



Let's talk about Connexions Aynu ka hadalno Connexions ka

Your handy guide to what Connexions is all about

Tilmaama-haaga gacan qabsi ee Connexions waxay dhammaan ku saabsan-yihiin

What is Connexions?

We offer a service to **all** young people aged between 13 and 19 (or up to 25 for young people who have learning difficulties and disabilities). We employ Personal Advisers (PAs) who are able to give advice and guidance on issues you may be faced with, whatever they are. You can find PAs in schools, colleges and information centres across Hampshire, the Isle of Wight, Portsmouth and Southampton.

Waa maxay Connexions?

Waxanu adeeg u bandhignaa **dhammaan** dadka dhalinta-yar ee ay da'doodu u dhaxayso 13 iyo 19 (ama ilaa 25 dadka dhalinta-yar ee ay haystaan dhibaatooyin wax-barasho iyo itaal-dari). Waxanu shaqaalaysiina Talo-bixiye-yaal shakhs (PAs) kuwaasi oo kaa siin karaya talo-bixin iyo tilmaam mawduucyo laga yaabo in ay ku soo waajaheen, waxa ay doonaan ha noqdaane. Talo-bixiye-yaasha shakhsi ah (PAs) waxad ka heli karaysaa dugsiyada, kuliyaadaha iyo Xarumaha war-bixinta ee dhammaan Hampshire, the Isle of Wight, Portsmouth iyo Southampton.

We want to make sure every young person has a positive and enjoyable life. To make sure we do this, we are working around five main priorities.

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution; and
- achieve economic wellbeing.

Visit our website at www.connexions-southcentral.org for your nearest Connexions centre.

Waxanu doonaynaa in aanu hubino in qofkasta oo dhalin-yaro ahi uu haysto nolol run ah oo raaxaysi leh. Si loo hubiyo in aanu taasi samayno, waxanu ku shaqaynaynaa ahmiyad siin qiyaastii shan shay oo muhiim ah

- ku negoow caafimaad;
- nabad ku joog;
- raaxaysi iyo guul ku dhammayn;
- samayn wax ku biirin run ah; iyo
- gaadhid dhaqaale caafimaad qaba.

Booqo websiteka yaga www.connexions-southcentral.org si aad uga eegto xarunta Connexions ee kuugu dhow.

Education and training

There are so many different qualifications and training opportunities out there. Choosing the right one can be tricky. Our PAs are experienced in a range of areas and will be able to discuss your options with you. Whether you are interested in NVQs, A Levels, BTECs, degrees, e2e (entry 2 employment) or Apprenticeships, we can help. You may even be entitled to financial support. If you are 16 and planning to go on to further education, you could be entitled to an Education Maintenance Allowance (EMA). An EMA could pay up to £30 a week straight into your bank account if you stay on in education at school or college after your GCSEs.

Wax-barasho iyo tababar

Waxa jira aqoonsiyo farabadan oo kala duwan iyo fursado tababar halkaasi. Doorashada ka saxa ah khiyaamo ayaa ku jirta. La taliye-yaasha-yagu waxay khibrad u leeyihiin dhinicyo kala gedisan waxayna karayaan in ay kaala hadlaan ikhtiyaara-daada. Haddii aad xiisaynayso NVQs, A Levels, BTECs, shahaadado jaamicadeed, e2e (gelid 2 shaqo) ama Xirfad barasho, waanu caawin karnaa. Laga yaabaa xataa in aad xaq u yeelato kaalmayn maaliyadeed. Haddii aad tahay 16 oo aad qorshaynayso in aad si wadato wax-barasho, waxad xaq u yeelan karaysaa Gunno Masruuf-siin Wax-barasho (EMA). GMW (EMA) waxay ku siin karaan ilaa £30 toddobaadkii oo toos loogu dirayo xisaabtaada baanka haddii aad wax-barashada ku sii wadato dugsi ama kuliyad ka dib marka aad samayso (GCSEs).

Careers

We can help you find your ideal job and give you help:

- looking for a job;
- writing a CV and a cover letter that will get you noticed; and
- interview techniques, including how to get one and what to say.

Daryeele-yaal

Waxanu kugu caawin karaynaa in aad hesho shaqo horyaal ah ka dibna aanu ku caawino

- Shaqo raadin
- qorid (CV) iyo warqad-lifaaq ku ogaysiin doonta, iyo
- farsamooyinka waraysiga, ooy ka mid tahay sida aad mid ku helayso iyo waxa aad odhanayso

Whatever questions you have about getting a job, talk to us.

Su'aalo kasta ood hayso kuna saabsan shaqo helid, nala soo hadal.

Relationships

Not all relationships are easy. Whether you are having problems at school, college, work or home, we will give you the confidential support and advice you need to deal with the issues and move on.

