

**FORWARD**



# **INFORMATION, SERVICES & SUPPORT GUIDE**

**For young people who have questions or  
concerns around female genital mutilation (FGM)**

# About FORWARD

FORWARD is an African-led, women's rights organisation. Our work focuses on the issues of female genital mutilation (FGM), child marriage, and other forms of violence against women and girls (VAWG) that impact the health, dignity and wellbeing of African women and girls. We work for the day when African women enjoy equal rights and opportunities, have control over their own bodies and are free from gender-based violence. We work with community members, key professionals and policymakers and through strategic networks and partnerships.

## Young People Speak Out!

*"Youth advocacy is about passion in the face of adversity; about challenging the status quo; questioning the expectation that young people are unable or unwilling to stand up and make a change. It is challenging the idea that the youth voice is too timid, too quiet, too distanced, too inexperienced and too ignorant to have any impact."*

Young People Speak Out (YPSO) offers young people the chance to gain skills and help create change in their communities.

YPSO is a programme that provides skills, training and support for young people (16 -25) and works with them to create projects, events and workshops in their local communities as a way of raising awareness about FGM in the UK. For more information about this programme, please contact the Youth Programme team on 020 8960 4000 extension 2 or email: [youth@forwarduk.org.uk](mailto:youth@forwarduk.org.uk).



# Contents

Purpose of this guide .....	4
What is FGM? .....	5
What are the health effects of FGM? .....	8
Where does FGM happen? .....	10
Who might be affected by FGM? .....	11
Why is FGM practised? .....	13
Myths and facts .....	14
FGM in the UK .....	17
Where can you get help? .....	20
Worried that someone is at risk of FGM or has already had FGM? .....	22
What will happen if I tell a professional? .....	25
Specialist FGM clinics .....	26
FGM support services .....	29
Related support services .....	30
What can I do to end FGM? .....	31

# Purpose of this guide

This guide is for young people who are interested in finding out more about the issue of FGM and what help, support and further information is available. The guide has been specifically written for 11 – 25 year olds, but we hope it will also be useful for anybody interested in the topic of FGM and how support can be accessed.

- The first section provides basic information on FGM.
- The second section provides information for those who may require specialist health and support services.
- The final section provides information on FORWARD's work to end FGM in the UK and how young people can get involved.



# What is FGM?

Female genital mutilation, or FGM as it is commonly called, is a practice that involves harm to or the removal of a girl's external genitals.

There are four main types of FGM, based on the extent of the change made. They are as follows:

## Type 1 (the medical name is 'clitoridectomy')

Partial or total removal of the clitoris.

## Type 2 (the medical name is 'excision')

Partial or total removal of the clitoris and the inner labia (lips).

## Type 3 (the medical name is 'infibulation')

Partial or total removal of the clitoris and inner and outer labia (lips), and the sewing together of the outer labia (lips) to leave a layer of scar tissue covering the vagina. A small hole is left to allow urine and menstrual (period) blood to leave the body.

## Type 4

Covers a wide range of practices found across the world and includes pricking, stretching, burning or piercing the female genitals.

## Natural External Female Genitalia



Since FGM usually happens when girls are very young, they often aren't sure exactly what has been changed or cut. There are specialist clinics which can help girls and women understand what has happened to them and what support they will need.

FGM is known by a lot of different terms, including 'sunna' or being 'cut', 'closed' or 'circumcised', so communities who practise it might not call it 'FGM'. You can find a list of terms used below.

Language	Term for FGM
<b>Amharic</b>	Megrez
<b>Arabic</b>	Khifad / Khitan / Tahoor / Tahara
<b>Harari/ Adarinnya</b>	Absum
<b>Igbo</b>	Ibi / Ugwu
<b>Kriolu</b>	Fanadu di Mindjer
<b>Limba</b>	Bondo
<b>Mandinka</b>	Sunna / Bondo / Kuyango / Musolula Karoola / Niaka
<b>Mende</b>	Bondo / Sonde
<b>Somali</b>	Gudiniin / Halalays / Qodiin
<b>Susu</b>	Sunna
<b>Swahili</b>	Kutairi / Kutari was ichana
<b>Temne</b>	Bondo
<b>Tigrinya</b>	Mekhnishab



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# What are the health effects of FGM?

FGM is traditionally carried out by women who are not medically trained. In some cases, FGM can be carried out by trained medical professionals like doctors, nurses or midwives. No matter who is performing FGM or how the procedure is done, it is a harmful procedure which can lead to serious health complications for the majority of women and girls.

