

Supported by

**MACMILLAN**  
CANCER SUPPORT



**Cancer  
Support  
Service**

# Newsletter

**Assalaamu alaikum, may peace be upon you.**

Welcome to the first edition of the Green Lane Masjid Cancer Support Service newsletter! We are a dedicated service designed especially for Muslims, offering tailored spiritual, mental, financial, and community-based support to cancer patients and their carers.

Our mission is to ensure that no one in our community faces cancer alone, receiving compassionate care they deserve. Our quarterly newsletters will allow us to share the latest developments in our project, the amazing work being done by our team and our volunteers and upcoming events.

# Staff Highlights - Meet Our Team

**Our service is run by a small but compassionate team of individuals, all committed to providing you with the support you need during your cancer/carer journey**



**Dr Fatima - Project Manager**

Equipped with a degree in Clinical Medicine and specialised training in Public Health, Dr Fatima has dedicated seven years to supporting patients and their families. Her extensive clinical experience, coupled with a profound empathetic understanding, has equipped her to navigate the complexities of cancer care pathways with compassion and insight.

Beyond her professional pursuits, she finds solace in listening to life stories, expressing her thoughts through poetry and honing her skills in Arabic calligraphy.



**Hirra - Volunteer Coordinator & Female Support Worker**

Hirra has a BA Honours degree in Working with Children, Young People & Families. She has dedicated herself to community work since her graduation. Hirra is enthusiastic about using her expertise to support those in need as a Volunteer Co-ordinator & Support Worker. She aims to build a team of resilient, dedicated & compassionate Community Cancer Champions to provide empathic support to anyone affected by cancer. In doing so, Hirra hopes this will destigmatise cancer in the community and facilitate conversations around healthy living and well-being, in accordance with Islamic principles and values.

Outside of work, Hirra enjoys spending quality time with loved ones, including her cherished cat, and engaging in activities that nurture her passion for community engagement and service.

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**Mohamed - Male Support Worker**

Mohamed has a pharmaceutical background and has worked in several settings including a cancer hospital in Egypt. He finds purpose in his support role which allows him to see the impact of his work on other people's lives and wellbeing. Mohamed can speak Arabic and English; he utilises his bilingual skills to help many people in his local community.

Mohamed is currently engaging in outreach work with GP surgeries, community pharmacies, and community centres to introduce our services to more people and attract more service users. He is open to hearing about any ideas that will allow us to engage with more men from the local communities, spreading awareness about cancer and its wider impact.



**Salma - Female Support Worker**

Salma has been part of the mosque and its community for the past 3 years. She is a compassionate individual who is fuelled by her passion to help others. She is the familiar friendly face for our congregation, bringing with her creative ideas and is the designated tech expert of the team. As someone keen to help our service users, she shares weekly reminders with those she is supporting and helps to keep them motivated emotionally and spiritually. In her free time, she loves travelling and trying new cuisines.

**We are currently looking to expand our team on the brothers' side, and if you or someone you know is interested in joining us, we encourage you to check out our latest vacancies. More details can be found on the vacancies page on [www.greenlanemasjid.org/vacancies](http://www.greenlanemasjid.org/vacancies).**



## Community Cancer Champions - Volunteer Highlight

Our Community Cancer Champions are the highlight of the project! Ranging from 17- 61 years of age, we have 20 champions that come from different ethnic backgrounds truly representing the diversity of our congregation. Our champions have shaped the service by contributing their time and talent in various ways such as taking part in research, setting up events, helping design flyers, decorating cupcakes at our coffee mornings to hosting information stalls and beyond. Keep reading to see what one of our champions, Nawaal, had to say about the service.

# Community Cancer Champions - Volunteer Highlight

**"I am so thankful to have the opportunity to volunteer as a Cancer Champion for the Green Lane Cancer Support Service.** Since signing up, I've been introduced to so many wonderful people including other volunteers, staff working within the service, other departments within the Mosque, as well as researchers and members of other organisations, who are also working alongside the masjid; all with the common goal of helping to improve cancer care and services for our wonderful community. I have also been introduced to cancer patients while volunteering at one of the masjid's sister's- only Safe Space Sessions, which created a welcoming environment for patients and caregivers to talk openly about their own journey and feelings; resulting in some incredibly heartfelt conversations, reminders of our beautiful faith, and the strength and importance of community, especially when dealing with cancer.

One of my favourite experiences has been volunteering at a recent Macmillan Coffee Morning. The event was organised so well, and there were so many different stalls and activities all raising money, as well as awareness of cancer and how GLM and Macmillan can help. Being a part of the team helping with the ICB Cancer Bus which stopped outside the masjid on its tour, was also a really rewarding experience. I had the chance to speak with so many people about checking up their own health, and it was great to see the high level of engagement. Overall, I have been so privileged to be a part of such an important service at Green Lane Masjid, and I am so thankful for all those working behind the scenes, setting up events and continually checking up on our own wellbeing too. In the future, I look forward to having a chance to participate in some of the important research being conducted around Muslims and cancer and continue to help make this service a pillar of support for those who need it most. "

**Would you like to be a part of our growing team of volunteers? Get in touch with our Volunteer Coordinator by emailing [hirra@greenlanemasjid.org](mailto:hirra@greenlanemasjid.org)**

# Recent Events

Since our launch in July this year, we are proud to have hosted and participated in several key events and partnerships to support our service users and raise awareness.

From hosting monthly Safe Space Sessions, the annual Macmillan Coffee Morning, hospice visits to Marie Curie Hospice, hosting the local Cancer Bus Tour, community outreach stalls and speaking at multiple conferences, we have ensured that we play our role in bridging the gap in cancer care for our underserved communities.

