

A Comprehensive **NEW** Pocket Guide for our fellow European visitors from **Poland**

Packed with useful information on a variety of topics including:

Immigration Rights & Work Permit procedure, **Police Powers**, **The Law**, **the CJS Alcohol**, **Drugs** **THE LAW & DRIVING**, **assault** and **sexual offences** **Domestic violence**, **Rape** *Bullying*, **Truancy** **Rights at Work**, & looking for a job **Having a baby** **Racial harassment** **Rights when renting a property** **The National Health Service** **Adult Education**, **ENGLISH LANGUAGE CLASSES** and **Local Support Agencies**



Recent Statistics

“About 600,000 people have come to work in the UK from the European Union since 2004.”

Tony McNulty
Home Office minister.

The Benefits of the Book

- ✓ An ideal way to communicate with the Polish Community in your area, without interpreters.
- ✓ A gift with which to welcome the fellow Europeans and inform them of their rights and obligations and a happy new life in Britain.
- ✓ Encourage reporting of crime, and provide support for victims of domestic violence, rape and racial harassment.
- ✓ Inform communities about the law in relation to drugs, drink, driving, sexual and other offences
- ✓ Inform them of the multi ethnic Britain and encourage integration, respect and tolerance.
- ✓ Inform them of their rights at work, how to find work, and the legal requirements to be able to work in the UK.



A FEW SAMPLE PAGES OF THE BOOK



DRIVING & THE LAW

DRIVING

DRIVING

YOUR DRIVING

- It is an offence to drive a vehicle in a road which is not a road & attention is directed to it
- It is an offence to use a vehicle on a road which is not a road

DRIVING ON THE ROAD

DRIVING

- It is an offence to drive a motor vehicle on a road which is not a road
- It is an offence to drive a motor vehicle on a road which is not a road
- It is an offence to drive a motor vehicle on a road which is not a road

DOCUMENTS

- It is an offence to drive a motor vehicle without a valid Driving License, Insurance Certificate, Road Tax and MOT
- It is an offence to register a vehicle or drive a vehicle on a road which is not a road

ACCIDENTS & DRUGS

- It is an offence to drive a motor vehicle without a valid Driving License, Insurance Certificate, Road Tax and MOT
- It is an offence to register a vehicle or drive a vehicle on a road which is not a road

YOUR VEHICLE

- It is an offence to drive a motor vehicle without a valid Driving License, Insurance Certificate, Road Tax and MOT
- It is an offence to register a vehicle or drive a vehicle on a road which is not a road

DRIVING

DRIVING

International Driving Licences

European Countries: If you hold a licence issued in any of the European Countries, you are allowed to drive in the UK, as long as the licence is valid.

All Other Countries: If you hold a full valid licence from all other countries, you are allowed to drive in the UK for a period of 12 months from the first entry to the UK. After that you need to apply for a provisional driving licence, and take a test.

CONTACTS:
Driver & Vehicle Licence Agency (DVLA) Swansea SA6 7JL
Tel: 0878 246 0099

Learner Drivers Need

YOU HAVE 17 OR OVER
ACCOMPANIED BY A SUPERVISOR WHO IS 21 AND HAS A PROVISIONAL DRIVING LICENCE
PLATES DISPLAYED IN THE FRONT AND REAR OF THE CAR
YOU MUST BE SEATED IN THE FRONT SEAT AND BE WEARING A SEAT BELT

ALCOHOL PROBLEMS

ALCOHOL

ALCOHOL

Do you have a drink problem?

- Do you have a craving - a strong need to drink?
- Unable to limit your drinking on any given occasion?
- Do you get physical symptoms such as sweating, shakiness and anxiety when alcohol is stopped?
- Do you need to increase amounts of alcohol in order to feel its effects?
- Is alcohol taking over your life, resulting in other aspects of life being neglected?

Symptoms, Risks and Dangers of Alcohol

- Poor concentration
- Depression and insomnia
- Anxiety and stress
- Lack of energy
- Hangovers
- Weight gain
- High blood pressure
- Impotence
- Nausea and vomiting
- Liver disease
- Brain damage
- Gastritis
- Family problems
- Problems at work
- Police problems
- Poor coordination
- Blackouts

There is 1 unit of alcohol in:

- 10 pints of lager or beer
- 1 pint of extra strength beer
- 1 glass of wine
- 1 single measure of spirit

MORE THAN 1 UNIT PER DAY PUTS YOU AT RISK

ALCOHOL

ALCOHOL

A GUIDE FOR CUTTING DOWN ALCOHOL

- Limit your intake of alcohol, or give up drinking altogether if you can
- Always set yourself limits of how many you will drink, and keep to it
- Write down the reasons why you would like to control your drink
- Try to keep away from people who encourage you to drink more
- Make your drink, put it down before you, or try drinking non-alcoholic drinks in between
- Find other activities to replace drinking when socialising, like dancing
- Try to have a few alcohol free days during the week to get you used to going without
- Admit you have a problem and decide to seek professional help and advice
- Don't give up if you don't succeed at first
- Many people find it hard to stop at first

HELP IS AT HAND

Drinkline
The National Alcohol Helpline
0800 017 8282
Drinkline offers free, confidential information and advice on alcohol. Alcoholics Anonymous
0845 742 7855
(National Helpline)
Storehouse
PO Box 1
Stourport House
Stourport
Worcestershire
WYK 101 2NJ
www.alcoholicsanonymous.org.uk

Al-Anon Family Groups
11 Great Dover Street
London SE1 4VF
www.al-anon.org.uk
Helpline: 020 7422 0088
Self-help for friends and families of Alcoholics Anonymous
www.al-anon.org.uk
Waterbridge House
32-36 Leman Street
London E1 6EE
Tel: 020 7428 3377
Monday to Friday
9.00 am - 6.00 pm
www.alcoholconcern.org.uk

DOMESTIC VIOLENCE

ASSAULT

ASSAULT

Domestic Violence

Domestic violence is a pattern of controlling and aggressive behaviours from one adult, usually a man, towards another adult, usually a woman, within the context of an intimate relationship. It can be physical, sexual, psychological or emotional abuse. Violence is the use of force or the threat of force to cause physical, sexual, financial or emotional harm (intimidated or forced sexual activity).

