

Noofambar 2009

Sida laga yaabo inaad dareemayso...

Qof dumar ah oo magangelyo-doona ahaan, waxa laga yaabaa inaad dareento inaad u aragto nidaamka magangelyo-doonka naxriis la'aan iyo jaho-wareer. Tani waa sida dumar badan dareemaan marka ay raadsanayaan sheegashada magangelyo-doonka iyaga oo isla markaasna idku-dayaya inay sii eataan hawlahoodii maalinimo.

Si looga gargaaro adiga iyo dumarka kale ee magangelyo-doonka ah faham dheeraad ah oo la xidhiidha waayo-aragnimada, dareenada, kadeedyada iyo tabashooyinka caafimaadka ee dumarka ku jira xaaladahaas, waxaan qabanay daraasad lagu magacaabo: *Dumarka Magangelyo-doonka, Rabshada iyo Caafimaadka*.

Xaashidan waxay bixinaysaa soo-koobitaanka helitaanada muhiimka ah oo waxay tilmaamaysaa meelaha loo raadsan karo talo dheeraad ah, taageero ama gargaar haddii adiga, ama qof dumar ah oo aad taqaan, ay hadda qabto qaab xadgudub noocaas ah ama dhibaato caafimaad maskaxda ah.

Daraasadu waxay ogaatay in ku badan tahay dumarka raadsanaya magangelyadu inay rabshadu soo mareen noloshoodii hore mar ka mid ah. Cilmibaadhistu waxa kale oo ay muujisay in dumar badan oo ku jira xaaladdan dareemaan isku-buuqsanaan, werwer oo mutaystaan noocyo badan oo xanuun ah, oo ay ku jiraan madax-xanuun, dhabar-xanuun, iyo calaamado kale oo ba'an.

Macluumaadka daraasadan waxa lagu siiyey waayo waxaan u malaynaynaa inay kaa gargaari doonto fahamka in waxyaabaha qaar aad dareemayso aanay ahayn waxaan caadi ahayn. Waxaan rajeynaynaa in baadhitaanada daraasadan ay kaa gargaari doonto aqoonsiga xanuun adag ama dareen oo aad raadsan doonto gargaar markaad u baahan.

Iyada oo soo baxday Oktoobar 2009, cilmibaadhista waxa qaaday Gender Violence Unit of the London School of Hygiene iyo Tropical Medicine and Scottish Refugee Council. Inta u dhaxaysay Febberweri 2007 and Juulaay 2008, waraysiyo fool-ka-fool ah ayaa lala yeeshay 46 dumar ah oo yimid Scottish Refugee Council's Scottish Induction Service.

Warbixinta dhan, oo ay ku jiraan soo-jeedimo, waxa minguurin karaa barta internetka ee Scottish Refugee Council: www.scottishrefugeecouncil.org.uk/pub/Women_health

Soo-koobitaanka helitaanada cilmibaadhista

Qaybahan soo socdaa ifinayaan waayo-aragimada muhiimka ah ee ay tilmaameen 46 dumar ah ee magangelyo-doonka ah ee lagu warsaday Scotland iyada oo ka qayb ah daraasada.

Nidaamka magangelyada

“Waxaan aad ugu kadeedmay sugitaanka rajada ee xidhiidhka xafiiska Gudaha (Home Office. Ka waran haddii uu noqdo war murugo leh? Hubaal la’aanta ayaa i-dareensiisay werwer, murug iyo isku-buuqsanaan.”

- 56% dumarka haysta sheegasho magangelyo ku xidhan cid kale looma sheegin ikhtiyaarka u banana ee sheegasho ka madaxbanaan oo ka gooni ah ninkooda.
- 54% dumarku waxay yidhaahdeen nidaamka magangelyo-doonku caafimaadkooda wuu sii xumeeyey.
- 36% dumarku waxay muujiyeen in carruurtoodu joogeen muddadii waraysiga magangelyada.

Rabshada

“Waxaan uga cabtay shaqaalaha xarunta xerada dadka lagu xadgudub, kufsi iyo six un ula-dhaqan [ka yimid denbiilayaal badan, marar badan gudaha xerada / xarunta qaxootiga ee waddanka hooyo], laakiin lama dabagelin oo waxba lagama qaban.”

- 70% dumarku waxay sheegeen inay soo mareen rabshado jidh ahaaneed iyo/ama galmo intay noolaayeen.
- 65% dumarku waxay sheegeen in carruurtoodu ay arkeen rabshadahaas qaarkood.

Xaaladda caafimaadka jidhka iyo maskaxda

“Waxaan qabaa fikrado ah sedan ah ‘arrimuhu waa hagaagi doonaan haddii aan dhinto.’ Waxaad dareentaa rajo iyo mustaqbal la’aan. Marmarna wad isku shiixdaa qofa aad tahay, markaad u sheegto dadka sababta aad u timid halkan iyo inaad tahay magangelyo-doon.”

