



## Female Genital Mutilation (FGM)

Information leaflet



## 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 can be harmful.

### Problems FGM/C can cause

- pain
- bleeding
- infection
- injury to surrounding skin
- 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.

Many of these are **life long problems**. It can also lead to complications resulting in death.

## 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@ouh.nhs.uk\*\*](mailto:oxfordrose.clinic@ouh.nhs.uk)

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 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.”

“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.”

## **FGM/C and the Law**

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

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.

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 all forms of FGM/C are against the Law.

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

Tel: **0800 028 3550**

Email: **[fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)**

## **Resources:**

### **NHS Website:**

[www.nhs.uk/conditions/female-genital-mutilation-fgm/](http://www.nhs.uk/conditions/female-genital-mutilation-fgm/)

### **NSPCC**

Website: [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/)



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

We would like to thank the Oxfordshire Maternity and Neonatal Voices Partnership (OMNVP) for their contribution in the development of this leaflet.

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Oxford University Hospitals NHS Foundation Trust

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