

2.2 Ma waxaad raadinaysaa xalalka madadaalo ee ilmaha jira 16-21 ?

Waxa golahaagu qaban karaan?

Golahaagu degmadu waxaa laga yaabaa inay kugu xiraan barnaamijyo madadaalo oo kala duwan, waxaana laga yabaa inay kaa caawimaan asaasida madadaalo khaasa ama kooxa cayaareed. Golayaasha badankood waxay shaqaaleeyaan saraakiisha Access for All Abilities (AAA) kuwaas oo awoodi doona inay kuu sheegaan waxa goluhu samayn karo xagga xalalka madadaalada. Tan waxaa ku jiri kara xarakaadka xarumaha madadaalada oo uu maamulo goluhu ama goobaha kale. Golayaasha qaarkood ayaa leh shaqaalaha loo yaqaan Metro Access Worker kuwaas oo kaa caawimi kara helitaanka xarakaadyo badan oo agagaarkaaga ka jira. La xiriir golahaaga weydiina inaad la hadasho Sarkaalka Access for All Abilities Officer iyo kan Metro Access Worker.

Waxaa laga yaabaa inaad rabto inaad akhrido xaashida macluumaadka ee kitkan 4.7 'Sidee ku helaa golaha degmada'

Yaa kale oo bixiya tas-hiilaadka iyo barnaamijyada madadaalada kaas oo loo dhan yahay lana heli karo?

YMCA-ga agtaada ah maaha inay qabtaan barnaamijyo kala duwan laakiin waxay kaloo qabtaan barnaamijyo kaamam la aadayo sanada oo dhan kuwaas oo mararka qaarkood qoysaska oo dhan, waqtiyada kalena dadka iinta leh. Waxaad ka ogaan kartaa **YMCA**-ga agtaada ah adigoo wacaya 9403 5000. Waxay kaloo awoodi doonaan inay ku siiyaan macluumaad kasta oo ku saabsan kaamamka iyo xarakaadka.

Escapades waxay bixiyaan madadaalo iyo barnaamijyo qorshaysan oo nasniinta haddii aad ku nooshahay Moreland ama Hume, macluumaad intaas ka badan iyo mudnaanta wac 9309 7448

Riding for the Disabled waxay bixiyaan barnaamijyo ay dadka iinta leh fuulaan fardo. Macluumaad intaas wac 9486 5755

Sailability waxay leedahay barnaamijyada doonta la raacayo ee Hume, Sugarloaf iyo Docklands. Macluumaad intaas ka badan wac 9597 0066

Special Olympics waxay qabtaan tartan cayaaraad oo heer Dawlad Goboleed, Qaran iyo caalami. www.specialolympics.com.au

Meelaha lagala xiriirayo goobaha madadaalada

Club Wild	www.clubwild.net	9326 9970
Scope (Community Inclusion)		9894 8966
People Outdoors (camping)		9350 5116
Yooralla Recreation Service		9916 5801
Netball Victoria		9925 6518
Leisure Options		52563344

Barnaamijyada Fasaxa ee Dugsiga la xiriir golahaaga

Interchange waxay bixisaa nasniin iyo barnaamijyada madadaalada ee carruurta iinta leh, iyo weliba barnaamijyada dhalinyarada koran. Si aad u ogaato waxa Interchange qabato wac Interchange Western tel 9396 1111, Interchange Northwest tel 9350 4600 ama Interchange Northern tel 9462 1011 ama booqo websaytka www.interchange.org.au.

<http://www.cmag.org.au>