

Appendix 1: Key Organisations and Contacts for support with FGM

Forced Marriage and Honour-Based Abuse

Foreign Office - Forced Marriage Unit

Telephone number: 020 7008 0151

Email: fmufco.gov.uk

Website: www.fco.gov.uk/forcedmarriage

National Helpline (Domestic Abuse & Forced Marriage)

Telephone number: 0800 027 1234 (can be accessed 24/7)

Karma Nirvana

Telephone number: 0800 5999 247

Website: www.karmanirvana.org.uk

Bright Choices

Telephone number: 0131 622 7500

Email: brightchoices@sacro.org.uk

IKWRO (Iranian & Kurdish Women's Rights)

Telephone number: 0207 920 6460

Email: ikwro@yahoo.co.uk

Domestic Abuse and Women's Aid

Scottish Women's Aid

Telephone number: 0131 226 6606

Email: contact@scottishwomensaid.org.uk

Shakti Women's Aid (BME support)

Telephone number: 0131 475 2399

Website: www.shaktiedinburgh.co.uk

Hemat Gryffe Women's Aid

Telephone number: 0141 353 0859

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LGBTQ+ Support

Stonewall Scotland

Telephone number: 0131 474 8019

Email: info@stonewallscotland.org

Mental Health & BME Women

Saheliya (Edinburgh and Glasgow offices)

Telephone number: 0131 556 9302 / 0141 552 6540

Website: www.saheliya.co.uk

Amina MWRC (Glasgow, Edinburgh, Dundee)

Telephone number: 0808 801 0301

Website: www.mwrc.org.uk

Beyond the Veil

Email: nasim.azad69@yahoo.co.uk

Sexual Violence

Rape Crisis Scotland

Telephone: 08088 01 03 02 (6pm–midnight)

Email: info@rapecrisisscotland.org.uk

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Human Trafficking

UK Human Trafficking Centre

Telephone number: 01142 523 891

Email: info@ukhtc.org

FGM Support

KWISA (African women)

Telephone number: 0131 281 7347

Waverley Care – My Voice Project

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Telephone number: 0131 558 1425

Website: www.waverleycare.org

FORWARD

Website: www.forwarduk.org.uk

Daughters of Eve

Website: www.dofeve.org

Scottish Government Info

Website: www.onescotland.org/equality-themes/gender/female-genital-mutilation-fgm/

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Public Services Delivery Scotland

Appendix 2: Sources of Patient Information on Genito-Urinary Syndrome of Menopause

Women's Health Concern (WHC)

This is the patient branch of the British Menopause Society (BMS). WHC have leaflets on: [“Vaginal Dryness” or “Urogenital Problems”](#).

Rock My Menopause

This is the patient branch of the Primary Care Women's Health Forum and has an information section on [GSM](#).

UK Cervical Cancer Charity

This is a small non-profit charity which provides advice on how cervical cancer can be prevented. It has a useful [patient information leaflet](#) for women who find cervical screening uncomfortable during perimenopause and menopause and tips to make the procedure easier.

Menopause Matters

Menopause matters is an award winning, independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. If patients find it difficult to discuss their symptoms with a healthcare professional, there is a [downloadable checklist](#) that they can take with them to a consultation to make it easier to discuss.

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Appendix 3: Patient Information and Resources: Lichen Sclerosus

- [British Association of Dermatologists \(2022\) PIL Lichen Sclerosus](#) (reference 61).
- [British Society for the Study of Vulval Disease: Information for patients/carers How to treat lichen sclerosus](#) (reference 63).
- [The Lichen Sclerosus Guide⁶⁴: Vulval lichen sclerosus.](#)

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