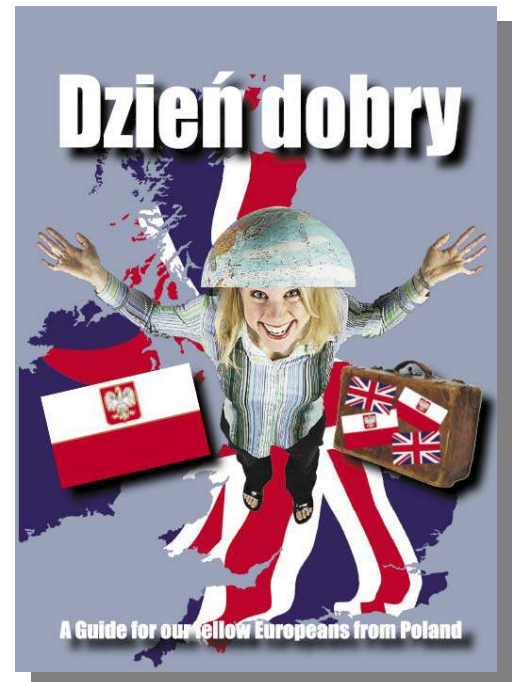


# A Comprehensive **NEW** Pocket Guide for our fellow European visitors from **Poland**

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.




## IMMIGRATION RIGHTS

### IMMIGRATION 1

#### SERIES OF FINISH OFFERS

On 1 May 2004 Poland joined the European Union, as a Polish citizen you therefore have the right to live and work in the United Kingdom.



**WORKING IN THE UK YOU MUST:**

- Apply to register with the Home Office Worker Registration Scheme (WRS) as soon as you have started your new job. Complete the form WRS, giving your personal details. You can get a copy of the form WRS by phoning 0870 230222 or visiting: [www.workingintheuk.gov.uk](http://www.workingintheuk.gov.uk) or [www.workingintheuk.gov.uk](http://www.workingintheuk.gov.uk)
- Also send:
  - A letter from your employer confirming that you are working
  - Your recent passport size photo
  - Your passport or identification documents (ID)
  - A payment of £72 with your application.
- Contact the Home Office for enquiries: [WRS@hm.gov.uk](http://WRS@hm.gov.uk)

**If you do not apply within one month of starting a job your employment will become illegal.**

### IMMIGRATION 2

#### SERIES OF FINISH OFFERS

**ORGANISATIONS WHICH PROVIDE FREE ADVICE AND REPRESENTATION**

**Immigration Advisory Service**  
County House  
150 Dean Court Road  
London E24 4JF  
Telephone: 020 7462 3300  
Website: [www.immsa.org.uk](http://www.immsa.org.uk)

**Joint Council for the Welfare of Immigrants**  
111 Old Street  
London EC1Y 4SP  
Telephone: (020) 7751 6008

**National Association of Citizens Advice Bureaux**  
Mylbaker House  
111-122 Regent's Road  
London W1G 9LS  
Telephone: (020) 7532 2011

**Immigration Law Practitioners Association**  
Lindley House  
45-47 St. Peter's Street  
London EC2P 3AD

**To Complete make a decision: The Office of the Immigration Services Commissioner**  
28 Place, Doughty House  
83 Tisbury Street  
London E1 1AB

**Immigration and Nationality Directorate (IND)**  
Lamp House 40 White Horse Road, Epsom Surrey, KT17 1AW  
Tel: 020 866 7766

## THE CJS AGENCIES

### THE CJS

#### CRIMINAL JUSTICE SYSTEM

The Criminal Justice System is made up of a series of agencies that work together to provide justice for victims and offenders.

**The Police force is responsible for:** keeping the peace, catching criminals and gathering evidence for the prosecution.

**The Police catch the criminal and take them to the Police station, for their arrest.**

**After the arrest, and in discussion with the Crown Prosecution Service, the Police charge the offender.**

**After the charge, and in discussion with the Crown Prosecution Service, the Police take the offender to court.**

**At the court, the judge decides whether the offender is guilty or not. If they are guilty, the judge will decide on the sentence.**

**Most cases go to the Magistrates' Court, where there are judges and lay magistrates who hear the case and pass sentence.**

**The Crown Court deals with more serious cases. There are six judges of the court and there are lay magistrates who sit with the judge to pass sentence.**

**The High Court deals with the most serious cases. There are three judges and there are lay magistrates who sit with the judge to pass sentence.**

**The Home Office is responsible for the care and supervision of offenders in the community.**

**Prison Service is responsible for the care and supervision of offenders in prison.**

**The Probation Service is responsible for the care and supervision of offenders in the community.**

**The Youth Justice System is responsible for the care and supervision of young offenders.**

**Victim Support is responsible for supporting victims and their families.**

### THE CJS

#### CRIMINAL JUSTICE SYSTEM

**PROBATION**  
The Probation Service works to help offenders. It helps them to make a better life for themselves and to make amends for their actions. They work with young offenders to help them to become good citizens.

**PRISON**  
The Prison Service works to help offenders. It helps them to make a better life for themselves and to make amends for their actions. They work with young offenders to help them to become good citizens.

