

# About...

## Ashram Women's Refuge for black minority ethnic and refugee women and children

- ▲ Once you are away from the situation, inform the police;
- ▲ See your doctor and have a medical for records;
- ▲ Contact us on the number below, we can offer you all the help and support you need.

**Don't suffer in  
silence! We are  
here to help.**

**For a different language or  
format, please contact us.**

如果您需要其他语言或格式的帮助，请联系我们

В случае необходимости получить информацию на другом языке или в другом формате просим связаться с нами.

Pour tout autre langue ou format, veuillez nous contacter

بۆ ھەر زمانىكى تر يان ھەر شىۋازىكى تر ، تىكايە پەيوەندىيىمان پىتوھ بىكە

बिसे ही उर ब्रामा नां तुप लछी बिरपा बरवे सांठे नास मपख बटे।

Haddii loo baahdo luqad kaleama qaab kale loo sameeyo, fadlan nala soo xiriir

অন্য ভাষা অথবা তর্জমার জন্য আমাদের সঙ্গে যোগাযোগ করুন

لأى لغة أو صيغة أخرى برجاء الاتصال بنا

كسى دېگىزبان يا شكل كے ليے برائے مہربانی ہم سے رابطہ كيجیے

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# About...

## Ashram Women's Refuge for black minority ethnic and refugee women and children

## Ashram Women's Refuge

- ▲ Am I suffering from Domestic Abuse?
- ▲ Do I know someone who is having problems at home?
- ▲ Do I know what can be done about it?

## Life does not need to be this way

### Am I suffering from Domestic Abuse?

We support black, minority and ethnic women and their families who are fleeing domestic violence and in need of refuge. Abuse comes in many forms:

- ▲ Bullying;
- ▲ Emotional;
- ▲ Religious;
- ▲ Physical;
- ▲ Sexual;
- ▲ Financial.

1 in 4 women experience domestic violence at some stage in their lives. Here at Ashram we can offer support based on individual need:

- ▲ Help with finding a safe house/refuge if not in same area;
- ▲ Accessing benefits;
- ▲ Refuge accommodation and help with housing;
- ▲ Liaise with legal services;
- ▲ Schools, community links;
- ▲ Emotional support.

At Ashram we promote independence by enabling women to make informed choices about their future.

### How to recognise the early signs?

Here are some of the early signs, do any of these ring alarm bells for you?

**My partner becomes jealous if I am talking to other people**

**My partner tells me what I am allowed / not allowed to wear**

**My partner blames me for everything that goes wrong**

*The text box in blue is usually the one associated with domestic abuse - take a look at the others, they can be domestic abuse too*

**When we are out together I am not allowed to look at people of the opposite sex**

**My partner does not allow me to have any money at all**

**My partner abuses me**

### What to do in an emergency?

- ▲ Leave the situation and find a safe place, for example a neighbour's, a friend's or a relative's house.

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