



Home Office

SADDEX TILLAABO LOOGA BAXSAN KARO DHIBAATAYNTA DUMARKA IYO GABDHAHA

1. WARGELI DIBINDAABYADA
2. TILLAABO SAMEE SIDAAD UGA BAXSAN
LAHAY DIBINDAABYADA
3. KA NABAD AHAW DHIBAATAYNTA

Hagid ku aadan madowga iyo qowmiyadda
tirada yar (BME) dumarka iyo caruurta.

Ay wada jir u soo
saareen:



Macluumaad-sidahaan wuxuu kuu sheegayaa sidaad u heli lahay caawinaad aad uga baxsatid dibindaabyada iyo xad-gudub, isla markaas aad nabad ahaatid. Waxaad isticmaali kartaa inuu saxiibkaa ku caawino.

Inkastoo macluumaad-sidahaan uu ku jahaysan yahay arrimaha ay la kulmaan dumarka iyo carruurta madowga iyo qowmiyada tirada yar, misna waxaa ku jira war loogu tala galay inuu kaa caawino dhibanayaasha dibindaabyada guriga iyo dibindaabyada kufsiga ee qowmiyad ama qof sinjiyad kasta leh.

Macluumaad-sidahaan wuxuu tibaaxaya dhibanayaasha/badbaadayaasha dibindaabyada iyo xad-gudubka dheddig ahaan, iyo dhib-wadayaasha inay yihiin lab si hufnaan loogu akhriyo iyo waxayna ka turjimaysa kiisaska guud ahaan ee dhaca. Laakiin, tani looma jeedo in la leeyahay dibindaabyada iyo xad-gudubka inuusan ka dhicin xiriirka isku isirka ah ama dhibaataada dumarka uu u gaysto ragga.

Macluumaad-sidahaan waxaa nala qoray Walaalaha Madow ee Southall (Southall Black Sisters).

1. Waa maxay dibindaabyaynta dumarka iyo gabdhaha?

Dhibaataaynta dumarka iyo gabdhaha waxaa ka mid ah dhibaataayn iyo dhaqan xad-gudbid, waxaa ka mid ah:

- Dibindaabyada Guriga
- Guur Qasab ah
- Xad-gudub Yarad
- Curyaamin Jir/Jarid (gudniin dumar)
- Dibindaabyo Sharafayd – jariimo loo adeegsanayo magac sharafeed
- Dibindaabyayn galmeed
- Kufsasho
- Xad-gudub Dhedigeed
- Dabagal iyo Hagardaamayn

**XAD-GUDBIDDA QALADKAAGA
MA AH MANA AHA INAAD U
ADKAYSATID.**

Waxaa jira saddex tillaabo inaad samayso:

1. Wargelin dibindaabyada
2. Qaad tillaabo si aad uga baxsato dibindaabyaynta
3. Ka magan-gal dibindaabyaynta

Haddii aad dareersan tahay inaad khatar dhow ku jirtid, ka wac boliiska lambarkaa **999**. Ha ka biqin inaad wacdo boliiska. Noocyada oo idil ee dibindaabyaynta guri iyo galmo iyo dhaqan dhibaataayn waa dembiyo culus, boliiskana wuu badbaadin karaa adiga iyo caruurta. Hay'ado kalena waxay kaa caawini kuna taageeri karaan, waxaa ka mid ah hawlgalka haweenka ee BME (BME women's services) (ka eeg taxanaha dhammadka macluumaad-sidahaan).

2. Dibindaabyaynta guri

Dhibaatayn guri waa nooc xad-gudub ah oo ka yimaada say/saxib hore ama xubin qoys (ay ku jiraan xididka) kaasoo ah noocya badan:

- Wuxuu noqon karaa xad-gudub jismi sida garaacid ama harraanti
- Waxaa ku jira xad-gudub dareemeed matal ahaan baad, silcin-maskaxeed iyo hajabaad in lagu dhaco ama la dilo adiga iyo caruurtaada
- Wuxuu xitaa noqon karaa xukumid – taaso ay micnaheedu tahay inaan lagu oggolaan inaad guriga ka baxdo kaligaa ama aadan la xiriirin qoyskaaga ama asxaabtaada ama aadan heli karin lacag ama shaqada aad doonayso
- Silcin galmo ama dabagal wuxuu noqon karaa mid guri ama xad-gudub galmo
- Wuxuu noqon karaa kufsi – in lagu qabo micnaheeda ma aha in ninkaaga xaq u leeyahay inuu kuu tago adigoo aadan doonayn

Waa muhiim inaad ogaato inaan lagu eedayn karin iyo waana inaad qaadan. Qofna ma doonayo in la weeraro, lagu xad-gudbo ama la sharaf-dilo, markay qof waliba ka soo tagto qoyskooda ama saygooda.

