ay ahaan karaa koox taageero ah, la talliye caafimaad ama takhtar amase kalkaaliye ku takhasusey HIV.

Ahaansha qof HIV qaba micnaheedu ma aha in aad AIDS qabto.Waqti dheer baan caafimaad qabi kartaa oo wacnaan kartaa marka aad taageero iyo daaweyn hesho. Caafimaadkaaga guud oo aad si wanaagsan u daryeesho waxa uu jismigaaga siinayaa fursad wanaagsan oo lahaan-kaca (infection) kula daqaalamo. Waxaa jira takhaatiir ama kalkaaliyeyaal HIV ku takhasustay oo ku arki kara oo kula tallin kara lana socon kara caafimaadkaaga guud.

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Leeds gudaheeda waxa aad taageerada caafimaad iyo daaweynta HIV ka heli kartaa labo waax:

- Xarruunta Caafimaadka Isku Galmoodka Leeds, The Leeds Centre for Sexual Health, Sunny Bank Wing, Leeds General Infirmary, Tel 0113 3926724

- Unugga Lahaan-kaca iyo Daaweynta Safarka (The Infection and Travel medicine Unit), oo uu saldhigiisu yahay qeybta Ward 16 ee isbitaalka St James' Hospital. Si aad ballan ula dhigato waxa aad ka wici kartaa 0113 206 5716

Waxa aad kooxaha taageerada kala xiriiri kartaa oo aad kula kulmi kartaa dad HIV qaba aadna la tallinta ku saabsan arrimaha socdaalka (imigreeshinka) taageerada ka heli kartaa:

- Mashruuca Castle project- African Team, Low Wood, Clarence Road, Horsforth, Tel 0113 258 9290

- Terrence Higgins Trust (THT), 2 Oxford Place, Leeds, Tel 0113 2364720

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Isku Galmoodka Amaanka Ah

Waa maxay Isku Galmoodka Amaanka Ah?

Isku galmoodka amaanka ah micnihiisu waa yareynta qatarta aad isku galmoodka uga qaadi kartid HIV ama STI-da. Kondomada (Condoms) ayaa UK gudaheeda la dhiirigeliyaa waxaana lagu talliyaa in aad gashato goorta aad qof kugu lamaanan oo kugu cusub isku galmood la yeelaneyso ama isku galmood la yeelaneyso mid kugu lamaanan oo aadan garaneynin taariikhdiisii caafimaadka isku galmoodka ku saabsan.

Maxay Kondomada sameeyaan?

Isticmaalka Kondonka waa wadada ugu waxtarka badan ee lagu yareen karo qatarta la isugu gudbin karto kuwo badan oo STI-da ka mid ah iyo HIV. Si sax ah ugu isticmaalkooda jilciye biyo ku saleysan (water based lubricant) waxa uu adiga iyo qofka kugu lamaananba siinayaa difaac. Kondomada waxa ay u baahan yihiin in si sax ah loo isticmaalo si ay u awoodaan joojinta isku gudbinta Hiv iyo STI-da badankeeda. Si la isku difaaco waa Kondomada la isticmaalaa marka siilka,dabada iyo afka la isaga galmoonayo.

Sidee baad Kondomka u isticmaaleysaa?

Haddii aan Kondomka si sax ah loo isticmaalin, waa uu jeexmi karaa inta la isku galmoonayo oo kaama difaaci karo HIV iyo STI-da. Si aad Kondomka si sax ah ugu isticmaasho, waxa aad u baahan tahay in aad:

- In aad Kondomka baakadiisa ka soo saarto marka uu guska si buuxda u kaco (ka taxadir in aadan cidiyaha faraha oo dhaadheer ama dahabaka kuu xiran aysan Kondomka kaa gelin maadaama ay kaa jeexi karaan taasna ay Kondomkii ka dhigeyso mid aan ku difaaci karin)
- Kondon guska kacsan horey ka soo geli
- Naaska hore ee Kondomka majuuji si ay hawada uga baxdo
- Kondomkii duuduubnaa xagga hoose guska ugu sii furfur ilaa salkiisa ka gaaro
- Jilciye biyo ku saleysan (A water based lubricant) ayaa Kondonka kor loogu soo shubi karaa ka hor inta uusan guska siilka ama dabada gelin
- Marka uu biyo baxo ka dib guska soo saar adiga oo Kondomka si adag kor uga qabanaya
- Kondomka xarrig ahaan iskugu dhuuji oo ku rid weelka qashinka lagu rido

