

"Gudniinka fircooniga waa wax caado iyo dhaqan ah – mana jiraan wax qoraallo diini ah oo sheegaaya in sidaas la sameeyo"

Ka waran dadka da'doodu ka yar tahay 18 sano jirka, sidee ayaa iyaga loo taageeri karaa?

Taageerada la siinaayo dadka ka yar 18 sanno jirka waxa laga helayaa iyadoo la soo maraayo adeega takhasuska caafimaadka caruurta ee UCLH. Balamaha rugta caafimaadka ayaa lagu heli karaa iyadoo emayl loo dirayo UCLH.paediatricssafeguarding@nhs.net.

Soo booqo rugtayada caafimaadka

NFGMSC **Summerfield Women's Clinic**

Wakhtiyada furitaanka

9am-5pm

Cinwaanka

**Summerfield Primary Care Centre,
Heath Street, Birmingham, B18 7AL**

Lambarka telefoonka

07989209483

emaylka u gudbinta

swbh.summerfieldfgm@nhs.net

Wixii macluumaad dheeraad ah ee ku saabsan dhamaan liistada rugaha caafimaad, fadlan soo booqo: www.nhs.uk/fgm



#FGMQUESTIONS
#NFGMSC
#ENDFGM

Rugaha caafimaadka Qaranka ee Taageera Gudniinka Fircooniga (National Female Genital Mutilation Support Clinics) – waa maxay kuwaasi?

NFGMSC waa rugo caafimaad-oo bulshada ku dhex taas oo dumarka gudniinka Fircooniga loo sameeyey ee aan iyagu uurka laheyn marka ay caarimad raadsanayaa siin doona daryeel caafimaad oo guud. Waxay bixin doonaan adeegyo kala duwan oo taageero ah kuwaas oo ay bixin doonaan koox dhamaan wada-haween ah oo waxyaabo kala duduwan takhasus u leh;

- qiimayn jirka lagu sameeyo iyo daaweyn (kuwaas oo uu kujirro dib u furitaan haddii loo baahdo),
- dareen taaageerid/la talin,
- macluumaadka guud,
- helitaaka Qareenka Caafimaadka ee Gudniinka Fircooniga; iyo:
- sii wadista kaalmada ee Dhakhtar khabiir takhasus khaaska ah leh haddii maarayn dheeraad ah loo baahdo.

Rugaha caafimaadku waxay ku yaali doonaan dhammaan afarta gobol: Waqooyiga England, Midlands iyo Bariga, London iyo gobolada Koonfurta.

NFGMSC waxay bixisaa bay'ad halkaas oo haweenka lagu casuumo si ay uga hadlaan baahiyahooda caafimaad iyagoo ku sugan jawi xasaasi ah oo aan xukun lahayn. Tani waa adeeg deg-deg ah halkaas oo ay haweenku iyagu iskood isu soo gudbin karaan, laakiin soo gudbinta ka timaada GP-yada iyo xirfadlayaasha kale ee caafimaadka ayaa si weyn loo dhiirigelinayaa.

Inta ballantaada lagu gudo jiro ayaa la ogaan karnaa nooca FGM. Waxaanu bixinaa dib u furitaan (qaliin 'dib ugu celin/furitaan' ah) iyadoo la isticmaalaayo suuxinta meesha u gaar ah taas oo aanu ku sameyn karno rugtayada caafimaadka, ama waxaan kuu gudbin karnaa Dhakhtar khabiir takhasus leh oo jooga isbitaal haddii ay jirto in la doorbidaayo in qaliika lagu sameeyo iyadoo lagu wada suuxiyey. Haweenka qaba xanuun farjiga ama dhibaatooyinka kaadi mareenka ayaa loo gudbin doonaa adeegga dhakhtarka takhasuska u leh kaadi mareenka.

Rug caadimaad ee dumarka (18 sano jir iyo waxa ka weyn) ee loo sameeyey gudniinka Fircooniga ama **FGM**



NFGMSC waa rugo caafimaad-oo bulshada ku dhex taas oo dumarka gudniinka Fircooniga loo sameeyey ee aan iyagu uurka laheyn marka ay caarimad raadsanayaa siin doona daryeel caafimaad oo guud. Waxay bixin doonaan adeegyo kala duwan oo taageero ah kuwaas oo ay bixin doonaan koox waxyaabo kala duduwan takhasus u leh; oo ay ku jiraan qiimeyn jidhka iyo daaweyn macluumaadka helitaaka U doodeha Caafimaadka ee Gudniinka Fircooniga.

Waxa jiri doona sii wadista taageerada eeLa taliyaha takhasus u leh haddii maarayn dheeraad ah loo baahdo. Rugaha caafimaadku waxay ku yaali doonaan dhamaan afarta gobol: Waqooyiga England, Midlands iyo Bariga, London iyo gobolada Koonfurta.

Waa maxay gudniinka fircooniga?

Waa maxay gudniinka fircooniga (FGM) waa qalliin halkaas oo si kas ah xubinta taranka ee dumarka loogu jaro, loogu dhaawaco ama loogu beddelo, iyadoo aysan jirin wax sabab caafimaad ahoon tan loo sameeyo.

