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# PEOPLE'S CHOICE

### SUMMER EDITION 2013

# Welcome to the Summer edition of "People's Choice" newsletter 2013

People's Choice is for people who use Supporting People services

within Birmingham, and has been created

by service users for service users







## PEOPLE'S CHOICE Summer 2013 Edition

### Welcome to People's Choice!

We welcome you to the Fourth edition of People's Choice newsletter. It is for people using Supporting People services in Birmingham.

The Supporting People programme aims to help vulnerable people improve their quality of life by providing a stable environment that enables them to live more independently. Supporting People provides housing related support services that are cost effective, reliable, high quality and strategically planned. It is a working partnership of local government, service users and service providers. Birmingham's Supporting People Team funds a variety of housing related support services within the Birmingham area.

This edition has been written by current or past SP service users, who are better able to understand your needs through their own experience, knowledge and training as Lay Assessors.

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## Amirah Foundation aims to create a world where Muslim women achieve their full potential, live in security and positively contribute to their community and society.



Amirah Foundation is a social enterprise established in 2011. We work with homeless and vulnerable women to break the cycle of abuse, violence and isolation. We offer safe and secure housing alongside support services, including counselling, life skills, access to employment, enterprise, advice, guidance and advocacy. We work strategically, raising issues that affect Muslim women with stakeholders, partners and service providers, and by delivering one to one support to vulnerable women.

We provide safe permanent accommodation to homeless Muslim women and children in times of crisis, whilst offering life changing services which promote stability, dignity and reliance in God. Our support services aim to support women whilst they attain skills and knowledge enabling them to live independently.

By supporting and guiding service users we enable them to make decisions in their life which instils a feeling of empowerment and helps their confidence to grow. We understand that people come from a variety of backgrounds and have different life experiences. Therefore we can help individuals with an array of problems on a long or short term basis.



# "Team leaders to volunteers, we need you".

If you would like to volunteer for us, please visit our website and click 'volunteer'. If you have any questions or queries please contact us on 07517 448 960, amie@amirahfoundation.org or www.amirahfoundation.org

Amirah Foundation will guide you and support you whatever problems you face in your life. If we are not able to help you directly we will signpost you to the appropriate agency.

Amirah Foundation is committed to strengthening families and offers support, advice, assistance and awareness on various issues such as housing, finances, immigration, benefits, education, training, family issues, Islamic counselling and much more. We also help those searching for employment as we have good working links with various businesses enabling us to find potential employees for them.

#### Our services include:

New Muslim mentoring support Supported refuge (safe housing)

Support services for children Financial Assistance

Careers and employability Programme Islamic Counselling

Fully accredited learning and training Benefits Advice

Immigration advice and advocacy Food Bank

Housing related advice and guidance Education

#### Mental Health in Black and Ethnic Communities

As part of my first written piece for "Peoples Choice" I decided to take a look at Mental Health in the Black and Ethnic Minority communities. I have come to learn as a British white man suffering with mental health issues myself, it is not as easy as I first thought it would be.

I have looked for information and support in my local GP's surgery on information stands about mental health issues and groups, but I could not find anything. I then went to the main Birmingham central library and decided to search the web. I managed to find loads of information, unfortunately most of the information being based on research by doctors and so on. It was long winded, too technical and the information was beneficial to people studying mental health or looking to find/or work in mental health.

I only managed to find one national trust that deals with or gives information on mental health within Black or Ethnic Minority communities. If anyone is interested, contact details are at the bottom of this page.

I believe that there is a stigma about mental health in Ethnic Minority and Black groups across not only Birmingham, but the UK as a whole. This could be down to any number of reasons, such as culture, faith and the apparent lack of information or support available out there.

I believe that as mental health is starting to appear more on TV advertisements, it's now, more than ever, that people from all walks of life, cultures, religions and races should be able to seek and find information and support for family members, loved ones or themselves.

I would love to continue this research, perhaps in later editions of the newsletter, my knowledge about mental health in the Black and Ethnic groups will be more evident and beneficial to those who may experience difficulties in this area. Below is the information on the trust I mentioned earlier in this article. I hope that this will prove useful to many individuals.

The Afiya Trust c/o The Mental Health Foundation Colechurch House 1 London Bridge Walk London SE1 2SX Telephone: 0207 803 1180

Email: info@afiya-trust.org.

#### What are the effects of the Bedroom Tax

A Birmingham mum has launched a High Court challenge to the bedroom tax, claiming it unlawfully discriminated against disabled social housing tenants. The woman identified only as JD, is among ten claimants who believe they have been unduly affected by the bitterly controversial shake-up of housing benefit.