## Cancer Bus Tour

The Cancer Bus Tour, organised by the Birmingham and Solihull ICB team, brought vital cancer screening information directly to our community. Our congregation members benefited from on-site health consultations with GPs and specialised cancer nurses, leading to increased awareness about early detection and prevention.



## Safe Space Sessions

Each month, we host welcoming gatherings for those affected by cancer, whether personally or as caregivers. A safe space in its truest essence to celebrate victories, share experiences, and find comfort in addressing challenges together, including grief and emotional wellbeing.

## National Macmillan Coffee Morning

With over 100 attendees, our annual Coffee Morning allowed us to raise funds towards the life-changing work Macmillan does to support cancer patients. Our volunteers helped us with bouncy castles, cookie decoration, henna, face painting and other exciting activities, it was truly a day that put the fun into fundraising.



# Recent Events

## Outreach & Friday Stalls

Our weekly presence at post-Jumma prayer stalls serve as a consistent touchpoint for cancer-related support and information.

This grassroots approach has successfully grown our volunteer network and helped connect more community members with our services through word-of-mouth recommendations.

These events have allowed us to raise awareness while simultaneously advocating for the specific needs of our community, helping to shape cancer care at every level.

 Cancer Support Service

### Are you a Muslim worried about cancer?

We can help you through

- Financial support
- Mental Health support
- Spiritual support
- Community support

Get in touch with us  
CancerSupport@greenhalld.org  
020 713 0091 or 07888 288 712  
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# Recent Events



## Prostate Cancer Awareness Month

Early Signs & the Importance of Screening

**November is Prostate Cancer Awareness Month. Prostate cancer is a disease that occurs when malignant cells grow in the prostate, a gland in the male reproductive system.**

### Symptoms:

Frequent urination or a weak urine flow, unintentional weight loss, loss of appetite, and pain in the testicles.

### Diagnosis:

Prostate cancer is usually detected through blood tests that check for prostate-specific antigen levels. A biopsy is also performed to diagnose the cancer and determine its grade.

### Treatment

Treatment options for prostate cancer include chemotherapy, hormone therapy, surgery, high-intensity focused ultrasound (HIFU), and cryotherapy.

### Prognosis

1 in 8 men get prostate cancer. Prostate cancer that is detected early has the best chance of successful treatment. Many prostate cancers grow slowly and may not cause serious harm, so they may not require treatment.

### Screening

If you notice any of the symptoms, it is important to book an appointment with your GP to discuss screening options. Men at average risk usually have their first prostate cancer screening test at age 55. Screenings typically stop after the age of 70 but those with concerns can seek advice at any age.



Taking care of our health is an amanah (trust) from Allah (SWT), as He has entrusted us with our bodies:

**“And do not throw [yourselves] with your [own] hands into destruction...” (Qur’an 2:195).**

**We are encouraged to seek medical treatment, as Prophet Muhammad (PBUH) said:**

**“O worshipers of Allah, seek treatment. For indeed, Allah has not sent down any disease except that He has also sent down its cure, except for old age.” (Sunan Ibn Majah).**

**If you have any questions or concerns, do not hesitate to consult your GP or reach out to us. Looking after your health not only benefits you but also your loved ones and the community.**

# Upcoming Events

## Safe Space Sessions

Some call it a cancer coffee morning and to others it is a support group. Either way, we are here for you.

**Green Lane Masjid (Door E)**  
**Last Sat of each month (30th Nov)**  
**11am-12:30pm**  
**Refreshments provided**

**Sisters Only**

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## Safe Space Sessions

Last Saturday of every month  
11am - 12:30pm | Refreshments Provided

Emotional, practical, and informational support for cancer patients and carers over a warm cup of chai and tasteful conversations.



For more info please contact 0121 713 0091



**Cancer Support Service**

Are you affected by cancer?

Are you caring for someone with cancer?

Have you been affected by cancer in any other way?

### We want to hear from you!

Our Researchers are looking for patients and caregivers to help improve the support for those affected by cancer. Working with the Community Cancer Champion programme run by Green Lane Masjid & Community Centre, and in partnership with the British Islamic Medical Association (BIMA), we want to know more about how people understand, think and talk about their health condition.

We want to hear your story – as much or as little as you want to share – to find out what issues you are facing and how you make sense of them. With the knowledge you provide, we can begin to make the necessary changes so that future patients and caregivers get more sensitive, tailored support.

This is your chance to get involved in pioneering research with prestigious Russell Group Universities and be part of the process of helping others in the future.

If you are interested, please get in touch with us for further information.

Get in touch with us  
Cancersupport@greenlanemasjid.org  
Call us on: 0121 713 0091



encv@contacts.bham.ac.uk

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## ENCV Research

Take part in a study conducted by The University of Birmingham and The University of Exeter to help researchers understand the impact of cancer on your emotional wellbeing. Leave a legacy and help pave a better support pathway for others to receive tailored support according to our cultural needs.

**Flexible location**  
**Ongoing research study**  
**Flexible timing**

To take part or to find out more, please give us a call or drop us an email.

**We understand that cancer impacts many areas of life, from financial struggles to mental health and spiritual concerns. Our service is designed to support you holistically, so please do not hesitate to reach out for guidance or assistance. We look forward to hearing from you.**

**Whether you need someone to talk to, need help navigating services, or just a bit of guidance, you can easily reach us at [cancersupport@greenlanemasjid.org](mailto:cancersupport@greenlanemasjid.org)**

**or call us on 0121 713 0091**

**For more information visit [greenlanemasjid.org/cancer/](https://greenlanemasjid.org/cancer/)**