

Tusaha Cinwaanada (Directory)



Waydiisasho Magangalyo

Golaha Qaxootiga ee Scottish (Scottish Refugee Council)

5 Cadogan Square (170 Blythswood Court),
Glasgow G2 7PH info@scottishrefugeecouncil.org.uk
www.scottishrefugeecouncil.org.uk Si aad ballan u
samaysato wac telefoon lambarkeena lacag la'aanta ah
0800 085 6087. Haddii af Ingiriis uusan ahayn luqadaada
koowaad waxaanu kuu ballaminaynaa tarjumaan marka
aad ballantaada samaysato.

Xafiiska Maamulaha Adeegyada Waaxda Socdaalka (The Office of Immigration Services Commissioner) (OISC)

5th Floor, Counting House, 53 Tooley Street London SE1 2QN
www.oisc.org.uk Waxii Su'aalo guud ah wac telefoonka
qadka-caawinta ee 0845 000 0046.

Ururka Sharciyada ee Scotland (The Law Society of Scotland)

26 Drumsheugh Gardens, Edinburgh EH3 7YR
Tel 0131 226 7411
www.lawscot.org.uk

Qaybta Qaxootiga ee Bisha Cas (Red Cross Refugee Unit)

(Baafinta Caalamiga ah iyo Adeegyada Farriimaha)
Second floor, Ashfield House, 402 Sauciehall Street,
Glasgow G2 3JD Telefoon: 0141 331 4170

Mashruuca Dhalinyarada Chrysalis

Mashruuca Dhalinyarada ee Chrysalis, waxaa bilaabay
Waaxda Qaxootiga ee Bisha Cas, waxay bixisaa
casharada xirfada nolosha waxayna taageertaa qaxootiga
iyo kuwa raadinaya magan galyada, da'da u dhaxexeeya
16 ilaa 25. Warbixin intaa dhaafsiisan wac telefanka
0141 331 4170 ama email u dir SZadik@redcross.org.uk

UK Border Agency (Home Office)

Glasgow Office: Festival Court,
200 Brand Street, Govan,
Glasgow G51 1DH
Tel 0141 555 1258
www.ukba.homeoffice.gov.uk

Maxkamadda Socdaalka & Magangalyada (Asylum & Immigration Tribunal)

4th Floor, Eagle Building, 215 Bothwell Street, Glasgow,
Scotland G2 7EZ.
Telefoon 0845 600 0877
www.ait.gov.uk

Adeegyada Caawinta Daroogada iyo Khamriga (Drugs and Alcohol Support Services)

Qadka-telefoonka Talo-bixinta Daroogada ee Qaranka (National Drug Helpline Advice)

iyo dhamaan akhbaarta ku saabsan si xun u isticmaalidda daroogada.

Telefoon 0800 77 6600 (Lacag la'aan) Waxuuna furan yahay 24ka saacadood

Golaha Khamriga ee Glasgow (Glasgow Council on Alcohol)

Akhbaarta la-talinta iyo talada ee waxyaalaha ku saabsan khamriga. 457 Sauchiehall Street, Glasgow G2 3LG

Telefoonka Qadka-caawinta 0141 353 1800

iyo dhibaatooyinka khamriga.

limay! youngpersonsproject@thegca.org.uk

Guryaha & Taageerada

Golaha Qaxootiga ee Scottish

5 Cadogan Square(170 Blythswood Court),
Glasgow G2 7PH info@scottishrefugeecouncil.org.uk
www.scottishrefugeecouncil.org.uk

Si aad ballan u samaysato wac telefoon lambarkeena
lacag la'aanta ah 0800 085 6087. Haddii af Ingiriis uusan
ahayn luqadaada koowaad waxaanu kuu ballaminaynaa
tarjumaan marka aad ballantaada samaysato.

Adeega Jidka ee Glasgow

(Glasgow Street Service)

Talo, akhbaar, taageero iyo u doodis. Adeega jidka,
helitaanka boorsooyinka jiiifka, kondomis, iwm.
3rd Floor, 91 Mitchell Street, Glasgow G1 3LN
Telefoonka 0800 085 2704 (Lacag la'aan)
limayl streetwork.team@barnardos.org.uk

Golaha Degaanka Glasgow (Glasgow City Council)

ee xarunta (Hamish Allan Centre)

Dukaanka One Stop, toos u helitaanka adeegyada guryo
la'aanta.180 Centre Street, Glasgow G5 8EE
Telefoon 0800 838502 (Lacag la'aan) 24ka saac maalintii,
7da maalmood ee usbuuca

Ururka Guryaha ee Glasgow

(Glasgow Housing Association)

Waxii akhbaar ah ee guryaha. Granite House,
177 Trongate, Glasgow G1 5HF
Telefoon 08459 001 001 or 0141 274 6200
www.gha.org.uk
limayl info@gha.org.uk

