

(Tilmaan-bixintan fahfaahsan waa lala akhriyo qoraaylka guud ee la yidhaahdo “Use Your Skills” (Isticmaal Farsamooyinkaaga).)

Tabarucu gudaha Boqortooyada Midowday (UK) waa ikhtiyaar, taa macnaheedu waxa weeye qasab kuguma aha inaad sameysid – adiga ayaa dooranaya inaad sameysid.

Doorshada hawsha tabaruca (Choosing the volunteering activity)

Waxa jira noocyo badan oo ah tabarucid oo laga heli karo Boqortooyada Midowday (UK). Sidee baad u dooratan kartaa nooca kuu wacan? Waxa loo baahan yahay inaad xisaabta ku dartid dhawr waxyaabood:

- **Halkee baan ka heli karaa war ku saabsan tabarucidda?** Waxa aad la hadli kartaa saaxiibo, ama si toos ah ayaad ula xidhiidhi kartaa hay'adaha. Haddii aanad haynin war oo aad jeceshahay inaad heshid xoogaa talo ah, meesha ugu wacan ee aad tagi kartid waa **Volunteer Centre (Xarunta Tabaruca)**. Waxay ku siin karaan war ku saabsan dhamaan fursadaha tabaruca ee ka jira degmadaada, waxana ay kaa gargaari doonaan inaad heshid hawlo u dhigma xiisahaaga.
- **Wakhti intee leeg ayaad haysataa? Waa kuwee maalmaha todobaadka ee aad firaaqada leedahay?**
Waxa jira fursado tabaruc oo kuu oggalaan doona inaad ka shaqaysid wakhti aan ka badnayn saacad todobaadkii. Waxa laga yaabaa in fursadaha kale ee tabarucu ay kaa rabaan inaad laba ama saddex cisho todobaadkii shaqaysid iyadoo u taa ku jiro tababarka lagama-maarmaanka ah, tusaale ahaan tabaruca xarun la-talin. Si aad u noqotid shaqaale la-talin oo mushahar la siiyo, waxa aad u baahan tahay inaad si tabaruc ah u shaqaysid sannad ama wax ka badan.
- **Wakhtigaagu sidee buu u kala qaybsami karaa?** Hawlaha tabarucidda qaarkood waxay ku oggalaanayaan inaad tabaruc sameysid marka aad firaaqada leedahay ama markii aad jeclaatiid inaad u tagtid. Wax jira hay'ado kale oo isku haleeya tabacureyaasha si ay adeeg u bixiyaan, una baahan in tabaruceyaashu yimaadaan wakhtiyo hore loo sii gooyay ama sugan. Tusaale ahaan waxa laga yaabaa in adeeg la-talin u baahan yahay inaad tabarucdid laga bilaabo 10 subaxnimo -- 4 galabnimo Isniin kasta, iyo inaad tagtid tababar laga bilaabo 9.30 subaxnimo – 3 galabnimo Khamiis kasta mudo ah saddex bilood.
- **Waa maxay noocyada hawlaha ee aad jeceshahay inaad ku tabarucdid?** La-talin? Beeraha ama jardiino ka shaqeyn? Gargaaridda waayeelka? Hawlaha caruurta? Shaqada soo-dhaweynta? Bixinta shaah ama kafee? Tarjumidda? Barnaamijyada Kombiyuutarka? Waxa jira xul badan oo la kala dooran karo – weydii kaliya.
- **Waa maxay farsamooyinkaagu?** Ma ku hadashaa af kale? Ma ku wacan tahay xidhiidhinta dadka? Ma leedahay farsamooyin kale oo faa'iido leh? Ma leedahay waayo-aragnimo waxbarasho? Ma ku fiican tahay xisaabaabka dhaqaalaha? Ma leedahay shahaadooyin? Waxa laga yaabaa inaad hesho jago tabaruc ah oo aad ku isticmaali kartid farsamooyinkaaga.
- **Waa maxay heerka Ingirisigaagu?** Hawlaha tabaruca qaarkood uma baahna Ingiriisi badan, sida beer ama jardiino ka-shaqeynta, shaqo gacanta ah ama bixinta kafeega. Hawlaha kale sida la-talinta ama soo-dhaweynta waxay u baahan yihiin heer wacan oo ah Ingirisiga lagu hadlo. Weydii kaliya– waxa la heli doonaa wax aad qaban kartid.
- **Baadhitaanka Xafiiska Diiwaangalinta Dambiyada (Criminal Record Bureau (CRB) Disclosure)**
Fursada tabaruca qaarkood waxa dhamaan tabaruceyaasha laga rabaa inay buuxiyaan warqad ama foom la yidhaahdo CRB ama Police “Disclosure/Check” (Baadhitaan/Hubin Boliis). Taasi waa hubin lagu hubinayo in tabaruceyaashu aanay lahayn wax ah dambiyo lagu xukumay oo keenaya inaanay ku haboonayn tabaruca. Taasi ma aha wax laga walwalo mana saameyn doonto codsigaaga magangalyada. Dhamaan tabaruceyaasha waxa laga rabaa Baadhitaan ama Hubin marka hawlaha tabarucu keenayaan inaad xidhiidh toos ah la yeellatay caruurta ama waayeelka jilicsan. Taa sababta loo sameynayaa waxa weeye iyadoo ay hay'adaha masuuliyadi ka saaran tahay inay ilaaliyaan caruurta iyo waayeelka jilicsan. Baadhitaanadu waa u bilaash tabaruceyaasha waxana loo sameyn karaa

magangalyo-doonka iyo qaxootiga labadaba. Hay'adda ayaa war intaa ka faahfaahsan kuu sharixi doontaa kaana gargaari doonta inaad buuxisid warqadda ama foomka codsiga.