Jilciye biyo ku saleysan (A water-based lubricant) waa dheecaan qaas ah oo la isticmaali karo goorta la isku galmoonayo. Waxaa dhici karta in isticmaalka sheyga jilciyaha ah loo baahdo si loo hubiyo in uusan isku galmoodka aheyd mid qalalan maadaama ay sidani sababi karto in uu Kondomka jeexmo. Isticmaalka jilciyaha uu ka mid yahay KY jelly waa amaan. Wax kasta oo saliid ku jirta Kondomka way qurminayaan oo jeexayaan inta uu isku galmoodka socdo. Waa in hal Kondom oo keliyah la isticmaalaa marka la isku galmoonayo, waana in Kondom cusub la gashadaa marka kasta oo la isku galmoonayo. Kondomada waa in lagu hayaa meel qabow oo qalalan, waana in ay taariikhda ay dhacayaan baakadooda ku dul qornaataa.

Waxaa iyagan la heli karaa Kondomada dheddiga gashadaan, kuwaas oo ay haweenka gashan karaan int aan la isku galmoon halkii ay ragga Kondom ka gashan lahaayeen.

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Xagee baan Kondomada ka heli karaa?

Waxa aad Kondomo lacag la'aan ah heli kartaa marka aad tagto:

- Rugaha Qorsheynta Qoyska
- Rugaha Caafimaadka Isku Galmoodka
- Waxa aad Kondomada ka soo iibsan kartaa dukaamada subermaarketyada ah iyo kuwa kiimisteyaasha ah
- Leeds gudaheeda , waxa aad Kondomo lacag la'aan ah ka heli kartaa Kooxda Wax Ka Helitaanka Caafimaadka, Rugaha Qorsheynta Qoyska (CASH) iyo mashaariicda caafimaadka isku galmoodka.

<u>Sharciga iyo Isku Taga Isku Galmoodka Leh</u>

Waa maxay sharciga u yaal isku Taga isku Galmoodka Leh?

- Sharciga England gudaheeda ah waxa uu sheeyagaa in ay ragga iyo haweenkaba ku waajib tahay in ay gaaraan 16 sano jir si ay qof kale isku galmood ula yeeshaan.
- Labada qofba waa in ay isla ogolaadaan in ay isku galmoodaan.
- Ragga iyo haweenka xaq siman bay u leeyihiin in ay doortaan qofka ay isku galmoodka la yeelanaya iyo nooca isku galmoodka ay sameynayaan.
- Qof kasta xaq buu u leeyahay in uu goortii uu doono iska joojiyo isku galmoodka uu qofka kale la yeelanaayey.
- Qofka in uu qofka kale u galmoodo wuu diidi karaa oo maya buu oran karaa waana in laga ogolaadaa.
- Ahaanshaha qaniis, Qaniisad, Mid Rag iyo Haweenba u galmooda (Bisexual) ama Qof Iska Bedelay Rag ama Dumar wixii uu ahaan jirey (Transgender) dembi kama aha UK gudaheeda.
- Waxaa jira kooxo ku taageera, baarar ama meelo kale oo ku kulmaan dadka qaniisiinta, Qaniisadaha, kuwa Rag iyo Haweenba u galmooda (Bisexual) ama kuwa Iska Bedelay Rag ama Dumar wixii ay ahaan jireen (Transgender) ayna amaan ku dareemaan.

Si aad wargelin dheeraad ah oo ku saabsan dadka qaniisiinta, Qaniisadaha, kuwa Rag iyo Haweenba u galmooda (Bisexual) ama kuwa Iska Bedelay Rag ama Dumar wixii ay ahaan jireen (Transgender) ah la xiriir Yorkshire MESMAC for more details on 0113 244 4209

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Hawsha Isku Galmoodka (dhileysiga)

Waa maxay taageerada aan heli karo haddii aan ka shaqeeyo hawsha isku galmoodka ah?

Haddii ay danta kugu qasabtay gelitaanka hawsha isku galmoodka ah (oo inta badan loo yaqaan dhileysiga), ama waqti hore ama iminkaba lagugu qasbay in aad sidaas yeesho, waxaa dhici karta in aad dareento in aad wax taageero ah u baahan tahay. Tan waxa ay ahaan kartaa taageero lagaa siiyo;

- Baaritaanka STI-da ama HIV.
- Qof aad kala hadasho wixii ku soo qabsadey ama waxa ku haya.
- Helitaanka Kondomo aad naftaada STI-da ama HIV uga badbaadiso.
- Helitaanka wargelinta ku saabsan kaalmooyinka (benefits) ama taageerada kale ee kaalmooyinka maaliyadeed ah ee la heli karo.
- Helitaanka adeegyada kale ee lagu gaaro taageero uu qof kuu hadla ku siiyo.
- Helitaanka wargelinta ku saabsan sida loo amaan galo goorta la shaqeynayo iyo taagero lagaa siiyo sidii aad Booliiska ugu sheegi laheyd wixii waxyeelo ah ee lagu gaarsiiyo.