Xarunta Gargaarka Guryaha Hoyga ku meel gaarka ah (Shelter Housing Aid Centre)

Shelter Housing Aid Centre, First Floor, Suite 2,
274 Sauchiehall Street, Glasgow G2 3EH
Telefoon 0808 800 4444
www.shelter.org.uk/knowyourrights

Kooxda Dadka Dhalinyarada ee Guryo la'anta ah (Homeless Young Person's Team)

Waxay bixisaa adeegyo shaqada bulshada, oo ay ku jirto qiimayn iyo taageero, dadka dhalinta yar ee ay da'doodu tahay 16-21 kuwaasoo aanan haysan xiriir shaqo bulsho ee markaas jira. 180 Centre Street, Glasgow G5 8EE
Telefoon 0141 287 1800

The Big Issue Scotland

Waxaad magasiinkan ka helaysaa adeegyo badan ee caawimaad. Adeeg caafimaad ee dawaynta lugaha oo usbuucle ah. Caawimaad xagga alaabta guriga.
71 Oxford Street, Glasgow G5 9EP
Telefoon 0141 418 7000 www.bigissuescotland.com
limayl Info@Bigissuescotland.com

Kooxda Qiimaynta Magangalyada (Asylum Assessment Team)

Haddii aad ka yar tahay 18 ood codsi usoo qoroto adiga kuu gaara, sida caadiyanka ah waxaa lagula xidhiidhsiiyayaa Waaxda Adeega Bulshada. Haddii aanad hadda ka helayn adeega xafiiska shaqada bulshada waxaa lagu gudbin doonaa Ururka Qiimeynta Magangalyada.

101 Portman Street, Glasgow G41 1EJ
Phone 0141 222 7336 or 0141 222 7342
Fax 0141 222 7331

Saacadaha Xafiiska 8:45 galinka hore ilamaa 4:45 galinka danbe Isniinta ilaa Khamiista iyo and 8:45 galinaka hore ilamaa 3.55 galinka danbe Jimcaha. Saacadaha xaaladaha degdega ah ee adeega heeganka waxaa laga helayaa 0800 811 505.

Waxbarashada & Shaqada

Mihnadaha Scotland (Careers Scotland) – Ku Xirmo (Get Connected)

Mihnadaha Scotland waa ay kula shaqayn doonaan si ay kaaga caawiyaan sidii aad u baran lahayd sida go'aan mihnadeed loo sameeyo: ogaanshaha nafsadaada iyo fursadaha mihnadaha ee diyaarka adiga kuu ah. Waanu kula shaqayn doonaa si aanu kaaga caawino ogaanshaha hay'ado kale oo xitaa adiga ku caawin kara. Waad la soo xiriiri kartaa shaqaalaha xaruntayada mihnadaha ama la-taliyahaaga mihnada ee dugsiga. Inagala soo xiriir ama Careers Scotland 0845 8 502 502 iyo www.careers-scotland.org.uk

Jobcentre Plus

Jobcentre Plus Jobcentre Plus waa hay'ad dawladeed ee taageeraysa dadka da'da shaqada gaaray inay cayrta ka soo baxaan oo shaqo galaan, waxayna kaloo caawisaa in shaqooyinka ay buuxiyaan boosaska banaan. Si aad u hesho xafiiska Jobcentre Plus ee degaankaaga fiiri boggan internetka.

www.jobcentreplus.gov.uk

Tel 0800 055 6688

Talada Lacagta (Money Advice)

Association of British Credit Unions

Talo iyo akhbaar ku saabsan bilaabida ururada bulshada ee amaahda (credit unions).

Robert Owen House, 87 Bath Street, Glasgow G2 2EE

Telefoon 0141 304 5553

www.abcul.org

Talada Lacagta ee Galbeedka Glasgow (Glasgow West Money Advice)

Waxay adiga kaa caawinaysaa inaad heshid faa'ido.

Waxay talo kaa siinaysaa sidii aad dib ugu bixin lahayd

lacag lagugu leeyahay ulana macaamiloon lahayd

dhibaatooyinka dhaqaale ee ku haysan kara.

1945 Dumbarton Road, Glasgow G14 0JA

Telefoon 0141 950 1282

Adeegyada Talooyinka Lacagta & Xaquuqda Cayrta ee Govanhill (Govanhill Money Advice Service & Welfare Rights)

Waxay adiga kaa caawinaysaa inaad heshid faa'ido.

Waxay talo kaa siinaysaa sidii aad dib ugu bixin lahayd

lacag lagugu leeyahay ulana macaamiloon lahayd

dhibaatooyinka dhaqaale ee ku haysan kara. Govanhill

Neighbourhood Centre, 6 Daisy Street,

Glasgow G42 8JL

Telefoon 0141 424 4414

Xarunta Talada ee East End (East End Advice Centre)

Waxay adiga kaa caawinaysaa inaad heshid faa'ido.