DHAQANKA XAD-GUDBAHAAGA AYAA LOO BAAHAN YAHAYA IN LA BEDDELO EE ADIGA IN LAGU BEDDELO MA AHA.

Dibindaabyada guriga wuxuu la mid yahay ‘dibindaabyaynta sharafta salka ku haya’ haddii loo sameeyo in lagu difaaco sharafta qoyska/jaaliyadda ama aad dareensan tahay inaad ka tegi karin xad-gubaha sababtoo ah inaad ka baqaysid inaad u keentid ceeb iyo sharaf dhac (eeg qaybta dibindaabyaynta salka ku haya sharafta).

Xukuumadaa fahirkeeda ku saabsan dibindaabyaynta guriga waa:

‘Dhacda waliba oo hanjabaad ah, dibindaabyaynta ama xad-gudub [maskaxeed, jismi, galmo, dhaqaalo ama dareen] dhex mara qaan-gaar ah ama lahaa xiriir hoosaad ama xubnaha qoyska, iyagoo aan la eegayn lab/dhedig ahaan ama dareenka lab/dhedignimada’.

3. Kufsi ama Xad-gudub Galmo

Kufsi ama xad-gudub galmo wuxuu ku dhacaa qof waliba goor waliba oo uu u gaysto gof ajnabi ah, qof uu yaqaan, saaxiib, xubin qoys ama sayga/saygii hore. Haddii aadan raalli ka ahayn galmo, meel kasta uu ka dhaco iyo qof kastoo oo lagu sameyo, waa kufsi waana dembi:

- Oggolaansho micnaheeda waa inaad oggolaatay inaad samayso galmo iyo inaad raalli ka tahay inaad sidaas samayso
- Qofna xaq uma laha inuu maleeyo inaad oggolaatay – muhiim ma aha qofkuu yahay ama xiriirkaaga wuxuu qofkaas la yahay
- Taabasho galmo aadan doonayn waa weerar waana dembi

HADDII LAGU KUF SADAY AMA WEERAR GALMO LAGUUGU SAMEEYA, WAA MUHIIM INAAD OGAATO INAADAN ADIGA MASUUL KA AHAYN.

Waxaa jira hay'ado ku caawini kara, waxay kugu caawini karaan inaad go'aan ka gaartid haddii aad doonayso inaad u gudbisiid boliiska. Waxay ku siin karaan qareen iyo talo-bixin. Haddii aad doonayso inaad u gudbinsiid boliiska, waa inaad sidaas yeeshaa sida ugu dhaqsaha badan.

Waxaad ka heli kartaa war intaas dhaafsiisan, iyo tifaftirka hay'adaha xaafadaada oo kaa caawini kara:

- Adigoo waca Taageerada Dhibaataada Kursiga ee qaranka (Rape Crisis Helpline) teleefoonka 0808 802 9999
- Inaad booqatid Shiddada Kursida (Rape Crisis (England and Wales)) ee England iyo Wales shabakdaa www.rapecrisis.co.uk
- Booqo shabakadda Hay'adda Ka-Badbaadayaasha (Survivors Trust) www.thesurvivorstrust.org

4. Looma baahna kayd bulsho

Haddaad ku timi ama ku joogto UK xaas ahaan, oori aan la qabin ama oori madani ee Wadani Biritish, ama qof aan wadani ahay oo ku sugan UK iyo hadduu xiriirkaaga burburay sabab dibindaabyayn guri labada sano ee ugu horreysa ee xiriirkaas, waxaa dalban kartaa dalab degganaasho joogto ah (xitaa loo yaqaan 'joogitaanka aan xadka lahay) kaasoo taabacsan nidaamka loo yaqaan 'xeerka dibindaabyaynta guriga'.