Xagee baan caawinaad ama la tallin ka doonan karaa?

- Leeds gudaheeda waxaa jira urur lagu magacaabo Genesis oo taageera haweenka iyo gabdhaha ku hawlan shaqada isku galmoodka ah. Waxa aad ka wici kartaa 0113 2430036
- Mashruuca The Blast project waxa uu la shaqeeyaa ragga iyo wiilasha ku hawlan shaqada isku galmoodka ah. Waxa aad ka wici kartaa 01274 731 468
- Aad Goobta ay Kooxda Wax Ka Helitaanka Caafimaadka joogaan waxa aadna weydiisataa in ay ku caawinaan.

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Rugaha Caafimaadka Isku galmoodka

Waa maxay Rugaha Caafimaadka Isku Galmoodka?
(oo magaca kale ee loo yaqaana yahay Daaweynta Xubnaha galmada-Kaadi Mareenka "G.U.M")

kuwani waa rugo ay joogaan takhaatiir iyo kalkaaliyeyaal si ku takhasusaad leh loogu soo tababarey baaritaanka, baaritaan u hubsashada iyo daaweynta STI-da iyo HIV. Haddii aad ka welwelsan tahay in aad la kullantay STI-da iyo Hiv waxa aad rugahan ka heli kartaa baaritaan iyo daaweynba. Adeegan waa mid lacag la'aan lagu helo oo sirtana xafida. Waxaa kale oo aad heli kartaa la tallin iyo wargelin ku saabsan uur iska ilaalinta, uur iska ilaalinta degdegta ah, kondomada iyo HIV. Rugahan caadi ahaan isbitaal ayey ku dhex yaalaan waxaana dhici karta in aad maqasho iyaga oo loogu yeerayo rugaha STD-da (Cudurada Isku Galmoodka La Isugu Gudbiyo), rugaha GUM , ama ruguha wax ku takhasusaada leh.

Sidee baan Rugta wax uga helaa?

Rugaha intooda badan habka ballan dhigashada ayey isticmaalaan. Rugahan waxaa ka shaqeeya takhaatiir lab iyo dheddig ah. Haddii aad si qaas ah dooneysid in uu ku arko tarkhtar lab ama dheddig ah waa in aad mid weydiisataa marka ballanta laguu dqoraayo. Waqtiyada ay rugaha furan yihiin waa ay kala duwan yihiin inta u dhexeysa maalmaha Isniinta ilaa Jimcaha ah. Waa ay xiran yihiin maalmaha fasaxyada dadweynaha ah.

Bukaanada waxaa la arki karaa iyaga oo aan u baahan in ay GP-ga soo maraan oo dadka intiisa badanna sidan ayey yeelaan. Waajib kuma aha in ay qofna u sheegaan in ay rugtan aadayaan rugtana arrinta uma sheegi doonaan GP-ga ama kuwa ay isku lamaanan yihiin ee ay isku galmoodaan uma sheegi doonno haddii ay la yimaadaan. Hase ahaatee, haddii aad u baahan tahay u baahan tahay in lagugu caawino ballan u dhigashada rugta, GP-gaaga waa uu kugu caawin karaa ballan dhigashadan.

Si aad u hesho baaritaanada iyo daaweynta HIV iyo STI-da, waxa aad teleefoon u soo dirsan kartaa ama aad Kooxda Wax Ka Helitaanka Caafimaadka ka codsan kartaa in ay teleefoon kuugu diraan:

- Rugta Caafimaadka Isku Galmoodka (GUM Clinic) oo laga helo 0113 3926724 ama 3926725. Rugta waxaa banaakeeda ku dhegan callaamad oraneysa 'The Centre for Sexual Health'. Waxa ay ku taalaa qeybta Sunnybank wing ee isbitaalka Leeds General Infirmary Hospital oo ku yaal wadada Calverley Street, ee bartyamaha Leeds City Centre ah (waa ka soo horjeedka Millenium Square)
- Si aad u hesho baaritaanka iyo daaweynta HIV waxa aad wici kartaa teleefoonka ah 0113 2065716 oo ah Unugga Lahaan-kaca iyo Daaweynta Safarka (The Infection and Travel medicine Unit) ee isbitaalka St James' Hospital.

