

## Xad-gudubka Guriga, Kufsashada & Dhillanimada



### Rape Crisis Centres

Adeegyada talo-siinta bilaashka iyo sirta ah ee dadka la kufsadey ama lagu sameeyey xad-gudub galmo waqti walba ee noloshooda. Xarumo ayaa ku yaalo meelo badan ee Ayrland. Turjubaan waa la heli karaa.  
**T:** Lambarka telefoonka bilaashka ah 1800 778 888, Isniin ilaa Axad, 24 saacadood **W:** www.drcc.ie

### Women's Aid

Khad caawinaad oo bilaash iyo sir ah ee baxsho macluumaad iyo gudbinta taageerida weji-ka-wejiga ee haweenada iyo carruurtooda oo gurigooda lagu xad-gudbey si jireed, shucuureed, maaliyadeed ama galmo. Wac lambarka telefoonka bilaashka ah sidii aad u hesho faahfaahinta dhammaan adeegyada qaran.  
**T:** Lambarka telefoonka bilaashka ah 1800 341 900, Isniin ilaa Axad, 10subaxnimo – 10galabnimo  
**W:** www.womensaid.ie

### Ruhama

Wuxuu taageera haweenka dhibbane ka ah dhillionimada iyo ku shaqeysiga haweenka sidii galmo ahaan loo dhiigmiirto. Waxay baxshaan wax ka qabada khalkhalka & hoy la dego, taageerida camaliga & cilmi nafsiga la xiriira, waxbarasho & tababar.  
Senior House, All Hallows College, Drumcondra, Dublin 9  
**T:** 01 836 0292 **W:** www.ruhama.ie

### The Women's Health Project

Adeegyo ku socota haweenka dhilada ah – Baaritaanyada STI waxaa ka mid ah HIV, Hepatitis (Cagaarshow) A, B & C, tallaalo, baaritaanka afka ilmo-galeenka, hababka ka hortagga uur-qaadka, tijaabada uurka, gudbinta iyo wax-barashada. Dhammaan adeegyada iyo salbatiibada waa bilaash. Waxaa la heli karaa adeeg turjubaan. Kilinikada ballan la'aanta: Arbaco 2galabnimo – 5galabnimo & Khamiis 8.30galabnimo – 10.30galabnimo. Baggot Street Clinic, 19 Haddington Road, Dublin 4  
**T:** Lambarka telefoonka bilaashka ah 1800 201 187, Isniin ilaa Jimco, 9subaxnimo – 5galabnimo

## Khaniisad dheddig ah, Khaniis lab ah, Labada jinsi jecel iyo Kala Jinsi ah



**BeLONg To Youth Services** Sidii aad faahfaahin u hesho la xiriir adeegyada dhallinyarada LGBT ee Ayrland. Parliament House, 13 Parliament St, Dublin 2  
**T:** 01 670 6223 **W:** www.belongto.org

**Outhouse** Adeegyad ballan la'aanta iyo taageerida. 105 Capel St, Dublin 1 **T:** 01 873 4999 **W:** www.outhouse.ie

**Outcomers** Dundalk Outcomers waa koox bulshadeed iyo saaxibtinimo ee caawiya khaniiska lab iyo dheddigta ah iyo kuwa labada jinsiba raaca. Adeegyada ballan la'aanta iyo taageerida. The Coach House, 8 Roden Place, Dundalk, Co. Louth  
**T:** 042 935 3035 (Khadka caawinta) **W:** www.outcomers.org

**shOUT! LGBT Youth Galway** Isiku-xirka Bulshadeed & Taageerid. **T:** 087 773 8529 **W:** www.lgbtyouthgalway.com

## Baaritaanyada Caafimaadka



**BreastCheck – Barnaamajka Qaran ee Baaritaanka Naaska** Waxay si bilaash ah raajada naaska ku sameeyaan dhammaan haweenka da'dooda u dhexeeyaa 50 ilaa 64 jir. Haweenka waxaa loo diraa warqad ballan markii BreastCheck uu xaafaddooda baaritaan ka sameeyo. BreastCheck wuxuu dhammaan haweenka jira 50 ilaa 64 sano ku dhirri-gelinaaya inay ku jiraan diiwaanka BreastCheck iyo inay ballankooda tagaan markii taariikhda ballanka loo soo diro. **T:** Lambarka telefoonka bilaashka ah 1800 45 45 55 **W:** www.breastcheck.ie