- In ka badan nus dumarka ay sheegay in caafimaadkoodu ka sii banaaday Scotland siduu ahaa waddankoodii hooyo, oo waxay muujiyeen calaamado la xidhiidha Xaaldo Kadeed Ka Imanaya “Post Traumatic Stress Disorder (PTSD).”
- 50% dumarku waxay yidhaahdeen waxaan “qabnaa dhibaato xusuusta waxyaabaha”.
- 20% dumarku waxay sheegeen inay ku fikiraan is-dilis toddobaadii maalmood kahor waraysiga daraasadan.

Isticmaalka daryeelka caafimaadka

“Xaaladayda gaarka ah awgeed [waddanka X], waxaan la imid xanuun ah [jidhka/niyadda]. Tani weli waa i-qabataa marmar laakiin waxaan helaa daaweyn caafimaad iyo talooyin, oo waxtar leh... waxa kale oo aan dhexgalaa dadka kale (oo) xidhiidhka dadku (waxbuu I taraa).”

- 93% dumarka Scotland waxay yidhaahdeen waxaan helnaa daryeel caafimaad nagu filan.
- 37% dumarku waxay sheegeen inay heleen ugu yaraan hal booqasho oo Xaadis iyo Xaalad Degdeg ah (A&E) gudaha 12 bilood ee ka horreeyey daraasada.
- 33% dumarku waxay sheegeen in laga baadhay Cudurada Galmada (STI), iyo 54% laga baadhay HIV.

Maxaa xiga?

Inkasta oo badi dumarka la warsaday sheegeen in aanay helin daryeel caafimaad oo ku filan, guud ahaan waxaan dareenay in helitaanadu, gaar ahaan heerka sare ee rabshadaha la soo maray, ay muujinayaan in taageerada dumarka magangelyo-doonka Scotland u baahan tahay hagaajin.

Helitaanadan waxay wax ku kordhin shaqada ay qabato Scottish Refugee Council does. Waxa kale oon rajeynaynaa in helitaanada iyo soo-jeedimaha ka yimaad ay gargaari doonaan shaqada ururada kale, oo saamayn ku yeelan doonaan samaynta siyaasadaha iyo go'aanada jiidahaas.

Soo-jeedintayada ugu muhiimsan waxay u wacaysaa:

- The Home Office's UK Border Agency (UKBA) inay si dhakhso ah u garato dumarka nugul ee soo maray rabshada – iyo weliba ku ay haysato dhibta iyo isku-buuqsanaantu – oo si habboon ugula dhaqmaan nidaamka magangelyada.
 - Tan waxa ku jira sida waxyaabaha hore ugu sheegista xuquuqdooda inay samayn karaan sheegasho ka madaxbanaan oo ka gooni ah ninkooda iyo siinta xanaano carruurta muddada waraysiga.
- Dawladda Scottish-ku inay dhammaan dib u fiiriso adeegyada caafimaadka iyo xadgudbyada guriga ee hadda jira si loo hubiyo inay buuxiyaan baahiyahaas gaarka ah ee dumarka magangelyo-doonka ee lagu ifiyey warbixinta.
- Xafiiska Gudaha iyo Dawladda Scottish-ku inay siiyaan taageero wacan dumarka magangelyo-doonka oo buuxisa baahiyahooda caafimaad iyo dhawritaan ee gaarka ah.
- Tababar arrimaha dumarka ee shaqaalaha UKBA iyo garsoorayaasha imigrayshanka labadaba.

Halkaan ka heli karaa gargaar?

Haddii ay kula kulantay waayo-aragnimada lagu sharxay buugyarahaan, ama haddii adiga ama qof dumar ah oo aad taqaan ay hadda qabto xadgudub ama arrimocaafimaad, waxa jiro ilo dhawr ah oo laga helo gargaar iyo talo.

Hoos waxa ku yaal faahfaahinta meelaha lagala xidhiidho ururada qaar gudaha Scotland eek u gargaari kara. Macluumaadka aad bixiso waxa lagu hayn asturnaan oo heshiis la'aantaada wax tallaabo ah la qaadi maayo.

Scottish Refugee Council

Scottish Refugee Council waa samofal siiya talo iyo macluumaad lacag la'aan ah dumarka iyo wixii carruur la socda. Qayb kama nihin dawladda UK iyo Xafiiska Gudaha oo waxaanu bixinaa adeeg madaxbanaan oo asturan. Shaqaalahayaga kiisasku waxay jawi ammaan ah ku bixiyaan taageero iyo gargaar wax-ku-ool ah. Qof dumar ah oo shaqaale kiis ah ama turjubaan ah ayaa lagu qabanqaabin karaa haddii aad codsato.

