



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 caawinaad u heli lahayd si aad uga baxsato dagaal iyo xad-gudub, aad u heshid amaan. Waxaad isticmaali kartaa inuu saxiibkaa ku caawino.

In kastoo uu macluumaad-sidahaan uu ku jahaysan yahay arrimaha ay la kulmaan dadka madow ama dumarka sinjiyadda tirada yar iyo carruurta, waxaa la socda macluumaad loo isticmaali karo in lagu caawino dhibanayaasha dagaalka guryaha iyo kufsashada dadkaas oo ah dad ka soo jeeda qaran waliba ama sinjiyad waliba.

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. Hase yeeshee, tani micnaheeda ma aha in la leeyahay in dagaalka iyo xad-gudubka inuusan ka dhicin dadka isku-isirka ah ama dumarka ragga dhibaateeya.

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 akhlaaqada 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 nabad ahaw dhibaataaynta

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 ayaa 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

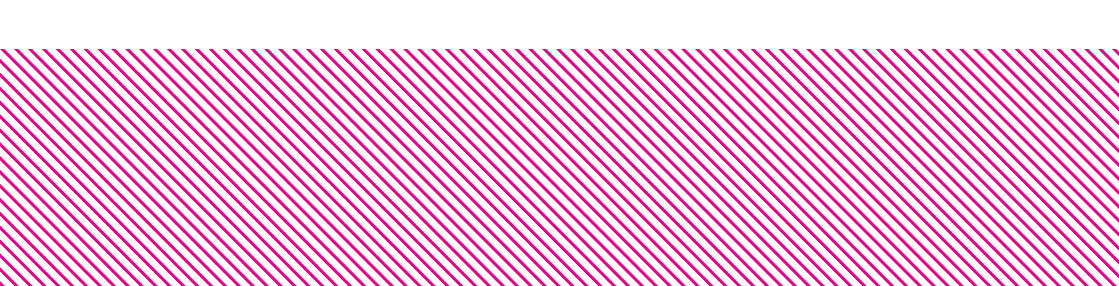
Dhibaatayn guri waa nooc xad-gudub ah oo ka yimaada say/saxib hore ama xubin goys (ay ku jiraan xididka) kaasoo ah noocya badan:

- Wuxuu noqon karaa xad-gudub jismi sida garaacid ama harranti
- 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 inaad ka baqaysid inaad u keentid ceeb iyo sharaf dhac (eeg qaybta dibindaabyaynta salka ku haya sharafta).



Xukuumadaa fasirkeeda ku saabsan dibindaabayaynta guriga waa:

Shil kasta ama shilal nooc-noocyada ah ee la xakameeyo, qasab ama akhlaaq hanjabaad ah, dagaal ama xad-gudub u dhexeeya dadka jira 16 ama ka wayn kuwaas oo ah ama leh xiriir hoosaad ama xubno qoys iyagoo aan loo eegayn lab/dheeddig ama labnimo/dheedignimo. Tani waxaa ka mid noqon kara, laakiin kuma koobna, xad-gudubyadaan:

- Saykoloogi
- jismi
- qalmo
- dhaqaale
- Dareen

"Akhlaaqada xakamaysan waa: ficillo dhowr ah loogu tala galay in qofka hoose iyo/ama dadka masuulka laga yahay in laga takooro tageerada, loogana faa'iidaysto dhaqaalahooda ama awoodda si qof ahaan looga faa'iidaysto, laga mamnuuco waxay u baahan yihiin madax bannani ahaan, ka hor-imaad ama baxsasho iyo in la maamulo akhlaaq-maalmeedkooda.

“Akhlaakhda qasabka ah waa: dhacdo ama dhacdooyin ku duullid, hanjabaad, dhamiir-dilid, caga-juglayn ama xad-gudub loogu tala galay in wax lagu yeelleeyo, lagu canaanto, ama lagu cabsi geliyo dhibanaha <sup>1</sup>.”

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1 Fasirkaan oo aan ahayn fasiraad sharciyeed, waxaa ku jira dagaalka ku salaysan 'sharafa', gudniinka iyo guurka qasabka ah, iyo waxaa cad inay dhibanayaasha ku ekaayn lab/dhedig ama sinjiyad.

