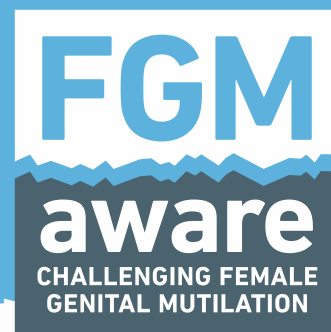


Female Genital Mutilation Information to help



Female Genital Mutilation (FGM) is also known as cutting, and sometimes referred to as female circumcision. FGM has no benefits and is not supported by any religion.

FGM and health

FGM can affect women and girls health in many ways, such as:

- Sore back
- Stomach pains or swollen stomach
- Infections
- Difficulty passing urine
- Difficulty in pregnancy and labour
- Sexual health problems
- Emotional health problems (flashback, low self-esteem, anxiety, depression)

How Health Services can help

If you have been affected by FGM in any way, the health service can help you. You can speak to your doctor (GP), health visitor, midwife or you can go to a sexual health clinic. In most cases the health staff from these services will be able to provide you with information, advice and any support you may require. They may also refer you to other services if appropriate and if you agree. Remember, doctors and nurses will not judge you and will treat you with respect.

In Scotland you have a right to free health care whatever your immigration status. You still have that right if you have had a claim for asylum refused by the Home office.

Interpreting services will be provided if you need them. Let the service know that you will need an interpreter when you are making your appointment.

If you are having a clinical examination and you would prefer a female or male examiner please ask the health worker.

Information on NHS services in your area can be found at www.nhs24.com/findlocal/



FGM and the law

FGM is a crime in Scotland and throughout the UK. It is against the law to carry out FGM in Scotland or to take a girl abroad for FGM. **It is also a crime for a person to assist or arrange the FGM of another person, even if the FGM occurs outside Scotland.** A person convicted of an offence under the Scotland FGM Act 2005 is liable to imprisonment for up to 14 years.

Concerned about a girl at risk of FGM?

If you are concerned about a girl of any age, whether it is your daughter or any other girl who may be at risk of FGM, you can speak to a nursery or school teacher, to a health visitor or midwife or your doctor, or to a social worker. In an emergency call **999** and ask for the police, or contact Crime Stoppers anonymously on **0800 555 111** or via www.crimestoppers-uk.org

NSPPC has a free-phone 24-hour helpline for anyone concerned about girls or women at risk of FGM. Contact: **0800 028 3550** or fgmhelp@nspcc.org.uk

If you are abroad and require help or advice please call the Foreign and Commonwealth Office on **+44 (0) 20 7008 1500** or the British High Commission or Embassy in the country you are visiting.

Other organisations to help

AMINA, THE MUSLIM WOMEN'S RESOURCE CENTRE

Offers a range of support and activities and has a confidential helpline.
Tel: **0808 801 0301** (free phone)

Glasgow: **0141 212 8420**
Dundee: **01382 787 450**
Edinburgh: **0131 662 6850**
Email: info@mwrc.org.uk
Website: www.mwrc.org.uk

DIGNITY ALERT AND RESEARCH FORUM (DARF)

Carries out training and research and works with communities in Scotland affected by FGM.

Email: dignityalert@hotmail.co.uk
Website: www.darf.org.uk

KWISA

Support and information for African Women on FGM and other harmful traditional practices.

Tel: **0131 281 7347**
Email: kenyanwomeninscotland@gmail.com

MY VOICE

A research project that aims to empower communities to challenge and prevent FGM while supporting the development of culturally sensitive support services, and coordinates a network of community based organisations affected by FGM.

Email: Fatou.Baldeh@waverleycare.org
Website: www.waverleycare.org/waverley_care/my-voice-fgm-project/

SAHELIYA

A mental health support organisation providing well-being services, learning activities and practical help to women from BME communities.

Tel: **0131 556 9302**
Email: info@saheliya.co.uk
Website: www.saheliya.co.uk

SHAKTI WOMEN'S AID

Provides support, advocacy and information to all black / minority ethnic women, children and young people experiencing or fleeing domestic abuse or forced marriage.

Tel: **0131 475 2399**
Email: info@shaktiedinburgh.co.uk
Website: www.shaktiedinburgh.co.uk

To find your local Women's Aid group go to www.scottishwomensaid.org.uk/about-us

For more information on FGM and organisations to help, please go to:
www.fgmaware.org

