



SAY
NO
TO
FGM

WAXYEELAYNTA SAXAAXA HAWEENKA

Batulo Essak, Eriikka Sailo & Kati Illahe

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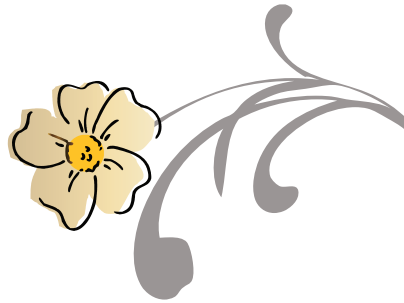
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WAXYEELAYNTA SAXAAXA HAWEENKA (WSH)

Batulo Essak
Kati Illahe
Eriikka Sailo



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Koox hawleedka:

Batulo Essak, Umuliso, kalkaaliso, iyo dawayso isu galmoodka lammayaasha
Kati Illahe, Umuliso iyo kalkaaliso
Eriikka Sailo, Umuliso iyo kalkaaliye

Mahad celin gaar ah:

Sailo Ohrranen, arday cilmiga Bulshada
Anne Soininen, arday Cilmiga Bulshada
Annu Vautilainen, Daryeelka Caafimaadka

Hordhac

Buugyarahani waxaa loogu talagalay in uu ka siiyo xoggo ku saabsan gudidda Saxaaxa dumarka qawmiyadaha weli laga adeegsado oo ay sababtay xoggo qaldan oo ay haystaan. Gabadh yari waxay ku qurxoon tahay oo dhamays ku tahay sideeda, waxaannuna rabnaa in ay ku nagaadaan gabdhuhu siday ahayeen markii la dhalay. Diin, dhaqan iyo hide midna kama hadlin wax kaliya oo saameeya xaquuqda gabdhaha Saxaaxooda. Haddaba Gudista haweenka waa ku xad-gudub xaquuqda aadmiga, oo waa ku takri-fal badbaadada Haweenka iyo carruurta, ikhtiyarka gooni-u-joogooda iyo dhanka xaqooda caafimaadka.

Buugyarhan waxaa loogu talagalay qalab inuu noqdo hawleedka dadka ku hawlan ka hortaga gudniinka, si markay ka doodaanyaan ay ugu noqdo hagitaan xubnahood hawlwadaagga la leh si hankooda iyo halkay ka taagan yihiin arrinka loogu bedelo xag cusub iyo xog saxan. Hanka shakhsiyeed iyo ami-naada araaho qaldani waa xoog badan yihiin, isbedelna wuxuu u baahan yahay in uu ka yimaado xaga gudaha.

Buugani wuxuu sidoo kale qalab hawleed waxtar leh u yahay bulshda iyo u heelanayaasha hawsha daryeelka caafimaad, kuwaas oo ku hawlan hablaha iyo dumarka la guday, ama dad kale oo daneeya arimahaan.

Buugani wuxuu u adeegsanayaa eraybixinta WSH Waxyeelaynta Saxaaxa Haweenka in ay muujinayso gooynta saxaaxa (xubinta galmada) haweenka.

Araar

- ALMAATA (1978) Shirkaa caalamiga ee "caafimaadka dadkoo idil" oo u bedelay habka waajihida caafimaadka shicibka mid aqooneed, nafaqaynta, biyaha iyo nadaafadda, qorshaynta taranka qoyska, Talaalka cudurada faafa, kahortagga dhaawacyada iyo daawaynta loo dhanyahay.

- 1993 Baaqii Vienna ee Xaquuqda aadamiga wuxuu xaqiijiyay in WSH (FGM) uu yahay ku xadgudubka Galmada.

- ICPD (Shirkii Aduunka ee dadwaynaha iyo Horumarinta) kulankiisii (1994) iyo Beijing (1995) oo soo jiiday diktooni xagga Waxyeelaynta Saxaaxa Haweenka.

- 1997dii, WHO (Ururka Caafimaadka Dunida), UNFPA, UNICEF oo ka soo saaray war murtiyeed ku lid ah WSH (FGM).