# 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 oogolaatay – muhiim ma aha qofkuu yahay ama xiriirkaaga wuxuu qofkaas la yahay
- Taabasho galmo aadan doonayn waa weerar waana dembi

**HADDII LAGU KUF SADAY AMA LAGUUGU BOODAY GALMO AHAAN, WAA MUHIIM INAAD XUSUUSATO INAAD ADIGU LAGU EEDAYN KARIN.**

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 gudbinsid 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 Qad Caawinaadeed Kufsigu Qaranka (Rape Crisis Helpline) 0808 802 9999
- Booqo shabakadda Dhibaata Kufsigu (Rape Crisis) Shabakadda (England iyo Wales) [www.rapecrisis.co.uk](http://www.rapecrisis.co.uk)
- Booqo shabakadda Hay'adda Ka-Badbaadayaasha (Survivors Trust) [www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

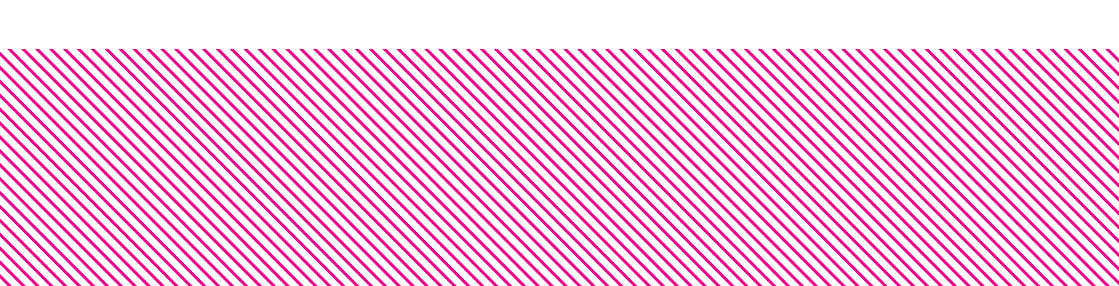
## 4. Looma baahna kayd bulsho

Haddii aad soo gashay ama aad joogtid UK xaas ahaan, qof aan la guursan, guur-isku-isir ama oori shacbiyeed Wadani Biritish (British Citizen), ama qof aan wadani ahayn deggan UK, iyo hadduu xiriirkaaga burburay sabab dagaal guri shanta sano ee ugu horraysa (laba sano dadka helay dal-ku-gal guur inta ka horraysa 9 July 2012) ee xiriirkaaga, waxaad heli kartaa fasax inaad hesho degganaasho joogta ah (xitaa loo yaqaan 'joogitaan aan xadaysnayn) kaasoo uu hoos guud ahaan loo yaqaan 'xeerka dagaalka guriga'.

Hadduu dal-ku-galkaaga ku jiro kalmadda 'loomu baahna kayd bulsho (no recourse to public funds)', xaq uma lihid kayd bulsho sida guriiyaynta dowladda hoose ama tageerada nafciga. 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).

Dal-ku-galka qaarkood, waxaa kuu furan inaad dalab guriiyayn samaysid iyo nafciyada kale, sidaas daraadeed waa inaad mar waliba eegtaa haddii arrimahaan ay surta gal yihiin.

Laga bilaabo 1 Abriil 2012, xaaska ama ori oo xaq u leh inay helsho joogitaanka joogtada ah sabab dhibane dagaal guri ahaan oo waxba-haysan waxay dalban kartaa helitaan dhaqaale bulsho xeerka hoos yimaada (gargaarka Dagaalka Guri Waxba-haysan (Destitution Domestic Violence (DDV)). Dadka xaqa u leh helitaankaan fasax ayay u leeyihiin, iyadoo xaaladda la socota helitaanka, ay kala duwan yihiin oo ay heli karaan qarash bulsho. Joogitaanka ku-meel gaarka ah oo hoos yimaada helitaanka waxaa la bixiyaa joogitaan 3 bilood waqtigaa loo baahan yahay inaad dalbato joogitaan aan xadaysnayn taas hoos timaadda xeerka dagaal-guri. Waxaan ku talinaynaa inaad hesho talo sharciyeed intaadan ka dalban Wakaadda Xuduudaha UK (UK Border Agency) inaad aragto haddii aad xaq u leedahay inaad hesho joogitaan. Haddii kale, waxaad toos wax uga dalban kartaa Wakaaladda Xuduudaha UK (hoos yimaad gargaarka Dagaalka Guri Waxba-haysan) (UK Border Agency, DDV (eeg [www.ukba.homeoffice.gov.uk/visas-immigration/while-in-the-uk/domestic\\_violence](http://www.ukba.homeoffice.gov.uk/visas-immigration/while-in-the-uk/domestic_violence) foomka ogaysiinta iyo jahaynta).