**CervicalCheck – Barnaamajka Qaran ee Baaritaanka Afka Ilmo-galeenka** Waxay si bilaash ah haweenka da'dooda u dhexeya 25 ilaa 60 jir u sameeyaan baaritaanka afka ilmo-galeenka. Baaritaanka afka ilmo-dhaleenka waa hab-socod fudud ee ku qaadan doono dhowr dhaqiiqo, waana habka ugu waxtar badan ee lagu ogaado is-bedellada unugyada afka ilmo-galeenka. Haweenka waxay u baahan yihiin inay CervicalCheck ka helaan warqad ballan sidii ay takhtarka ama kaaliyaha caafimaad ay xushtaan si bilaash ah uga helaan baaritaanka afka ilmo-galeenka. Haweenka waxay kaligooda iskugu qori karaan CervicalCheck ayagoo internetka isticmaalaayo, ama buuxinaayo foom lacagtiisa boostada horey loo baxshay ama soo wacaayo lambarka telefoonka bilaashka ah 1800 45 45 55. **T:** Lambarka telefoonka bilaashka ah 1800 45 45 55 **W:** www.cervicalcheck.ie

## Adeegyada Haweenada soo Haajirey



### Refugee Legal Service

Adeegyo sharciyeed ee sir iyo madaxbanaan ah ee loogu talagalay dadka ka soo codsadey magangalyo Ayrland.  
**T:** Lambarka telefoonka bilaashka ah 1800 23 83 43, Isniin ilaa Jimco, 9.15subaxnimo – 5.30galabnimo  
**W:** www.legalaidboard.ie

### AkiDWA

Macluumaadka iyo taageerida haweenka soo haajirey ee ku socota xad-gudubka jinsiyeed, hab-socodka magangalyada iyo gudbinta. Ururka wuxuu xittaa qabaa xarun ballan la'aan lagu tegi karo ee baxsho fasalada dhar-tolidda, kombiyutarka iyo taageerida hal hal lagu baxsho.  
9B Lower Abbey St, Dublin 1  
**T:** 01 814 8582 **W:** www.akidwa.ie

### Cairde

Xarunta Macluumaadka Caafimaadka iyo Talo-siinta (Iska imow 10subaxnimo – 5galabnimo Isniin, Talaado, Khamiis, Jimco; 2galabnimo – 5galabnimo Arbaco). Xarunta wuxuu baxshaa macluumaad iyo taageerid ku saabsan codsiga kaadhka caafimaadka, GP iyo isbitaalada, adeegyada hooyanimada iyo gargaarada bulshada (ceyrta).  
19 Belvedere Place, Dublin 1  
**T:** 01 855 2111 **W:** www.cairde.ie

### Waxaa soo saarey Majira Project

c/o the Irish Family Planning Association (IFPA)  
**T:** 01 806 9444 **E:** info@ifpa.ie



iyo AkiDWA  
**T:** 01 814 8582 **E:** info@akidwa.ie



SOMALI

# Adeegyada Caafimaadka Haweenka

Waxaa heli karo dhammaan haweenka ku nool Ayrland



AkiDWA  
AKIINA DADA WA AFRICA



SEXUALITY, INFORMATION  
REPRODUCTIVE HEALTH & RIGHTS



pobal  
government supporting communities



Oifig an Aire d'Imeachta  
Office of the Minister for Integration

Ujeeddada Mashruuca Majira waa horumarinta caafimaadka galmada iyo taranka haweenka magangalyo doonka iyo qaxootida ah. Buug-yarahaan wuxuu muujinaaya adeegyada caafimaadka galmada iyo taranka laga heli karo dalka Ayrland.