- UN (QM) (Qaramada Midoobay) Yoolkooda Horumarinta Legga (MDGs) Tir: 3 wuxuu ahaa Dhiirigelinta kor u qaadka tayada iyo ka soo raynta haweenka oo idil ka hor dhalashada.

- 2008dii, Kalfadhigiisii Caafimaadka Dunida waxaa lagu galay ballan lagu soo afjarayo WSH laguna xaqiijiyey in ay waajib tahay ka fulinta qayb walba oo ay ka mid yihiin kuwa caafimaadka, waxbarashada, dhaqaalaha, caddaalada iyo xaquuqda haweenka.

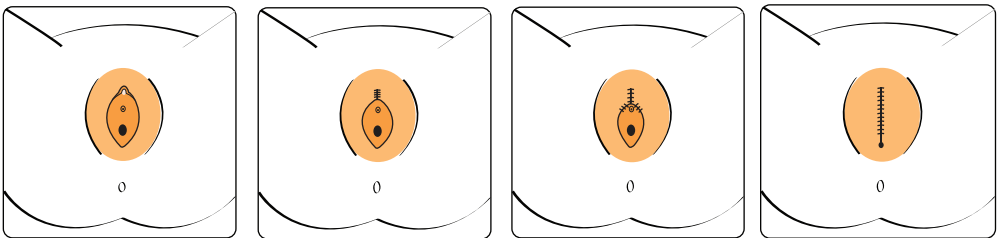
- Qaramada Midoobay waxay ansaxiyeen 6da Febraayo inay noqoto maalinta caalamiga ee WSH-ka.

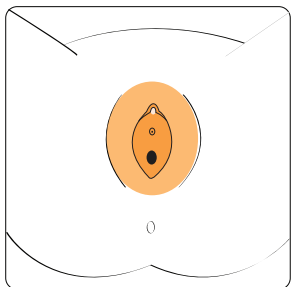
Waa maxay Waxyeelaynta Saxaaxa Haweenka (WSH)?

Waxyeelaynta Saxaaxa Haweenka, ama WSH waa eraybixinta guud ee gudista haweenka. Taas oo macneheedu yahay goynta qayb ama gebi ahaan iyo/ama dhaawacidda debada xubinta galmada (saxaaxa) dhedigga, sababo ay mid dhaqan tahay ama kuwa kaloon qusayn sababo dawayneed. Shirkii caalamiga ee gudniinka ee Adis Ababa (2004) laguna falanqeyey eraybixinta laguna go'aamiyey "Gooyn" in ay noqon lahayd eraybixinta ugu haboon mar la bixiyey waxbarasho caafimaad.

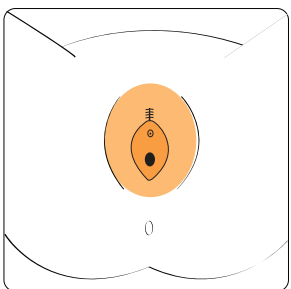
Afka finnishku wuxuu u haysataa gudis in ay tahay eraybixinta mid kaga wacan macne ahaan. Qaliinkan gudniinka dumarka waxaa lagu fuliyaa sida ugu badan xaalado aadminada ka baxsan oo qalab aan jeermis laga dilin la adeegsado iyo agabyo kala duwan sida waslado quraarad ah, sakiimo, qodxo iyo mandiilo kaleba.

Ururka Caafimaadka dunidu wuxuu u kala soocay WSH afar nooc oo kala duwan:

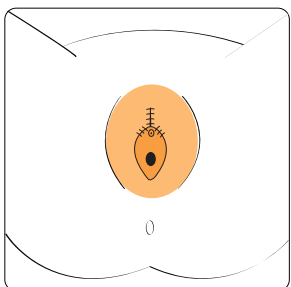




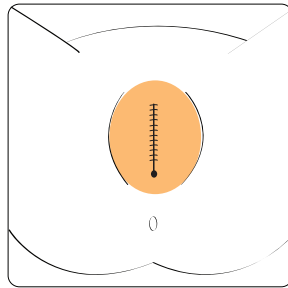
Nooc 1 (Kintir caarad goyn/ Nooc Sunna) Clitroiedctomy
Caaradda kintirka oo la gooyo qayb ahaan ama gebi ahaan.