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Inta aadan meesha aadin ka hor

Haddii aadan rugta markaas ka hor tagin,waxaa dhici karta in ay ogaanshaha waxa dhaca ku caawinto. Waxaa dhici karta in ay rugba rugta kale wax kaga duwanaato laakiin tani waxa ay ku siin doontaa ra'yi guud.

Waxyaabaha aad ogaanshahooda u baahan tahay

- Haweenka waxaa mar walba la socon doona kalkaaliye haweeney ah inta uu takhtarka baaritaanka ku sameynayo haddii uu takhtarka rag yahay
- Booqashada aad ku timid waa mid sirteeda kuu xafidan kuu ahaata
- Ha soo kaadinin (kaadi-galeenkaaga ha soo faaruqinin) mudada 2-da saac ah ee ballanta ka horeysa
- Wixii daawo ah horey u soo qaado oo daawooyinka kuu socda oo dhan magacyadooda soo qor
- Ballanta ugu horeysa ee aad Rugta ku imaaneyso ugu soo tallo galay ugu yaraan mudo 2 saac ah
- Soo qor magacaaga, taariikhda dhalashadaada, cinwaankaaga iyo teleefoonkaaga. Waxaa kale oo aad soo qortaa magaca iyo cinwaanka GP-gaaga maadaama warkan mar walba oo aad booqasho ku timaado lagu weydiin doono.
- Haddii aad mid leedahay, horey u soo qaado diiwaankaaga gacan-ku-qabsiga ah (Buugga buluuga ah)
- Tikidhkii baska heyso oo codso in laguu soo celiyo lacagtii gaadiidka dadweynaha kaaga baxdey

Ma ku soo tallo gashey waqti kugu fillan?

Arragtida takhtarka, baaritaanka la sameynayo, natiijo keenista, daaweynta iyo la hadalka la talliye caafimaad waxa ay kugu qaadan kartaa muddo labo saac gaari karta.

Yaa ogaan doona haddii aan rugta imid?

Dhamaan wixii war ah waa sir xafidan. Waxaa lagu weydiin doonaa in aad ogolaato in ay rugta GP-gaaga warqad u qorto, haddii uu GP-ga ahaa midkii marka horeba ku soo direy oo keliyah. Haddii kale, warka meel kale looma diri doono.

Waxa ay rugaha caafimaadka isku galmoodka kuu qaban kartaan.

Marka aad rugaha joogto waa in aad lacag la'aan ku heli kartaa:

- Wargelin iyo la tallin ku saabsan ku noolaanshaha isku galmood caafimaad leh
- Baaritaanada iyo daaweynta loogu tallo galay lahaan-kacyada isku galmoodka la isugu gudbiyo
- Qof aad kala sheekeysatid wax kasta oo caafimaadkaaga isku galmoodka la xiriira
- Tallaalka cudurka habitaytis (hepatitis) A iyo B
- Baaritaanada HIV – iyo tallo bixinta (counselling) baaritaanka ka hor iyo ka dib ah

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- Baaritaanada caafimaadka isku galmoodka
- Kondomada iyo jilciyeyaasha uu biyaha salka u yahay (water based lubricants)
- Uur iska ilaalinta degdegta ah
- Baaritaanada uurka

Adiga iyo La Taliyahaaga Caafimaad (Health Adviser)

Rugaha intooda badan waxaa jooga la taliyeyaal Caafimaad ama tallo Bixiyeyaal (Counsellors). Waxa ay leeyihiin waayo-arragnimo ku saabsan dhibaatooyin tirro badan. Waxa aad ka hadli kartaan:

- Lahaan-kaca isku galmoodka la isku qaadsiiyo (STI-da)
- Kufsi ama hujuum isku galmood leh (oo dhawaan ama goor hore dhacey) ama waxyeeleyn (violence) ka dhacda xiriirka isku galmoodka leh
- Baaritaanka HIV
- Hamuunka isku galmoodka oo la waayo ama dhibaatooyinka guska gacsan waaya
- Xiriirka isku galmoodka leh ee uu midkiin HIV qabo iyada oo uusan midka kalena qabin
- Nolosha iyada oo HIV la qabo la nool yahay
- Wax kala doorashada ku saabsan daaweynta HIV ama dhibaatooyinka daawo qaadashada la xiriira
- Waxyaabo aad maskaxda ku heyso oo ku saabsan noloshaada isku galmoodka ama xirrirkaaga isku galmoodka leh
- Siyaabo qofka kugu lamaanan ee aad isku galmootaan loogu sheego in ay dhici karto in uu lahaan-kac qaadey una baahan yahay in uu isbaaro
- Welwelka ku saabsan imaanshaha rugta, isgaarsiinta, gaadiidka, sir xafidaada