Hadduu fiisahaaga ku jir kalmadda 'loomu baahna kayd bulsho (no recourse to public funds)', xaq uma lihid kayd bulsho sida guriyaynta dowladda hoose ama tageerada nafciiga. Hase yeeshee, haddii aad uur leedahay, leedahay carruur ama ay siyaabo kale qatar ku jiraan, sida inay qabaan cudur maskaxeed ama arrin daawayn ama curyaanimo, waa inaad la xiriirtaa hawl-galka bulshada ee degmada (hawl-wadeen) si lagu caawino (haddii ay suurtoowdo, raadi talo intaadan sidaas yeelin). Fiisayaasha qaarkood, waxaa kuu furan inaad dalab guriyayn samaysid iyo nafciyada kale, sidaas daraadeed waa inaad mar waliba eegtaa haddii arrimahaan ay surta gal yihiin.

Is-qabid ama say waxay xaq leeyihiin dalbo joogitaanka aan xadka lahay haddii aad tahay dhibane dibindaabyayn aan xaq u lahayn qarash bulsho, waxaad la xiriiri kartaa Mashuurca Sojourner (Sojourner Project), oo ay wadaan Haweenka Guriyaynta Eaves (Eaves Housing for Women), kuwaad oo kaa caawini karta guriyaynta iyo taageerada dhaqaale, waxaa iimayl u diri kartaa advice_centre@eaveshousing.co.uk ama waca 020 7735 2062. Dumarka ku nool London oo aan heli karin taakulaynta mashruucaan, waxay xitaa la xiriiri karaan Walaalaha Madow ee Southall (Southall Black Sisters) xag dhaqaale guriyayn iyo nolol. Waad u iimaylgareen kartaa info@southallblacksisters.co.uk ama wac 020 8571 0800.

Habayn cusub ayaa lagu samayn doona Mashruuca Sojourner laga bilaabo 1da Abril 2012. Fadlan tag www.ukba.homeoffice.gov.uk wixii faahfaahin saa'id ah wixii ka dambeeya 31ka Maarso 2012.

5. Dalabka ruqsadda inaad degto UK

Dhibanayaasha dibindaabyaynta ee ku soo galay UK xaas ahaan, madani ahaan, aan la qabin ama fiisa isir-wadaag waxay ku dalban karaan nidaamka Amarrada Socdaalka (Immigration Rules) ee degganaasha joogtada ah ee UK. Si loo helo ruqsan degganaasho adigoo ah dhibane dibindaabyayn guri waa inaad xaqiijisaa inaad heshay ruqsad inaad soo gasho ama aad joogto UK qodobada dusha ku xusan ama inaad ahayd dhibane dibindaabyayn guri iyo inay arrintaan dhibaataysay xiriirkaaga intuuusan dhammaan ruqsaddaada soo gelitaanka ama joogitaanka.

Dhibanayaasha dibindaabyayn ama dibindaabyayn noocyada kale ee UK ee fiisayaasha kale waa inay raadshaan talo ku saabsan joogitaanka UK xag naxriis ahaan ama sababo kale ee ka baxsan Amarrada Socdaalka. Dumarka ka baqaya xad-gudub markay ku soo laabtaan aqalka waxay raadsan karaan talo dalab qaxooti ama badbaado aadmi. Waa inaad isku daydaa inaad dalbato inaad joogto UK inta uusan dhicin fiisahaaga, hase yeeshee, weli waad raadsan kartaa talo inaad waqti dambe dalbato ama dalab 'ka baxsan waqtiga' hase yeeshee, waa inaad fasirtaa sababto daahitaanka.

Socdaalka, qaxootiga iyo amarrada nafci iyo nidaamyada waxay ku dhici kara isbeddel sidaas daraadeed waa inaad raadisaa talo arrintaan ku saabsan.

Waa inaad la xiriirtaa qof aqoon u leh hawl-gallada socdaalka ama qareen sida ugu dhaqsaha badan ee aad awododid, gaar ahaan qof lagu taageero qarashyada ummaadda (xeerka taageerada nidaamsan). Waxay awoodaan inay kula taliyaan waxa ku xiga ee aad samayn kartid joogitaanka UK. Wixii tala ku saabsan meshaad ka heli kartid tageero, iyo taakulayn guud ee arrinta guriiyaynta iyo dhaqaale, ay ku jirto Taageerada Qaxootiga (Asylum Support), la xiriir haweenka BME ee ururrada socdaalka.