Nooc 2 (gunjarid/dhexdhexaad)
Caaradda kintirka oo la gooyo iyo bushumaha/faruuraha oo qayb la jaro ama gebigoodba la jaro.

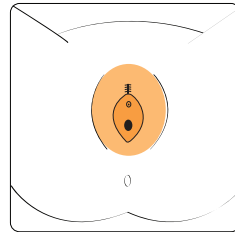
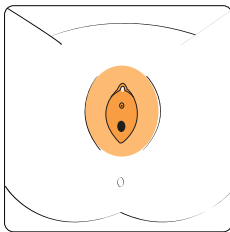


Nooc 3 (qodbid) infibulation
Faruuryaha debadiis oo la jaro, qaybtii ama gebigii faruuraha oo dabadeed laysku tolo ama la qodbo oo la reebo god yar oo kaadidu iyo dhiiga xaydka/ caaddada soo maraan.



Nooc 4 (sooclaawe) (Unclassified): waxaa ka mida Durdurid/ mudid qodxo, mudacyo ruubid, jarid kintirkoo dhan iyo bush-maha oo la fidiyo laguna dhamciyo dab oo la gubo kintirka nudaha hareerihisa ku yaal. Kadibna la xaquuqo dhuqda ama godka bikaarada ee siilka afakiisa hore (vagina orifice) ama (Jaridda Anguura) ama jaridda ee (goynta gishira) Ethiopia looga yaqaan. Adeegsiga walxaha jirka googooya (corrosive elements) sida aysidka(aashito) oo loo adeegsado saxaaxa dushiisa si dhiig looga keeno, ama adeegsiga dawo dhaqameed sida malmalka si la isugu dhejiyo bushumaha saxaaxa dumarka si loo dhuujiyo ciriirna looga dhigo daloolka siilka, ama dawyo kastoo kale loo maro ayaa hoos imaanaya qeexitaanka kor ku xusan ee Waxyeelaynta Saxaaxa Haweenka.

Qiyaastii 80-85% ee idilba WSH waa Nooc 1aad iyo 2aad



Taariikhda iyo jiritaanka WSH

WSH (FGM) waxaa isticmaala Muslim iyo Muslim ma ahayaalba sida Yuhuudda iyo kirishtaanka, WSH laguma sheegin Quraanka, waxaase loogu noqdaa qoraalo barakaysan. WSH waxaa lagu qiyaasaa in ay 100-140 gabdho iyo haween ah ku soo mareen qaabab kala duwan dunida hareeraheeda, qiyaastii 3 leg (million) oo gabdho ah ayaa sanad walba lagudaa WSH. (WHO 2010).

Astaamihii u horeeyey ee WSH waxay ka yimaadeen Egypt xilli ku dhow 200 Ciise Hortii (CH). Waraaq Payprus oo duug ah oo af Giriig ah kuna dhow xilli laga joogo 163CH ayaa sidoo kale bixinaysa xoggo mawduucan khuseeya. Rumaaniyiintii xilligii adoonsiga waxaa la adeegsan jiray dhaqan kaas la mid ah. Yurub iyo maraykanka gudahooda waxaa loo adeegsan jiray WSH sidii loogu sancayn (dawyn) lahaa haweenka jecel u galmoodka 1800-yadii (nymphomamia), Tusaale ahaan. Hase yeeshee, way adag tahay in la sheego goobtii uu WSH ka bilawday.

