

**CDP iregistered charity.**Tave nemakore anopfuura makumi maviri tichibatsira vanhu vanonetseka nekushandisa *madrugs*, nekunwa doro zvakanyanyisa vasingagone kuzvidzora.

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Nyika yeUnited Kingdom yakafanana nedzimwe nyika, inonetsekana nenyyaya dzemadrugs nevanonwa doro zvakanyanyisa senzira yekukanganwa nayo nhamo dzavo. Mapurisa vanopindira munyaya dzekutengeswa kwemadrugs, asi matambudziko mazhinji ari muvanhu huye havadi kuzikanwa kuti vanoshandisa *madrugs*. *Madrugs* nekunwa doro zvakanyanyisisa zvinokanganisa hutano nehupenyu hwevanhu nemhuri dzavo.

CDP ine mabato akasiyana siyana. Anosanganisira **access** iri ibato rinoshanda nevanoshandisa *madrugs* nemhuri dzavo, chinangwa chiri chekuyedza kubatsira kupedza matambudziko anokonzera *nemadrugs*.

Patinotaura nevanhu tinotarisa kuti matambudziko avo akamira sei, uye kuti tingabatsirane sei. Tinobatsira nekudzikisa zvinokanganisa vanhu nemhuri dzavo. Tinoshanda navo tichivabatsira kurega kushandisa *madrugs* zvachose, kana kuderedza mashandisiro *emadrugs* nedoro zvakanyanya.

Munhu anosarudza ega zvaanoda kuiita zvichieenderana nematambudziko ake, nezvaanotenderana nazvo nekuzvipira.

**Vanhu vanobva kune dzimwe nyika vanosangana nematambudziko akawanda. Matambudziko aya akanyanyisa kana uri mutsva munyika ino.**

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Vanhu vanobva munharaunda itsva vanosangana nematambudziko mamwe avasinganzwisise. Kungave kuda kutsvaga basa, kutsvaga pekugara kana kutsvaga kubatsira mhuri dzvavo.

Zvinhu zvose zvitsva. Dzimwe nguva zvakaoma kuti ucherechedze njodzi itsva. Ichi ichokwadi kunyanya kuvana vadiki. Pavanoenda kuchikoro, *kucollege*, kana kubasa vanosangana nevanhu vavasingazive. Vanokwanisa kusangana nemuedzo nematambambudziko asinganzwisiswe nevabereki vavo.

Nharaunda itsva inogona kuunza zvinhu zvisingafungidzirwe kuti *madrugs*. Vanokwanisa kunge vaizvishandisa kumusha kwavo. *Madrugs* avanoshandisa aya dzimwe nguva munyika muno haabvumirwe uye anoonekwa seasiri pamutemo. Mungade rubatsiro neruzivo rwekuti zvinofambiswa sei.

**Rubatsiro rweCDP harubhadhariswe**

**Zvese zvamunotaura zvinoperera imomo muCDP**

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**access** inoshanda nevanhu vekunyika dzakasiyana siyana muHull muno. Tinopa rubatsiro, nerutsigiro muma *community centre*, mumakereke, muzvikoro nemuma *office* eCDP. Munosarudza rubatsiro rwamunoda.

### **CDP inobatsira nekupa:**

- Rutsigiro
- Rubatsiro parunhare
- Rubatsiro ku hama neshamwari
- Kubatsira kunoongororwa nezvekurapwa
- Kubatsira nekuzivisa nezvemamwe mabato

## Rubatsiro nezvimwe zvinyorwa

**access** ine magwaro emadrugs akanyorwa nemarudzi akasiyana siyana amunowana pasina mubhadharo. Munokwanisa kuchaya runhare kana kuuya muma office edu kana muchida kuziva kuti magwaro edu akanyorwa nemutauro wenyu here.

CDP haina vashandi vanoturikira minwe mitauro. Kana muchida rubatsiro rwekutaura nesu, pane vanhu munharaunda muno vanokwanisa kuturikira.

## Muchida Rubatsiro

Tinopa rubatsiro pasina mubhadharo, munokwanisa kuchaya runhare kana kuuya mumaoffice edu chero nguva kana ma office edu akavhurwa (nguva dzekuvhura dzakanyorwa kumashure kwegwaro).

## East Hull

Chayayi runhare muoffice yedu huru maererano nenzvimbo nenguva dzinoshandwa kumaoffice edu ekuEast Hull.



## Nguva dzekuvhura

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### Hull

#### Muvhuro/Chipiri/Chishanu

9.00 am — 4.30 pm

#### Chitatu/China

11.30 am — 7.00 pm

CDP

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Nhamba dzefax: (01482) 580025

[www.challengingdependency.co.uk](http://www.challengingdependency.co.uk)

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The Council for Dependency Problems

Company No: 2533486

Registered Charity No. 1002636



Challenging Dependency

# Rubatsiro Ku Marudzi Akasiyana Siyana



*Inotsigira nekubatsira nharaunda dzemarudzi akasiyana siyana nezvenjodzi dzinowanikwa pakushandisa madrugs nekunwa doro*