Waxay talo kaa siinaysaa sidii aad dib ugu bixin

lahayd lacag lagugu leeyahay ulana macaamiloon

lahayd dhibaatooyinka dhaqaale ee ku haysan kara 5

Whitevale Street, Dennistoun, Glasgow G31 1QW.

Wac si aad ballan u samaysato 0141 556 7187

Sheegista Falalka Cunsirinimada iyo Cabsigelinta (Racist Incident reporting & Bullying)

Xasuuso inaad u sheegi karto boliiska fal walba oo cunsirinimo ah. Telefoon u dir ama booqo saldhiga boliiska ee kuugu dhow.

Golaha Qaxootiga ee Scottish

5 Cadogan Square (170 Blythswood Court),
Glasgow G2 7PH

Telefoon 0141 248 9799 ama 0800 085 8086
(Lacag la'aan)

www.scottishrefugeecouncil.org.uk

Isbahaysiga Kasooh horjeedka-Cunsirinimada ee Glasgow (Glasgow Anti-Racist Alliance)

(GARA) 78 Charlton Place, Glasgow, G5 9TH

Telephone Number 0141 418 6530

www.gara.org.uk

Xaquuqahaaga (Your Rights)

Adeega Xaquuqaha Caruurta (Glasgow)

Waa adeeg loogu talo galay caruurta iyo dadka dhalinyarada aha kuwaasoo ay xanaaneeyaan Adeegyada Shaqada Bulshada (ama ku jiri jiray xanaanadooda waqti la soo dhaafay) si ay u hubiyaan inay og yihiin xaquuqdooda isla markaana loola macaamilooday si caddaalad ah. Si aad ula xiriirto Adeega Xaquuqaha Caruurta waxaad:

- > Waci kartaa 0141 287 8850/8844,
- > limaylka socialwork@glasgow.gov.uk ugu hagaaji Children's Rights Service
- > Weydii in uu Sarlkaalka Children's Rights ku soo booqdo

U qor Adeega Xaquuqaha Caruurta Glasgow City Council Social Work Services, Wheatley House, 25 Cochrane Street, Glasgow, G1 1HL

Yaa ka Taxadara ? (Who Cares?) Scotland

Akhbaar, talo, taageerada dadka dhalinta yar kuwaasa 'lagu xanaaneeyay' ayna ku jiraan kuwa ka tagey goobtan xanaanaynta. Waxay kaala shaqayn karaan adiga qaybaha la dego, dugsiyada degaanka leh, goobaha dadka lagu xanaaneeyo (foster care), iyo haddii amar lagu bixiyey in guriga lagugu ilaaliyo. Waxay xor ka yihiin shaqada bulshada.

Oswald Chambers, 5 Oswald Street, Glasgow G1 4QR
Telefoon 0141 226 4441

www.whocaresscotland.org

limayl: enquiries@whocaresscotland.org

**Qaybta Cabashooyinka ee Golaha Degaanka
Glasgow (Glasgow City Council Complaints Section)**

Qaybta Cabashooyinka ee Golaha Degaanka Glasgow (Glasgow City Council Complaints Section)

Qaybtan waxay masuul ka tahay qabashada cabashooyinka lagu soo gudbiyo Adeegyada Shaqada Bulshada isla markaana hubinaysa in si habboon loola macaamilooday.

Wheatley House, 25 Cochrane Street
Glasgow, G1 1HL

Telefoon 0141 287 8757 Faakis 0141 287 8840

- 1. U soo qor waraaq** Sarkaalka Maamulaha (Xaquuqaha iyo Su'aalaha),
Wheatley House,
25 Cochrane Street, Glasgow, G1 1HL
- 2. La hadal xubin ka mid ah shaqaalaha-** waxay isku dayi doonaan inay xalliyaan arrimaha ku haysta ama inay kaa caawiyaan in cabashadaada aad horay u sii wado.
- 3. Wac** Qaybta Cabashooyinka (0141 287 8757).
- 4. Faakis** u dir qaybta cabashooyinka (0141 287 8840).
- 5. Iimayl u dir iyaga: socialwork@glasgow.gov.uk**
adigoo iimaylka ku sharxaya inay ku socota qaybta cabashooyinka.
- 6. Hel qof adiga kaaga gudbiya cabashadaada**
mid ka mid ah hababkan kor ku qoran. Haddii uu qof cabashada soo gudbiyo isagoo magacaaga ku hadlaya, waxay ku waydiin karaan qoraal aad ku sheegayso in qofkaas uu yahay qofka isaga magacaaga ku hadlaya.
www.glasgow.gov.uk/contactus.