Maanta, WSH waxaa guud ahaan laga adeegsadaa Saxaraha hoose ee Afrika. Laakiin waxaa sidoo kale laga adeegsadaa Eshiya(Asia) sida Indonisia,Siri lanka, Malaysia, Dadi Boara, iyo India. Iyo gudaha Bariga dhexe sida Egypt, Cumaan, Yaman, Midoga Imaaraadka Carabta. Da'da Qaliinkan lagu sameeyo oo kala duwan waxay ku xiran tahay jinsiyadda iyo goobta khariidad ahaan meeshu dhacdo. Sida ugu badan WSH waxaa lagu fuliyaa 4-10 jir gabdhuhu markay gaaraan. Laakiin wadamada qaar waxaa la sameeyaa guurka ka hor ama waqtiga dhalida.

Maxaa sababay in WSH la adeegsado?

WSH wuxuu ku salaysan yahay Hido, Bulsho, Dhimir daro galmo (psycho-sexual), dhaqan dhaqaale beeleed, faya-dhowr iyo xitaa qurux awgood, Waxana hoos looga xariiqay dhaqan adag iyo rumayn diimeed. WSH waxaa loo arki karaa xaflad diimeed muhiim u ah haweennimada dawgeeda hubinta bikradeeda ilaa laga guursado, iyo habkii ay ku heli lahayd aqbalaadda/ogalaanta bulashada. Khuraafiyaad badan iyo aaminaado jiray: Waxaa la rumaysnaa in shahwadu wasakhayso/sumayso caanaha naaska.

Waxaana la rumaysnaa in dumarka nuujiyaa aanay yeelan hammi/damac galmo. Dadka qaarkood waxay aaminsanyihiin in WSH lagu ilaalinayo gabdhaha bikaaradooda markay biyaha dhaaminayaan. Badanaaba, dhaqanka WSH ee beeluhu wuxuu jiraa/nagaadaa reer iyo jiilal badan kuna salaysan yahay anshax/millad ama diin awgood, sida “wacidda arwaaxda”. WSH wuxuu kaloo saameeyaa dumarka dhaqaalahooda mustaqbalka. Mar hadday samayso guur wanaagsan waxaa laga dammaanad qaadaa xad heer nololeed.

Sikastaba ha ahaatee, WSH waxaa asalkiisii loo la jeeday ka ilaalinta haweenka dhibo kala duwan ee jirkooda, sida ma dhalay-snimada, ama ka celinta u galmoodka/u tegidda oorigeeda, ama kala dhinnaansho kale jirkeeda ah una hogaamisa kala tagga oorigeeda. Hadday geddaa noqoto, naag waxaa suuragal ah in keligeed cidla looga tago bulshaduna takoorto. Ilaalinta isu galmoodka, guurka iyo taranka, oo ahayd hadafyadii hore ee WSH, waxaa laga yaabaa inay adkaadaan.

Saamaynta Caafimaad

Saamaynta dhow ee caafimaadka WSH waa; Xanuun, dhiigbax, huq/naxdin, teetano iyo hurgun nudo kale (trauma in other tissues), ugu dhowaan ceshoon/qabatoon joogto ah (siezues), dhaawac caabuq, Malaxaysi (sepsis), HIV isqaadsiin, lafo jajab iyo xitaa dhimasho.

Saamaynta fog waa: dhiig la'aan, gumaar wareegga oo bukooda, Gaabis nabar raysi, Dhibaatooyin caadada ah (xayddka) dhuluxyo iyo kasoobaxyo malxaysta daloolka debadda ee siilka (vulva), xanuun inta galmadu socoto, iyo baaritaanka cudurada haweenka oo noqda mid adag.

Saamaynta xagga dhimirka waxaa ku jira: xaaladaha daweynta dhimirka (post-traumatic stress), uurkutaalo, tiiraanyo, hurdo ku sasid, iyo isku kalsooni liidata, dhibaato xagga xiriirka galmo wadaaga, iyo baqdin isu tagga ah, iyo dhibaatooyin xagga da-reenka himadda.

