

refugee council

help and advice



October 2006

Budhcadnimada guriga – ma u baahan tahay gargaar?

Budhcadnimada gurigu waa dhacdo ah hanjabaad, budhcadnimo ama xumeyn oo ka dhex dhacda dad waaweyn oo leh ama lahaan jiray xidhiidh, ama ka dhex dhacda xubnaha qoyska, ama dad kale oo ku nool ama ku noolaan jiray isku guri/hoy si kasta ha ahaado jinsigoodu ama galmadoodu.

Budhcadnimadu waxay yeelan kartaa qaabab badan:

- **xumeyn jidhka ah**; garaacid, haraati, faro-saar la isticmaalay ama aan la isticmaalin hub, ciijin iyo mudis/duris
- **xumeyn ah galmo**; kufsi, galmo qasab ah, daawashada ama ka-qaybgalka ashun-xumo galmo oo qofka lagu qasbo, lidka-uurka oo haweenayda loo diido
- **xumeyn ah niyadda**; hanjabaad (ay ku jirto naf-ka-jarid), alaabta/maalka oo khasaare loo geysto, qofka oo lagu qayliyo, cabsi-galin, xukumis
- **xumeyn dhaqaalaha ah**; cuntada ama lacagta oo qofka loo diido

Haddii xumeyn lagugu hayo, xusuuso:

- In aad xumeynta u soo sheegi kartid mid ama dhawr ka mid ah kuwan soo socda: : Khadka Gargaarka Budhcadnimada Guriga ee Heer Qaran (National Domestic Violence Helpline), boliiska, dhakhtarkaaga ama Golaha Qaxootiga (Refugee Council)
- waxa aad bixisid waxa laga dhigi doonaa qarsoodi lamana qaadi doono wax talaabo ah adiga oo oggalaada mooyaane
- isla markiiba waxa lagu geyn karaa meel amaan ah (iyada oo ilmahaagu kula socdaan)
- waxa laga yaabaa inaad awoodid inaad magangalyo si gooni ah u codsatid
- soo-sheegista xumeyn waxa loola dhaqmaa si culus
- sharcigu waxa uu badbaadin kaa siinayaa qofka xumeynta kugu haya, tusaale ahaan iyada oo la qaadayo talaabo sharci
- waxa laga yaabaa inay kuu sii socota gargaarka Adeegga Taageerada Magangalyada Qaranka (National Asylum Support Service) (NASS) taasoo ku xidhan xaaladahaaga
- adigu ma lihid khalad ah in lagu xumeeyo

La soo xidhiidh khadkan soo socda si aad gargaar u heshid:

Teleefonka wicistiisu bilaashka tahay (Freephone) ee ah 24-ka saacadood ee Khadka Gargaarka Budhcadnimada Guriga ee Heer Qaran oo ah 0808 2000 247

Haddii aanad ku hadlin Ingiriisiga, fadlan sheeg afka aad ku hadashid. Waxa laga yaabaa inaad sugtid inta laga helayo turjubaan, ama waxa aad sheegi kartaa afkaaga, iyo teleefonkaaga ka dibna la-taliye iyo turjubaan ayaa dib kuu soo wici doona.

Boliiska (degdegga) (Police (emergency)) 999

Khadadka gargaarka ee Golaha Qaxootiga. La xidhiidh xafiiska haboon inta lagu jiro saacadaha shaqada:

London	020 7346 6777
East of England	01473 297 900
West Midlands	0121 620 1515
Yorkshire & Humberside	0113 386 2210