Some of the problems reported by women and girls who have had FGM include:

## Physical

- Severe pain or shock during the procedure
- Severe blood loss during the procedure
- Increased risk of blood-borne infections, including HIV
- Problems with weeing – difficulties passing urine because the hole is very small, or taking a long time to wee
- Problems with periods – difficulties with the flow of menstrual blood due to the small hole or excessively long and painful periods
- Infections, particularly of the urinary tract and bladder, which can cause a dull ache around the groin, a sensation of repeatedly needing to wee, and a burning or stinging sensation when weeing. It can also cause infections of the pelvic region and trouble with fertility
- Difficult or painful sex
- Difficulties in child birth



## Emotional

Sometimes women report having nightmares or ‘flashbacks’ where they re-live the experience of undergoing FGM. These may start many years after the initial procedure, or may be triggered by a later life event such as child birth.

Some girls also report the following:

- Feeling depressed or down
- Having low self-esteem or not liking how their genitals look
- Feeling angry or anxious
- Crying
- Having trouble with sexuality or enjoying sex
- Feeling betrayed
- Feeling like something is missing, or that they are missing out

Everyone’s body is different so not everyone who has undergone FGM experiences health problems. Other girls might not realise that their problems are unusual or related to FGM, especially if they occur many years after the procedure took place.

In the same way, not all doctors or nurses immediately link these health problems to FGM, especially if they don’t know that the patient has had FGM.

You should tell your nurse or GP if you are having any problems, infections or pain in the genital area. If you have undergone FGM, letting your nurse or GP know means that you can get the right help and support.

# Where does FGM happen?

FGM is practised in at least 29 countries in Africa. It also happens in parts of the Middle East and Asia, and among migrant communities throughout Europe (including in the UK), in New Zealand, Australia, the United States of America and Canada.

## THE EXACT

number of women and girls alive today who have undergone FGM is

## UNKNOWN

However...

### UNICEF

estimates that over

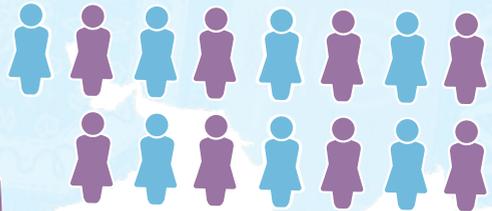
### 200 MILLION

women & girls

### WORLDWIDE

have undergone

### FGM



# Who might be affected by FGM?

Some girls who come from FGM affected communities may be at risk of FGM, even if they live in the UK.

Girls may be at risk of FGM if:

- They come from a country or community where FGM is practised a lot, although it might not be called 'FGM' there
- FGM has happened in their family – for example, if their mother or older sister has undergone FGM
- Anybody in their family has talked about her expecting a big party or an exciting event which will help her become a woman
- Their family mistakenly believes FGM is good for a girl's health or a necessary part of growing up
- The family believes the clitoris is 'dirty' or 'forbidden' as a result of inaccurate medical or religious teachings

**Research shows that up to 60,000 girls in the UK could be at risk of undergoing FGM. There is help available if you are worried you or someone you care about is at risk of FGM.**

See page 22 for more information.



# Why is FGM practised?

Many reasons are given for practising FGM and there will usually be more than one reason within a single community. There may be songs, proverbs and poems that help to justify these reasons. However, the reasons are often based on myths and miseducation.

When FGM happens in a community, there is also a lot of pressure on families and individuals to continue the practice. Some of the most common reasons/misconceptions for practising FGM are: \* the following are the views of people who believe in continuing FGM, NOT the views of FORWARD.

**Womanhood** – “FGM is a rite of passage into womanhood and it is in a girl’s best interests to have it done. To undergo the procedure is what makes a girl become a woman. It will make sure that men will want to marry her and that she is a good wife to her husband. To have FGM also means that she will be a respected woman in her community.”

**Culture and tradition** – “FGM has been practised as a part of our culture for hundreds of years. Our mothers, grandmothers and great grandmothers all had it done. We must continue the practice because it is specific to our people and we need to protect what we believe is right for girls and women.”

**Purity and chastity** – “FGM makes sure that a girl does not become highly sexually active and promiscuous. It means that she will not chase lots of men before getting married. FGM maintains her virginity and honour until she gets married and then makes sure that she will be faithful to her husband.”

**Family honour** – “To have FGM done means that the whole community knows that you have honourable and pure daughters. This brings respect to the families who do it. When your daughters are not cut, you will be shamed and stigmatised in the community and your daughters will be seen as unclean and dishonourable. If your oldest daughter is not cut and does not marry then this will also affect her younger sisters’ chances of finding good husbands. FGM protects our honour in this way.”

**“Every time I leave the house, I carry the name of my parents.”** Young research participant, 2013

**Aesthetics (appearance) and hygiene** – “If a girl is not cut, her genitals will smell and she will get infections. When you have been cut, you are cleaner and look more beautiful as well.”

