

Taageero dheeri ah

Boggan waxaa ku jira macluumaad dheeri ah oo ku saabsan dadka dhammeystiray sahanka.

Waadku mahadsantahay kaqeybgalka sahanka. Waxaan rajeyneynaa inaad xiisaysay oo aadan ka xanaaqin mowduucyada laga wada hadlay midkoodna. Si kastaba ha noqotee, haddii aad ku aragtay qayb ka mid ah khibrad dhib badan inay tahay, waxaad la xiriiri kartaa Ipsos MORI evenssurvey@ipsos-mori.com ama adeegso mid ka mid ah lambarrada taleefannada ee ku taxan salka boggan. Waxaa kale oo jira tiro ururo kala duwan oo halkan ku taxan oo aad la xiriiri karto si aad u hesho taageero.

AGE UK

Khadadka talobixinta ee 'Age UK' waa adeeg taleefan qaran oo bilaash ah oo qarsoodi ah oo loogu talagalay dadka waayeelka ah, qoysaskooda, asxaabtooda, daryeelayaashooda, iyo xirfadlayaashooda. Kooxda ayaa ku siin doonta macluumaad la isku halleyn karo oo casri ah waxayna kaa caawin doonaan inaad hesho marinka talooyinka aad u baahan tahay.

Adeegga talo bixinta ee khuseeya lacagta, daryeelka, caafimaadka, guriyeynta, ama mowduuc kale oo talo bixin ah ayaa lala xiriiri karaa maalin kasta oo sanadka ah, inta u dhexeysa 8da subaxnimo ilaa 7da fiidnimo.

Teleefonka: 0800 055 6112

Bogga: <https://www.ageuk.org.uk/>

Talada Muwaadiniinta

Shabakad samafal oo madaxbanaan oo talo qarsoodi ah ka bixisa khadka tooska ah, telefoonka iyo shaqsi ahaanba bilaash. Waxay ku siin karaan talo ku saabsan dheefaha, shaqada, deynta, guriyeynta, qoyska, socdaalka, iyo caafimaadka.

Khadka Talada(England): 03444 111 444

Khadka Talada (Wales): 03444 77 20 20

Khadka Talada (Iskotland): 0800 028 1456

Khadadka oo dhan waxaa la heli karaa 9ka subaxnimo ilaa 5ta galabnimo, Isniinta ilaa Jimcaha.

Bogga: <https://www.citizensadvice.org.uk/> (England & Wales)

Bogga: <https://www.cas.org.uk/> (Iskotland)

Chat wuxuu kuu ogolaanayaa inaad kula hadasho lataliye tababaran khadka tooska ah. Waxaad awoodi kartaa:

- Kala hadal dhibaataada deynta. <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/chat-service-money-and-debt/> Caawinta badanaa waxaa la heli karaa inta u dhexeysa 8da subaxnimo ilaa 7da fiidnimo, Isniinta ilaa Jimcaha

- Kala hadal nooc kasta oo dhibaato ah <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/> Caawinta badanaa waxaa la heli karaa inta u dhexeysa 10ka subaxnimo ilaa 4ta galabnimo, Isniinta ilaa Jimcaha

Kovid-19 Gargaarka La wadaago

Waxaa jira kooxo maxalli ah oo ku jira deegaankaaga si ay u taageeraan bulshooyinka ay dhibaataadu ka haysato Kovid-19 awgood

Booqo: <https://covidmutualaid.org/> oo geli aaggaaga ama lambarka boostada si aad u hesho kooxdaada kuugu dhow ee taageerada ah.

Daryeelka Tacsiiyeed

Khadka Caawinta Qaranka ee Bilaashka ah ee Daryeelka Murugada waxaa ka shaqeeya mutadawiciin murugaysan, oo siiya taageero shucuureed qof kasta oo ay waxyeeladu soo gaadhay.

Telefoon: 0844 477 9400 (Isniinta ilaa Jimcaha, 9ka subaxnimo ilaa 5ta galabnimo)

Bogga: <https://www.cruse.org.uk>

Adeegga Talobixinta Taagyeerida Sinnaanta (EASS)

EASS waxay leedahay khad gargaar oo ay ku siiso macluumaad iyo hagitaan ku saabsan takoorka iyo arrimaha xuquuqda aadanaha. Adeeggu waa bilaash oo si buuxda ayaa looga heli karaa telefoonka, emaylka, fakiska, boostada, xiriiriyaha fiidiyowga ee loogu talagalay kuwa doonaya adeegsiga BSL waxayna leeyihiin marin u helidda adeegyo u doodid kuwa qaba caafimaadka dhimirka iyo dadka naafada ka ah waxbarashada. Chat ayaa sidoo kale dhowaan la furi doonaa.