Waxaad la xiriiri kartaa Hay'adda Dadka  
Madow iyo Dadka Tirada Yar (Black and  
Minority Ethnic (BME)) iyo ururrada  
haweenka si ay kaaga caawinaan dalabkaan.

Dumarka ku nool London oo aan awoodin  
inay helaan caawinaadda DDV, waxay xitaa  
la xiriiri karaan Walaalaha Madow Southall  
(Southall Black Sisters) si aad uga hesho  
taageero dhaqale ee ku saabsan guriyayn  
iyo ku noolaasho. Waad u iimaylgareen  
kartaa [info@southallblacksisters.co.uk](mailto:info@southallblacksisters.co.uk) ama  
wac 020 8571 0800.



# 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 intuusan dhammaan ruqsaddaada soo gelitaanka ama joogitaanka.

Dhibanayaasha dagaal-guri ama noocyada kale ee dagaal ee UK noocyada kale ee dal-ku-joogga ah waxaad raadisaa talo ku saabsan taageerada ama dalabka joogitaanka UK sabab naxriis ahaan ama sababo kale ee ka baxsan Xeerka Socdaalka (Immigration Rules) dumarka ka baqaya xad-gudub haddii ay ku noqdaan guriga waxay kaloo raadin karaan talo ku saabsan dalabka qaxootinnimada ama badbaado bani'aadannimo. Waa inaad isku daydaa inaad gudbisid dalab joogitaanka UK inta uusan dhamman dal-ku-jooggaaga. Waxaad weli raadin kartaa talo inaad samayso dalabka daahsay ama 'waqtiga ka baxsan' ('out of time') laakiin, waa inaad fasirtaa sababta aad u daahday.

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 guriyaynta 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/](http://www.ukba.homeoffice.gov.uk/while-in-uk/domesticAbuse/) ama iimayl: [UKBApublicenquiries@ukba.gsi.gov.uk](mailto: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 fasio 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 HBV haddii aysan raacin dhaqanka soo jireenka ah ama waxa laga filayo xag diin, ay ku jirto, matal ahaan:

- Is-marin waxyaabaha laysku qurxiyo ama dharka galbeedka
- Inaad leedahay say ama laguugu arko nin aan ahayn xubin qoyska ah
- Uur ka baxsan guur
- Aad la leedahay xiriir qof ka duwan diintaada ama qarannimada

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

HBV gudihisa, qatarta aad ayay u saaraysaa maadama ay ka jiraan xad-gudubyaal badan qoysaska ballaaran ama xiriirka jaaliyadda, kuwaas oo ugu nidaamsan xag dhibaatayn ama ku xad-gudub haween. Dadka kale ee qoyska ama jaaliyadda waxay qasbi karaan dhinaha inuu ku laabto xaaladii xad-gudubka ama inaysan taageerin.

**DHIBANAASHA WAA DEGDEG  
U RAADIYAAN TAAGEERO SI  
LOO BADAADIYO IYAGA IYO  
CARRUURTOODA.**

# 7. Guur Qasab ah

Guur qasab waa marka qofka loo guuriyo qof kale iyadoo ka soo horjeedda rabitaankiisa iyo fasax la'aan. Guurka qasabka ah waa guur kaasoo ah ama noqon kara oorida aysan oggolayn, ama aan lahayn awood oggolaasho, ee guurka iyo ciriiriga ay ku jirto. Tani waxaa ka mid ah jirmi ahaan, galmo ahaan, maskaxiyan, dhaqaale ama dareen ahaan.