Scottish Refugee Council waxay kaa gargaari karaan si aad ula xidhiidho ururada kale eek u taxan xaashidan haddii aad tan u aragto waxtar.

Nala soo xidhiidh us:

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

Tilifoon bilaash ah: **0800 085 6087** si aad ballan u qabsato ama talo u hesho.

Caafimaadka

Haddii aad qabto tabashooyin la xidhiidha caafimaadka jidhkaaga ama maskaxda ama kan qoyskaaga, waa inaad la hadasho dhakhtarkaaga (GP) marka ugu horraysa.

Amina – the Muslim Women’s Resource Centre

Khadka-gargaarka: 0808 801 0301

Network House, 311 Calder Street, Glasgow G42 7NQ

Amina waxay bixisaa talo loogu tago, kulanno macluamad oo ay dheer tahay adeegyo la-talineed oo lagu bixiyo taageerada isku-buuqsanaanta, geerida iyo wax waayitaanka. Meeshii ay suurtagal ka tahay adeegyada waxa lagu bixiyaa afaf ay ku jiraan: Carabi, Ingiriisi, Farsi, Bunjaabi iyo Urdu.

Sandyford Counselling Services 0141 211 8130

2/6 Sandyford Place (off Sauchiehall Street), Glasgow G3 7NB

www.sandyford.org/

Sandyford waxay bixisaa macluumaad iyo taageero ku aadan arrimo dhawr oo ah caafimaadka dumarka. Haddii cisbitaalka degaankaagu aanu lahayn wax la tacaasha cudurada galmada ku yimaada, Sandyford waxay kuu sheegi kartaa halka ugu dhaw meesha ay ku taal.

Breakthrough for Women 0141 276 3981

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

Breakthrough waxay siisaa la-talin iyo taageero fool-ka-fool ah dumarka ku nool Glasgow ee da'da ka weyn 16 ee ay saamaysay xadgudub galmo carruurnimo, kufsi ama dirir galmo la xidhiidha. Adeegyada waxa lagu bixiyaa: Ingiriisi, Urdu, Bunjaabi, Kaantoniis iyo Mandarin (Shiine).

Lifelink crisis line 0141 548 1515

www.lifelink.org.uk

Lifelink waxay bixisaa adeego dhawr ah iyo daaweyno si looga gargaaro qofka si fiican u kabashada dhibaatooyinka nolosha iyo hagaajinta saxada maskaxdaada iyo jidhkaaga. Waxay bixiyaan la-talin iyo taageero ku aaddan kadeedka, oo ay ku jiraan ka-fekirka is-dilidda ama wax-is-yeelaynta.

Khadka-gargaarka Qaranka ee AIDs: 0800 567 123 (24 hours)

COMPASS Asylum Seekers and Mental Health Liaison

http://www.nhsggc.org.uk/content/default.asp?page=home_compass

Kooxda COMPASS waxay ku taal Springburn oo waxay siisaa carruurta/dhalinta iyo waayeelka daafaha Glasgow ee lahaa taariikh dhibaato daryeel caafimaadka maskaxda ah oo u nugul dhaqanka. **Fadlan la hadal dhakhtarkaaga (GP) kahor intaanad la xidhiidhin COMPASS waayo dhakhtarkaagu waa inuu kuu soo gudbiyaa adeegan.**

Rabshada

Booliiska/xaaladda degdega (999)

Haddii adiga ama ilmaagu aad si degdeg ah ugu baahataan gargaar ama halis ku jirtaan, waxaad booliiska weydiisan kartaa gargaar. Warbixinta xadgudubka si culus ayaa loo tixgeliyaa oo waxay qaban doonaan sida ugu fiican karaankooda inay hubiyaan inaad amman hesho.

Scottish Women's Aid – Khadka Xadgubka Guriga 0800 027 1234 (24 saacadood)

Scottish Women's Aid waxay bixisaa macluumaad, taageero iyo meel ammaan ah oo ay joogaan dumarku, carruurta iyo da'yarta qabta ama la kulantay xadgudubka gurigu.

Haddii aad qabto xadgudub ka imanaya qof aad la nooshahay, waxaad u sheegi kartaa Booliiska, ama waxaad kula hadli kartaa khadka-gargaarka la-taliye takhasus ah.

Rape Crisis Centre Glasgow 0141 552 3200

Shaqaalaha dumarka ah ee khadka-gaargaarka waxay siiyaan talooyin asturan, macluumaad iyo taageero dumarka la kulma dhibaatooyinka kufsiga iyo/ama dirirta galmada. Adeegyadan waxa lagu bixiyaa Ingiriisi laakiin waxa laga yaabaa inay awoodaan inay kugu siiyaan ballan fool-ka-fool ah iyo turjubaan haddii la codsado.