Faahfaahin kale ee ku saabsan socdaalka, tag www.ukba.homeoffice.gov.uk/while-in-uk/domesticAbuse/ ama iimayl: UKBApublicenquiries@ukba.gsi.gov.uk. Waxaad xitaa la xiriir kartaa Hay'adda Xidudaha UK (UK Border Agency) xag teleefoon: 0870 606 7766.

6. Dibindaabyayn ku salaysan ‘Sharaf’ /Xad-gudub (HBV)

Dibindaabyaynta ku salaysan ama dembiga ‘sharafta’ waa ficil dibindaabyayn uu ku fasiro dembiilaha inuu sameeynayo si uu u badbaadiyo ama u difaaco ‘sharafta’ qoyska/jaaliyadda. Dembiyada waxaa ka mid ah:

- Guri ama Dibindaabyayn Galmo
- Guur qasab ah
- Dhibatayn Galmo
- Diidmo bulsho iyo noocyo kale ee xadayn iyo dhaqan xad-gudub ee laga dhex sameeyo qoyska ballaaran ama xubnaha jaaliyadda

Dumarka waxay la kulmi karaan Dibindaabyayn ku salaysan ‘Sharaf’ / Xad-gudub (HBV) haddii aysan raacin dhaqanka soo jireenka ah ama waxa laga filayo xag diin, ay ku jirto, matal ahaan:

- Inay gashtaan is-qurxin ama dharka reer galbeedka
- Ay leeyihiin wiil-saaxiib ama lagu arko inay la socdaan lab aan ka mid ahayn xubinta qoyska
- Uur ka baxsan guur
- Ay xiriir la leedahay qof diin ahaan ama qaran ahaan ka duwan

- Diidid guur qasab ah
- Xan / ama lagu arko inay samaynayo ficil aan caadi ahayn

Dibindaabyayn ku salaysan ‘Sharaf’ / Xad-gudub (HBV) gudihisa, qatarta aad ayay u saaraysaa maadama ay ka jiraan xad-gudubyaal badan qoysaska ballaaran ama xiriirka jalliyadda, kuwaas oo ugu nidaamsan xag dhibaatayn ama ku xad-gudub haween. Dad kale ee qoyska ama jaaliyadda ka mid ah waxay ku qasbi karaan dhibanaha inuu ku soo laabto xaaladdii hore ee dhibaataynta ama aysan ka heli taageero.

DHIBANAYAASHA WAA SI DEGDEG AH U RAADSADAAN CAAWINAAD IYAGA IYO CARUURTOODABA.

7. Guur Qasab ah

Guurka qasabka ah wuxuu dhacaa marka qofka loo guuriyo qof kale iyadoo ka aan raalli ka ahayn ama fasaxeeda la helin. Guurka qasab ah waa guur kaasoo qof ama labadaba laysu guuriyay aan raalli ka ahayn guurka ama ay jirto qasab. Waxaa ka mid ah jismi, galmo, maskax, dhaqaale ama qasab niyad.

Guurka qasab ah waa mid ka duwan guurka la nidaamiyay. Guurka la nidaamiyay, qoysaska waxay ka ciyaarayaan qayb iyagoo soo xulaan sayga. Xulashada in la aqbaloo ama aan la aqbalin guurka la nidaamiyay waa ku awood u leeyihiin dad doonaya in laysu guuriyo. Si kale ahaan – waxaa loo baahan yahay in la abaaro waa furaha xulashada – qofku waa inuu mar waliba awood u leeyahay inuu si xor ah u xusho qofka uu guursanyo amase uusan guursanayn.

Arrimaha qaarkood, dadka dibadda ayaa loo qaadaa iyagoon ogayn in guur lagu qasbayo. Markay dalkaas tagaan baasaboorkooda waa laga qaadaa iyo waxaa loo sheegaa inaan loo oggolayn inay dib u laabtaan.

Waxaa jira hawl-gallo taageero iyo ficil sharciyeed oo la helo kuwaas caawini kara adiga qofka ama qof aad taqaan oo lagu qasbayo guur. Tani waxaa ka mid ah caawinaada helitaan amar maxkamad

madani ah si loo hakiyo ama laguugu caawiyo inaad ka tagtid guur qasab ah. Hadduu walwal ku hayo, waa inaad u sheegtaa qof aad kalsooni ku qabti sida macallin, boliiska ama la xiriir hay'adaha taakulaynta gaarka ah (eeg taxanaha dhammadka macluumaad-sidahaan).