# Myths & Misunderstandings

In most FGM affected communities there are myths that support the practice, which tend to influence people's attitudes. Here are ways to respond to these myths:

## MYTHS

## FACTS

An uncut woman will become promiscuous ('sleep around') and have an uncontrollable sexual appetite.



FGM makes no difference to a woman's sexual desire but may stop her from enjoying sex. Sexual desire mainly arises from hormones secreted by glands in the brain.

If the clitoris is not cut, it will continue to grow.



The clitoris stops growing after puberty and is still small at the final stage of growth.

If the clitoris is not cut, it will harm the husband during intercourse.



The clitoris gives a woman sexual pleasure and does not cause any harm to her or her husband.

If the clitoris is not cut, it will harm the baby during child birth.



The clitoris causes no harm to the foetus, the child or the mother, whereas FGM may cause serious complications during childbirth.

If a woman does not undergo FGM, she will become infertile.



FGM has nothing to do with fertility; and FGM may actually cause infertility because of infections.

If a woman does not undergo FGM, her genitals will smell.



FGM will not make the vagina any more hygienic. In fact, Type 3 FGM can make the vagina less hygienic.

# Is FGM a religious obligation?

Some people practise FGM because they think it is a required part of their religion. Although practised by Christian, Muslim and Jewish communities, as well as communities who perform ancestral worship and follow tribal religions, there is no evidence that FGM is required by any religion.

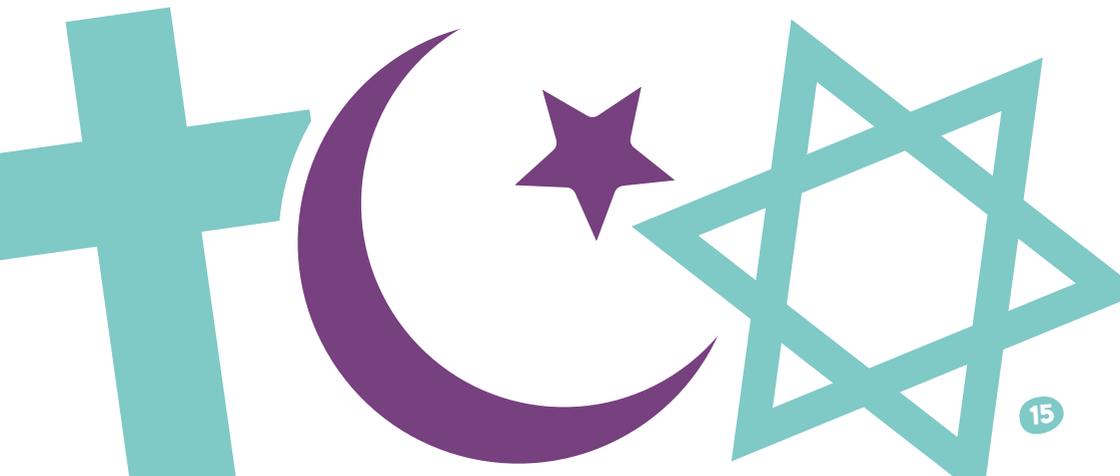
Some people believe that FGM is part of their Christian faith, however FGM is not found in the Bible and in fact goes against many of the core beliefs, including not harming the body God created for you. Most Christians around the world do not practise FGM.

FGM is not found in the Qur'an. Many Muslim scholars around the world have condemned the practice of FGM and are clear that FGM is not an Islamic requirement. Islamic scholars and clerics have stressed that Islam forbids people from inflicting harm on others, and that those putting their daughters through FGM are going against the teachings of Islam. Many Muslims around the world do not practise FGM.

**"FGM is a harmful practice and a clear case of child abuse. It is a form of reverse racism not to protect these girls from harmful practices that take from their God-given right to an intact natural body."** Dr Yunes Teinaz, Islamic Cultural Centre

Some Jewish communities practise FGM but there is no requirement to do so in the Torah, and it is only found in a small number of Jewish communities.

**For more information on FGM and religion, have a look on our website:**  
[www.forwardyouth.org.uk](http://www.forwardyouth.org.uk)





# FGM in the UK

**In 2014, it was estimated that around 137,000 women in the UK had undergone FGM and up to 60,000 girls were at risk. If FGM has happened to you, you are not alone.**

If you are worried that you or someone you care about might be at risk of FGM, you can ask for help. Professionals in the UK have a duty to help you because FGM is illegal here.

## The UK Law

FGM has been illegal in the UK since 1985. That means it is illegal to perform the procedure, and also to arrange or organise for someone to have it done. It is also illegal to take a girl who is a UK citizen, permanent resident or habitual resident in the UK to another country to make her undergo FGM there. A girl who has undergone FGM will never be in trouble with the law herself.