Doog bulsheedka dadwayne (social impact): Dumarku jagada um-madda ay ka joogaan waxay ku xiran tahay in ay gudan tahay iyo in kale: haddii aanay gudnayn, waxay tahay wax aan qiimo lahayn oo aan istaahilin in la guursado. Bikranimadu waa muhiim loona qadariyo si sare. Adkaanshaha dhalmo dawayntu (obstetric compli-cations): dib u dhac Umulid/foolasho, jeezniin nabaro bukood, Qa-batoon, dhiigbax, malaxaysi, dhibaatooyin u kuurgalid dhalashada horteed (antenatal follow-up), goldoox dhalmo (caesarean setion) oon loo baahnayn, dhibaatooyin kaadi ka sii daynta (catheteriza-tion) iyo isu faruuran/furan xagga hore iyo ka dambe.

Erayada qaar ka eeg diwaanka (tilmaame) xagga dambe ee buugga.

WSH iyo raaxaysiga dhedigga

Salaaxid/ xoodin, habsiin/ gol-ku-hayn, shumin/ dhunkad!

Raaxaysiga haweenku wuxuu ka kooban yahay walxo badan oo yaryar, xoogaa kuwa ugu muhiimsan waxay yihiin sugida badbaadada iyo joogtaynteeda. Haween raaxadeedu waxay salka ku haysaa ilaalinta nolosheeda. Way haboon tahay haddii nolol wadaageedu uu u war hayo arintan. Khaasatan, haddii gogol wadaagiisa dhedig soo maray Waxyeelaynta Saxaaxa Haweenka (WSH). Hore u baashaalinta waa in xoogaa lagu dheeraado. Waxayna si gaar ah ugu muhiim tahay haweenka soo maray WSH, maxaa wacay waa suura gal in ay siiso raaxo ka wayntan isu-tagga. Baashaalin horaadka waa in aanay marna noqon mid aad u dheer.



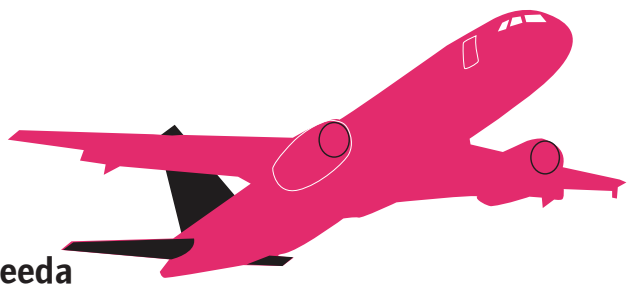
Ka-hortagga

Bulshada gudaheeda iyo adeegyada caafimaad

Wada hadal baa fure u ah ka-hortagga. Xataa gudaha sidka (pregnancy), waa rayi wacan in wax laga qabto/hadalo arrintaas canykaa ah loona sheego gabadhu in ay u qurxoon tahay dhamaysna u tahay sidii maalintii ay dhalatay. Bilawgaba, waxa haboon in lala hadlo haweenta keligeed, xubnaha lab ee reerkooda la'aantood. Raga waxaa laga qayb gelin karaa wada hadalka goor dambe. Haweenku door muhiim ah bay ka ciyaaraan wada hadalka, waayo waa dhab la yaqaan in hooyooyinku sida caadiga ah go'aamiyaan gudista gabdhaha.

Wada hadalka WSH waxa lagu dari karaa wada hadalo kale ee Macmiilka/bukaanka hidhiisa, caadooyinkiisa, diintiisa, quraafaadka, waxyaabaha la aaminsanyahay, arimo hab-dhaqan dhaqaale beeledkiisa, iyo faya-dhowrka.

Hagitaanka macmiilka waa inuu yahay khusuusi mid ah, mid dareen nugulna ahaado, uusanse noqon gardaro(carqalad) iyo farid amar/xukun ah. Way haboon tahay tirada lagu darsado in laga la hadlo socodsiinta awoodda (power dynamics) iyo xilloodinta kuwa ku hawlan caafimaadka ama ku lug leh. Hanaan hadal xushmad leh iyo dhaqan debecsanaan/nugayl waa muhiim inta wada hadalka Waxyeelaynta Saxaaxa Haweenka uu socdo. Macmiilka waa in wax la baro lana hago, Lana liidin ama canaan. WSH waa in looga wada hadlo heeraarka goyska, sidaa awgeed waa in aan si sahlan waalidku go'aan u qaadan iyadoon carruurta la war gelin.