Maamulaha Caruurta iyo Dadka Dhalinyarada ah ee Scotland (Scotland's Commissioner for Children and Young People)

Tam Baillie waxaa loo doortay gudoomiye ahaan 2009 sidii uu kor ugu qaadi lahaa una ilaalin lahaa xuquuqda caruurta iyo da'yarta kunool Scotland. Doorkiisu waa inuu hubiyaa in dadka waaweyni ilaaliyaan balamaha ee lagu dajiyey axadka Xuquuqda Ilmaha , kaas oo odhanaya dhammaan caruurta iyo da'yarta gaadhaysa da'da ilamaa 18 waxay xaq u leeyihiin:

- > laga ilaaliyo waxii dhib ah;
- > la siiyo waxa ay u baahan yihiin si ay nolol fiican u noolaadaan; iyo
- > inay wax ka oran karaan marka go'aanada iyaga saamayn ku yeelan kara la gaarayo.

85 Holyrood Road, Edinburgh EH8 8AU Telefoon 0131 558 3733 Faakis 0131 556 3378 Telefoonka lacag la'aanta ah ee dadka dhalinta yar 0800 0191176
www.sccyp.org.uk
limayl info@sccyp.org.uk

Xarunta Sharciga Caruurta ee Scottish (Scottish Child Law Centre)

Xaruntu waxay bixisaa warbixin khad laayn oo bilaa lacaga taas oo darista dhammaan qaybaha sharciyada Scots ee laxidhaadha caruurta iyo dadka da'yarta. Xarunta waxay sidoo kale bixisaa waraaqo ay ku qoran yihiin qaybo ku saabsan sharciyada Sxcots-ka waxayna bixisaa tababaro iyo shirar.

54 East Crosscauseway, Edinburgh EH8 9YL
Telefoon 0131 667 6333 (Akhbaarta qadka-caawinta) ama 0800 328 8970 (Telefoon lacag la'aan ah ee dadka da'doodu ka yar tahay 18 sano) Lextext: Su'aalo farriimo qoraal ah waxaa loo soo diri karaa SCLC/80800 www.sclc.org.uk
limayl enquiries@sclc.org.uk

Taageero & Talo (Support & Advice)

Golaha Qaxootiga ee Scottish

5 Cadogan Square (170 Blythswood Court),
Glasgow G2 7PH info@scottishrefugeecouncil.org.uk
www.scottishrefugeecouncil.org.uk
Telefoon 0800 085 6087 (LACAG LA'AAN)

Xafiiska Talooyinka Muwaadiniinta (Citizens Advice Bureau)

Xafiiska waxuu bixiyaa talooyin lacag la'aan ah isla markaana sir ah ama xafidan ee mawduucyo ballaaran oo ay ku jiraan guryaha, cayrta, waxii lacag ku saabsan, iwm. Waxii akhbaar ah wac 0141 576 5104:

> **Barrhead**

216 Main Street, Glasgow G78 1SN
Telefoon 0141 881 2032

> **Castlemilk**

27 Dougrie Drive, Castlemilk,
Glasgow G45 9AD Telefoon 0141 634 0338

> **City Centre**

3rd Floor, 48 Albion Street,
Glasgow G1 1LH
Telefoon 0141 552 5556

> **Drumchapel**

195C Drumry Road East, Drumchapel,
Glasgow G15 8NS
Telefoon 0141 944 2612

> **Easterhouse**

46 Shandwick Square,
Glasgow G34 9DT
Telefoon 0141 771 2328

> **Greater Pollok**

6 Haughburn Road, Greater Pollok, Glasgow G53 6AE
Telefoon 0141 876 4401

> **Maryhill**

Specialist waxay dadka kala taliyaan arrimaha magangalyo doonka iyo qaxootiga. 25 Avenuepark Street, Glasgow G20 8TS
Telefoon 0141 946 6373

> **Parkhead**

1361-1363 Gallowgate, Glasgow G31 4DN
Telefoon 0141 554 0004

Adeega Waqtiga Shaqada Laga Baxo kadib ee Shaqada Bulshada (Social Work Out of Hours Service)

Haddii ay xaalad degdeg ah ku hayso waqti ka baxsan saacadahii caadiga ahaa ee shaqada aadna u baahan tahay inaad la xiriirto Adeega Shaqada Bulshada wac 0800 811505. (Lacag la'aan)

Qadka-caawinta Dhibaatooyinka Guriga ee Scottish (Scottish Domestic Abuse Helpline)

Haddii adiga ama qof ka mid ah qoyska ay guriga ka soo gaarayaan dhibaatooyin xagga jirka ah iyo/ama xagga dareenka, wac qadkan-caawin si aad u hesho talo iyo taageero sir ah oo xafidan.