Waxaad kala xiiri kartaa Walaalaha Madow ee Southall 020 8571 0800 ama ugu iimaylgaree info@southallblacksisters.co.uk

Qaybta Guurka Qasabka Dowladda (Government's Forced Marriage Unit) waxay ka masuul yihiin inay taageeraan Wadaniyiinta Biritish qatarta ku jira, ama qatar xoog badan ku jira, ama noqonaya dhibanayaal guur qasab ah ee UK ama dibadda. Waxaad kala xiriri kartaa 0207 008 0151 ama booqo boggooda www.fco.gov.uk/forcedmarriage

8. Xadgudka Yarad

Kiisaska qaarkood, dumarka waa dhibaatayn karaa ama lagu xad-gudbi karaa iyagoo aan keenin yarad kifaaya ah marka la guursanayo, ama jiro guur ama guur qasab ah.

**DALABKA YARAD SAA'ID AH
WAXAA KA MID AH BAAHIDA
INAAD KEENTO LACAG BADAN,
HANTI, DHAHAB AMA ALALABO
QAALLI AH.**

Xad-gudub nooc waliba ha noqdo lama oggolan karo waana inaad raadisaa caawinaad xag boliis ama uruurrada dumarka ah, gaar ahaan hawlgalka haweenka BME. Ama kala tasho qareen qoyseed haddii aad doonayso inaad dib ula soo laabatid yaradkaaga ama aad doonayso amar maxkamdeed si aad u badbaadisid naftaada.

9. Curyaaminta Dheddig Xubin Jarid (Female Genital Mutilation Cutting (FGM))

Curyaaminta Xubinta Dumar/Jarid waxaa ka mid ah qayb ama goyn xubinta hore ee gabadha ama dhaawicid xubinta dumarka sabab aan caafimaad ahayn. Arrintaan waa ka dembi UK xitaa haddii qofka loo qaado dibadda si loo curyaamiyo. Waxaa kaloo loo yaqaan gudniinka dumarka ama 'sunna'.

**FGM WUXUU LEEYAHAY QATAR
CAAFIMAAD BADAN, MARKA
LA SAMAYNAYO CURYAAMINTA,
AY KA MID TAHAY QATAR
XOOGGOON EE FASHFASH,
KADIBNA UU KEENI KARA
CURYAAMIN WAQTI DHEER,
DHIBAATO WAQTIGA UURKA
AMA CUNUG DALIDDA, XITAA
DHIMASHO.**

Haddii aad qatar ugu jirti Gudiniinka Dumarka (FGM) ama aad ka walwalsan tahay qof ku jira qatar Gudiniinka Dumarka (FGM) ee UK guduhiisa ama dibadiisa, la hadal qof xirfadlay ah aad kalsooni ku qabtid sida macallin, kalkaaliye caafimaad ama takhtar, ama wargeli boliiska iyo hawl-gallada xannaada bulshada. Waxaad kaloo la xiriir kartaa xirfadlayda ururrada haweenka BME ama xirfadlay Gudiniinka Dumarka (FGM). Kiliinik xirfadlay ah waxaad ka heli kartaa adigoo taga www.forwarduk.org.uk/resources/support/well-woman-clinics

10. Caawinaad adiga ah

Waan og nahay siday u adag tahay ka tegitaanka xiriir xad-gudub; ka gudbid culays dhaqan ama diin ee qoyska ama xubnaha jaaliyadda, iyo walwal ku saabsan xaaladdaada socdaal ama helitaan taageero. **Waa inaad ka baqin inaad dalbato caawinaad.**

Haddii aadan ku hadlin Ingiriis, inta badan uruurada sharciga waxay awoodaan inay kuu helaan turjubaan xor ah. Haddii aad ka walwalsan tahay inuu turjubaanka arrintaa war gelinayo reerkiina, waxaad dalban kartaa turjubaan kale.