Guurka qasab ah waa mid ka duwan guurka la nidaamiyay. Guurka la nidaamiyay, qoysaska waxay ka ciyaarayaan qayb iyagoo soo xulaan sayga. Xulashada inaad rabto iyo inaad rabin waxa la diyaashay waa inay yeelataa qofka la guursanay. 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 guursanayo 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](mailto:info@southallblacksisters.co.uk)

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

## 8. Xadgudubka Yaradka

Kiisaska qaakood, 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 doonayo amar maxkamdeed si aad u badbaadisid naftaada.

Waxaad kaloo la xiiri kartaa Southall Black Sisters (Walaalaha Madow ee Southall) teleefoonkaan 020 8571 0800 ama ugu iimaylgaree [info@southallblacksisters.co.uk](mailto:info@southallblacksisters.co.uk)

## 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 FGM ama aad ka walwalsan tahay qof ku jira qatar 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 FGM.

Kiliinik xirfadlay ah waxaad ka heli kartaa adigoo taga  
[www.forwarduk.org.uk/resources/  
support/well-woman-clinics](http://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

turjubaan inuu qoykaaga u sheego waxa kugu saabsan, waxaad dalban kartaa turbaan kale.

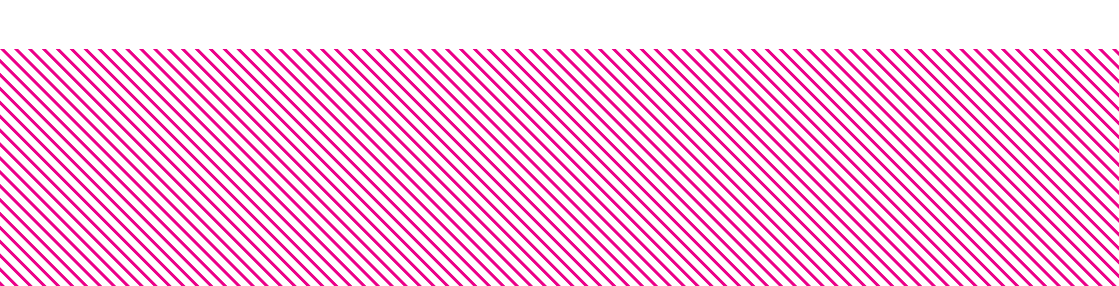
**LA HADAL QOF AAD KALSOONI KU QABTID AMA U GUDBII XAD-GUDUBKA BOLIISKA AMA XIRFADLE GURI AMA HAY'ADAHA DIBINDAABYAYNTA GALMO AMA LA TALIYE**

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 dhibaatayn 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

Ha ka walwalin haddii aadan hantidaada qaadan karin markaad ka tegaysid guriga – mar waliba waxaad soo laaban kartaa adigoo la socda boliiska si aad alaabtaada u qaadatid.

**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 (freephone, 24 saac) iyadoo wada hawl-galaan Women's Aid iyo Refuge.

## CAAWINAADDA GAARKA AH

- **Southall Black Sisters**  
(BME dumarka la kulma dagaal-guri/kufsi, guur qasab, xad-gudub meher, gudniin, Xad-gudubka Sharafka (HBV) iyo dhibaatooyinka socdaalka/dhibaatooyinka wareega)  
Qad macaawinaadeed: 020 8571 0800  
Shabakad:  
[www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)
- **Forced Marriage Unit (Qaybta Guurka Qasabka)**  
Qad macaawinaadeed: 0207 008 0151  
Shabakadda: [www.fco.gov.uk/forcedmarriage](http://www.fco.gov.uk/forcedmarriage)
- **Stalking Helpline (Caawinaada Daba-galka)**  
Qad macaawinaadeed: 0808 802 0300  
Shabakad: [www.stalkinghelpline.org](http://www.stalkinghelpline.org)

- **Jahwareerka Kufsashada (Rape Crisis)** (England & Wales)  
Qad macaawinaadeed: 0808 802 9999  
(teleefoon lacag la'aan)  
Shabakad: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

## QAD MACAAWINAADEED NORTHERN IRELAND, SCOTLAND IYO WALES

- **Northern Ireland Women's Aid (Taageerada Haweenka Waqooyiga Irland) 24 saac Domestic Abuse Helpline (Caawinaadda Xad-gudubka Guriga)**  
Qad caawinaadeed: 028 9033 1818
- **Scottish Domestic Abuse Helpline (Caawinaada Xad-gudubka Guri Scotland)**  
Qad caawinaadeed: 0800 027 1234
- **All Wales Domestic Abuse iyo Sexual Violence** (Welsh Women's Aid)  
Qad caawinaadeed: 0808 80 10 800
- **The Dyn Wales/Dyn Cymru Qad caawinaadeed:** 0808 801 0321
- **BAWSO** (for BME women ee Wales)  
Qad caawinaadeed 0800 731 8147  
(24 saacad)