## Qorsheynta Qoyska & Ka hortagga Uur-qaadka



**Rugaha Caafimaad (kilinik) ee Qorsheynta Qoyska waxay baxshaan talo ku saabsan hababka looga hortago uur-qaadka, baaritaanyada afka ilmo-dhaleenka iyo cudurada galmada layku gudbiyo (STI) iyo wuxuu baxshaa talo ku saabsan caadada iyo dhalmo-deysiga.**

Qaar ka mid ah adeegyadaan waxaad xittaa ka heli kartaa Takhtarkaaga Guud (GP). Adeegyada waxay bilaash u yihiin dadka qaba kaadhka caafimaadka.

**Ka hortagga uur-qaadka deg-degga ah** wuxuu ahaan karaa hab nabad leh ee looga hortago uur-qaadka haddii uu cillad ka yimid habkaaga caadiga ah ee ka hortagga uur-qaadka ama haddii la isticmaalin. Waxaa daawada kuu soo qori karo GP'gaaga, takhtarka ama kilinikada qorshaynta qoyska. Waxaa la qaadan karaa ilaa 72 saac (3 maalmood) ka dib markii galmo la sameeyo. Wuxuu waxtar lahaan doonaa markii si dhakhsi ah loo qaato.

### IFPA Everywoman Clinic

5/7 Cathal Brugha St, Dublin 1

T: 01 872 7088 / 01 874 2110

W: [www.ifpa.ie](http://www.ifpa.ie)

### IFPA Tallaght Clinic

Level 3, The Square Shopping Centre, Tallaght, Dublin 24

T: 01 459 7685/6

W: [www.ifpa.ie](http://www.ifpa.ie)

### Cork Family Planning

23 Tuckey St, Grand Parade, Cork

T: 021 427 7906

W: [www.corkfamilyplanning.com](http://www.corkfamilyplanning.com)

### Limerick Family Planning

27 Mallow St, Limerick

T: 061 312 026

### Galway Family Planning & Women's Health

Lismoyle House, Augustine St, Galway

T: 091 562 992

## Cudurada Galmada Laysku Gudbiyo (STI) & HIV/AIDS



**Baaritaanka STI oo bilaash ah ayaa laga heli karaa isbitaalada hoos ku qoran.**

### Dublin – St James's GUIDE Clinic

St James's Hospital, James's Street, Dublin 8

T: 01 416 2315/6 W: [www.guide2guide.ie](http://www.guide2guide.ie)

### Cork – GUM/STI Clinic

South Infirmary, Victoria University Hospital, Old Blackrock Road, Cork

T: 021 496 6844

### Waterford – Regional Hospital

T: 051 842 646

### Clonmel, Co. Tipperary – General Hospital

T: 051 842 646

### Carlow – District Hospital

T: 051 842 646

### Tralee, Co. Kerry – Regional Hospital

T: 021 496 6844

### Limerick – Regional Hospital

Dooradoyle, Limerick

T: 061 482 382 E: [theclinic@hse.ie](mailto:theclinic@hse.ie)

### Nenagh, Co. Tipperary – General Hospital

T: 061 482 382 E: [theclinic@hse.ie](mailto:theclinic@hse.ie)

### Ennis, Co. Clare – General Hospital

T: 061 482 382 E: [theclinic@hse.ie](mailto:theclinic@hse.ie)

### Castlebar, Co. Mayo – General Hospital

T: 094 902 1733 ext 3501

### Galway – University Hospital

T: 091 525 200

### Ballinasloe, Co. Galway – Portiuncula Hospital

T: 090 964 8372 ext 676

### Sligo – Regional Hospital

T: 071 917 0473

### The Sexual Health Centre (Cork)

Talosiinta khalkhalka uurka, abaabulidda caafimaadka galmada iyo taageeridda dadka qaba cudurka HIV.