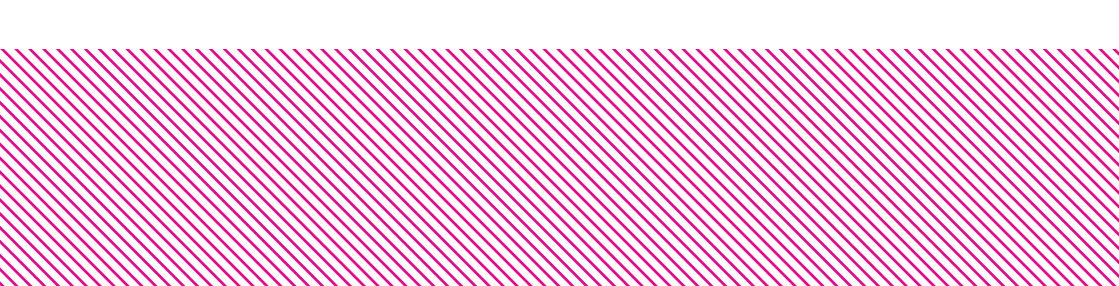
**LA HADAL QOF AAD KALSOONI
KU QABTID AMA U GUDBII
XAD-GUDUBKA BOLIISKA
AMA XIRFADLE GURI AMA
HAY'ADAHA DIBINDAABYAYNTA
GALMO AMA LA TALIYE**

Hay'adahaan waxay eegi karaan xulashooyinka sharciyeed ee aad heli karti, ay ku jirto ficil dembi ee ku wajahan xad-gudbahaaga iyo amar maxkamad madani ama qoys si adiga iyo caruurtaada loo badbaadiyo. Hay'adahaan waxay xitaa kala talin karaan:

- Guriyayn
- Arrin lacageed
- Caafimaad iyo caafimad maskaxeed, ay jirto dhibaataayn naftaada
- Xannaano bulsho
- Baahida waxbarashada carruurta

Haddii aad ku nooshahay guri, waa inaad diyaarsataa qorshe waayaha dambe haddii aad u baahato inaad ka tagto sabab dibindaabyayn ama xad-gudub. Dhig alaabadaan meel ammaan ah ee guriga guduhiisa ama, haddii aad doonto, u dhiibo qof aad kalsooni ku qabtid:

- Dokumentayaasha muhiimka ah sida warqadaha dhalashada, ruqsadda wadiida, baasaboorro, dokumentiyada socdaalka, amarrada maxkamadda, waraaqaha hantid ama dhaqaale, iyo kaararka deemanka saa'idka ah

- 
- Boorso ay ku jirto dhar aad adiga iyo carrurta ay leeyihiin iyo fure saa'id ah ee albaabka hore, teleefoon, ay ku jirto lacag, naqdi ama alaabo muhiim ah, sida qoraal daawo

Haka walwalin haddii aadan alaabtaan wada heli karin markaad tegaysid – waxaad soo noqon kartaa adigoo la socda boliiska oo aad qaadan kartaa alaabta.

Haddi ay nabad tahay inaad carruurtada kaxaysato kaxayso.

Haddii aadan awoodin, la xiriir boliiska, qareen qoys ama hay'adaha xad-gububka haweenka ama talo-bixiye inuu ku caawiyo.

Ka feker saddex meelood aad tegi kartid waqtiga degdegga ah:

- Xarunta Booliis
- Aqalka saaxiib
- Gabbasho haweenka ama hay'adahan ka caawiya dibindaabyayn guri/galmo

11. Caawinaad iyo Taageero

LAMBARRADA DEGDEGGA IYO CAAWINAADA DIBINDAABYAYN GURI

- **Boliiska, amblaaska iyo guutada dab-demiska:** 999 (teleefoon lacag-la'aan, 24 saac)
- **Caawinaadda Dibindaabyayn Guri Qaran (National Domestic Violence Helpline):** 0808 2000 247 (teleefoon lacag-laan, 24 saac)Ka dhex-maamula Taageerada Haweenka iyo Qaxootiga (Women's Aid and Refuge)

CAAWINAADA GAARKA AH

- **Southall Black Sisters (Waalaha Madow Southall)** (BME dumarka la kulma dibindaabyayn guri/dibindaabyayn galmo, guur qasab, FGM, HBV iyo socdaa/aan jirin dhibaato) Caawinaad: 020 8571 0800 Shabakadda: www.southallblacksisters.org.uk
- **Forced Marriage Unit (Qaybta Guurka Qasabka)** Caawinaad: 0207 008 0151 Shabakad: www.fco.gov.uk/forcedmarriage
- **Stalking Helpline (Caawinaada Daba-galka)** Caawinaad: 0808 802 0300 Shabad: www.stalkinghelpline.org

