

Stay Safe East

Tackling bullying, hate crime, domestic and sexual violence against Deaf and disabled people

Information Leaflet

Are any of these things happening to you?

- I am being called names by people at college or at school
- I have been bullied on the bus
- The kids on my estate are bullying me
- I've been thrown out of my wheelchair
- I don't feel safe at home because my mum hits me
- My family are taking all my money
- I don't want to get married but my dad says he will make me
- My carer shouts at me and makes me do things I don't want
- Something else is happening that makes me feel unsafe



If you said yes to any of these questions and you are a Deaf or disabled person, **Stay Safe East may be able to help you.**

Contact Stay Safe East: 0208 519 7241 SMS/mobile: 07587 134122
e-mail: advocacy@staysafe-east.org.uk

Who can Stay Safe East help?

We can help you if:

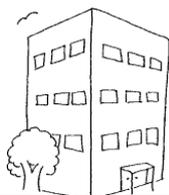
- You live in Waltham Forest or Newham; we may be able to help if you live in other East London boroughs
- You are a disabled person (for example if you have a physical disability or long term health condition, a learning difficulty, mental health issues, you are hard of hearing or visually impaired or a Deaf BSL user, or you have autism)
- You are being bullied or harassed, or you don't feel safe



How can Stay Safe East help me?

	<p>We will listen to you. Sometimes it helps just to tell someone about being bullied.</p>
	<p>We will tell you about your rights. We will do this in a way that you can understand.</p>
	<p>We will help you decide what you want to do about the bullying, hate crime or domestic violence.</p>
	<p>If you decide to tell the Police or Housing, for example, we can come with you to meet them. We can help you to make a report to the Police. We will try and make sure they listen to you and take you seriously.</p>
	<p>We can help you find a safe place to be, or we can help you to make your home safe.</p>
	<p>We can help you to get counselling or other support. We can find someone to help if you have problems with your benefits.</p>
	<p>We will respect your choices and your culture.</p>

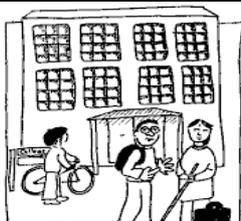
Harassment and bullying (hate crime)



If the people doing the bullying are your neighbours, we can help you talk to your landlord or the police – the law says they must do something about it.



If the bullying or hate crime happened on a bus, in a cab or at a station, we can help you tell the transport police, Transport for London or a train company.



If the bullying happened at school or at college, we can help you tell them what is happening and get something done about it. We can come and give a talk to students about disability hate crime and why it is wrong.

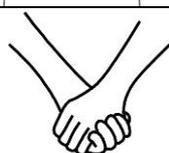
Bullying and violence by your family or by carers (domestic violence)



If you don't feel safe because your partner or your family are bullying you, Stay Safe East can help you.



We can help you find a safe place to go, help make your home safer. We can help you to go to court to stop the person bullying you.



If this happens and you need to tell the court your story, we can make sure you get support.

I am being bullied now- what can I do?

If you are in danger, always ring the police on 999

If you are deaf or without speech, you can contact 999 by SMS text. To register, text 'Register' to 999. When get a reply, follow the instructions.

if you are not sure about ringing the Police, you can ask someone you trust to help you ring the police. Or they can ring the Police for you.

If you need to talk to someone, here are other some useful numbers:

Samaritans: Phone: 08457 909 090 Textphone: 08457 90 91 92

National domestic violence helpline - for anyone who is a victim of domestic violence from family or a partner

Phone: **0808 2000 247** (you can contact them via Typetalk)

Broken Rainbow - for Lesbians, Gay men, bisexual or transgender people who are victims of domestic violence from family or partners

Phone: **0300 999 5428** Monday: 2pm - 8pm Wednesday: 10am - 5pm
 Thursday: 2pm - 8pm E-mail: help@broken-rainbow.org.uk

About Stay Safe East

Stay Safe East is an organisation run by disabled people.
 We work for the rights of disabled people from all communities.
 We get money from Trust for London to help us to do our work.

To contact Stay Safe East (Mondays to Fridays 10am to 5.30pm)

Phone us		Mobile: 07587 134 122 Office: 0208 519 7241
SMS text		07587 134122
E-mail		advocacy@staysafe-east.org.uk
Website		www.staysafe-east.org.uk
Facebook		facebook.com/staysafeeast
Write to us or visit us		Waltham Forest Resource Hub (South), 90 Crownfield Road. London E15 2BG
Getting there		Buses 58, 69 stop in Crownfield Road 50 metres away
		Our service is accessible, including to people who use BSL, Makaton or spoken community languages.