Physical Violence

Being violent to you and others, sleeping, punching, grabbing, hitting.

Financial Control

Interfering with your work or not letting you work.

Verbal Abuse

Name calling, mocking, accusing, blaming, insulting, swearing, shouting.

Sexual Violence

Using force, threats or intimidation to make you perform sexual acts.

Domestic Violence

Abusing Trust

Abusing Trust means undermining information, creating an inability to trust, or being overly jealous.

Threats and/or GIVING UP

Threats and/or GIVING UP means threatening to harm you or your children.

Intimidation

Intimidation means making you or threatening you with violence or other things that are scary or scary things.

ASSAULT

ASSAULT

GETTING HELP

Many people who are being abused do not tell anyone. People often feel embarrassed or ashamed of physical violence, sexual violence, financial control, or other forms of abuse. If you are being abused, you should tell someone you trust about it.

Police Emergency 999

Police Non-Emergency 101

Victim Support 0800 709 9090

Women's Aid National Helpline 0800 526343

Domestic Violence 24 Hour Helpline 0800 330044

Refuge 24 Hour Helpline 0773 838945

The Sanctuary 0845 900090

National Child Protection (NSPCC) 0800 505050

Shelter Housing National Helpline 0800 280444

Janet's Women's Aid 0800 354333

Black Act of Women 0800 2947390

Chinese Aid & Advice Centre 020 7492 9493

Southall Black Sisters 020 8717 9991

Contact the agencies listed and ask for them. Some offer advice in different languages.

POLICE POWERS

THE POLICE

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General Powers of the Police

Most of the rules that police officers are set out in codes of practice. The codes must be followed.

Powers of entry

Police can enter premises to:

- investigate a crime
- prevent a crime
- prevent a person from committing a crime
- prevent a person from committing a crime
- prevent a person from committing a crime
- prevent a person from committing a crime

With a warrant the police can:

- enter any premises
- seize anything that is evidence of a crime
- seize anything that is evidence of a crime
- seize anything that is evidence of a crime
- seize anything that is evidence of a crime

Step and search

The police can stop and search you if:

- they have a good reason to believe you have a weapon, or any article which is evidence of a crime
- you have a good reason to believe you have a weapon, or any article which is evidence of a crime
- you have a good reason to believe you have a weapon, or any article which is evidence of a crime
- you have a good reason to believe you have a weapon, or any article which is evidence of a crime

Powers of arrest

The police can arrest you if:

- you are suspected of committing a crime
- you are suspected of committing a crime
- you are suspected of committing a crime
- you are suspected of committing a crime

THE POLICE

THE POLICE

AT THE POLICE STATION

If you have a hearing disability, you should be allowed to have a hearing aid or a sign language interpreter at the station.

If you are under 17 years of age, you should be allowed to have a parent or guardian with you.

If you are from abroad, you should be allowed to have a translator at the station.

THE POLICE

Information of the reason you have been arrested

Information of the reason you have been arrested

Information of the reason you have been arrested

Information of the reason you have been arrested

THE LAW

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ASSAULT OFFENCES

Common Assault

Acting in a threatening or abusive manner towards another person.

Actual Bodily Harm

Causing any physical injury to another person.

Sexual Assault

Touching another person in a sexual way without their consent.

Rape

Having sexual intercourse with another person without their consent.

Sexual Offences

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RENTING A HOME

RENTING

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Repairs and Maintenance

The landlord is responsible for:

- Structure of the property, roof & gutters
- Gas, electricity, water & drainage
- Heating and hot water systems, insurance
- Communal areas, steps & ground repair
- Fire safety and fire protection (except with all furniture)
- Gas safety, appliances and flues to have CO2/1 certificates
- Landlord must not neglect the property or its garden

Tenancy Agreement

The landlord must give you a written tenancy agreement. It should include:

- How much rent you have to pay
- How long the tenancy is for
- What you can and cannot do
- What happens if you don't pay the rent
- What happens if you don't look after the property

Entry

The landlord can enter your property to:

- check the condition of the property
- make repairs
- show the property to prospective tenants

Threats

Landlord cannot threaten you to:

- leave the property
- pay more rent
- do anything else

Deposits

The landlord must only deduct reasonable costs from the deposit, and cannot keep back any part for wear and tear, or to profit from the deposit.

Guests

The landlord cannot stop your friends or family members from visiting you or calling you.

Rent

The landlord must give you a written tenancy agreement. It should include:

- How much rent you have to pay
- How long the tenancy is for
- What you can and cannot do
- What happens if you don't pay the rent
- What happens if you don't look after the property

RENTING

RENTING

Notice to Move Out

The landlord must give you a written tenancy agreement. It should include:

- How much rent you have to pay
- How long the tenancy is for
- What you can and cannot do
- What happens if you don't pay the rent
- What happens if you don't look after the property

Taking a tenancy

You should be allowed to take a tenancy if:

- you are a tenant
- you are a tenant
- you are a tenant
- you are a tenant

Equipment of the Property

You are entitled to the safe enjoyment and quiet enjoyment of the property, which must be fit for human habitation and free from interference with utilities or other supplies to the property.

Community Legal Service Direct

A free service to help you solve your legal problems. 0845 345 6345

Shelter Advice and Information

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Department for Work and Pensions 020 7712 2371

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