

Get involved in our work

Please complete below and return to AFRUCA

Tick all relevant options:

- I would like AFRUCA to run related mental health training for our organisation/group
- I would like to volunteer with AFRUCA
- I am a professional and would like to contact AFRUCA to discuss / refer a child/young person that needs therapeutic support
- I would like to refer a child/young person for 1-2-1 support from AFRUCA
- I would like you to send me more information about AFRUCA
- I would like a copy of your publication: "What is FGM?"

Name

Organisation

Address

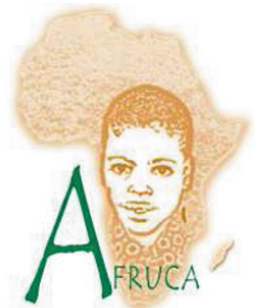
Postcode

Email

Tel

What we want to achieve

- To provide culturally sensitive intervention service, tailored to the needs of children and young people.
- A rehabilitation service open to African/black communities and young people affected by FGM.
- Children would have gained support and therapeutic understanding to ensure they keep themselves safe from mental abuse and harm.
- To support families by investing in early intervention and FGM prevention programs to help reduce anxieties and fear and to ensure they are supported every step of the way.
- Families will have a source of support and information readily available to them around FGM and child protection issues.



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Opening Times:
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www.afruca.org

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AFRUCA promotes the Rights and Welfare of African Children in the UK and in Africa.



Emotional Wellbeing for FGM Survivors in Greater Manchester

We are a therapeutic service for African children, young people and families who have survived or have been at risk of undergoing Female Genital Mutilation (FGM).

We provide culturally appropriate therapy which enables children and young people to deal with the impacts of their traumatic experiences and begin the process of recovery.

About AFRUCA

AFRUCA – Africans Unite Against Child Abuse was established in May 2001 as a platform for promoting the rights and welfare of African Children in the UK. AFRUCA has developed a national profile as an organisation rooted in the African community bringing specialist knowledge and expertise to the work of practitioners and policy makers to safeguard African children.

What We Do

AFRUCA works in five key areas to help promote the rights and welfare of African children in the UK:

Awareness Raising and Sensitisation:

With African communities and among young Africans about children's rights as enshrined in the United Nations Convention on the Rights of the Child and other international conventions and UK legislation promoting the rights and welfare of children.

Information, Education and Advisory Services:

To raise the profile of African children in the UK, increase awareness of their needs, improve policies and practices, and develop the leadership potential of young Africans. Activities include research and publishing reports; media work; conferences, seminars, workshops, and training programmes for parents, policy makers, service providers, community leaders, and young people; community meetings; advice and consultancy services.

Advocacy and Policy Development:

Working closely with policy makers to shape the development of policy and regulatory action that promotes the welfare of African children.

Community and International Development:

In partnership with others, putting in place programmes and projects that help relieve some of the suffering and hardship that African children experience.

Support for Children, Young People and Families:

We work to support children, young people and African families in crisis or at the point of breakdown through effective early intervention services. This includes our therapeutic service which provides a confidential space to explore thoughts, feelings, beliefs and experiences through one-to-one, psycho-educational groups or group therapy, to those who have been affected by FGM.

For further information about our work, please visit our website at www.afruca.org

AFRUCA's FGM therapeutic Services

FGM, also known as female genital cutting is the partial or total removal of any part of the female genitalia for non-medical purposes. Victims of FGM face a range of physical and emotional consequences.

AFRUCA's therapy service helps to bridge the gap in provision of specialist mental health services for victims of FGM across Greater Manchester. Our new service provides emotional and wellbeing support to children and families with difficulties resulting from FGM practices. Our Emotional Wellbeing Coordinator is based in AFRUCA's Centre in Manchester providing essential support to those who require the service.



What we offer:

AFRUCA offers therapeutic support for children and young people (age 5 to 21 years) and families who have been subjected to or at risk of FGM, enabling them to begin the recovery process. Our interventions are adapted to be culture specific as we have 15 years of cultural expertise working across different African communities in Greater Manchester.

AFRUCA Emotional Wellbeing service uses a range of child friendly interventions designed to work with children and young people who have been through or are at risk of FGM.

Service Referral Pathway

The referral procedure involves:

- A professional/ community member will provide a referral for the young person. A young person can also self-refer to our service
- A visit with the family/young person will be organised, where a package of support will be introduced. For example, signposting, offering a safe place to talk, and providing moral support to appointments if required.
- There will be an assessment procedure at the initial stage to establish level of support required.

Level of Support

- 1) Lower level support - We provide services to meet young people requiring emotional/practical and moral support as they may not have gone through FGM but are being victimised by their families because they refuse to undergo the practice
- 2) Higher level support - Children and young people who have been through the procedure or are at risk and have been traumatised by this. We are working with children's services and agencies such as schools, faith and local communities.

Our service will be available three days a week. Flexible appointments (weekends) are also considered.

Our Centre has its own carpark and the building is wheelchair accessible. We have a dedicated therapy room and child care available upon request.

AFRUCA works with a broad range of psychological issues relating to FGM including:

- Post-traumatic stress disorder (PTSD) and complex trauma
- Low mood
- Anxiety and Fear
- Distressing memories/bad dreams
- Low self esteem and shame
- Disempowering the effects of myths and beliefs pertained to FGM
- Anger, rage control
- Feelings of worthlessness, helplessness and meaninglessness
- Sleeping problems
- Suicidal ideas and attempts
- Self-harm
- Attachment disorders and relationships
- Mistrust of others

The Psychotherapy strand of AFRUCA's service offers:

- Psycho-Educational workshops
- 1-2-1 therapy with sessions depending on assessment outcomes, with our trained therapists.
- Group Therapy – Support Forum
- Mental health assessments that are culturally adjusted
- Specialist training and development on the psychological effects of FGM for external agencies
- General information, advice and support (face to face, via phone or email) to community members/practitioners

