



Ibi Kutahiri Ugwu

Megrez Tahoor

Khitan Halalays

Bondo Gishiri FGM

Sunnat Mekhnishab

Female Gudiniin

circumcision Idabe

FGC Angurya Niaka

What is Female Genital Mutilation?

Female Genital Mutilation (also called Female Genital Cutting or FGM/C) includes all procedures that partly or completely remove a girl or woman's external female genitalia, or other injury carried out on her genital organs for non-medical reasons. It has no health benefits and is harmful.

What problems can FGM/C cause?

Complications of FGM/C include:

- pain
- bleeding
- infection
- injury to surrounding skin and tissues
- bladder problems and infections
- infertility (not being able to have children)
- pelvic pain
- difficulties with periods
- pain or difficulty having sex
- difficulty in childbirth
- emotional distress, depression, anxiety, flashbacks, nightmares
- death.

Many of these problems continue throughout the girl's life.

How can we help?

We can help if you are:

- suffering physical or psychological problems as a result of FGM/C
- at risk of being cut
- in need of advice.

If you would like help or advice, please contact us directly by email:

oxfordrose.clinic@nhs.net

You can also send us a text or call us:

Tel: **07767 671 406**

Alternatively, you can **speak to your GP and ask to be referred to the Rose Clinic.**

This is a free and confidential service.

Feedback from some of the girls and women who have come to the Oxford Rose Clinic:

"I missed my first two appointments at the Rose Clinic because I was scared. But now I am so glad that I found the courage to come. All the doctors in the Rose Clinic are so kind and supportive. They really understand and can help me."

"I feel so well looked after by the Rose Clinic. I never used to talk about my pain, I locked it away. They have helped me physically and emotionally. I am so much happier now I have the support of the Rose Clinic."

FGM/C and the Law

For some communities, FGM/C is a cultural tradition.

Although FGM/C may be done to a child with good intention, it is classed as child abuse in the United Kingdom. If you are being pressured into being cut, or having your daughters cut, you can say "NO", because any form of FGM is against the Law.

FGM/C is illegal in the United Kingdom, with a maximum penalty of 14 years in prison. It is also illegal to take a girl who lives in the UK abroad for FGM/C or to help someone trying to arrange this.

If you are concerned that either you or someone you know may be at risk of FGM/C, please contact the NSPCC helpline (National Society for the Prevention of Cruelty to Children):

Tel: **0800 028 3550**

Email: **fgmhelp@nspcc.org.uk**

Other sources of support

Oxford Against Cutting

Website: www.oxfordagainstcutting.org

NHS Choices

Website: www.nhs.uk/conditions/female-genital-mutilation/

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALS@ouh.nhs.uk**

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www.ouh.nhs.uk/information