Bulshada gudaheeda

Bulshado waxay ku leedahay door xooggan sii socodka noocyada kala duwan ee WSH. Waxbaridda xubnaha qabiilada waa qayb muhiim ka ah ka-hortagga WSH. Doodo iyo mashaariic kala duwan waxay bulshada u keeni karaan akhbaar lama huraan ah. Hawsha beeshu waxay salka ku haysaa abuurista isbedel dhaqameed oo togane ah (positive): Marka dhammaan xubnaha bulshadu ka wada shaqeeyaan, ahdaafta xilliga fog way guulaysan. Haweenku, gaar ahaan, waa in ay xudun ka ahaadaan. Bulshadu waa in ay qaadato siyaasado cusub si ay u xoraan dhaqamadda dhaawacaaya. Bulshada nafteedu waa in ay u shaqeeyaan isbedel; ururada aan dowliga ahayn, mashaariicda iyo ku hawlanayaashu way caawin karaan uun habaka/dawga isbedelka.

Sidee loo caawinaa haween-ka soo maray WSH?

La shaqaynta bukaanka/macmiilka waxay noqon kartaa mid u walaac-badan, waana lama huraan taageeridda wada shaqeeyayaalka iyo maareeyayaalka. Kormeerka bukaan-socod eegtadu (clinical) waa in aan sidoo kale la ilaawin. Qeybaha saddexaad waa ururada/NGOs (sida. Africarewo) iyo khubarada ajnabiga maxaligga ah waxay ka caawin karaan ku hawlanayaalka daryeelka caafimaadka inaad heshid xogta WSH-ka.



Haggida shaqaalaha daryeelka caafimaadka

Furidda Nooc III Nabarka dhalidda ka hor:

UCD (WHO) wuxuu u soo saaray hage-diilineed daryeel bixi-yayaalka asaasiga ah sida kalkaalisoooyinka iyo umulisoooyinka sidii loo furi lahaa WSH nooc-3aad nabar nudeedka macmiilka uurka leh. Waxaa la samayn karaa ama daryeelka ka hor dhal-mada ama inta foosha lagu jiro ka hor wajiga 2aad (Riixa). Nabarka u dhexeeya laalaab faruurta/bushunta (labia) waa in lagu kabuubiyo kabuubiso maxalli ah (local anaesthetic). Tartiib si ah fartaada u geli daloolka yar, geli manqas nadiif ah (sterile) dhexda fartaada iyo nudda nabarka furma ilaa ay muuqato nudda fayooobi.

Haddii godka loo reebay in ay soo maraan kaadida iyo dhiiga caadadu aad ciriiri ugu yahay fartaada, isticmaal uun manqaska nadiifka ah si aad ugu furto nabarka. Halkay lagama maarmaan tahay si loo hubiyo in ay umusho ilmo badqaba. Ujeexid (episiotomy) waa la samayn karaa, Lama samayn karo ujeexid quman iyo mid gudub ah (no medio-lateral episiotomy)! Marka la furo, nabarka dib looma toli karo. Haddii gowyada furitaanku dhiigayaan, waxaad u toli kartaa si hufan adoo u yeelaya dacyo labada dhinac oo matala faruurihii.

Finland and WSH

WSH waa arrimaha cinwaan ahaan ugu sareeya gudaha Finland. Finland waxay soo dhowaysaa dalaabayaan ka soo kala goosha meelaha weli laga isticmaalo WSH. Marka uu muhaajir soo gaaro dalka gudahiisa. Isaga/iyada waa in lagu wargeliyo waxyaabaha laga isticmaalo gudaha iyo shuruucda dalka. Gudaha Finland gudistu waa fal-dembiyeed waxaana loo asteeyey sidii dagaal xad dhaaf ah, waayo waxaa lagu weerarayaa badbaadada qof-ahaaneed.