Arragtida La talliyaha Caafimaadka

Waxaa fiican in aad ballan weydiisato. Waxa aad codsan kartaa in aad qof arragto adiga oo aan ballan horey u soo dhigan, haddii aadan wax ka qabin in aad wax sugto. La talliyahaaga Caafimaadka teleefoonka ayaad kula hadli kartaa.La taliyeyaasha Caafimaadka waa ay arki karaan labada isku lamaanan (couples) ee dooneya in ay waxa ka wadahadlaan. Ama waxa aad horey u soo wadan kartaa saaxiib ku taageera. Laakiin ka hor inta uusan labadiinba idin wada arkin, waxa uu La Talliyaha Caafimaadka caadi ahaan marka hore adiga waqti gaaban ku arko.

Haddii ay rugta ogaato in aad lahaan-kac (infection) qabto, waxaa dhici karta in lagu weydiisto in aad La Talliye Caafimaad arragto. Tan ujeedada laga leeyahay waa in aad ka hadli kartaan waxa uu lahaan-kaca markaas yahay iyo sida loo daaweeyo. Waxaa kale oo aad ka wadahadli kartaan sida aad ku soo qaadey iyo sida aad uga hortagi karto in aad mar labaad soo qaado, iyo weliba waxa ay ula micno tahay dadka kale ee aad isku galmoodka la yeelato. Waxa aad ka hadli kartaan siyaabaha kala duwan ee dadka isku galmoodka wada yeelataan ee kugu lamaanan loogu waanin lahaa in ay isbaaraan.

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Faahfaahintaada shakhsi ahaaneed

Waxa aad u baahan tahay in marka kasta oo aad booqasho ku timaado sheegto isla magacii, cinwaankii iyo taariikhdii dhalashada. Shaqaalaha soo dhaweynta ogeysii haddii wax faahfaahintaas ku saabsan wax iska bedelaan sida marka marka aad cinwaanka iska bedesho.

Arragtida Takhtarka

Marka aad takhtarka arkeyso su'aalahan waa nooc ay dhici karto in la gu weydiiyo:

- Goormay aheyd markii kuugu dambeysey ee aad qof isku galmootaan?
- Ma waxa uu ahaa rag ama dumar ama in hal qof ka badan?
- Ma lagu kufsadey ama si galmo ahaan ah baa wax laguu yeeley?
- Haddii ay kula tahay in aad lahaan-kac qabto, maxay yihiin callaamadaha aad isku arragtay goormeyna aheyd markii ugu horeysey ee aad isku arragtay?
- Waa daawooyinkee kuwa aad hadda qaadato?
- Hadda ka hore ma kugu dhaceen wax lahaan-kacyo isku galmoodka la isugu gudbiyo ah?
- Guud ahaan wax dhibaatooyin caafimaad ah ma ku heystaan?

Marka baaritaanka lagugu sameynayo

Takhtarka waxa uu ku weydiin doonaa in aad dharka iska bixiso si ay ugu suurtogasho in uu (haddii uu rag ama haween yahayba) eego wixii lahaan-kaca u callaamado ah. Waxaa dhici karta in uu takhtar taabto qanjirada qaskaaga (groin) ama kuwa qoortaada si uu wax barar ah u raadsho. Markaas ka dib Takhtarka waxa uu kuu sheegi doonaa wixii baaritaan kale ah ee uu doonayo in uu sameeyo. Takhtarka ama kalkaaliyaha waa in ay baaritaanka sameeyaan waana in ay kuu sharxaan waxa uu yahay muraadka ay ka leeyahiin wax kasta oo ay baarayaan. Haddii aad qof dumar ah tahay waxaa mar walba kula joogaya kalkaaliye haweeney ah haddii uu takhtarka lab yahay.

Waxyaabaha la baarayo

Qof kasta oo rugta taga waxaa loo fidin doonaa in waxyaabo tirro ah laga baaro. Baaritaanada waxaa lugua sameeyaa dhiiga, kaadida ama dheecaanka laga soo qaado guska, siilka ama malawadka (rectum). Qasab kuguma aha in waxyaabahan oo dhan lagaa baaro. Haddii aan raaxo dareemeynin ama aadan hubin wax waxan oo dhan ka mid ah markaas arrinta kala hadal takhtarka, kalkaaliyaha ama la talliyaha caafimaadka.

