



Community Event

# Women's Health Matters



OCTOBER ISSUE

## Working to bring services to women

### The Newham Female Genital Mutilation Prevention Service

The Newham FGM Prevention Service is commissioned by the London Borough of Newham and delivered by the Manor Gardens Welfare Trust, as part of the Newham One Stop Shop. Our Services are free and confidential.

The Newham FGM Service has been helping and advocating for women living in Newham affected by FGM to improve their health and wellbeing. Many of the women have been referred to specialist services for further help and support with their physical and mental health.



*Councillor Ayesha Chowdhury with Volunteers and Staff*

The three key aims of our service are:

- To prevent the harmful practice of FGM within the borough through engagement with and support for individuals, professionals and the wider community.
- To provide high-quality support and empowerment to women affected by FGM to improve their health and wellbeing and to build their capacity to safeguard girls from FGM.
- To develop and support a borough-wide, effective and multi-agency response to FGM among statutory, non-statutory services and the wider community.

The services we can provide across the borough include:

- Information, guidance and resources.
- Confidential one-to-one support and advocacy for women affected by FGM.
- Community awareness sessions and volunteer community champions programme.
- Tailored training for professionals in Newham.
- A FGM Steering Group

To access or discuss any of the above services please contact the team on [newhamfgmsupport@manorgardenscentre.org](mailto:newhamfgmsupport@manorgardenscentre.org) or through the Newham One Stop Shop on 0845 451 2547

## The facts about FGM:

FGM is recognized internationally as a violation of the human rights of women and girls. Female genital mutilation (sometimes referred to as female circumcision, cutting or sunna) refers to all procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons (2014 NHS).

There are 4 types of FGM, all of which are illegal in the UK and are considered a form of child abuse. FGM can have detrimental effects on the physical and emotional health and development of girls and women and in some instances can lead to death.

Some of these consequences are: infections, chronic pain, cysts, abscesses, fertility and child birth problems and even death in some cases. In addition FGM survivors can suffer severe psychological trauma and depression.

FGM is not a religious requirement or obligation. FGM has no link to Islam and is neither a requirement nor a Sunna in Islam. FGM is not condoned by Christian teachings in the Bible.

In the UK since 1985, counselling and abetting FGM or taking a child overseas to subject her to the practice, is a crime punishable with up to 14 years imprisonment.

## Newham FGM Protocol

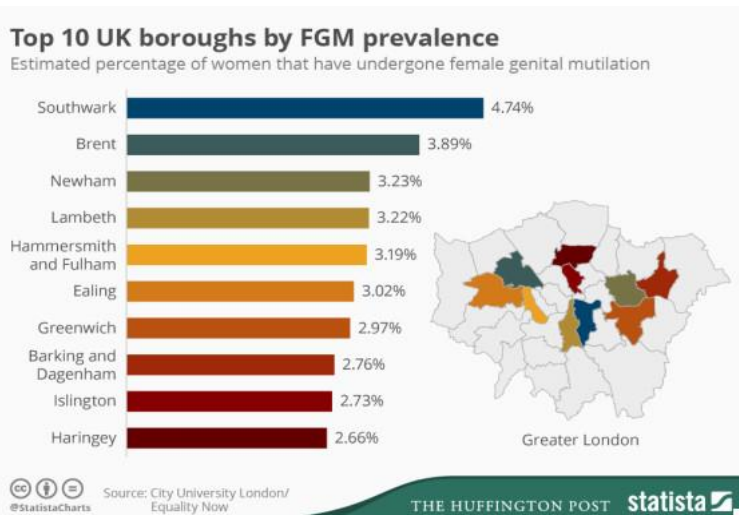
Newham Council has just released its FGM Protocol. The Protocol is a guide for practitioners and professionals to support their work on FGM cases. Cat Everett, Domestic and Sexual Violence Commissioning Officer for the London Borough of Newham and author of the protocol said:

***"The Newham FGM Protocol highlights the partnership commitment to responding effectively to FGM. The development of the protocol brought together a multiagency group of professionals who share the same goal: preventing FGM from happening to Newham girls, providing compassionate support for women and girls who have undergone the practice and engaging with communities to build awareness and create capacity for change"***

Cat also commented ***"The Protocol clearly sets out the response expected of professionals working in Newham and the role they can play in ending the practice. It also emphasises the importance of the Newham FGM Prevention Service. I would urge all professionals working in the borough to read the protocol and work with your colleagues to embed this into your practice"***

[Click to read more on the Protocol.](#)

## London Borough Prevalence



## Community Champions

The FGM Service has recently recruited and trained 12 volunteer FGM Community Champions.

The Champions work to encourage and support communities affected by FGM to take positive action to tackle the practice, including raising awareness the risks and complications, the support services available and how to safeguards girls at risk.

Zinny Oriaku one of our recent Community Champion commented:

***"I have thoroughly enjoyed the training provided so far. A lot of thought was put into creating a training package tailored to equip us to effectively perform our roles.***

***I have found the pace and mode of delivery of the training sessions clear and fun, and sensitive aspects of the training have been well***

Over 100 girls were identified as having, or were having treatment for, FGM in England in 2015/16. [Read more here](#)

*handled. I am a lot more confident about this role because of the quality of the training."*

The volunteers received over 40 hours training which includes Safeguarding, FGM and the Law and how to support women and girls.

In the coming months our Champions are keen to work with women from the Somali, Senegalese, Gambian, Sierra Leonean, Guinea Bissau communities.



### Drop-in Sessions

Please come along to our free, confidential FGM information drop-in sessions at:

- Maternity Booking Centre at Newham General Hospital every last Friday of the month
- Refugee and Migrant Program (RAMP) every first Tuesday of the month at 395 High Street North, Manor Park, London, E12 6PG

### Parents Workshop

On 17<sup>th</sup> November 2016 9:30 - 10:30am.

Ranelagh Primary School, Corporation Street,  
Stratford, E15 3DN

Contact Alima or Rita on 0203 384 9413 or on  
[newhamfgmsupport@manorgardenscentre.org](mailto:newhamfgmsupport@manorgardenscentre.org)

## Contact us today for our latest information cards available several languages

**Do you live or work in Newham?  
Do you have questions or concerns about  
Female Genital Mutilation (FGM)?**

**Newham's FGM Prevention and Support Service can help. We provide the following free services:**

- Confidential one-to-one support and advocacy for women affected by FGM.
- Community awareness sessions
- Tailored training to your staff team.
- Information, guidance and resources over the phone or by email.

**Like to know more?**

Call us on or 0203 384 9413 (9am - 5pm Monday to Friday) and ask to speak to Alima or Rita or email us on [newhamfgmsupport@manorgardenscentre.org](mailto:newhamfgmsupport@manorgardenscentre.org)

Female genital mutilation, 'cutting' or 'circumcision' can cause serious health consequences for girls and women. It is a human rights violation and illegal under UK law.

The FGM Prevention and Support Service is part of the Newham One Stop Shop for residents affected by domestic and sexual violence. Contact the One Stop Shop on 0845 451 2547 (24 hour support line).

If you think someone is at immediate risk of FGM contact the police on 999.

If you have questions or concerns you can also contact the NSPCC's free 24 hour anonymous FGM helpline: 0800 028 3550 / [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk) / [www.nspcc.org.uk/fgm](http://www.nspcc.org.uk/fgm)

## Useful Information

1. NSPCC FGM Helpline 0800 028 3550 or email [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk) (free and anonymous)
2. Newham One Stop Shop – for all women in the borough affected by domestic and sexual violence - 0845 451 2547 (24 hours)
3. If you are concerned about someone under 18 years old at risk of FGM in Newham contact Children's Triage Team on 0203 373 4600.
4. **Referral Form** (59KB, Word) which can be sent by email securely to [referrals.idva@aanchal.cjsm.net](mailto:referrals.idva@aanchal.cjsm.net)



Written by Alimatu Dimonekene – FGM Caseworker and Trainer