Telefoon 0800 027 1234 (Lacag la'aan)

Adeeg 24ka saac ah

Ururada Jaaliyadaha Qaxootiga ee Glasgow (Refugee Community Organisations in Glasgow)

Waxaa ka jira gudaha Glasgow ururo badan oo ay samaysteen dadka magangalyo doonka ah iyo qaxootiga kuwaasoo doonaya inay waxyaabo u hagaajiyaan nafsadooda. Haddii aad jeceshahay inaad wax ka ogaato ururadan wac Scottish Refugee Council waydiina inaad la hadasho Kooxda Horumarinta Jaaliyadda (Community Development Team). **Telefoon lacag la'aan ah 0800 085 6087**

Glasgow Samaritans

Haddii aad qabto dhibaatooyin sida dhinaca xiriirka, shaqada, lacag, ama aad dareemayso inaad is-disho aadna jeceshahay inaad qof kala hadasho waxaad waci kartaa qolyaha dadka dhibaataysan caawiya (Samaritans). Waxaad mar walba helaysaa qof aad la hadasho. 210 West George Street, Glasgow
Telefoon 0141 248 4488 Qadka telefoonka waa uu furan yahay 24ka saac maalintii. www.samaritans.org.uk

Gargaarka Dumarka ee Glasqow (Glasgow Women's Aid)

Talo, akhbaar & taageeo ayay siiyaan dadka dhalinta yar ee ay soo gaarayaan ama arkayaan dhibaato xagga guriga ah.

4th Floor, 30 Bell Street, Glasgow G1 1LG
Telefoon 0141 553 2022

Vivid LGBT Youth

Koox dhalinyaro ah ee lesbian, gay, bisexual iyo transgendered ee dadka dhalinta yar ee ay da'doodu u dhaxayso 15-25.

Wac qadka-caawinta 0845 113 0005

Xarunta dhibaatooyinka Kufsigu (Rape Crisis Centre)

Taageero, talo, akhbaar.

5th Floor, 30 Bell Street, Glasgow G1 1LG Lacag la'aan iyo talo sir ah oo xafidan wac 0141 552 3201
www.rapecrisiscentre-glasgow.co.uk

The LIPS Project

Waa koox lesbian iyo dumar bisexual ah ee waxii 25 sano ka yar.

LGBT Centre, 84 Bell Street, Glasgow G1 1LQ
Telefoon 0141 552 8345

limayl_lipsproject@hotmail.co.uk
Telefoon 0141 552 4958

Glasgow YWCA

Waxay bixisaa adeegyo noocyo kala duwan ah oo ay ku jirto kooxaha dumarka, barnaamijyo ESOL iyo akhbaar iyo talo.

33 Petershill Drive, Glasgow G21 4QQ

Telefoon 0141 557 2355 www.ymcaglasgow.org

Alliance Française

Waa isbahaysi ay ujeedadiisa ugu wayn ay tahay inuu kor u qaado wacyigelinta iyo fahanka luqada iyo dhaqanka faransiiska.

3 Park Circus, Glasgow G3 6AX

Telefoon 0141 331 4080

www.afglasgow.org.uk

Community Health and Care Partnerships (CHCPs)

NHS Greater Glasgow iyo Clyde iyo Glasgow City Council waxay leeyihiin xoogag midaysan si ay u horumariyaan qaabka caafimaadkaaga maxaliga ah iyo adeega bulshada in la qabto. Isbahayssiga Daryeelka iyo Caafimaadka Bulshada (CHCPs marka lasoo gaabiyo), waxay abuureen meelo dhaafsiisan magaalada si ay kuugu fududeeyaan si aad u hesho daryeelka iyo taageerada eed uga baahan tahey bulshadaada dhexdeeda. Raadi waxa yaalo intaa ka sii badan oo ku saabsan CHCP kaana masuul tahey adeegyada maxaliga ah ee bulshadaada dhexdeeda shabakada: <http://www.chps.org.uk/content>

Breakthrough for Women

Waa adeeg dumarka oo keliya ah ee kala taliya dhibaatooyinka xaga galmada, kufsiga iyo galmada xooga ah, uurka iyo talloyn waqtiga ilmo iska dilida kadib. Waxay kula caawinayaan maxkamada, boliiska & magdhowga. Talo & Akhbaar.

30 Bell Street (4th Floor), Glasgow G1 1LG

Wac si aad ula sheekaysato ama ballan u samaysato telefoonka 0141 552 5483

Caafimaadka & Samaha (Health & Wellbeing)

Kooxda Ilaalinta iyo Bixinta Caafimaadka “Looked After and Accommodated Health Team”

Kooxdani waxay bixisaa qiimayn caafimaad iyo adeega kobicinta caafimaadka shakhsiyadeed iyo waxbaritaan ee carruurta iyo da'yarta la ilaaliyo ee ka tagay daryeelka.