**YOUTH**  
The Youth Justice System works to help young offenders. It helps them to make a better life for themselves and to make amends for their actions. They work with young offenders to help them to become good citizens.

**VICTIM SUPPORT**  
Victim Support is a charity that helps victims of crime. They provide support and advice to victims and their families. They also provide support and advice to police and other agencies.

## REPORTING RAPE

### RAPE

#### THE SEXUAL OFFENCES ACT 2003

**Protects the public from sexual crimes**

**Without Consent**  
Causing a person to engage in any kind of sexual activity without their consent. It includes touching any part of their body, clothed or unclothed.

**Sexual Assault**  
This law covers any kind of intentional sexual touching of somebody else without their consent. The victim and responsibility lies actively with the attacker.

**IF YOU HAVE BEEN RAPED**

- Get yourself to a place of safety
- Ask someone to stay with you so you can stay with someone
- Do not take a shower or wash
- Get medical attention as soon as possible
- Report it to the police
- You may want to contact a support group or helpline
- You may want to consider counselling
- Call a close friend or family member to turn to for support
- Call one of the local agencies listed for help and support

**Call the Police (emergencies) 999**  
**(Non-emergencies) 101**

### RAPE

#### TYPES OF RAPE

**DRUG RAPE (DRINK SPILKING)**  
It is an offence to give someone any substance... for instance spiking their drink... without their consent, and with the intention of supplying them for sexual activity. GBH is a substance which when dissolved in your drink is colourless, tasteless and odourless. It takes effect in 10 minutes and can last for hours. As the drug takes effect, you could feel sleepy, unbalanced, relaxed, and open to suggestion. After a few hours you'll probably be unconscious and incapable of defending your self, so even remembering what happened later.

**STAY SAFE FROM DRUG RAPE**

- Never accept a drink from anyone you do not trust
- Do not drink or exchange drinks with friends
- Don't leave your drink unattended, for a minute
- Do not leave with someone you have just met
- If you begin to feel dizzy don't walk away!

**MARITAL RAPE**  
While Rape is the term used to describe sexual acts committed without a person's consent, and/or against a person's will, when the perpetrator (attacker) is the woman's husband or ex-husband. Marriage is a contract based on mutual love, cooperation and respect. Both partners have a right to their own body, and while cooperation for each partner's sexual needs is normal, forced sexual acts are not.

## DRUG TREATMENT

### DRUGS

#### LOOK OUT FOR SIGNS OF DRUGS

- Sudden change of mood
- Unusual aggression
- Money gone missing
- Stains on body or clothes
- Constant irritability
- Loss of appetite
- Misbehaving at school
- Loss of interest in hobbies
- Disturbed behaviour
- Sleeping & drinking

**WHY DO PEOPLE GET DRUGS?**

- Peer pressure
- Curiosity
- To escape the boredom
- Relaxation

**RISKS & EFFECTS OF DRUGS:**

Heart attacks, Stroke, Respiratory failure, Hepatitis or AIDS through shared needles, Brain damage through alcohol, Loss of memory, Depression, Anxiety and paranoia, Ecstasy: Heart, Liver, Kidney, Bladder damage.

**WHAT YOU SHOULD DO:**  
Stay safe, Don't drink yourself, Learn about drugs, Tell to them, Listen to them, Give them support, Don't show you're worried, Remove them from health system, Get them to get help, Don't bully, harrass or scare, Remove them of legal nation, Be careful of the risks.

### DRUGS

#### NAME CLASS EFFECTS DANGERS

NAME	CLASS	EFFECTS	DANGERS
Cocaine	Class 4	Increased heart rate, blood pressure, loss of appetite	Can lead to heart disease and stroke
Crack	Class 4	More intense, faster onset, more addictive	Can lead to heart disease and stroke
Heroin	Class 1	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Alcohol	Class 2	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Amphetamine	Class 2	Increased heart rate, blood pressure, loss of appetite	Can lead to heart disease and stroke
Ecstasy	Class 1	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Heroin	Class 1	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Cocaine	Class 4	Increased heart rate, blood pressure, loss of appetite	Can lead to heart disease and stroke
Crack	Class 4	More intense, faster onset, more addictive	Can lead to heart disease and stroke
Heroin	Class 1	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Alcohol	Class 2	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Amphetamine	Class 2	Increased heart rate, blood pressure, loss of appetite	Can lead to heart disease and stroke
Ecstasy	Class 1	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Heroin	Class 1	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Cocaine	Class 4	Increased heart rate, blood pressure, loss of appetite	Can lead to heart disease and stroke
Crack	Class 4	More intense, faster onset, more addictive	Can lead to heart disease and stroke
Heroin	Class 1	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Alcohol	Class 2	Loss of consciousness, loss of appetite, weight loss	Can lead to heart disease and stroke
Amphetamine	Class 2	Increased heart rate, blood pressure, loss of appetite	Can lead to heart disease and stroke



**We welcome our fellow Europeans from Poland and hope that this guide helps to make your life in the UK happy, safe and prosperous.**



COMMUNITY COMMUNICATION CONSULTATION CONFIDENCE COLLABORATION

The Book is available in Polish for ALL police areas and will include the contact details of the local services.

**For further information and how to be part of this project, please contact us:**




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