Under new "size criteria" rules tenants with one spare bedroom have been hit with payment reductions of 14 per cent, while those with two or more spare rooms have suffered a 25 per cent cut.

Martin Westgate QC, representing the ten claimants, told the court the regulations failed to deal with the needs of the disabled and the amount of space and the number of rooms they realistically need. "Each of the claimants has a need, because of disability, to occupy accommodation larger than that which would be allowed to them under the size criteria," he said.

In a three day hearing, Mr Westgate asked the court to rule that the new regulations breach article 14 of the European Convention on Human Rights, which protects against discrimination.

JD is a full-time carer for her 26 year old daughter, who is blind and has severe physical difficulties and learning disabilities. They live in a three bedroom property adapted to meet her daughters needs. They have a spare room because JD's son has moved out leaving them liable for a benefit cut.

But the family lawyers said the home was extremely important to the daughter, referred to as AD, and it would be difficult to manage her transition to a new home.

The High-Court has been asked to declare that the Governments so-called "bedroom tax" unlawfully discriminates against disabled people in social housing.

Human Rights Lawyers say that, unless the families move from their homes into smaller properties, they face building up rent arrears and being forced out anyway. Ten cases have been brought before London's High Court which are said to illustrate the serious impact on the regulations on disabled people up and down the country.

In some cases they needed more room than people without disabilities because they could not share rooms with other family members or needed extra space to store equipment for their disability. In other cases the regulations were failing to make proper provision for families with a disabled member who needed additional accommodation because of that disability.

Mr Westgate also argues that Iain Duncan Smith, the Work and Pensions Secretary, has failed to comply with his public equality duty under the 2011 Equality Act and the discriminatory element in the regulations must be quashed.

The department for Work and Pensions (DWP) rejects the "bedroom tax" tag and says the reality is that a "spare room subsidy" has been removed from social sector tenants. DWP Lawyers say reduction of rising housing benefit expenditure is an "integral aspect" of the Government's deficit reduction programme, and the change in regulations is expected to produce savings of £500m a year.

Revealed: Devastating impact of 'bedroom tax' sees huge leap in demand for emergency hardship hand-outs for tenants.

The extent of the suffering inflicted by the "bedroom tax" can be now be revealed for the first time as figures show a 338 per cent leap in the number of people applying for emergency hand-outs in the month since it was imposed.

In April, more than 25,000 people resorted to applying for discretionary housing payments (DHP) to help cover their rent, according to an analysis of 51 councils by The Independent. There were only 5,700 such claimants in the same month last year.

Demand on the emergency fund, which is intended to provide short-term help to housing benefit claimants who are unable to pay their rent, is now so great that people who would previously have been given help may receive reduced hand-outs. Some applicants have already had their claims refused altogether.

Although the government has increased its emergency housing support fund, which it divides between councils, from £60m in 2012-13 to £155m this year, local authorities say this is not nearly enough to help everyone hit by the cut to the spare room subsidy — known as the bedroom tax.

The Department for Work and Pensions said it was "monitoring" the situation and did not take concerns about the surge in claims lightly. "Because the spare room subsidy came in from April, you will see a peak of people applying," the spokeswoman said "Whether the peak continues this year is a different matter. Councils have let people know this is available, so more people will have applied and there's more money in the pot as well. It's too early to draw a solid conclusion from what's happening. It's something we are monitoring and not something we take lightly."

In some areas, the influx of people seeking help has been so great councils are hiring extra staff to cope with applications and advise tenants. In Birmingham, which saw the number of DHP claimants jump from 496 in April last year to 2,601 last month, the city council reported that many of those hit by the welfare reforms were turning to "last-resort services" such as food banks.

"It's a situation like the 1930s here in Birmingham" said Councillor John Cotton, cabinet member for equalities. "We are a city that has a hill to climb in terms of deprivation. With the impact of changes like this, the hill has just got even steeper. It's putting more and more pressure on vulnerable communities."

Under the welfare reforms, around 660,000 people have had an average of £14 cut from their housing benefit. Fourteen per cent of a person's housing benefit is removed for having one spare bedroom and 25 per cent for having two or more spare rooms.

Councils reported massive shortfalls in their emergency housing grants. Birmingham City Council believes it will have to support residents hit by a total cut of £11.5m to their annual benefits because of the bedroom tax, but only has a DHP fund of £3.7m.