Khadka-gargaarka Kufsiga iyo Dirirta Galmada ee Qaranka 08088 01 03 02

www.rapecrisisScotland.org.uk/

Archway Glasgow 0141 211 8175

www.glasgowarchway.com/

Haddii lagu weeraray toddobadii maalmood ee tagay, waxaad la xidhiidhi kartaa Archway Glasgow. Waxay siiyaan adeegyo baadhitaano sharci ah iyo taageero kuwa la kulma kufsi ama dirir galmo. Waxay furan yihiin 24 saacadood maalinti, 7 maalmood toddobaadkii oo ama wad wici kartaa si toos ah ama xafiis kasta oo booliiska gudaha Glasgow ayaa kaa gargaari kara helitaanka Archway.

Glasgow Violence Against Women Partnership (GVAWP)

Barta internetka ee Partnership waxay bixisaa lambaro waxtar ah ee adeegyada gudaha Glasgow iyo daafaha Scotland. Dhammaan macluumaadkan waxa laga heli karaa barta internetka:

www.gvawp.org.uk

Mashruuca Taageerada Dumarka “Women’s Support Project” 0141 552 2221

www.womenssupportproject.co.uk

Mashruuca Taageerada Dumarka wuxu siiyaa taageero tilfoon dumarka caruurtooda la fara xumeeyey galmo ahaan. Waxa kale oo ay siiyaan taageero muddo gaaban ah dadka waaweyn ee ka soo baxay faraxumay carruurnimo, galmo xigaal, dhilaysi iyo qaabab kale oo ka faa’iidaysi ganacsi galmo.

Magangelyo

Warsysiga hore ee Xafiiska Gudaha iyo warsysiga raaca ee magangelyada, haddii u aragto inay kuu dhib yar tahay inaad waayo-aragnimadada u sheegto qof dumar ah wad weydiisan kartaa:

- waryste dumar ah, haddii aad rabto mid.
- warayste turjubaan ah, haddii aad rabto mid.
- xanaanada ilmaha, haddii aad u bahaan tahay. Waxa kale oo lagu warsan kelidaa, iyada oo aanay kula joogin ehel ama carruur.
- si aad u samayso sheegasho ka gaar ah ninkaaga, haddii aad doonayso.

Khadka Talada Gargaarka Magangelyada “Asylum Aid Advice Line” 0207 354 9264

Khadka Talada Gargaarka Magangelyadu wuxu bixiyaa talo qof ahaaneed oo bilaash ah Isniinta 2.00 galabnimo – 4:30 galabnimo iyo Khamiista 10.00 subaxnimo –12:30 duhurkii.

Mashruuca Khayraadka Dumarka Qaxootiga ah

Mashruuca Khayraadka Dumarka Qaxootiga ee Asylum Aid wuxu u soo saaray xaashi dumarka dhawaan yimid ee magangelyo-doonka ah. Waxay sharxaysaa siyaasadda Xafiiska Gudaha ee go'aan qaadasahada sheegashooyinka magangelyada dumarka (Hagitaanka Sinjiga). Waxa laga heli karaa oo laga minguurin karaa afaf badan barta internetka:

www.asylumaid.org.uk/pages/leaflet_for_women_asylum_seekers.html

Macluumaad afaf-badan ah

Isbahaysi wakaalada kale oo ku yaal UK, waxay Scottish Refugee Council soo saartay macluumaad afaf-badan ah oo la xidhiidha magangelyo-doonka iyo qaxootiga. Xaashiyahaas waxa ku jira macluumaad sida jiidaha sida codsashada magangelyada iyo taageerada, iyo caafimaadka galmada. Fadlan ogow: keliya xaashiyaha sita astaanta Scottish Refugee Council ayuun baan khuseeya kuwa ku nool Scotland. Xaashiyaha waxa laga heli karaa oo laga minguurin karaa afaf badan bartooda internetka:

<http://languages.refugeecouncil.org.uk/english/summary.htm#16>

Kooxaha dumarka

Waxa jira dhawr kooxood oo dumarka ah gudaha Glasgow oo bixiya fursad aad kula kulmi kartid dumarka kale eek u nool jiidada, la wadaagi kartid waayo-aragnimada oo saaxiibo ka samaysan kartid meel leh jawi soo-dhawayn fiican.

Mother Theresa Albanian iyo Women across the World Group

Kooxdani waxay u furan tahay dhammaan dumarka oo carruurtuna waa iman karaan; xanaano ayaa la bixin doonaa. Qado ayaa la bixin doonaa oo kharashka socdaalkana wax ayaa laga bixin doonaa. Kooxdu waxay ku shirtaa Khamiista Garnethill Multicultural Centre 21 Rose Street, Glasgow G3 6RE, inta u dhaxaysa 12.30 - 2.30 duhurkii.

Wixii macluumaad dheeraad ah kala xidhiidh Maryhill Integration Network (including Central & West) lambarka 0141 946 9106