Templeton Business Centre,
62 Templeton Street
Glasgow, G44 1DA
Tel 0141 277 7400

Ururka Caafimaadka Maskaxda ee Glasgow (Glasgow Association for Mental Health)

Talo, akhbaar iyo taageero dadka ay haystaan arrimo xagga maskaxda ah.

St Andrew's by the Green,
33 Turnbull Street, Glasgow G1 5PR
Telefoon 0141 552 5592
www.gamh.org.uk

NHS 24

Akbaar iyo talooyin ku saabsan dhammaan arrimaha la xiriira caafimaadka ee Scotland, gaar ahaan jirrooyinka iyo xaaladaha iyo kooxaha iscaawinta iyo taageerada ee degaanka ama qaranka.

Delta House, 50 West Nile Street,
Glasgow G1 2NP
Telefoon 08454 24 24 24 Adeeg 24ka saac ah
www.nhs24.com

The Compass Team

Kooxda Compass Team waxay u soo bandhigaysaa caawimaad iyo taageero xagga nafsiga ama dareenka ah (psychological and emotional) dadka dhalinta yar ee iyaga laf ahaantooda raadsanaya magangalyo. Haddii ay ku soo martay arrin dagaal ah, dhibaato, dagaal ama wax kaa lumeen arrimahanna ay ku saamaynayaan fadlan ha dhibsan inaad la soo xiriirto ama aad waydiiso shaqaalahaaga bulshada (social worker³⁰) ama shaqaalaha taageerada ku siinaya si uu inoola soo xiriiro isagoo adiga ku matalaya. Waxaanu kugu arki karnaa goob ku dhow meesha aad deggan tahay, marka si ay adiga kuugu fududaato, waadna codsan kartaa in aanu tarjumaan (interpreter²²) kuu diyaarino, haddii aad mid u baahan tahay.

Units 34-35, Hyde Park Business Centre, 60 Mollinsburn Street, Glasgow G21 4SF
Telefoon 0141 630 4985

Waqti xor ah (Free Time)

Shineemooyin (Cinemas)

Glasgow Film Theatre

12 Rose Street, Glasgow G3 6RB

Telefoon 0141 332 8128

Odeon Glasgow Quay

Paisley Road West, Glasgow G5 8NT

Telefoon 0871 224 4007

Cineworld Cinema

Renfrew Street, Glasgow

Telefoon 0871 200 2000

Kalaab aadista waxii 18 sano ka yar

The Cathouse

15 Union Street, Glasgow G1 3RB

Telefoon 0141 248 6606

Cube

33-44 Queen Street, Glasgow

Dhaqanka

Dhaqanka & Ciyaaraha Glasgow (Culture & Sport Glasgow)

Waa urur masuul ka ah gudbinta adegyada dhaqanka iyo ciyaaraha ee Glasgow.

www.csghlasgow.org

Naadiga Maktabadaha ee Glasgow (Glasgow Club Libraries)

Akhbaar ku saabsan maktabadda jaaliyada degaankaaga waxaad ka helaysaa halkan.

Mitchell Library, North Street, Glasgow G3 7DN

Telefoon 0141 287 2999 am 0141 287 2864

Isniin-Khamiis 9ka aroornimo-8da fiidnimo,

Jimcaha, Sabtiga 9ka aroornimo-5ta galabnimo

Xarunta Tabarucaada (The Volunteer Centre)

Waxaa ka jira fursado badan ee tabarucaad

(volunteering) gebi ahaan Glasgow. Waxaad noqon

kartaa da' walba mana aha inaad leedahay wax waayo

aragnimo ah. Waxaad u baahan tahay oo keliya inaad

leedahay waqti firaaqo ah.

84 Miller Street, Glasgow G1 1DT

Telefoon 0141 226 3431

Faakis 0141 221 0716

www.volunteerglasgow.org

limayl: info@volunteerglasgow.org

Kooxo Lagu biiro (Groups to Join)

Badbaadayaasha Da'yarta ah illaa Kooxda Mustaqbalka (Young Survivors Steps to the Future Group)

Glasgow waxaa loogu talo galay caruurta iyo dhalinyarada da'doodu u dhaxayso 12 – 25 oo aan lala socon ee magangalyo doonka ah. Ujeedada kooxda waxaa loogu talo galay dadka dhalinyarada ee gebi ahaan magaalada inay ku kulmaan uguna xaajoodaan arrimo badan oo noloshooda saamaynaya iyo inay la kulmaan saaxiibo iyo dad dhalinyaro kale ah oo aan lala socon iyagna ah magangalyo doon ama qaxooti. Kooxda waxa kaloo ay u kulmaan inay ku raaxaystaan waxyaalo badan oo madadaalo ah. Haddii aad xiisaynayso inaad ka mid noqoto kooxda ama aad rabto inaad wax badan ka ogaato fadlan la xiriiir 0141 287 8810.