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Natiijooyinka

Sida najiijookinkaaga u gudoomeyso waxaa lagaaga hadli doonaa inta aadan bixin ka hor.

Daaweynta/ daawooyinka

Waa muhiim in aad daawooyinka u qaadato sida dhabta ah ee ay rugta kuugu soo qortey. Waa wax aad muhiim u ah in aad cabirkii kaniineyaasha laguu soo qorey dhameysatid – xitaa haddii ay callaamadihii muuqan waayeen.

Dad kale u sheegista

Rugta waxa ay kaa codsan kartaa in ay la xiriirto dadkii aad isku galmoodka la yeelay sidii aad lahaan-kaca u soo qaadey (being infected). Tan marka aad rugta joogto ayaa lagaala hadli doonaa.

Sir Xafidaada

Sharci ahaan wixii war ah oo ay rugta kaa heyso waa in ay sir kuu ahaadaan. Diiwanadaada caafimaad iyo natiijooyinkii baaritaankii lagugu sameeyey waa in lagu hayaa rugta caafimaadka isku galmoodka ee waa in aad meelo kale oo isbitaalka ka mid ah la geynin adiga oo aan ogolaansho lagaa helin.

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KOOXAHA TAAGEERADA IYO U HADALKA CAAFIMAADKA ISKU GALMOODKA EE LEEDS LAGA HELO

Terrence Higgins Trust (THT)
Waxa aan bixinaa daryeel iyo taageero aan siino dadka nool ee qaba waxyeelana ka soo gaarey HIV & AIDS. Adeegyada waxaa ka mid ah: Wargelin iyo waxyaabo ku saabsan la noolaanshaha HIV, buug-yaraha iyo maalmlaha wax kala bedelashada, kaalmooyinka samafalka (welfare benefits) , guriyeynta iyo hoy la'aanta, amaah kala tallinta, taageerada iyo wargelinta socdaalka/magangelyo doonka. Waxaa kale oo aan bixinaa taageerada niyadeed ee 1:1 ah, qof taageero laga helo, daaweynta wax kabta (complementary therapies) , deeqaha nasiimada, lacagta dhibka oo la siiyo kuwa uu dakhligoodu hooseeyo iyo, wargelinta iyo la tallinta waqtiga la socota ee ku saabsan dhinac kasta ee HIV & AIDS ah, iyo Wadooyinka Furan ee Wax Kordhinta Leh (tababar ku noqodka, waxbarashada, shaqaaleynta iyo kala tallinta hawlyaqaanimada iyo wargelinta. Adeegyada oo dhan waa kuwo lacag la'aan lagu helo oo sir xafidaad leh.
Tel: 0113 2364720 – 2 Oxford Place, Leeds

Kooxda Barnardo's African Communities Team
Waxa ay u adeegtaa qoysaska iyo shakhsiyaad Afrikaanka ah ee ay waxyeelaha HIV ka soo gaartay. Waxa ay maamushaa kooxo wax taageera, waxa ayna taageero ka bixisaa sidii loo heli lahaa wargelin ku saabsan guriyeynta iyo taageerada iyo socdaalka. Waxa ay taageertaa haweenka uurka leh ee HIV qaba iyo carruurta ka tirsan qoysaska uu HIV waxyeeloo. Waxa ay bixiyaan Kondomo iyo wargelinta caafimaadka isku galmoodka ku saabsan
Tel: 0113 2589290 – Clarence Road, Horsforth, Leeds

Mashruuca STAR project
Ujeedada guud ee mashruuca waa in la tilmaansado baahida dhibanayeeahs la kufsadey iyo kuwa hujuumka isku galmoodka lagu qaado iyo in la xiriiriyo bixinta adeegyada baahidan lagu haqabtiraayo. Adeega waxaa heli kara qofka kasta oo ay da'diisu tahay 14 sano jir iyo wixii ka weyn, ee dhawaan loo geystay kufsi ama hujuumka isku galmoodka. Haweenka iyo ragga da'doodu tahay 14 sano jir iyo wixii ka weyn ah. Taageero waxqabad iyo mid niyadeed iyo tallo siin hawl-yaqaanimo klu dhisan.
Tel: 01924 292361 / 298954 – 14 Laburnum Rd, Wakefield