Arranging appointments, meetings and volunteering times

(Sameynta ballamaha, kullanada iyo wakhtiyada tabarucidda).

- **Sameynta Wakhtiyada.** Haddii qof kuu sheego wakhti aad kulantaan ama aad tabarucdid, fadlan isla markiiba sheeg haddii wakhtigu aanu kugu haboonayn. Xusuuso inaad odhan kartid “Maya!” Waxa fiican inaad taa isla markiiba sameysid, si hadhow looga badbaado isfaham la'aanta. Haddii aad leedahay hawlo qoys, koleej, shaqo ama wax kale, waxa aad sheegi kartaa wakhti kaa ka duwan.
- **Oofinta wakhtiyada.** Waxa aad tahay tabaruce, waxana aad dooran karta wakhtiyadaada, laakiin waa inaad oofisid ama timaadid wakhtiyada lagu heshiiyay. Haddii aanad awoodin inaad tabarucdid wakhti lagu heshiiyay, ama haddii aanay suurogal kuu ahayn ballan ama tababar sii ballansanaa, waa inaad hay'adda sida ugu dhakhsaha badan u soo wacdid si laguugu sameeyo ballamo beddelaad ah.
- **Habka qoritaanka iyo doorashado** hay'aduhu way ku kala duwanaa karaan. Waxa taa ku jiri kara: Foomamka ama Waraaqaha Codsiga, Wareysiyo Fudud, Tixraacyo, Hubitaanada CRB iyo Mudo Tijaabin. Volunteer Centre ayaa kaa gargaari karta habka codsiga haddii aad jeceshahay inaad tabarucdid. Haddii Ingiriisigaagu aanu aad u fiicnayn, waa in hay'addu kaa gargaarto buuxinta codsiga. Si aad u gashid hawlaha tabaruca qaarkood waxa lagaa rabaa inaad ka qaybgashid tababar ka hor ama ka dib bilaabista tabaruca.
- **Kharashka.** Hay'aduhu waxay dib kuugu soo celin doonaan kharashka safarkaaga si aad u tagtid kullanka hore ee tabaruceyaasha ee hore loo sii ballamiyay, waxa loola jeedaa ka hor intaanad bilaabin tabarucidda.

Marka aad bilawdo tabarucidda (Once you have started volunteering)

- **Oofin iyo isku-haley.** Marka aad muujisid oofin iyo isku-haley, waxa kuu dhismi doona taariikh wacan oo kuu noqonta tixraac wacan. Dhamaan shaqo-bixiyeyaashu waxay u baahan doonaan marag-kac inaad leedahay tayoyinka sida oofinta iyo isku-haleynta ka hor intaanay shaqo ku siin.
- **Horjooge magacaaban.** Waa inaad leedahay qof la magacaabay oo horjooge kuu ah. Qofkaasi waxa uu kaa gargaari doonaa sidii aad ula qabsan lahayd hay'adda, waxa kale oo uu kaa gargaari doonaa wixii ah su'aalo ama dhibaatooyin, ku soo qori doonaa koorasyada tababarka kuna siin doonaa taageero joogto ah. Waxa fiican inaad xidhiidh joogto ah la leedahay horjoogahaaga, sababta oo ah waxay kaa qori doonaan tixraacyo wakhtiga soo socda.
- **Wakhti ku-imaanshaha.** Marka u jiro wakhtiyo hore looga sii ballamay, waa inaad marwalba ku timaadiid wakhti. Waa inaad teleefon soo dirtid haddii aanay suurogal kuu ahayn inaad timaadiid, tusaale ahaan haddii aad jiran tahay.
- **Kharashka.** Waxa aad xaq u leedahay in kharash lagaa bixiyo, sida bas fuulka, qadada ama sii-haynta ilmaha. Horjoogahaaga ayaa ku tusi doona meesha laga helo foomka ama warqadda sheegashada kharashka iyo sida loo buuxiyo. Waxa caadi ahaan lagaa rabi doonaa inaad hay'adda siisid risiidhkaaga ama footokoobi. Ha ka xishoon inaad sheegatid kharashka – waa inaan lacagi kaaga lumin tabarucidda!
- **Wakhti kasta ayaad joojin kartaa tabarucidda** haddii aad doonaysid. Tusaale ahaan, haddii aad shaqo heshid, ama aad doonaysid inaad sameysid wax kale.
- **U sheeg saaxiibadaa** haddii aad ku faraxsan tahay doorkaaga tabaruce!

Volunteer Centre Sheffield, 33 Rockingham Lane, Sheffield, S1 4FW. Tel: 0114 253 6655

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