The Prince's Trust – Scotland

1st Floor, The Guildhall, 57 Queen Street,

Glasgow G1 3EN

Telefoon 0141 204 4409

www.princes-trust.org.uk

limayl@princes-trust.org.uk

Goobaha lagu nasto (Leisure Centres)

Glasgow Green Football Centre

28 Kings Drive, Glasgow G40 1HB

Telefoon 0141 554 7547

Gorbals Leisure Centre

275 Ballater Street, Glasgow G5 0YP

Telefoon 0141 429 5556

Kelvin Hall International Sports Arena

1445 Argyle Street, Glasgow G3 8AW

Telefoon 0141 357 2525

North Woodside Leisure Centre

10 Braid Square, Glasgow G4 9YQ

Telefoon 0141 332 8102

Pollok Leisure Centre

10 Cowglen Road, Glasgow G53 6EW

Telefoon 0141 881 3313

Springburn Leisure Centre

Kay Street, Glasgow G21 1JY

Telefoon 0141 557 5878

Matxafyada iyo Goobaha Bandhigga

farshaxanka (Museums and Galleries) ee Glasgow

Gallery of Modern Art

Royal Exchange Square, Glasgow G1 3AH

Telefoon 0141 229 1996

Kelvingrove Art Gallery & Museum

Argyle Street, Glasgow G3 8AG

Telefoon 0141 276 9599

Museum of Transport

1 Bunhouse Road, Glasgow G3 8DP

Telefoon 0141 287 2720

People's Palace and Winter Gardens

Matxafka taariikhda bulshada ee Glasgow iyo fursad aad ku aragto sheekada dadka iyo magaalada Glasgow laga soo bilaabo sanadkii 1750 illaa iyo hadda.

Glasgow Green, Glasgow G40 1AT

Telefoon 0141 271 2962

The Burrell Collection

Waxay ku haysaa sawirro iyo farshaxan badan oo la isku soo aruuriyay dhulka qurxda badan ee Pollok Country Park.

2060 Pollokshaws Road, Pollok Country Park,
Glasgow G43 1AT

Telefoon 0141 287 2550

The Lighthouse

Scotland's Centre for Architecture,
Design and the City.

11 Mitchell Lane, Glasgow G1 3NV

Scotland Street School Museum

Charles Rennie MacKintosh waxa uu sameeyay dugsi hadda ah matxaf kaasoo tusaya taariikhda dugsiyada Glasgow.

225 Scotland Street, Glasgow G5 8QB

Telefoon 0141 287 0500

The Tenement House

Gurigan soo jireenka iyo dhaqanka ah (traditional) ee Glasgow waxaa loo bedelay matxaf kaasoo tusaya sida ay nolosha guriga ahayd bilowgii qarnigii 20aad. 145 Buccleugh Street, Garnethill, Glasgow G3 6QN
Telefoon 0141 333 0183

Glasgow Science Centre

50 Pacific Quay, Glasgow G51 1EA

Telefoon 0141 420 5000

Timo-hagaajiyeyaasha ee dadka Madow iyo Afro-Karriibiyaanka (Hairdressers – Black and Afro-Caribbean)

Adeegyada Hairlynks Salon

waxaa ka mid ah timaha oo la adkeeyo, la ifiyo, la galaamo, kuulo lagu xiro, la sii dheereeyo iyo la jaro.

433 Great Western Road, Glasgow G4 9JA

Telefoon 0141 339 9748 Talaado-Isniin 10ka

arornimo-5ta galabnimo

www.hairlynks.co.uk

limayl info@hairlynks.co.uk

Galmada Caafimaadka (Sexual Health)

Terrence Higgins Trust

Terrence Higgins Trust Adeegyo xanaanayn, ka hor tag, waxbarasho iyo tababar daka qaba ama la nool dad qaba HIV/AIDS. Waxay shakhyiaadka ka taageeraan xagga arrimaha la xiriira caafimaadka galmadooda guud oo ay ku jirto galmada.

134 Douglas Street, Glasgow G2 4HF

Telefoon 0141 332 3838

www.tht.org.uk

limayl info.scotland@tht.org.uk

Sexwise

Waxuu siinaya talo telefoon oo sir ah ama xafidan caruurta da'da teen-ka ku jira, iyagoo sidoo kale siinaya la-talin iyo diritaano (referrals) xagga arrimo xasaasi ah ee ku saabsan galmadooda iyo xiriirkooda.

Wac 0800 28 29 30 7da aroornimo – saq dhexe

www.ruthinking.co.uk

The Sandyford Initiative

2-6 Sandyford Place, Sauchiehall Street, Glasgow G3 7NB

Telefoon 0141 221 8130

The Sandyford Library and Information Services

Maktabad ku horumartay caafimaadka, samaha, mihnadaha, caafimaadka ragga, arrimo gay, khayaali.

