

## Waa maxay xadgudubka qoyska?

Xadgudubka qoyska wuxuu ku dhici karaa qof walba.

Waa dhacdo (ama taxane dhacdooyin ah) oo ah dhaqan xakameyn, qasbasho, hanjabaad, sharaf rid ama rabshad, oo badanaa ka timaada lammaane ama lammaane hore, laakiin sidoo kale waxay ka imaan kartaa xubin kale oo qoyska ah ama daryeelahaba.

## Cidda aanu nahay

Adeegyada Taageerada Xadgudubka Qoyska ee Lancashire (Domestic Abuse Support Services Lancashire, DASSL) waa adeegga taageerada xadgudubka guriga ee gobolka oo dhan.

S wadajir ah, waxaan siinaa heer taageero degdeg ah oo ballaaran dadka dhibbanayaasha-badbaadayaasha xadgudubka qoyska. Waxaan bixinaa helitaanka tooska ah ee adeegyada deegaankaaga iyo helitaanka taageero 24-saac ah.



Waxaan ognahay mararka qaar in khatar ay tahay in la hadlo

**Sheekaysigeena onleenka ah waxaa laga heli karaa maalin kasta boggeena internetka**

**10 subaxnimo illaa 12 duhurnimo,  
2 duhurnimo illaa 4 galabnimo,  
8 fiidnimo illaa 10 fiidnimo**

## Nala soo xiriir

 0300 3033 581

 [contact@DASSL.org.uk](mailto:contact@DASSL.org.uk)

 [www.DASSL.org.uk](http://www.DASSL.org.uk)

**Xaaladda degdegga ah  
wac 999**

Waxaa maalgeliyay

**Lancashire**  
County  
Council 



**DASSL**

Domestic Abuse Support  
Services Lancashire

**Hoy ammaan ah iyo  
taageero haddii aad  
saameyn ku yeelato  
xadgudubka qoyska**



## Sida aan kuu taageerno

**Waxaad taageero qarsoodi ah ka heli doontaa takhaatiirta ku taqasusay Xadgudubka Guriga sida ugu badbaadsan adiga:**

- Fool-ka-fool
- Wac khadka telefoonka ee 24-saac ah
- Noo soo dir iimayl Isniin illaa Jimce 9 subaxnimo illaa 5 galabnimo
- Shaqada kooxeedka (wac waqtiyada)
- Taageero muuqaal ah oo ay abaabushay kooxdeena

**Waxaan halkan u joognaa inaan ku caawino, waan ku dhageysaneynaa oo ku fahmaynaa**



## Adeegyadeena

- Helitaanka hoyga degdegga ah ee ammaanka ah 24 saac
- Qorsheynta badbaadada
- Adeegyada taageerada ee carruurta & dhalinyarada
- Baahiyo badan waxay u baahan yihiin hoy ammaan ah
- Wacyigelinta bulshada ee dadka waaweyn iyo carruurta
- Barnaamijyada shaqa kooxeedka
- Adeegyada taageerada ragga & hoyga
- Taageerada luuqadda
- Taageerada dadka jinsigooda beddelay iyo kuwa aan labada jinsiba ahayn ee ka badbaaday xadgudubka qoyska
- Tixraacyada hay'adaha kale & adeegyada takhasuska leh



## Sida loo tixraaco

**Adeeggeena guud ee degmada waxaa loo heli karaa qof kasta oo ay saameeyeen xadgudubka qoyska ee Lancashire.**

Tixraacista adeegyadeena way sahlan tahay. Si toos ah ayaad noola soo xidhiidhi kartaa ama aad ka codsan kartaa qof ku taageera inuu nala soo xidhiidho.

Waxaad nala soo xiriiri kartaa adigoo adeegsanaya lambarkeena telefoonka 24-saac ama adigoo adeegsanaya adeeggaaga deegaan adigoo ka raadinaya khariirada is-dhexgalka ee boggeena: [DASSL.org.uk](http://DASSL.org.uk)