- **Rape Crisis (Shiddada Kufsiga)** (England & Wales)Caawinaad: 0808 802 9999(teleefoon lacag-la'aan) Shabakad: www.rapecrisis.org.uk

CAAWINAAD NORTHERN IRELAND, SCOTLAND IYO WALES

- **Northern Ireland Women's Aid (Taageerada Haweenka Waqooyiga Irland) 24 saac Domestic Abuse Helpline (Caawinaadda Xad-gudubka Guriga)** Caawinaad: 028 9033 1818
- **Scottish Domestic Abuse Helpline (Caawinaada Xad-gudubka Guri Scotland)** Caawinaad: 0800 027 1234
- **All Wales Domestic Abuse and Sexual Violence (Kulli Xad-gudub Guri iyo Dibindaabyayn Galmo ee Wales)** (Welsh Women's Aid) Caawinaad: 0808 80 10 800
- **The Dyn Wales/Dyn Cymru Helpline:** 0808 801 0321
- **BAWSO** (ee haweenka BME Wales) Caawinaad 0800 731 8147 (24 saac)
- **Rape Crisis Scotland (Shiddada Kufsiga ee Scotland)**Caawinaad: 08088 010302 (teleefoon lacag-laan)

- **Northern Ireland Rape Crisis and Sexual Abuse Centre (Xarunta Dhibaataada Kursiga Waqooyiga Ireland)**

Caawinaad: 028 9032 9002
(teleefoon lacag-la'aan)

FGM

- **Foundation for Women's Health Research & Development (Saldhigga Cilmi-baarista Caafimaadka Haweenka iyo Horumarka) (FORWARD)**
Caawinaad: 020 8960 4000
Shabakad: www.forwarduk.org.uk
- **Metropolitan Police (Boliiska Guud)**
(Madaxa Baaritaanka Xag-gudubka caruurta/Mashruuca Azure (Child abuse Investigation Command/Project Azure))Caawinaad: 020 7161 2888

SOCDAAL, QAXOOTI IYO QARASH LA'AAN

- **Sojourner project – Eaves Housing for Women (Mashruuca Sojourner – Guriyaynta Eaves ee Haweenka)**
Caawinaad: 020 7735 2062
Shabakad: www.eaves4women.co.uk
- **Joint Council for the Welfare of Immigrants (Guddiga Wada-jirka Daryeelka Qaxootiga)**
Caawinaad: 020 7251 8708

- **Asylum Aid (Taageerada Qaxootiga)**
Caawinaad: 0207 354 9264

KUWO KALE

- **Broken Rainbow (Jajabka Rainbow)**
(Lesbiga, Qaniis, Labeeb, Iska-dhig)
Caawinaad: 0300 999 5428
- **Men's Advice Line (Tala-bixinta Ragga)** Caawinaad: 0808 801 0327
- **Respect Advice line (Tala-bixinta Tirgelin)** (Ku taageeraya talada dadka ku xad-gubka ooridooda doonayana inay helaan caawinaad joojin arrintaan)
Caawinaad: 0808 802 4040
- **Childline (Leenka Carruta)** (24 saac caawinaad lacag-la'aan ah ee caruurta)
Caawinaad: 0800 1111
- **Samaritans** (lacag la'aan 24 saac caawinaad haddii aad dareensan tahay walwal) Caawinaad: 08457 90 90 90
- **The Ann Craft Trust (Hay'adda Ann Craaft)** (si loo taageero dadka qaba curyaan waxbarasho in lagu xad-gudbo)
Caawinaad: 0115 951 5400
- **Respond (Ka-jawaab)**(Taageeraya dadka qaba curyaannimo waxbarasho, qoyskooda, xannaaneeyaashooda iyo xirfadlay ku dhaca dhibaato xad-gudub)
Caawinaad: 0808 808 0700
- **Voice UK (Codka UK)** (taageeraya dadka qaba curyaamin waxbarasho iyo dadka u nugul in la dhibaateedo ama lagu xad-gudbo)
Caawinaad: 0845 122 8695



Home Office

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Waxaa daabacay Home Office (Home Office)

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Nuqullo waxaa ka eegi kartaa:

www.homeoffice.gsi.gov.uk/crime/violence-against-women-girls



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