Yorkshire MESMAC
Waa hal-abuur ay beesha saldhig u tahay oo ragga qaniisiinta ah loogu tallo galay. Waxaa ka mid ah shaqo dibad-bax ah oo laga qabto baararka qamriga (pubs) iyo naadiyada iyo meelaha ay ragga ku kulmaan si ay isugu galmoodaan. Waxa uu bixiyaa tababar ku saabsan ragga qaniisiinta ah, hawsha wadada iyo midda sauna-da, iyo taageerada la siiyo kooxo kala duwan sida Kooxda Guurka ragga, Kooxda Beesha Qaniisiinta Leeds iyo Kooxda Dhallinyarada Leeds ee Haweenka qaniisiinta ah, qaniisiinta iyo Kuwa Rag iyo Haweenba u galmooda (Bisexual) ah.
Tel: 0113 2444209

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Kooxda Black Health Initiative (BHI)
Waxa ay bixisaa wargelin, taageero iyo u hadal sir ahaan u xafidan oo ku saabsan arrimaha caafimaadka isku galmoodka iyo taranka oo marka hore abaaraya beelaha Afrikaanka iyo Afrikaan-Kariibiyaanka ah ee Leeds deggan. Adeegan waxaa ka mid ah, taageerada haweenka ay waxyeelaha ka soo gaartey Gudniinka Dheddiga (FGM), kansarka naasaha, Fibroydis (Fibroids), Caado-guurka (Menopause) iyo arrimo kale oo caafimaadka jiinikooloojiiyada (gynaecological) ku saabsan. Waxa ay bixisaa baaritaanka uurka iyo Kondomo lacag la'aan ah; waxaa la heli karaa adeega La tallinta Uur Ka Horeysa (ABC "Advice Before Conception") iyo Subaxyada Sabtiga ah oo Umuliso waayo-arrag ah la helo.
Tel: 0113 3070300 – Unit 10, Chapeltown Enterprise Centre, 231-235 Chapeltown Road, Leeds

Shirkada Work it out- The CASAC Partnership Ltd
Shirtkada Working it out (Ka shaqee) waa mashruuc ay heli karaan haweenka keliyah, kuwa wadada ka shaqeysta wadada iyo kuwa horey wadada uga shaqeysan jirey ee ku nool ama ka shaqeeya xaafadda Chapeltown iyo goobaha la deriska ah.
Halka ay haweeka yimaadaan ee Women's Drop-in - Archway, Roundhay Road, Leeds Galab kasta oo Arbaco ah inta u dhexeysa 1.30 iyo 4.00, waxa ay kuwa wadada ka shaqeysta wadada iyo kuwa horey wadada uga shaqeysan jirey iska imaan karaan inay meesha ku sheekeystaan, oo ay iska cunaan, oo ay iska qubeystaan ama dharka iska dhaqdaan. Waxaa kale oo oo aan siin doonaa kondomo iyo baaritaanka uurka oo lacag la'aan ah. Goobta Working it waxa ay caawini kartaa haweenka Qaxootiga iyo Magangelyo Doonka ah ee ku nool goobaha Chapeltown iyo Harehills. Arrimaha muhiimka ah ee haweenka Qaxootiga iyo Magangelyo Doonka hortaagan waa xaalado maaliyadeed oo adag, oo ay dhici karta in ay dareemaan in jidka keliyah ee u furan yahay in ay wadada ka shaqeystaan, waa in ay ka warhayaan amaankooda iyo fayo-qabkooda shakhsi ahaaneed,si ay isku difaacaan marka ay wadada ka shaqeysanayaan. Iyo iyada oo la hubinayo in ay takhtar iska diiwaangeliyeen ama ay tagaan rugaha qorsheynta qoyska, haddii kalena ay doontaan adeegyada uu mashruuca Genesis oo bixiya aeeg GP dheeraad ah oo loogu tallo galay kuwa wadada ka shaqeysta.

Waxa kale oo aan bixin karnaa taageero iyo la tallin ku saabsan wax ka helitaanka adeegyada caafimaadka, guriyeynta, kaalmooyinka (benefits), caafimaadka isku galmoodka, iyo wargelin ku saabsan fursadaha shaqaaleynta iyo tababarka. Haddii aad jeclaan laheyd in aad iska timaado goobta Drop In at Archway, Roundhay Road, markaa halkaas ayaan kugu arki doonnaa, ama waxa aad la soo xiriiri kartaa contact Jenny Moscrop oo laga helo 0113-380-5651 ama 07969-443789 si aad wargelin dheeraad ah u hesho.