- **Rape Crisis Scotland (Shiddada Kufsiga ee Scotland)**  
Qad macawinaadeed: 08088 010302  
(teleefoon lacag-la'aan)
- **Northern Ireland Rape Crisis and Sexual Abuse Centre (Xarunta Dhibaataada Kursiga Waqooyiga Ireland)**  
Qad macawinaadeed: 028 9032 9002  
( teleefoon lacag-la'aan)

## GUDNIIN

- **Foundation for Women's Health Research & Development (Saldhigga Cilmi-baarista Caafimaadka Haweenka iyo Horumarka) (FORWARD) Qad**  
macawinaadeed: 020 8960 4000  
Shabakad: [www.forwarduk.org.uk](http://www.forwarduk.org.uk)
- **Metropolitan Police**  
(Child abuse Investigation Command/ Project Azure)  
Teleefoon macawina: 020 7161 2888

## SOCDAAL, QAXOOTI IYO QARASH LA'AAN

- **Southall Black Sisters**  
Qad macawinaadeed: 020 8571 0800  
Shabakad:  
[www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)

- **Joint Council for the Welfare ee socdaalka**  
Qad macawinaadeed: 020 7251 8708
- **Asylum Aid (Taageerada Qaxootiga)**  
Qad macawinaadeed: 0207 354 9264

## KUWO KALE

- **Broken Rainbow** (labeebka, Qaniisyada, Labeeb, Dhalan-roq)  
Qad macawinaadeed: 0300 999 5428
- **Men's Advice Line (Tala-bixinta Ragga)**  
Qad macawinaadeed: 0808 801 0327
- **Respect Advice line**  
(Leenka bixiya maacwinada macluumaadka iyo talo siya dadka ku xad-gudba saygooda oo doonaya inay joojiyaan dhaqankaas)  
Qad macawinaadeed: 0808 802 4040
- **Childline (Qad Carruureed)** (24hr qad macawinaadeed aan lacag ahay ee carruurta)  
Qad macawinaadeed: 0800 1111
- **Mutadawac (Samaritans)** (lacag la'aan 24 saac caawinaad haddii aad dareensan tahay walwal) Qad macawinaadeed: 08457 90 90 90



- **The Ann Craft Trust**

(laga difaacayo xad-gudubka dadka qaba dhibaata waxbarasho)

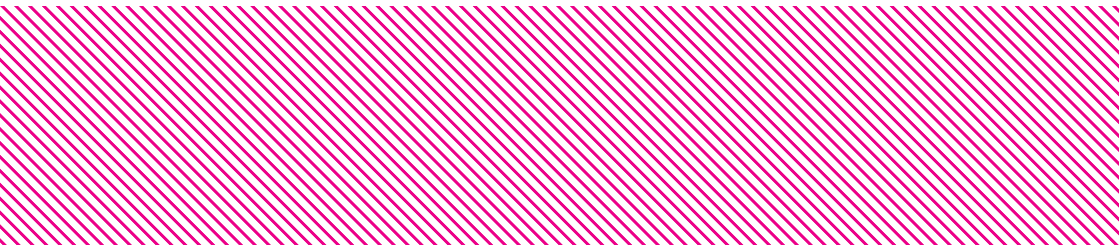
Qad macaawinaadeed: 0115 951 5400

- **Respond (Jawaab)** (Lagu taageero dadka qaba dhibaata waxbarasho, qoysaskooda, xannaaneeyayaasha Iyo xirfadalayda ay wax yeellayso dhibaada ama xag-gudubka)

Qad macaawinaadeed: 0808 808 0700

- **Codka UK (Voice UK)** (Lagu taageero dadka qaba dhibaata waxbarasho iyo dadka halista u ah inay la kulmay dembi ama xad-gudub)

Qad macaawinaadeed: 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](http://www.homeoffice.gsi.gov.uk/crime/violence-against-women-girls)