Stuart McDonald, editor of Inside Housing magazine, said: "The rise in DHP applications shows that many people affected by the bedroom tax are already struggling to cover their housing costs. It also raises questions about whether the £150million DHP pot will be in anyway sufficient to cope with demand, particularly as the £26,000 a year benefit cap has not even kicked in yet."

#### Welcome to Stuart, the newest member of the Editorial Panel

#### **Stewart's Profile**

Hello, I'm Stewart. I've got to be honest right from the start, I really hate having to write about myself. Sometimes I never know where to begin, I prefer talking about

Alton room anilos

myself. So where do I begin to tell you about me? I guess from the beginning is as good a start as any, so here goes.

I was born in Ely, Cambridgeshire in 1976, making me 37 years of age (though on some days I feel a lot older). I am the eldest of my siblings, one sister and two brothers. I haven't always lived in England, mainly as my dad was in the army so I have moved around a lot, between Germany and England. It wasn't an easy life, but I loved living in Germany, the last place I lived was Berlin, and I am proud to

say that I own a bit of history, part of the Berlin Wall, (Just a small piece mind you, the Berlin wall was huge and I cant imagine lugging around a huge concrete slab).

However, my biggest claim to fame is having met the Iron Lady, Margaret Thatcher in a small German place called Fallingbostel, though I was at primary school then.

I moved back to England from Berlin shortly after the "wall" came down, spending the last few years of school in Oldbury and Druids Heath. I have had several jobs, some much to boring to rattle on about, for example recycling coat hangers for Marks and Spencer and C&A. But over the past 17 years I have worked in Healthcare in various areas, nursing homes, residential and privately owned homes until recently.

As for myself there is so much more I could write about, but unfortunately the newsletter doesn't contain enough space for a novel. (Do I put the obligatory lol in here now?)

I guess that being openly gay has its funny moments, and recently a few years back being diagnosed with depression, ADHD and psycho-social issues, there really isn't much to tell. Other than to say I am looking forward to being part of the editorial team and bringing my experiences and articles to you all. Well that's me in a nutshell, (if I carry on I'll get carried away). Best wishes to you all.

Stewart

#### Norma's Article — User Voice

Many people who at one time or another have entered into the judicial system, whether for six weeks, six months or even six years, but for whatever length of time they are inside for things to change. They come out of what was secure to the unknown with no idea of what path their lives will lead them to.

As an ex-offender myself, this was the case for me. I spent eight and a half months in Drake Hall Prison and upon leaving I was full of all sorts of emotions, like how I felt holding actual money in my hands and going into an actual shop where I knew I would get some change. I seems funny but I was like a child in a sweet shop.



After experiencing different kind of emotions, I came down with a sudden thump...what was I going to do now? I was not given any advice on what to do once I left prison, like how to go about getting my benefits back in place or how to deal with my housing situation as I was being threatened with eviction for rent and council tax arrears, but most importantly how to reconnect with my child.

I was told about Nacro, by my friend who was also my co-defendant. It started off ok, but it did not last as after a year I was still looking at a lot of debt and eviction. My probation officer had nothing to say, no information on finding work or even if I would be able to go to work. Although I have no

thoughts of re-offending, I know that there are people that cannot cope with these stressful situations and would think their only option was to re-offend.

I have overcome a lot of hurdles, on my own at first, but then with a lot of help and encouragement from Supporting People. It was through Supporting People that I came across "User Voice".

User Voice is an organisation that offers peer mentoring and counselling to ex-offenders. They assist ex-offenders to achieve and progress regardless of whatever obstacles life wants to throw at them whilst in prison and when they come out. This allows them to move on with their lives without the stigma of always being looked upon as criminals and also to help them change their mind-set in order to stop them from re-offending. User Voice has volunteers and counsellors, some of whom are ex-offenders, in order to show them that they can change for the better.

User Voice has developed a programme that also allows ex-offenders to be able to go into prisons in a mentoring capacity. The organisation was set up to reduce offending, their work is 'led and delivered by ex-offenders who consistently foster dialogue between users and providers of services, within the criminal justice system'. They believe that to reduce offending, those people who commit crimes need to become part of the solution. Reducing crime is in the interests of both offenders and society at large. Yet, the people with the greatest insight into the criminal justice system, current and ex-offenders are rarely asked their opinion. By not giving them a voice we are ignoring an important asset that could be utilised to improve services.

Only offenders can stop re-offending. User Voice believes that effective engagement with those involved in crime, in prison or who have been in trouble with the law requires an offender-led and delivered organisation. It is peers, people who have had similar experiences, who can gain trust of, access to and insight from offenders. This is why User Voice exists.

