



**Girls and Young Women
FGM Therapeutic Service**



Girls and Young Women FGM Therapeutic Service

'Safeguarding Children and Young Women from abusive practices'

About SOS - GYW:

SOS - GYW is a unique Female Genital Mutilation (FGM) project, across Greater Manchester, providing tailored psycho-social therapeutic interventions to girls and young women, who are either affected by or at risk of FGM. The service is offered to girls and young women (11 - 25 years old).

Our Mental health Therapists, Children and Family Workers, are culturally competent, have an understanding of violence and are trained to work with Children and Young People, particularly those from minority ethnic communities. The project uses a person-centred approach and utilises youth friendly and creative methods. In addition, Family Therapy is also offered to ensure a holistic approach.

Our Wellbeing Team engage with a range of cultural beliefs and issues that young people may experience during their lives, particularly those affecting their emotional wellbeing.

SOS - GYW provides a confidential space for girls and young women to discuss and explore their feelings and emotions and develop coping strategies to help them move on and live a safer life beyond FGM.

SOS Therapeutic Service is a professional and structured service that adheres to the standards set out by the British Association of Counselling (BACP) and the Nursing Midwifery Council (NMC) - Standards, Ethics and Code of Practice.



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The SOS - GYW Project aims to:

- Provide a One Stop Triage Point for FGM psycho-social assessment, referrals, information, advice and support.
- Assist girls and young women affected by and at risk of FGM to overcome their distress and live safer lives
- Support girls and young women to overcome their trauma through the provision of an adapted service.
- Use Art Therapy and creative therapeutic approaches to support girls and young women affected by and at risk of FGM enabling them to fully participate in their social life.
- Develop the capacity and skills of professionals through training and sharing good practice, to provide appropriate support to women and girls affected by FGM.
- Work closely with key and relevant professionals to safeguard girls and young women from FGM.

The SOS - GYW Project provides:

- Free and confidential outreach and service provision in various youth settings including schools and youth groups across Greater Manchester. This provides an opportunity for girls and young women to speak to a specialist worker or counsellor.
- Individual Therapeutic Support provided by a therapist. This will help to:
 - Build Positive Coping Strategies and avoid re-traumatization
 - Develop Assertive and Safeguarding Techniques
 - Overcoming anxiety, depression and stress
 - Managing negative responses including: excessive and misplaced criticism, ignorance and social exclusion, humiliation
 - Dealing with inter-personal challenges: including within the family or relationships
 - Challenge cultural related health beliefs, particularly around FGM
- Counselling for emotional distress linked to FGM
- Referrals to and support to access specialist and support services
- Out of hours emergency advice and support (07426 741222)

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Accessing SOS-GYW:

Self-referrals

Referrals from parents and carers

Referrals from statutory professionals

The service is provided at NESTAC Clinics (Rochdale, Salford and Manchester). In addition outreach and support services can be provided at: schools, children and young people services across Greater Manchester. The settings should be safe and confidential.

Please contact us to request a referral form. This should be posted to NESTAC or sent securely (protected / safe email) - to ensure data protection.

If you need to discuss anything or need support completing the referral form; please contact NESTAC

Please send all correspondence to our main office:

NESTAC - SOS Project: 237, Newstead Rochdale OL12 6RQ

Email: wellbeing@nestac.org

Tel: 01706 868993

Mobile: 07426 741222

Website: www.nestac.org

Funded By:



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