

**Help with immigration issues**

Some women want to get help or escape an abusive husband but are worried about how it will affect their immigration status.

At Refugee Women of Bristol we cannot provide all the solutions, but we will listen to you whatever your circumstances and we will help you choose the support that is right for you.

We hold a free and open drop-in service for women from a refugee background whatever your current status.

The drop-in is every **Tuesday** from **10am to 3pm** during term-time at:

**Malcolm X Centre  
City Road, St Paul's**

**Bristol BS2 8YH**



Shula Soleman

**How to get help**

Come and talk to us at the Tuesday drop-in at Refugee Women of Bristol.

- We will listen to you whatever your immigration status.
- We will believe you.
- We won't judge you.
- We can give you advice about what services you can access.
- We won't talk to anyone else without asking you first.

**Refugee Women of Bristol:**

0117 941 5867

[info@refugeewomenofbristol.org.uk](mailto:info@refugeewomenofbristol.org.uk)

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

**Bristol Domestic Abuse Helpline:**

0800 6949 999 (24hr)

**SARSAS:** (rape and sexual abuse support) 0808 801 0456

**Victim Support Line:** 0845 3030 900

**Bristol Against Violence and Abuse:** (support services)

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

*If you or your children are in immediate danger call 999.*



**Refugee Women of Bristol**



Shula Soleman

**LET US TALK ABOUT DOMESTIC  
VIOLENCE AND ABUSE**





"Everyone thinks my husband is wonderful. They say he treats me like a princess. He gives me gold and pays for everything. He says I don't need to carry money. He takes me everywhere. He says I don't need to take my driving test. He always calls to see if I need anything. I'd like to study, but he says it's better for the children if I stay at home. He makes all the decisions. I feel like a bird in a cage"



### What is Domestic Abuse?

The story above is one example of Domestic Abuse. Domestic Abuse is when someone controls your life by being emotionally, physically, financially or sexually abusive. The abuser may be your husband, partner, your child or a family member.

One in four women in the UK have experienced Domestic Abuse. If you are afraid of your partner it is likely you are experiencing Domestic Abuse.

**Don't suffer in silence.**

*I want to ask for help but...*

*Can I stay in the UK?*

*Will they take away my children?*



Shula Solesman

*Is it my fault?*

*What will people think of me?*

At Refugee Women of Bristol we understand your worries. Domestic Abuse is never your fault and can affect your mental wellbeing and physical health. You can talk to us, see back page for more details.

### Did you know?

30% of domestic abuse starts during pregnancy.

Domestic Violence and Abuse teaches children negative things about relationships and can affect their school work. We can help you to get support for yourself and your children.

In 2012 in Bristol, support services were accessed 1,553 times by women experiencing abuse, helplines received 4719 calls, you can get help.

### Your rights

The UK law says men and women are equal. Women are entitled to the same services, employment, benefits, housing and education as men.

If you are on a spouse visa and your husband is a British Citizen or has indefinite leave to remain in the UK and you are experiencing Domestic Violence or Abuse, you may be able to apply for leave to remain without the support of your husband.

Domestic Violence and Abuse is a crime. The Police will help you and your children if you contact them.