In 2015, under the Serious Crime Act, more was added to the original law. This included anonymity for girls who had undergone FGM (so if they want to ask the authorities for help, their name will be kept secret and never released publicly). It also included FGM Protection Orders, which are a set of rules or requirements the courts can put on individuals or families to prevent them from carrying out FGM on a girl. For example, passports may be confiscated to prevent families taking a girl abroad to undergo FGM.

**“We heard some people talking about this law but we are not sure. We all hope that what we heard is true because this law will help us to protect our daughters especially when we go back home, because it will stop our mothers and grandmothers from doing it behind our backs.”**

Research participant, 2010

SAFEGUARD  
OUR  
CHILDREN



**The Female Genital Mutilation Act 2003 makes it illegal to help, support or arrange for FGM to be performed on a girl in the UK. It also forbids taking a girl outside the UK to have FGM.**

## **Who is protected by UK law?**

All UK citizens, permanent residents and habitual residents are protected from FGM by law, no matter where in the world they undergo the practice.

Girls and women of all ages are protected under the UK law on FGM.

Under UK law, FGM is considered a form of child abuse. It was made illegal because of the harm it can cause, and because it is a violation of a girls' human rights.

# **HUMAN RIGHTS ARE UNIVERSAL**

That means they apply equally to everybody in the world. Nobody should have fewer rights than somebody else because of (among other things) their ethnicity, nationality, sex or religion. FGM is a human rights violation as it can harm girls and women. FGM can impair a girl's health, development and well-being, including her ability to attend school and get an education.

# Where can you get help?

There are a lot of reasons why someone might want to speak out about what has happened to them. Some young people continue to have lots of thoughts and emotions about what they have experienced and want to talk through them with somebody who cares and won't pass judgement. Sometimes they might have questions, perhaps about their health, their periods, or how it might impact them when they have sex. They might want to access help for any health problems they may be experiencing.

Although some young people might feel intimidated or embarrassed about discussing FGM or genitals, there are places you can go to which are safe and where the staff are fully trained to deal with FGM. There is nothing wrong or shameful about asking for information or help on FGM, genitals, your body or your feelings in general.

## Doctors (such as your GP)

Your doctor or other health care professional (such as the school nurse) may be a good place to go first. They can help with any health problems you may be experiencing, including those that could be associated with FGM. They can advise you on managing health problems and on what treatment options are available. You can ask your health care professional to refer you to a specialist clinic for FGM.

## Specialist health clinics

Some hospitals and clinics also provide special FGM services. These are free and provide a wide range of medical support, advice and information to women who have undergone FGM. They have specially trained staff who understand the cultural issues around FGM and have extensive experience dealing with the health problems it can cause.

There is a list of these specialist clinics at the end of this booklet (page 26). Different clinics have different accessibility requirements – this means some only work with older women, or some ask for a GP referral. You can contact them directly to ask, or you can speak to FORWARD for further support.



Some clinics can provide a simple, safe operation called ‘de-infibulation’. This is when girls and women who have undergone Type 3 FGM (when the genitals are closed) can be safely opened up again and this helps to restore the natural opening.

There is no such thing yet as a full reversal of FGM – tissue that has been removed cannot be regrown. However, there are still a lot of options available to women and girls who have health problems due to FGM.

### **Specialist Support Organisations**

There are organisations that offer specialist support, including counselling, people who can visit clinics with you or just a space to chat. You can find a list of them on page 29.

# Worried that someone is at risk of FGM, or has already had FGM?

If you are worried that you or someone you know is at risk of undergoing FGM, there are lots of different things that you can do. You shouldn't keep your concerns to yourself, even if the thought of asking for help is scary or intimidating. You are not alone and adults can help you. Remember that because FGM is illegal in the UK and it is also illegal to go outside of the country to have it done, professionals such as the police have a duty to step in and prevent it happening. It is ok to seek help for yourself or someone else who is at risk, even if you have promised to keep it a secret. It is more important to protect someone's health, safety and wellbeing than to keep a secret, even between family members.

You can contact FORWARD for support – we have worked with many young people who have undergone FGM. We promise to listen to what you have to say without judgement, allow you to share information or frame your experiences however you feel comfortable, and to help you with whatever support you need.



## People you can contact for help:

Call FORWARD on **0208 960 4000** or email us at [youth@forwarduk.org.uk](mailto:youth@forwarduk.org.uk)

Call ChildLine on **0800 1111** (it won't show up on a phone bill)

Call the NSPCC 24 hour helpline on **0800 028 3550** or email at [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)

Contact the children and young people's services available at your local council. Check your council's website for contact details.

Call the police on **999** (emergency) or **101** (non-emergency) and ask about an FGM Protection Order.