Waqtiyada Furitaanka: Isniinta ilaa Jimcaha 9ka subaxnimo ilaa 7da habeenimo iyo Sabtida 10 subaxnimo - 2da duhurnimo.

Khadka Talada: 0808 800 0082

Telefoonka qoraalka: 0808 800 0084

Bogga: <http://www.equalityadvisoryservice.com/>

MIND

MIND oo ah olole talo iyo taageero bixiya si loo xoojiyo qof kasta oo ay la soo dersto dhibaato caafimaad maskaxda. Waxay u ololeeyaan hagaajinta adeegyada, kor u qaadista wacyiga, iyo kobcinta fahamka.

Waxaad la xiriiri kartaa MIND-da 'Infoline', 9ka subaxnimo ilaa 6da habeenimo, Isniinta ilaa Jimcaha (marka laga reebo Fasaxyada Bangiga): 0300 123 3393

emaylka: info@mind.org.uk

Bogga: <https://www.mind.org.uk/>

Qoraal: 86463

Khadka amaahda Qaranka

Waxay leeyahiin rikoodh la xaqiijiyay oo ah inay khibrad ka badan 25 sano inay bixiyaan talo bixin deyn. Waxay ballanqaadayaan inay bixiyaan lataliyeyaal deyn khibrad leh oo taageera oo loo tababaray heer sare.

Wac talo bixin deyn oo bilaash ah 0808 808 4000 Isniinta ilaa Jimcaha, 9ka subaxnimo - 8 habeenimo iyo Sabtida 9.30 subaxnimo - 1 galabnimo

Bogga: <https://www.nationaldebtline.org/>

Hoyga Magangelinta

Khad 24 saacadood oo caawimaad ah oo loogu talagalay qof kasta oo la kulma xadgudubka guriga:

Telefoonka: 0808 2000 247

Bogga: <https://www.refuge.org.uk/>

Waxay sidoo kale leeyihiin ilo kala duwan oo dijitaal ah oo laga heli karo www.refuge.org.uk iyo www.nationaldahelpine.org.uk

Samaritans

Taageero qarsoodi ah oo loogu talagalay dadka dareemo murugo ama rajo beel:

Telefoon: 116 123 (Khad 24 saacadood oo lacag la'aan ah)

E-mayl: jo@samaritans.org

Bogga: www.samaritans.org.uk

Stop Hate UK

Stop Hate UK waa hay'ad samafal oo bixisa taageero madax-bannaan oo qarsoodi ah dadka ay saameeyeen Dembiyada Nacaybka. Waxay bixiyaan dambi nacayb qarsoodi ah adeegyada warbixinta gudaha meela kala duwan oo Boqortooyada Midowday ah, oo ay ku jiraan khad gargaar oo 24-saac ah. Fadlan hubi liiska meelaha si taxaddar leh kahor intaadan wicin.

Bogga: www.stophateuk.org

24-saac khadka caawinta: 0800 138 1625

Fakis: 0113 341 0396

Qoraal: 07717 989 025

E-mayl: talk@stophateuk.org

Taageerada Dhibanaha

Haddii dembi kugu saameeyo, waxay ku siin karaan taageero aad ugu baahan tahay inaad horay u socoto. Adeegyadu waa lacag la'aan, qarsoodi ah, oo ay heli karo qof kasta oo jooga England, Wales, ama Iskotland iyadoon loo eegin haddii dambiga la diinwaangeliyay iyo sida uu u dhacay ka hor.

Wac khadka taleefanka oo bilaash ah

08 08 16 89 111 (England & Wales, 24 saacadood maalintii)

0800 160 1985 (Iskotland, 8 subaxnimo ilaa 8 habeenimo)

Adeegga emayl ugu dir adoo adeegsanaya foomka tooska ah ee bogga:

<https://www.victimsupport.org.uk/> (England & Wales)

<https://victimsupport.scot/> (Iskotland)