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Genesis

Genesis waxa uu bixiyaa adeeg sir xafidaad leh oo magaalada oo dhan ku baahan looguna tallogalay haweenka da' walba oo ay yihiin ee ku hawlan , qatar ugu jira in ay ka mid noqdaan, ama jecleysanaya in ka baxaan dhileysiga iyada oo aan la eegeynin diintooda, dhaqankooda ama taariikhdooda dhaqan-dhaqaale (bulsho).Hawshayada inteeda badan waa mid dibad-bax (outreach) u sal yahay. Waxa aan adeegga aan kuwa wada ka shaqeysta siinaa ku bixinaa habka unug soc-socda (mobile unit) oo todobaadkiiba saddex jeer u adeega inta u 8-11 fiidnimo anaga oo siineyna cabitaan kulul iyo kondomo, jilciye, gacan-gashi, baaritaanka uurka iyo wargelinta ku saabsan " kuwa wax goobaya aan u habooneyn".

Adeegyada dibad-baxa ah ka sokow waxa aan awoodnaa in aan bixino taageero mid-ka-mid ah oo waqtiga dhaw iyo midka fogba ku dhisan. Haween badan baa u baahan taageero aad u badan marka ay go'aansanayaan in ay dhileysiga ka baxaan oo waxa ay u baahan yihiin in "wax ka sii gudibka" lagu sii caawino.
Tan waxaa ka mid ahaan kara wax ka qabadka arrimaha ay ka midka yihiin isticmaalka maandooriyaha, waxyeeleynta, guriyeynta, daryeelka ilmaha iyo wax ka helitaanka fursadaha waxbarashada iyo tababarka. Waxa aan heynaa wargelin si qaas ah loogu tallo galay qofka isku galmoodka ku shaqeysta oo 10 luqadood oo kala duwan ku qorane. Si aad wargelin dheeraad ah u hesho la soo xiriir shaqaalaha jooga Genesis oo laga helo 0113 2430036 ama iska kaalay Oxford Chambers, Oxford Pace, Leeds, LS1 3AU.

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Adeegyada Kale ee Taageerada Bixiya

Refugee Council (Gollaha Qaxootiga)

Waa adeeg hal-mar-joogsi ah oo kuwa Magangelyo Doonka ah ku caawina in isk eegaan wadooyinka u furan ee ay taageerada ku heli karaa, kuna caawina arji u qorashada taageerada masaruufka ah ee ay NASS bixiso; u diyaarinta hoy degdeg ah ama xarruunta kuruud bixinta haddii ay shuruuda buuxiyeen; ka kaalmeynta dhibaatooyinka ka dhasha soo qaadashada lacagta toddobaadkiiba mar la bixiyo; NASS ku wargelinta wixii isbedelaad xaaladaha la xiriira; ku caawinaada abiil ama rafcaan qaadashada haddii taageerada NASS laga joojiyo; iyo arji u qorista lagu taageerayo xaaladda adkaada (hard case).

Hey'adda Refugee Council waxaa kale oo ay bixisaa wargelin ku saabsan kala yaacinta (dispersal) iyo taageero kale oo ay siiso kuwa magangelyo doonka ah; waxa ay taageertaa haweenka magangelyo doonka ah ee ka soo baxsanaya guri wax-ku-yeelidda (domestic violence), waxaa kale oo bixiyaa wargelin ku saabsan waxa ay xaquuqdooda tahay ee ay xaqqa u leeyihiin kuwooda arjiigii ay magangelyada ku doonayeen go'aanka laga gaarey.

Refugee Council, Ground Floor, Hurley House, 1 Dewsbury Road, Leeds LS11 5DQ - 0113 2449404
www.refugeecouncil.org.uk

Adeega Leeds Refugees and Asylum Support Service (LRASS)

Adeega Taageerada Qaxootiga iyo Magangelyo Doonka Leeds (LRASS) waa qeyb ka mid ah Waaxda Guriyeynta iyo Caafimaadka Deegaanka. Kooxda Leeds waxa ay hoy dejisaa oo ay taageertaa kuwa Magangelyo Doonka ah ee Leeds loo soo yaaciyey iyada oo ay hawshan ka mid tahay heshiiska NASS-ta Yorkshire iyo Humberside NASS. Waxa ay la tallin siinayaa kuwa Magangelyo Doonka ah ee NASS wax ka hela kuna nool guri uu Gollaha Magaalada leeyahay.

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

or

Hillside Centre - 0113 257 7957
asylum@leeds.gov.uk

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