16 Peter's St, Cork T: 021 427 5837

W: [www.sexualhealthcentre.com](http://www.sexualhealthcentre.com)

### Dublin AIDS Alliance (DAA)

Wuxuu taageera dadka qaba Hepatitis (Cagaarshow)/ HIV/AIDS, qoyskooda iyo bixiyayaasha xannaanadooda. Adeegyada waxaa ka mid ah talo-siin, hannuunin, taageerida jaaliyadda, taageerid iyo bixinta waxbarasho iyo tababar ku saabsan HIV iyo caafimaadka galmada.

53 Parnell Square West, Dublin 1

T: 01 8733 799, Isniin ilaa Jimco, 9.30 subaxnimo –

5.30 galabnimo, 1800 459 459, Isniin ilaa Axad,

10subaxnimo – 5galabnimo

W: [www.dublinaid alliance.ie](http://www.dublinaid alliance.ie)

E: [info@dublinaid alliance.ie](mailto:info@dublinaid alliance.ie)

### Open Heart House

Wuxuu abaabulaa qaabilaadka la nololka HIV iyo AIDS.

Adeegyada waxaa ka mid ah: talo-siin, taageerida dad ay

isku da' yihiin, hannuunin, taageerid kooxeed,

daaweynta rooxaanta, jirka iyo maskaxda, kordhinta

shakhsiyeed iyo wanaagsanaanta, barnaamajyada

waxbarasho, tababar iyo bulsho, cuntooyin iyo rugta

jir-dhiska. 2 St Mary's Place, Dublin 7 T: 01 830 5000

W: [www.openhearthouse.ie](http://www.openhearthouse.ie)

### AIDS West Galway

Macluumaadka iyo adeegga taageerida dadka qaba HIV/AIDS ee ku nool Galway, Mayo, Roscommon iyo aagaha u dhow.

Ozanam House, St Augustine St, Galway (ballan la'aan)

T: Khadka caawinta 091 562213, Isniin ilaa Jimco,

9subaxnimo – 5galabnimo W: [www.aidswest.ie](http://www.aidswest.ie)

### Red Ribbon Project (Limerick)

Macluumaadka iyo taageerida caafimaadka galmada, talo-siinta dadka qaba HIV ama Hepatitis (Cagaarshowga) B/C, qoyskooda iyo saxiibadooda. Adeegyada takhasusan ee dadka dhallinyarada ah, LGBT, dhilloyiinka, isticmaaleyaasha alkoolka iyo daroogada.

Redwood House, 9 Cecil Street, Limerick (ballan la'aan)

T: Khadka caawinta 061 316661, Isniin ilaa Jimco,

9subaxnimo – 5galabnimo

W: [www.redribbonproject.com](http://www.redribbonproject.com)

## Khalkhalka Uurka



**IFPA Crisis Pregnancy Counselling** waa

adeeg bilaash ah ee baxsho meel si bilaash ah loo tegi karo sidii si sir iyo nabad ah looga hadlo khalkhalka uurka. Xulashooyinka talo-siinta waxaa ka mid ah: soo xaaqida ilmaha uurka ku jiro, waalidnimada iyo cunug korsii. Waxaa heli karo dhammaan haweenka, ayadoo la eegin xaaladdooda hijradeed.

T: Lo-Call 1850 49 50 51, Isniin ilaa Jimco,

9subaxnimo – 5galabnimo

W: [www.ifpa.ie](http://www.ifpa.ie)

Sidii ballan looga sameysto kilinikada kuu dhow Wac Khadka Caawinta Khalkhalka Uurka ee Qaran 1850 49 50 51:

- ▶ Dublin City
- ▶ Tallaght
- ▶ Cork City
- ▶ Dundalk, Co. Louth
- ▶ Galway City
- ▶ Letterkenny, Co. Donegal
- ▶ Limerick City
- ▶ Sligo Town
- ▶ Waterford City
- ▶ Gorey, Co. Wexford
- ▶ Monaghan Town