If you are abroad, you can contact the nearest British Consulate, Embassy or High Commission for help. Check the website to find one closest to you: [www.gov.uk/government/world/organisations](http://www.gov.uk/government/world/organisations)

Seek help and advice. Talk to an adult that you trust about your concerns. You could tell a teacher, school nurse, GP or youth leader.

## What if I am not sure if I have had FGM?

It may be the case that either you or someone you know is unsure if FGM has happened. It might be that FGM is performed when a girl is too young to remember. It might be that a girl vaguely remembers a ceremony or incidence but has never been clear what happened or what it meant. It might be that a girl blocks the FGM out of her mind because it was a very traumatic experience.

First it might help to see a specialist to determine what, if anything, has been altered down there. To find out, you can see your GP or see our list of specialist services on page 26.



## Should I tell my parents I am seeking support?

Whether you tell your parents is completely up to you but remember that every family is different – while some parents may be willing to listen and be supportive, others may be so strongly in favour of FGM that telling them might cause conflict. However, in certain circumstances, professionals involved may have a duty to inform your parents.

Young people often find themselves feeling torn between the respect they have for the older generation and the disagreement they feel with some of the values and practices that the older generation supports. Challenging them can feel intimidating due to the power imbalance between parents and young people.

Speaking to your parents is often a necessary part of coming to terms with what has happened. It will be important to think about how to describe the way you feel in a way that is sensitive to your parents' beliefs and understandings while also allowing you to express your feelings and experiences honestly.

Many families do not understand the dangers or health impact of FGM and it may be the first time they are hearing this information. They may continue to defend the practice because they are worried that you accessing help may negatively impact other family members. However, with the right education and support, many families have changed their views on FGM.

Always remember it is your body first and foremost – it doesn't belong to society or your family, only to you. Your health and wellbeing matters and is the most important thing.

# What will happen if I tell a professional?

If you tell a teacher or school nurse about your concerns that you or someone else is at risk of FGM, they have a duty to try and help. There are procedures that they must follow which have been put in place to ensure adults are fulfilling these duties and properly helping girls at risk of FGM. This means that, although they cannot keep the information secret, they will only tell professionals who are involved in keeping you or the person at risk safe.

- You will be trusted, listened to and taken seriously.
- You may be asked more detailed questions.
- The teacher will not usually make any assumptions about you or your family, nor should they pass judgement. Their priority is the safety and wellbeing of all girls involved.
- You are legally entitled to remain anonymous if you wish to take the case further, so anybody not directly involved in your case will not know your name.
- Professionals are required to treat any reported case of FGM as a child protection issue and this means it will be taken seriously. Children's Services or the police will possibly organise a meeting to assess the case. This investigation will also try to find out if other siblings in the family are at risk. Parents may be part of this meeting to discuss the concerns.

**A girl will not automatically be taken away from her home. This will ONLY happen in very rare cases when the parents fail to guarantee that they will not cut their daughter.**

Professionals including teachers, nurses, children's services, the police and voluntary organisations may be involved as they all have a duty to help stop FGM in the UK.

Below is a list of health clinics in the UK that are specifically for women who have undergone FGM. You can contact them directly to ask about how to make an appointment or, if it makes you more comfortable, ask FORWARD for support in contacting these services.

## Specialist FGM Clinics

### London

Queen Charlotte's & Chelsea Hospital  
The Sunflower Clinic  
Gynaecology Outpatient Department,  
Queen Charlotte's Hospital  
Du Cane Road London, W12 0HS  
Tel: 07730 970738; or 07956 001065  
Clinic times: Fridays 9 - 4pm  
Contact: Juliet Albert (Specialist Midwife),  
juliet.albert@nhs.net

Guy's & St. Thomas's Hospital  
African Well Women's Clinic  
8th Floor – c/o Antenatal Clinic  
Lambeth Palace Road  
London, SE1 7EH  
Tel: 0207 188 6872 or 07956 542 576  
Clinic time: Mon – Fri 9.00am - 4.00pm  
Contact: Comfort Momoh MBE -  
comfort.momoh@gstt.nhs.uk

St. Mary's Hospital  
Gynecology & Midwifery Department  
Praed Street  
London, W1 1NY  
Helpline: 0203 312 6135  
Tel: 0207 886 6691 or 0207 886 1443  
Clinic time: 9.00am – 3.00pm  
Contact: Zuriash Amare (specialist midwife)

University College London Hospital  
African Women's Clinic  
University College Hospital  
Clinic 3 Elizabeth Garrett Anderson Wing  
Euston Road  
London, NW1 2BU  
Tel: 0845 155 5000 or 020 3447 9411  
Clinic time: Monday 2.00pm – 5.00pm  
Contact: Israa Siddig (consultant) and Yvonne  
Saruchera (midwife): on 07944 241992 -  
Yvonne.saruchera@uclh.nhs.uk

