

## **Xadgudubka Guryaha, Ku Xadgudubka Galmoodka iyo Wadajir 19-**

Meey 2020

Intii lagu gudajiray Faafida COVID-19 waxaan dhamaanteen ilaalinaynaa awaamiirta Dowlada ee ku aadan joogida guriga iyo amaankaaga. Nasiib darrose dadka qaar, tani maahan daruuri inay dhacdo, gaar ahaan markay tahay xadgudubka guriga.

Haddii aad ka walwalsan tahay xadgudubka guriga ee adiga kugu dhaca, ama saaxiib, xubin qoyska ka mid ah ama deriskaaga ayaa jira caawimaad la heli karo.

### **Booliiska wac**

Wac 999 xaalad degdeg ah.

Hadaadan hadli karin (maxaa yeelay qof ayaa ku maqli kara maqalkaaga) isticmaal 'xalka aamusnaanta'. Ha la hadlin hawl wadeenka laakiin taabo 55 marka uu kuguda galo howl wadeenka ayaa lagu geyn doonaa booliska. Qufac ama qaylo (furaha garaac gacanta gacanta) si aad uga jawaabto su'aalaha markii la weydiisto. Tani waxay ka caawin doontaa booliska inay fahmaan caawimaadda aad u baahan tahay.

Hadeysan ahayn xaalad deg deg ah waxaad toos ugu sheegi kartaa booliiska <https://www.reportingcrime.uk/> ama taleefanka 101.

### **Haddii aad u baahatid inaad baxsato waad ka bixi kartaa gurigaaga si aad uga badbaado xadgudubka**

Sharciga go'doominta ee guri ka dhalashada coronavir na ma khuseyso dadka ka cararaya xadgudubka guriga waana ka bixi kartaa gurigaaga. Waxaa laga yaabaa inaad rabto inaad tixgeliso

- Immediately U cararaya isla markiiba daris, saaxiib ama qof ka tirsan reerka hantidiisa.
- Options xulashooyinka hoy ee ay ku jiri karaan magangelyo. Waxaad tan ku sameyn kartaa taleefan, emayl ama shaqsi ahaan Howden House, Sheffield City Center inta lagu jiro saacadaha furitaanka. La xiriir Kooxda Sheegfield City Council ee Guryaha Xal u helista Guryaha 0114 273 6306 8.30am - 5galabnimo Isniinta ilaa Jimcaha ama 0800 731 1689 saacadaha ka baxsan. [li-mayl ku soo dir \[emailadadadandandoptions@sheffield.gov.uk\]\(mailto:emailadadadandandoptions@sheffield.gov.uk\)](mailto:emailadadadandandoptions@sheffield.gov.uk)
- free safarka tareenka online in ay magan galaan. Ku soo dir emailka ah [railtorefuge@womensaid.org.uk](mailto:railtorefuge@womensaid.org.uk)

### **Adeegyada takhasuska leh ee adeegyada taageerada xadgudubka guriga ayaa loo heli karaa dhibbanayaasha, qoyska, asxaabta iyo dadka kale ee ay quseyso**

Khadka caawinta Ku-xadgudubka Guriga ee Sheffield - khadka taleefanka ee IDAS 0808 8002241

Ka xor ah mobilada iyo taleefannada guryaha.

- Waxaa la heli karaa Isniinta-Jimcaha 8-da subaxnimo iyo 7-da fiidnimo iyo Sabtida 9-ka ilaa 5-ta dambe.
- Ha walwelin haddii aadan ku hadlin Ingiriisiga, IDAS ayaa kuu diyaarin karta si aad ugu hadasho luqaddaada.

Khadadka gargaarka qaran waxaa ka mid ah

- 24 saac National Khadka Xadgudubka Guriga qaran: 0808 2000 24 7
- Advice Line Ragga: 0808 801 0327 (ragga oo kaliya)
- Galop : 0800 999 5428 (loogu tala galay dumarka khaniisnimada ah, khaniisnimada, labada jinsi iyo dadka trans)
- Wixii su'aalo ah ee ku saabsan guurka khasabka ah la xiriir Qeybta Guurka Qasabka ah 0207 008 0151.

### **Webchat**

U adeegso adeegga [websaydhka IDAS websaydhka 'www.idas.org.uk'](http://www.idas.org.uk) Isniinta illaa Jimcaha 3-da galabnimo ilaa 6-da fiidnimo.

- Isticmaal Aid Haweenka webchat adeegga <https://chat.womensaid.org.uk/> Isniinta ilaa Jimcaha 10ka ilaa 2da

### **Kheyraadka kale ee khadka tooska ah ee internetka laga helo :**

- [www.Sheffielddact.org.uk](http://www.Sheffielddact.org.uk) ee adeegyada taageerada Sheffield ee maxalliga ah iyo macluumaadka. Dooro luqaddaada sare ee bogga.
- Chayn <https://chayn.co/> oo waxay bixisaa macluumaad in dhowr luqadood.
- Safelives hanuun qorshaynta badbaadada <https://safelives.org.uk/news-views/domestic-abuse-and-covid-19>
- <https://translate.google.com/> - Dhamaan dokumentiyada Ingiriisiga ah waxaa loo tarjumi karaa luuqad aad doorato ama kala soo bixi karto google turjumaanka.

### **Sidee bay goyska iyo asxaabtu u caawin karaan qof uu saameeyey xadgudubka quryuhu inta lagu gudajiray COVID-19?**

Qoyska iyo asxaabta ka walaacsan qof uu saameeyey xadgudubka gurigu wuxuu kala xiriiri karaan khadka caawinta Sheffield 0808 808 2241 ama isticmaali karaan [websaydhka www.idas.org.uk](http://www.idas.org.uk)

Calaamadaha aad u fiirsaneysaa waxaa ka mid ah:

- laga baxo
- nabarro nabar ah
- gacanta dhaqaalaha
- aan loo ogolayn inuu ka baxo guriga
- la socoshada adeegsiga teknolojiyadda sida aaladaha warbaahinta bulshada

## **Sidee bay derisku u caawin karaan kuwa ay waxyeeladu ka soo gaadhay xadgudubka guriga?**

Dad badan ayaa ku noolaan doona dariiqa ama beel ay ku dhacdo xadgudubka guryuhu. Haddii aad maqasho xadgudubka guriga ee rabshada guriga ah deriskaaga waxaa laga yaabaa inuu halis ugu jiro waxyeelo.

- Waxaad si qarsoodi ah u sheegi kartaa. La xiriir Dembiilayaasha internetka khadka tooska ah <https://crimestoppers-uk.org/> ama soo wac 0800 555111. Deriskaaga ma ogaan doono cidda soo warbixisay.
- Haddaad u aragto inay tahay xaalad degdeg ah, wac 999.
- Haddaysan ahayn xaalad deg deg ah waxaad toos ugu sheegi kartaa booliiska <https://www.reportingcrime.uk/> ama adoo wacaya 101.

Xusuusnow, deris wanaagsan noqo, soo sheeg dembiga oo waad ka hortegi kartaa dhimasho.