Cilaaqaado

Maaha dhammaan cilaaqaadadu fudayd. Haddii ay mashaakil kaa haystaan dugsi, kuliyad, shaqo ama guri, waxanu ku siin doonaa kaalmaynta qarsoodiga ah iyo talo-bixinta aad u baahan-tahay si aad ula macaamisho arimaha oo aad hore ugu gudubto.

Health

Sometimes talking about health issues is embarrassing and not really the type of thing you want to discuss with someone else, especially when you're not really sure what the problem is. Our PAs can lead you to the right advice. Whatever your concern, talk to us and we will do our very best to help.

Caafimaad

Mararka qarkood in laga hadlo mawduucyo caafimaad waa yax-yax oo maaha run ahaan nooca shay aad doonayso in aad kala hadasho cidkale, khaas ahaan marka aanad run ahaan u hubin waxa ay tahay mashkaladu. La taliye-yaasha-yaga shakhsi (Pas) ayaa kuu hogaamin karaya talo-bixinta saxa ah. Walaacaagu waxa uu doono ha noqdo, ee nala soo hadal ka dibna waxanu samyn doonaa sida aad ugu wanaagsan si aanu kuu caawino

Money

If money is stopping you from getting the best start in life, we want to know about it. Whether you need extra financial support while you are in school, college or university, or whether you are a single parent and not sure about what benefits you are entitled to, talk to us so that we can put you on the right track.

Lacag

Haddii ay lacagi kaa hortaagan-tahay bilaabidda nolosha ugu wanaagsan, waxanu doonaynaa in aanu wax ka ogaano. Haddii aad u baahan-tahay kaalmayn maaliyadeed dheeraad ah marka aad ku jirto dugsi, kuliyad ama jaamicad, ama haddii aad tahay waalid keligii ah oo aanad hubin waxa ay yihiin faa'idooyinka aad xaqqa u leedahay, nala soo hadal si aanu kuu marino dariiqa saxa ah.

Support with childcare

If you are aged between 16 and 19 and are thinking about starting a course at school or college but are worried about paying for childcare, we can help. Talk to a PA about the support available for young people with children.

Ka kaalmayn ilmo-daryeelid

Haddii ay da'daadu u dhaxayso 16 iyo 19 oo aad ka fakirayso in aad kooras ka biloowdo dugsi ama kuliyad laakin aad ka wer-wersan-tahay lacag ka bixin ilmo-daryeelid, waanu ku caawin karaynaa. Kala hadal la taliye shakhsi kaalmaynta loo hayo dadka dhallinta-yar ee caruurta leh

Connexions is all about you

If you are aged between 13 and 19 and think you have something to offer us, we want to hear from you. We are always looking for young people to tell us what we do well and what we could improve.

Check our website at www.connexions-southcentral.org or ask a Connexions PA about joining one of our young people's groups.

Connexions dhammaan adiga ayay kugu saabsan-tahay

Haddii ay da'daadu u dhaxayso 13 iyo 19 ood u malaynayso in aad hayso wax aad noo soo bandhigto, waxanu doonaynaa in aanu kaa maqalno. Waxanu markasta ka rajaynaynaa dadka dhallinta-yar in ay noo sheegaan wixii aanu wanaajino iyo wixii aanu hagaajin karno.

Fiiri websiteka yaga www.connexions-southcentral.org ama waydii la taliye shakhsi sida loogu biiro mid ka mid ah kooxaa-yaga dadka dhallinta-yar.

Contact us

Visit our website at www.connexions-southcentral.org for your nearest Connexions centre.

If you can't get to a PA or a Connexions centre, or are not sure about talking to someone face to face, you can contact us at Connexions Direct.

Phone: 080 800 13 2 19

Text: 07766 4 13 2 19

Web and e-mail: www.connexions-direct.com

You can contact a Connexions Direct adviser from 8am to 2am seven days a week.

Nala soo xiriir

Booqo websiteka-yaga ku yaal www.connexions-southcentral.org si aad uga eegto xarunta Connexions ee kuugu dhow.

Haddii aanad u tegi karayn la taliye shakhsi (PA) ama xarun Connexions, ama aanad hubin sida aad ula hadlayso qof kafool-kafool, waxad nagala soo xiriiri karaysaa Khadka Connexions.

Tilifoon: 080 800 13 2 19

Qoraal : 07766 4 13 2 19

Web iyo e-mail: www.connexions-direct.com

Waxad la xiriiri kartaa la taliyaha Connexions Toos laga bilaabo 8^{da} subaxii ilaa 2^{da} subaxii toddoba cisho toddobaadkii.

**Connexions – Let's talk about you!
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