#### **Useful Information Regarding Benefits**

From April 2013, there will be a 'cap' (a maximum limit) on the total amount of benefit that people can get. The Government have first applied this to Local Authorities in the London area and it will then be rolled out to all other Local Authorities during the summer. Birmingham will start work on claims that are affected from July 2013 onwards.

The Government expects all Authorities to be applying the benefit cap by the end of September 2013. The actual amount of cap will be limited to:

#### A maximum of £500 a week:

- If your household is made up of a couple (with or without children), or
- If you are a lone parent and the children you have responsibility for live with you.

#### A maximum of £350 a week:

- If you are a single person and have no children, or
- If you are single and any children you have responsibility for don't live with you.

#### What affect will this have?

Housing Benefit may go down to make sure that the total amount of your benefit is not more than the cap level. You may have to use money from other benefits to pay towards the rent for your home if your circumstances do not change before the cap is introduced.

If you find yourself in serious financial difficulties as a result of this cap, you may be able to apply for help with a Discretionary Housing Payment from Birmingham City Council. For more information visit www.birmingham.gov.uk/dhp.

#### How is it calculated?

All of your benefits will be counted when working out how much you get each week. An online calculator is available to help you work out if your Housing Benefit will be reduced by the cap on the Government's website www.gov.uk/benefit-cap.

#### Households that aren't affected by the cap

The cap won't apply to you if you or your partner qualify for Working Tax Credit or you, your partner or any children you are responsible for have been awarded any of the following benefits:

- Disability Living Allowance Industrial Injuries Benefits
- Personal Independence Payment
- Attendance Allowance
- Employment and Support Allowance, if paid with the support component
- War Widow's or War Widower's Pension

#### How can I find out more about this?

The Department for Work and Pensions will be writing to all households that may be affected by these changes. For households that receive a letter they have provided a helpline for more information about how this may affect you. The helpline staff will provide general information about the changes and the support you can get but they will not have access to all of your benefit information.

The helpline number is 0845 605 7064 or text phone 0845 608 8551 for people with hearing or speech impairments. The helpline is open from 8am to 6pm.

#### What can I do to stop the benefit cap applying to me?

Finding work could mean that the cap wouldn't apply to you. Qualifying for Working Tax Credit will mean that you are not affected by these new rules.

A job can also give you the chance to learn new skills, meet new people and boost your confidence. If you've been out of work for a while, the thought of getting a job may make you nervous, but there is help and support available for you. By calling the helpline, you may be able to arrange to get this support more quickly.

#### Where can I find more information?

Lots of the information you might need is available from the Government's web site www.gov.uk. You can get help looking for work, and information on how to update your skills, write a CV, apply for jobs and prepare for an interview.

You can find out more about Working Tax Credit, such as how many hours you need to work to qualify, by visiting www.gov.uk/working-tax-credit.

#### What else has changed?

From April 2013, the Government introduced new rules that set out the number of bedrooms Housing Benefit will pay for, if you are renting from a local authority, a registered housing association or other registered social landlord.

Please note that this is a change in the law and therefore Birmingham City Council has no choice but to implement these new rules.

#### What are the changes?

The new rules restrict the size of accommodation you can receive Housing Benefit for based on the number of people in your household.

The current rules allow one bedroom for the following:

- Every adult couple (married or unmarried)
- Any other adult aged 16 or over
- Any two children of the same sex aged under 16
- Any two children aged under 10
- Any other child
- A carer (or team of carers) who do not live with you but provide you or your partner with overnight care

It is possible that the amount of Housing Benefit you get to pay your rent will go down. If you are assessed under these rules as having more bedrooms than is necessary for your household you will be considered to be under-occupying that property.

#### Where to go for information

You need to consider what your options might be and where necessary talk to your landlord or Housing Officer. Please visit www.birmingham.gov.uk/under-occupation for further help and assistance.

# Joy Smith's Story Moving House

On the 16th April I moved into my new property with Friendship Housing. The reason I moved was due to being housed in a family home with Midland Heart, where I felt unsafe. Due to finances I was struggling with utility bills such as the gas and also the new bedroom tax.

I felt emotional moving, seven and half years living in one place is a long time, but I felt this was beneficial to myself.

My support worker helped me find my new property on Friendship Housing's website, I went to view the property along with my support worker on the 12th April 2013. I am very lucky as I had furniture from Midland Heart which I used to furnish my new property.