Waxa sidoo kale loo yaqaanaa “gudniinka dumarka” ama “jarista”, sida ereyada kale ee sida gudniin; sunna; halalays; qodiin; khitan; thara; ibi ugwu; khifad; tahoor; absum; megrez; bondo; kutairi; mekhnishab; fanadu di mindjer; kuyango; and niaka.

- Gudniinka Fircooniga waxa badanaa lagu sameeyaa Fircooniga yaryar ee inta u dhaxeysa dhalaanimadda ilaa iyo da'da 15 sanno jirka, inta badan inta aan baalug noqon.
- Waa ku xad gudub ilmaha loo geysanaayo waana ka sharci daro dalka UK.
- Gudniinka fircooniga wuxuu ku xadgudbayaa xuquuqda aadanaha ee haweenka iyo gabdhaha.
- Gudniinka fircooniga waa wax caado iyo dhaqan ah – mana jiraan wax qoraallo diini ah oo sheegaaya in sidaas la sameeyo.
- Waa wax aad u xanuun badan iyadoo si xun u dhaawici karta caafimaadka haweenka iyo gabdhaha. Waxay sidoo kale sababi kartaa dhibaatooyin muddo dheer oo la xiriira galmada, dhalmada, foosha iyo caafimaadka dhimirka.

Caawimo iyo gargaar ayaa la heli karaa haddii lagu sameeyey Gudniinka Fircooniga ama aad ka walwalsan tahay in qof kale halis ugu jiro.

Waa maxay noocyada kala duduwan ee Gudniinka fircooniga?

Nooca 1: Kintirka ama maqaarka ku wareegsan oo qeyb ahaan ama gebi ahaanba la wada gooyo.

Nooca 2: Kintirka iyo bishimaha oo qayb ahaan ama gebi ahaanba la wada gooyo, oyadoo la jaraayo ama aan la jareynin bishimaha.

Nooca 3: Yarenta/soo dhuubista godka siilka iyada oo la abuurayo dabool dhusha kore ah iyada oo la goynaayo bishimaha ka soo hor jeeda iyo/ama bishimaha iyadoo la jaraayo ama aan la jareynin kintirka (isku tolista).

Nooca 4: Dhammaan qaliinada kale ee waxyeela loogu sameynaayo xubnaha taranka dumarka ee aan ujeedo caafimaad aheyn, tusaale ahaan: durista, daloolinta, jeexjeexitaanka, xoqida iyo dab ku gubista.

Daryeelka caafimaadka

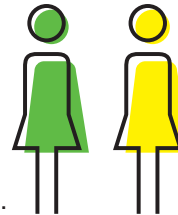
Haddii lagugu sameeyey gudniinka fircooniga, ayaa waxaad la kulmi kartaa dhibaatooyin jidhka sida:

- caabuqyada kaadi mareen.
- caabuqa xubinta taranka ee dumarka.
- caadada oo aad xanuun badan.
- galmo xanuun badan.
- dareemid murugo, welwel ama niyad jabsanaan.
- dhibaatooyin xilliga foosha

Daryeel maskaxda

Haddii lagu sameeyey gudniinka fircooniga, ayaa waxaad la kulmi kartaa dhibaatooyin maskaxda sida:

- maskaxda dib kuugu laalaabato waqtiga goyntu.
- niyad jabsanaan.
- murugo.
- walac.
- riyooyin xunxun
- isku kalsoon darro
- dhibaatooyinka kale ee dhimirka.



Taageerada U doodaha

Waxaa suuragal ah inaad jeclaan karto inuu ku taageero U doodaha Caafimaadka Gudniinka Fircooniga kaasoo kaa caawin kara:

- inaad raaxo dareento.
- kaa caawinaaya sharaxaada adeegga iyo daryeelka iyo taageerada aad heli karto.
- kuu tarjumaana meesha taas ku habboon.
- isagoo adiga ku matalaaga kuula dooda dadka kale si loo hubiyo in rabitaankaaga lagu dhaqmo.

Gudniinka Fircooniga iyo sharciga UK

UK ayay tahay mid sharci ka soo hor jeeda.

- in qof kastaa sameeyo Gudniinka Fircooniga.
- in Fircooniga ama dumarka ku nool UK loo kaxeeyo wadan kale si loogu soo sameeyo Gudniinka Gandhaha.
- in qof kale laga caawiyo inuu sameeyo FGM, (tan waxa xataa ku jirta is safarka loo diyaariyo). Qofka lagu xukumay dembi sida uu dhigaayo xeerka FGM 2003 ayaa xabsiga la dhigi karaa ilaa 14 sano ugu badnaan.
- sidoo kale waxa sharci darro ah in dumarka la tolo dhalmada ka dib, tan waxaa loo yaqaanaa dib u tolista.

“Ma jirto wax faa’iido ah oo uu leeyahay Gudniinka Gabdhahu – waxuu sababi karaa waxyeelo aad u weyn”

Waa sidee haweenka uurka leh, sidee ayaa iyaga loo caawin karaa?

Support for your pregnant women who have had FGM is available through the Maternity Department at your local hospital.