Qaraarkii (QM) ee xaquuda ilmuhu wuxuu tiraabayaa in caruurta laga ilaaliyo ku xadgudub/waxyeeayn marka ilmuhu la joogo waalidkii, masuulkiisa, ama cid la dhaqan ama dawayn uu ula joogo.

QM (UN) qaraarkeeda heshiis wuu ka dhaqan galay Finland. Madaxda waa ku waajib in ay u hawl galaan danta cunuga caafimaadkiisa iyo badbaadadiisa hadday leeyihiin taariikh si xun ula macaamil/dhaqan, ayna tahay in laga ilaaliyo ilmaha jirdil ama qaabab kale ka baxsan la dhaqanka aadmiga. Haddii ilmaha hore si xun loola soo dhaqmay, taxadar waa in laga yeesho in ilmuhu helo fursad uu xagga dareenka iyo jirkaba kaga soo kabto, meel la caddeeyay in ay leedahay jawi badbaado.

Xagga axdiga daryeelka dhalaanka finnishka, canugu wuxuu leeyahay xaqqa jiritaan jismiyeed wadajira, kaas oo hadda ah hadafka madaxda iyo xoogagga nabad sugidda. Axdiga daryeelka dhalaanka hoostiisa hawlwadeenka daryeelka caafi-maadku waxaa looga baahan yahay in ay sameeyaan wargelin/ogaysiin dhallaan dhowrid/ilaalin, haddii loo arko lama huraan.

Tilmaame

FGM: Waxyeelaynta saxaaxa Haweenka (WSH)

UN: (United Nations): Qaramada Midoobay (QM)

WHO: Ururka Caafimaadka Dunida (UCD)

Antenatal Episiotomy: Dhalashada ka hor

Episiotomy perineal surgery: Qaliin Dhalashada ka hor la sameeyo

Lateral episiotomy: Qaliin dhaqameed dhinac loo jeexo dulka saxaaxa

Medio-lateral: Qaliin u jeexid duleelka siilka doc kore iyo hoose iyo dhinacyo gudba xaga bawdooyinka kaasoo is gudub ah.

Urinary retention: aan kaadin karin, inkastoo kaadi haysatoda buuxdo

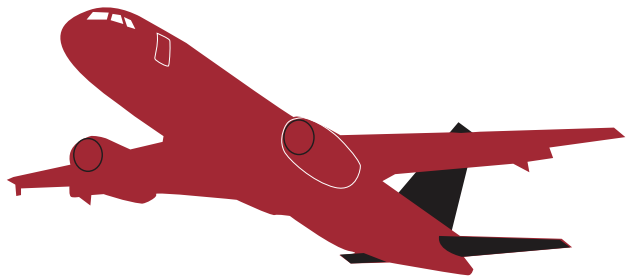
Fistula: isu furan laba xubnood oo midba marin u yahay, waxaan xubinta kale soo marin ama isu furuurnaan laba xubnood sida xaga hore iyo xaga danbe.

Post-traumatic stress disorder: fal celin dareen dhimir oo ku yimaada dhacdo fool xun markay dhacdo.

Abscess: kasoo bax ama dhulux jidhka ka soo baxa oo malaxaysta

Cyst: kasoo bax ay ku jiraan dareere ama bar adke (semi solid) oo ka soo baxa meel jidhku ka banaan yahay (cavity) kaasoo u baahan in la saaro ama la jaro.

HIV: nooc faayrus ah oo aan jidhka bini'aadamku difaacayaal u lahayn



Ilo

Ilaaha shabakada internetka:

www.who.int

www.fgm.org

www.unicef.org/publications/files/FGM-C_final_10_October.pdf

www.cirp.org/library/ethics/UN-convention/

www.akidwa.ie

www.tohtori.fi

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Soo saarid:

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