



tahur  
sunna  
cutting  
gudniin  
khatana  
halalays  
megrez  
khitan  
bondo  
fgm

**Don't keep your  
pain secret**

Talking is healing.

# **Female genital mutilation (FGM) is a secret pain that many women carry with them.**

It is the practice of deliberately cutting, injuring, or changing a female's genitals. It's also known as cutting, and there are other names for it such as sunna, gudniin, bondo, halalays, khatana, tahir, megrez and khitan.

FGM is usually carried out on young girls, between infancy and age 15 for cultural, religious and social reasons, as a preparation for marriage or to preserve virginity.

There is no benefit to FGM and women who survive cutting are often left with long-lasting health problems. The scars are not just physical. Many women experience emotional problems too – anxiety, flashbacks, fear for themselves or their daughters. The first step towards recovery is talking.

**The Blossom Clinic is a safe, supportive environment where women can ask for help in confidence and get the treatment and support they need.**

## Effects of cutting

- **Feeling fear**
- **Difficulty urinating**
- **Painful memories**
- **Flashbacks**
- **Vaginal infection**
- **Constant pain**
- **Painful periods**
- **Difficulty having sex**
- **Anxiety and depression**
- **Lack of confidence**

Women who have survived cutting may experience these problems.

**Any of these symptoms can happen if you've been cut.**

# The Blossom Clinic is where the healing begins.

We're here to help non-pregnant women who may be suffering the effects of FGM. You can talk to one of our specialist community advisors one-to-one, in complete confidence and without judgement.

The Blossom Clinic is a safe space where you can get medical treatment, as well as the support you need to understand what's happened to you and regain your confidence.

**If you can talk about it, you can get through it.**

## How we can help

- A safe space
- Complete confidentiality
- Assessment and treatment of physical symptoms
- One-to-one initial support session
- Up to six sessions of follow-on support
- Help accessing other services
- Emotional and practical help
- Rebuilding confidence
- Other languages spoken





# Meet the team

**Andrea Taylor**  
Specialist FGM Midwife  
Leeds Teaching Hospitals  
NHS Trust

**Nicole Ackie**  
Specialist FGM Midwife  
Leeds Teaching Hospitals  
NHS Trust

**Hawa Bah (pictured)**  
Advocate  
Blossom Clinic

**Clinic day:**  
Tuesday 10am-6pm

**Advocacy support:**  
Monday 9am-5pm  
Tuesday 10am-6pm  
Wednesday 10am-3pm



## Get in touch

You can contact the clinic directly yourself, or a healthcare professional can refer you with your permission.

**EN** Speak to Hawa our Advocate and book an appointment using the numbers below, or visit the Blossom Clinic website.

**FR** Parler à Hawa, notre conseillère communautaire et prenez rendez-vous en appelant les numéros suivants. Ou visiter le site web de la Blossom Clinic pour lire cette information en français.

**SOM** La hadal Xaawo, Qareenkayaga oo ballan qabso adiga oo isticmaalaya nambarada hoose, ama booqo website-ka Blossom Clinic si aad u akhrido macluumaadkan oo Soomaali ah.

**TIG** ንተጣባቂቲና ዝኹነት ሃዋ ኣዘራርባኣ/ብዋ : ነዚ ኣብ ታሕቲ ዘሎ ቕጽርታት ብምድዋል ድማ ቁጻራ ሓዘ/ዙ።  
ወይ ከኣ ነዚ ሓበሬታ እዚ ብትግርኛ ኸተንብባኣ/ዎ እንተ ደሊኹን/ኹም ነቲ ኣብ ታሕቲ ዘሎ ናይ ብሎሶም ክለኒክ ውብሳይት ተመልከታ/ቱ

**AR** تحدث إلى هوى، محاميتنا واحجز موعداً بالاتصال بالأرقام التالية –  
٠٧٨٢٤٥٨٠٩٨٨ أو ٠١١٣٢٧١٨٢٧٧  
أو قم بزيارة الموقع الإلكتروني لعيادة الزهور لقراءة هذه المعلومات باللغة العربية .

**Phone: 07824 580988 or 0113 271 8277**

**Website: [touchstonesupport.org.uk/fgm](https://touchstonesupport.org.uk/fgm)**

# For more information

Email:

[leedsth-tr.blossomclinic.fgm@nhs.net](mailto:leedsth-tr.blossomclinic.fgm@nhs.net)

NHS FGM Support:

<https://www.nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics>

Scan this QR code for access  
to the Blossom Clinic website:



**Blossom Clinic.**  
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