So I now have a one bedroom ground floor flat in a better area, it has a front garden with a laundry area to hang my clothes out to dry and is near to my local shops and public transport.

I have made friends with my neighbours and I am really looking forward to living in my new home for a very long time.

## Poem by Norma Don't Give Up

When things go wrong, as they Sometimes will

Then the road your trudging Seems all uphill

When funds are low And debts are high

And you want to smile But you have to sigh

When care is pressing you down a bit, Rest if you must, but don't you quit!

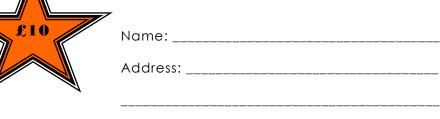


Picture: Joy Smith



#### WORDSEARCH COMPETITION

In the puzzle below are 12 words associated with Summer. Can you find all of them?



S	E	Α	M	Ţ	В	0
U	U	С	Α	R	U	T
N	T	N	E	U	С	D
С	R	Х	R	N	K	U
R	0	P	C	K	E	В
E	P	E	E	S	T	Е
Α	S	D	U	E	М	Α
M	S	Α	-	U	٧	U
J	Α	Р	T	T	Α	Н
Q	P	S	D	N	В	L
Y	0	I	N	Z	F	W
С	0	E	Α	Х	S	G
R	L	Α	S	K	Н	M

Telephone No: _	 	

For a chance to win a £10 Argos voucher, send in your completed entries to:

Supporting People, Service User Involvement Team, PO Box 16228, Level 2, 1 Lancaster Circus, Birmingham, B2 2WR.

Deadline: Friday 30th August 2013

Phone No: 0121 675 2757

Email: supportingpeople@birmingham.gov.uk

**CONGRATULATIONS** to our Last Competition

winner "Sughra Bibi"

**Passport** Beach Spade Costume Pool Sun Hat Sand Sun cream Ice cream Sea Trunks

RIDDLES (for fun)

You can keep it only after giving it away to someone?

Everyone has it and no one can loose it?

#### **Ultimate Gourmet Cookie Recipe**

Ingredients: Crisp on the outside, chewy and soft inside

350g unsifted Flour 175g Caster Sugar

1tsp Bicarbonate of soda 175g Soft Brown Sugar

1 tsp Vanilla Extract 1tsp salt

225g Butter 2 eggs

350g Dark Chocolate, crumbled

#### Preparation Method — Prep: 20 mins Cook: 11mins

- 1. Preheat oven 190C/375FGas 5
- 2. In a bowl, combine flour, baking soda and salt. In another bowl combine butter, sugar, brown sugar and vanilla extract until creamy. Beat in the eggs. Gradually beat in the flour mixture. Stir in the chocolate.
- Split the pliable dough into two halves, rolling each out into sausage shapes, approximately 5cm/2in in diameter. Wrap in cling film and put in fridge until ready to use.
- When ready to bake the cookies, simply cut the log into slices 2cm thick and lay on a baking tray, widely spaced apart. Bake for 9-11 minutes.



This is important. If you do not understand this document then please ask a friend or relative, who speaks English, to contact your local neighbourhood office or housing team on your behalf. We will then arrange for an interpreter to meet with you.

إذا الرساقة مهمة، فإن لم تفهمها ترجو أن تطلب من أحد أصطفتك أو أقرباتك ممن بتكلمون الإنجابزية أن بتصل بمكتب
 الحي "ثيير هود أوقوس" المحلي أو فريق الإسكان ثباية عنك. يعد ذلك سنرتب ثلقاء بك مع وجود منرجم قوري.

এটা **পূৰই গুরুত্বপূর্ণ।** আগনি এই দলিলটি বৃষ্ণতে না পার্কে পয় করে ইংরেগ্রীতে কথা বলতে পার্কে এরপ আপনার একজন বন্ধু-বেশ্বর বা আন্ট্রীপকে আপনার পক্ষ হয়ে আপনার শুনীয় নেইববৈশ্বত অভিসাবা হাউজিং টিম এর সঙ্গে যোগালোগ করতে বলুনা: এবপর আমরা আপনার সঙ্গে সাক্ষাং কররে করেশ্বর করে এবং এতে সংগঠার জন্য একজন ইনীর্মেটার রাখা হবে।

此事極為重要,如果你看不懂這份文件,請找一位會講英語的親戚或朋友代你 接觸當地的鄰含紛事處或房屋服務隊。然後我們會安排傳譯員一起見你。

این هلایات بایندرمها است. اگرمجتوی بن مدرک را بعی فهلید، نظم اریک وربیت یا خویشو بدانان که به ربان مگیسی صحب کرده میتواند. اخواهن اکید که داخرف شده بایرمهاد آمال یا هورنگ تیا مجل شما تمان نگیرد انقلاب وای شماختر جوهرههای اکیه که باشمه ملاقات اکند.