University College London Hospital  
Paediatric FGM Clinic  
Lower ground floor  
Elizabeth Garrett Anderson Wing  
235 Euston Road  
London, NW1 2BU  
Clinic time: Once a month on Mondays  
Tel: 0203 447 7396 ext. 77396  
Contact: Renara Begum -  
Renara.begum@NHS.net

Central Middlesex Hospital  
Women's & Young People's Services  
African Well Women's Clinic - Antenatal Clinic  
Acton Lane  
Park Royal  
London, NW10 7NS  
Tel: 0208 963 7177 or 0208 965 5733 or  
07825 106 086  
Clinic time: Friday 9.00am – 5.00pm  
Contact: Kamal Shehata Iskander or Jacky Deehan:  
Jacqueline.deehan@nhs.uk

Whittington Hospital  
African Well Women's Clinic  
Antenatal Clinic Level 5  
Magbala Avenue  
Highgate Hill  
London, N19 5NF  
Tel: 0207 288 3482 or 0207 288 3483 or  
07956 257 992  
Clinic time: Last Wednesday of every month,  
9.00am – 5.00pm  
Contact: Joy Clarke - joy.clarke@nhs.net or  
Huda Mohamed - h.mohamed@nhs.net

Mile End Hospital (pregnant & non-pregnant  
women) [GP/Gynae/ self-referrals accepted]  
Women's & Young People's Services  
Sylvia Pankhurst Health Centre  
3rd floor, Gynaecology Building  
Bancroft Rd  
London, E1 4DG  
Tel: 0207 377 7870  
Clinic hours: First Monday of the month,  
1.30pm – 4.00pm  
Contact: Yvonne Wilson or Janet Barter Janet.  
Barter@bartsheath.nhs.uk

Northwick Park & St. Mark's Hospital  
African Well Women's Clinic - Antenatal Clinic  
Watford Road  
Harrow  
Middlesex, HA1 3UJ  
Tel: 0208 869 2870  
Open: Friday 9.00am – 5.00pm  
Contact: [kamal.shehataiskander@nwlh.nhs.uk](mailto:kamal.shehataiskander@nwlh.nhs.uk)

Chelsea & Westminster FGM Service  
(Provides sexual health, maternity and gynaecology advice and treatment for pregnant and non-pregnant affected by FGM, No GP referral required.)

Chelsea and Westminster Hospital (Gynaecology and maternity advice and appointments)  
Hospital Clinic  
Gynaecology Outpatients  
369 Fulham Road  
London, SW10 9NH  
Clinic hours: 1st and 3rd Wednesday of the month, 2.00pm - 5.30pm  
Mob: 07812 378 363  
Contact: [Debora Alcajde- Specialist FGM Midwife debora.alcajde@chelwest.nhs.uk](mailto:Debora Alcajde- Specialist FGM Midwife debora.alcajde@chelwest.nhs.uk)

Charing Cross Hospital (South Wing)  
(Sexual health advice and appointments)  
Community Clinic  
Fulham Palace Road  
London, W6 8RF  
Clinic times: 1st and 3rd Wednesday of every month 10.30am – 1.00pm  
Tel: 020 3311 1579 (Health Advisors) or 0208 383 0827 or 07920 450 045 (Appointments)  
Contact: [Lazara Garcia Dominguez Lazara.DominguezGarcia@chelwest.nhs.uk](mailto:Lazara.DominguezGarcia@chelwest.nhs.uk)  
Email enquires (all aspects of the service): [cawtr.fgmwestlondon@nhs.net](mailto:cawtr.fgmwestlondon@nhs.net)

## Bristol

Charlotte Keel Health Centre  
Minority Ethnic Women's & Girl's Clinic  
Seymour Road  
Easton  
Bristol, BS5 0UA  
Tel: 0117 902 7111 (direct line) 0117 902 7100 (switchboard)  
Clinic times: Drop-in last Wednesday of every month, 1.30pm - 3.45pm  
Contact: [Manika Singh](#) or [Sarah Bailey](#)

Lawrence Hill Health Centre  
Bristol Community Rose Clinic  
Hassell Drive, Lawrence Hill, Bristol BS2 0AN  
Phone: 07813 016 911  
Clinic time: Tuesday afternoon  
Contact: [Dr Katrina Darke](#); [Sara Roberts](#)  
[bristolrose.clinic@nhs.net](mailto:bristolrose.clinic@nhs.net)