Telefoon 0141 221 6717

limayl sandyfordlib@glacomen.scot.nhs.uk

Goobaha Cibaadada (Places of Worship)

Baptist

Adelaide Place Baptist Church
209 Bath Street, Glasgow G2 4HZ
Telefoon 0141 248 4970

Hillhead Baptist Church

Cresswell Street, Glasgow G12 8AN
Telefoon 0141 339 1588

Buddhist

Order of Western Buddhists
329 Sauchiehall Street, Glasgow G2 3HW
Telefoon 0141 333 0524

Chinese Christian

Glasgow Chinese Christian
Church 2 Melrose Street, Glasgow G4 9BJ
Telefoon 0141 332 8385

Church of Scotland – Presbyterian

Kelvinside Hillhead Parish Church Observatory Road,
Glasgow G12 9AR
Telefoon 0141 334 2788

Wellington Church

Ardayda waxa ay ku qadeeyaan qolka hoose (Crypt)
maalin walba inta xilliga waxbarashada lagu jiro – raashin
fiican iyo soo dhowayn diiran.
77 Southpark Avenue, Glasgow G12 8LE
Telefoon 0141 339 0454

Episcopal – Anglican

St Mary's Cathedral

300 Great Western Road, Glasgow G4 9JB

Telefoon 0141 339 6691

Greek Orthodox

St Luke's 27 Dundonald Road, Dowanhill,

Glasgow G12 9LL

Telefoon 0141 339 7368

Hindu Temple

1 La Belle Place, Glasgow G3 7LH

Telefoon 0141 332 0482

Jewish

Jewish Orthodox Synagogue

Garnethill, 127 Hill Street, Glasgow G3 6UB

Telefoon 0141 332 4151

Methodist

Woodlands Methodist Church

229 Woodlands Road, Glasgow G3 6LW

Muslim

Central Mosque

1 Mosque Avenue, Gorbals, Glasgow G5 9TX

Telefoon 0141 429 3132

Dawat-al-Islam

31 Oakfield Avenue, Glasgow

UK Islamic Mission

19 Carrington Street, Glasgow G4 9AJ

Telefoon 0141 331 1119

Quaker

Religious Society of Friends
Quaker Meeting House,
38 Elmbank Crescent, Glasgow G2 4PS
Telefoon 0141 248 8493

Roman Catholic

Turnbull Hall
13-15 Southpark Terrace,
Glasgow G12 8LG
Telefoon 0141 339 4315

Sikh

Sikh Gurdwara
27 Otago Street, Kelvinbridge, Glasgow G12
Telefoon 0141 334 9125

University Chapel

Chapel Corridor (South), West Quadrangle,
University of Glasgow, Glasgow G12 8QQ
Telefoon 0141 330 5419

Wax gadasho (Shopping)

Dukaamada Samafalka (Charity Shops)

Waxaa jira dukaamo badan ee samofal ee ku yaala gudaha Glasgow kuwaasoo ay maamulaan ururo sida British Red Cross, Oxfam, Barnados, iyo Shelter. In badan oo kuwan ka mid ah waxay ku yaaliin Duke Street (East End), Byres Road (West End) iyo Victoria Road (South Side).

Dukaamada Dharka (Clothing Shops)

Dunnes

222 Sauchiehall Street, Glasgow G2 3EQ
Telefoon 0141 332 9293

Primark

- > 171 Sauchiehall Street, Glasgow G2 3ER
Telefoon 0141 332 9097
- > 56-68 Argyle Street, Glasgow G2 8AF
Telefoon 0141 229 1343
- > Unit 21, Forge Shopping Centre,
1221 Gallowgate, Parkhead, Glasgow G31 4EB
Telefoon 0141 550 4082
- > Unit 149, Braehead Shopping Centre,
Kings Inch Road, Glasgow G51 4BS
Telefoon 0141 886 3875

TK Maxx

- > Sauchiehall Shopping Centre, Glasgow G2 3ER
Telefoon 0141 331 0411
- > Glasgow Fort, Auchinlea Road, Glasgow G34 9PQ
Telefoon 0141 781 946

Dukaamo Raashin gaar ah haya ee Glasgow

(Specialist Food Shops in Glasgow) Waxaa jira dukaamo badan oo raashin gaar ah hay ee gudaha Glasgow kuwaasoo iibiya raashin noocyo kala duwan ah ee adduunka ka kala yimid sida Middle East, Asia, China iyo Africa. Dukaamadan waxay ku yaaliin meelo gaar ah ee Glasgow sida Paisley Road West, Alison Street, Woodlands Road iyo Great Western Road.



www.pearson.com