Message important. Si vous ne comprenez pas ce document, demandez à un ami ou à un membre de votre famille qui parle anglais, de prendre contact en votre nom avec votre bureau de voisinage ou avec t'équipe du logement. Nous prendrons alors les dispositions nécessaires pour qu'un interprête soit présent.

ا مام دهقه تووسیته گرفگه، نامگس نام تووسینه نتینه گامشتیت نکایه نام کفته دار ا بکه فه بر ادبر زك بان حز میك ، که به زسانی انینگلیزی دخوای، بویوهندی بکات به نووسینگهی هاوسینی "نامیه رهود نوفیسی" نارچهکات بان به تیمی خانووبه راه به جیاتی تور نامو کاته نیمه هادستین به ریکخستنی چاوپیکاو تنیک لاگانت و به باسد جوونی و برگیزی زمان.

Ważne! Jeżeli nie rozum:esz treści tego dokumento, zwróć się o pomoc do przyjaciela lub krewnego, który i mówi po angletsku, aby skontaktował się w Twoim imieniu z lokalnym Biurem Środowiskowym (Neighbourhood Ofisce) lub wydziałem do spraw mieszkaniowych (Housing Team). Załatwimy włedy dla Cłobie tłumacza.

ਇਹ ਗੱਲ ਬੜੀ ਜ਼ਰੂਰੀ ਹੈ। ਜੇ ਤੁਹਾਨੇ ਇਸ ਪਰਚੇ ਦੀ ਸਮਝ ਨਹੀਂ ਲੰਗਾਈ ਤਾ ਕਿਰਪਾ ਕਰਕੇ ਅਪਣੇ ਕਿਸੇ ਅੰਗਰੇਜ਼ੀ ਬੱਲਣ ਵਾਲੇ। ਫੂ ਜੱਸਤ ਜਾ ਰਿਸਤੇਦਾਰ ਨੂੰ ਕਰੋ ਕਿ ਉਹ ਤੁਹਾਡੇ ਵਾਸਤੇ ਸਥਾਨਕ ਨੇਬਰਪੁੱਡ ਅੰਟਿਸ ਜਾ ਹਾਊਸਿੰਗ ਟੀਮ ਨਾਲ ਸੰਪਰਕ ਕਰੋ। ਉਸ ਤੋਂ। ਊ ਬਾਅਦ ਅਸੀਂ ਕਿਸੇ ਦੇਵਾਸੀਏ ਰਾਹੀ ਤੁਹਾਡੇ ਨਾਲ ਗੱਲ ਕਰਨ ਦਾ ਪ੍ਰਬੰਧ ਕਟਾਗੇ।

هج ده پر مهدمفتوست دی. که تا سی په دی سد ته بوهم ی ترمهراسی و کړی دهېل بومنگری یا هېلو اړ ته جدیه انگریزی (به حبری کو لای شی هو ـــــ و کړی خه کل ستاسی له خواستاسی دسیمی سرهو د اقتل یا هورنگ ښه سوه په نسس کی شي. ب نه موابر ترخفان برانو کړو چه مساسی سره کشه و کړی.

Hadii aadan tahmin waxa kuqoran boog yarahan (warqadan) fadlan waydiiso qol saaxiibkaa ama qaraabadaada ah oo kuhadla afka ingiriisiga inuu kuu waco xafiiska dariska ee kuu dhaw (neighbourhood office) ama kooxda guryaha asaga oo adiga kumatalaya. Markaa kadib waxaan kuu balaminaynaa afceliye (turjubaan).

ہے۔ یومن ویز اہم ہے۔ اگر آپ اس وستادیز کو تھنے سے قاصر ہیں تو پراہ کرم انگریز کی زبان سے واقف اپنے کی دوست یار شنزوار سے کہتے کہ واآپ کی ہے۔ اس میں ایک اس میں ایک کا انتظام کردیں ہے۔ اس سے آپ کے مقالی نیمز ہوؤ آئس نیاؤ منگ نیم سے دابطہ کریں۔ ہم ٹھر آپ سے ملاقات کرنے کیلئے ایک ترجمان زبان کا انتظام کردیں ہے۔

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