## Birmingham

Birmingham Heartlands Hospital  
African Well Women's Service  
Prince of Wales Women's Unit  
Bordesley Green East, Birmingham, B9 5SS  
Tel: 0121 424 3909 or 07817 534 274  
Open: Mon-Fri 9.00am – 5.00pm  
Contact: [Alison Byrne \(Specialist FGM midwife\) alison.byrne@heartofengland.nhs.uk](mailto:Alison Byrne (Specialist FGM midwife) alison.byrne@heartofengland.nhs.uk)

Birmingham Women's NHS Foundation Trust  
(Specialist antenatal clinic for women with history of FGM)  
Mindelsohn Way, Edgbaston, Birmingham B15 2TG  
Tel: 44 0121 472 1377 Ext. 407  
Clinic time: Thursday  
Contact: [Natalie Shorthouse natalie.shorthouse@bwhct.nhs.uk](mailto:Natalie Shorthouse natalie.shorthouse@bwhct.nhs.uk)

## Liverpool

Liverpool Women's Hospital  
Multi-Cultural Antenatal Clinic  
Crown Street, Liverpool, L8 7SS  
Clinic time: Thursday morning  
Tel: 0151 708 9988 ext.4612

## Leeds

St. James's University Hospital  
Antenatal Clinic, Level 4, Gledhow Wing  
Leeds LS9 7TF  
Tel: 0113 2065180

## Manchester

St. Mary's Hospital  
The Warrell Unit, Manchester  
Tel: 0161 276 6570  
Contact: [Dr Fiona Reid](#)  
(consultant urogynaecologist)



## Nottingham

Nottingham University Hospitals  
98 City Campus, Hucknall Road  
Nottingham, NG5 1PB  
Tel: 0115 9691169 ext. 55239  
Clinic time: Thurs 9.00am – 12.30pm  
Contact: Carol McCormick  
[Carol.mccormick@nuh.nhs.uk](mailto:Carol.mccormick@nuh.nhs.uk)

Queens Medical Centre  
Derby Road, Nottingham, NG7 2UH  
Tel: 0115 9249924 ext. 61258  
Clinic time: Thurs 1.30pm – 4.30pm  
Contact: same as above

## Oxford

John Radcliffe Hospital  
Oxford Rose Clinic  
Level 1 Women's Centre, Oxford, OX3 9DU  
Tel: 01865 222969  
Open: Last Thursday or Friday of the month  
10.00am - 1.00pm  
Contact: Dr Brenda Kelly (Consultant  
Obstetrician) [Brenda.kelly@ouh.nhs.uk](mailto:Brenda.kelly@ouh.nhs.uk) or  
[oxfordrose.clinic@nhs.net](mailto:oxfordrose.clinic@nhs.net)

## Scotland

Maternity services  
Royal Infirmary of Edinburgh  
51 Little France Crescent, Edinburgh  
Tel: 07765 233 179  
Open: Monday – Friday 9.00am – 5.00pm  
Contact: Dr Anne Armstrong (Consultant  
Obstetrician) or Vickie Davitt (Specialist FGM  
midwife) - [vickie.davitt@nhs.net](mailto:vickie.davitt@nhs.net)

St John's Hospital (Howden)  
Howden Road West, Howden, Livingstone,  
West Lothian  
Tel: 07765 233 179  
Clinic times: Monday to Friday  
9.00am – 5.00pm

Contact: Dr Anne Armstrong (Consultant  
Obstetrician) or Vickie Davitt (Specialist FGM  
midwife) - [vickie.davitt@nhs.net](mailto:vickie.davitt@nhs.net)

Chalmers Sexual Health Centre  
Chalmers Street, Edinburgh  
Tel. 0131 536 1511 (or Vickie Davitt above)  
Contact: Dr Alison Scott - (Consultant Gynaecologist)  
[Alison.m.scott@nhslothian.scot.nhs.uk](mailto:Alison.m.scott@nhslothian.scot.nhs.uk)

# FGM Support Services

Below are a list of organisations that offer support or information on FGM.

## FORWARD

Suite 4.7, Chandelier Building, 8 Scrubs Lane,  
London NW10 6RB  
[www.forwardyouth.org.uk](http://www.forwardyouth.org.uk)  
[020 8960 4000](tel:02089604000) (Monday to Friday 10.00-17.30)  
[support@forwarduk.org](mailto:support@forwarduk.org)

## NSPCC FGM Helpline

[0800 028 3550](tel:08000283550) (24 hour helpline)  
[fgmhelp@nspcc.org](mailto:fgmhelp@nspcc.org)

## Africa Advocacy Foundation

Works with communities affected by a range of issues including sexual and reproductive health, violence against women and girls, FGM and mental health issues.  
Catford Office, 76 Elmer Road, Catford,  
London, SE6 2ER  
[0208 698 4473](tel:02086984473)

## Black Association of Women Step Out (BASWO Cardiff)

Specialist services to victims and people affected by or at risk of domestic abuse and all forms of violence; including FGM  
Clarence House, Clarence Road, Butetown,  
Cardiff CF10 5FB  
[0800 731 8147](tel:08007318147) (24 hour helpline)  
[info@bawso.org.uk](mailto:info@bawso.org.uk)

## Black Women's Health and Family Support Promoting the eradication of FGM

1st Floor, 82 Russia Lane, London E2 9LU  
[0208 980 3503](tel:02089803503)  
[bwhafs@btconnect.com](mailto:bwhafs@btconnect.com)

## Birmingham & Solihull Women's Aid

[0808 800 0028](tel:08088000028) Helpline  
[0121 685 8687](tel:01216858687) Option 0 or ext. 233

## Dahlia Project

The Dahlia Project is a specialist service for women who have undergone Female Genital Mutilation in London  
[020 7281 7694](tel:02072817694)  
[alev@manorgardenscentre.org](mailto:alev@manorgardenscentre.org)

## Nestac

Emotional support for young people across Greater Manchester  
237, Newstead, Rochdale OL12 6RQ  
[01706 868993](tel:01706868993) or [07426 741222](tel:07426741222)  
[wellbeing@nestac.org](mailto:wellbeing@nestac.org)

## Iranian Kurdish Women's Rights Organisation (IKWRO)

Non-judgmental support to women who speak Kurdish, Arabic, Turkish, Farsi, Dari, Pashtu and English.  
[020 7920 6460](tel:02079206460)  
[info@ikwro.org.uk](mailto:info@ikwro.org.uk)

## Muslim Women's Network UK

Muslim women's helpline  
[0800 999 5786](tel:08009995786), [0303-999-5786](tel:03039995786)  
or text [07415 206 936](tel:07415206936)  
[info@mwnhelpline.co.uk](mailto:info@mwnhelpline.co.uk)

## Somali Development Services

39 Abingdon Road, Leicester, LE2 1HA  
[0116 285 5888](tel:01162855888) ext. 204

## Waltham Forest Somali Women's Association

William Morris Community Centre, 8 Greenleaf Road, London, E17 6QQ  
[020 8503 7121](tel:02085037121)  
[wfsomaliwomenasso@hotmail.co.uk](mailto:wfsomaliwomenasso@hotmail.co.uk)



## Related Support Services

Below are a list of other support organisations that work on related issues, including domestic violence or sexual health.

ChildLine – 24-hour free helpline for anyone under 19.  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Women's Aid – National charity working to end domestic violence against women and children. Provides domestic abuse directory and national helpline.  
0808 2000 247  
[www.womensaid.org.uk](http://www.womensaid.org.uk)

NSPCC – National charity working in child protection and the prevention of cruelty to children.  
NSPCC FGM Helpline for Professionals:  
0808 800 5000  
Child Protection Helpline: 0800 028 3550  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

FPA – Sexual health charity  
[www.fpa.org.uk](http://www.fpa.org.uk)

Brook – Free and confidential sexual health advice and contraception for young people up to the age of 25.  
Text Brook on 07537 402 024  
[www.brook.org.uk](http://www.brook.org.uk)

Rights of Women – National charity working to attain justice and equality by informing, educating and empowering women about their legal rights.  
Family law - 020 7251 6577  
Criminal law - 020 7251 8887  
For women in London - 020 7608 1137  
Immigration and asylum law - 020 7490 7689  
[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

Southall Black Sisters – A resource centre in West London offering a service to women experiencing violence and abuse.  
0208 571 0800  
[www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)



## What can I do to end FGM?

FORWARD has been working to end FGM for over thirty years. We are led by women from the African diaspora (women of African origin or heritage who are living outside of Africa) and work directly with communities to support the end of the practice.

As a young person, you have an important role to play in ending FGM. Young People Speak Out (YPSO) is the voice of young people at FORWARD. Change-makers and culture-shakers, we know that change happens when different talents and passions come together for a common cause. That's why we provide a space for young people to connect, create and collaborate. Whether you're interested in music, poetry, blogging, drama, art or dance, we want to help you step up and speak out.

Through innovative campaigns, political action and peer education, we empower young women and men to transform the attitudes, values and norms that shape our society. Together we can create a world where equality is the norm and freedom is a given.

### Together we can help end FGM

If you are interested in getting involved, please contact us on [youth@forwarduk.org.uk](mailto:youth@forwarduk.org.uk) or 0208 960 4000.

# FORWARD

FORWARD is a UK registered charity.

Charity Registration number: 292403    Company Number: 01921508

FORWARD  
Suite 4.7 Chandelier Building  
8 Scrubs Lane  
London NW10 6RB  
Tel +44 (0)20 8960 4000  
[www.forwarduk.org.uk](http://www.forwarduk.org.uk)

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