

Supported by

MACMILLAN
CANCER SUPPORT



**Cancer
Support
Service**

Newsletter

2nd Edition

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

Welcome back to our second
edition of the Green Lane
Masjid Cancer Support Service
newsletter!

We are pleased to welcome
you back to our second edition,
where we continue our mission
of providing dedicated support
to Muslims affected by cancer.
At Green Lane Masjid Cancer
Support Service, we understand
the unique challenges faced
by our community, and we are
committed to offering tailored
support—whether financial,
spiritual, mental, or through a
strong sense of community.

Our goal is to ensure that no
one faces this journey alone.
Through our services, we strive
to bring comfort, guidance, and
practical assistance to those in
need, all while upholding Islamic
values of compassion and care.

We pray this edition brings
you valuable information,
inspiration, and a reminder that
we are here for you every step of
the way.



World Cancer Day

Every year on **February 4th, World Cancer Day** serves as a powerful reminder of the global fight against cancer and the importance of unity in this battle. As the cancer support team at Green Lane Masjid, we have seen first-hand the profound impact cancer has on individuals, families, and our community. In the UK, cancer remains one of the leading health challenges, with over 375,000 new cases diagnosed annually. The **most common types of cancer** in the UK are breast cancer, prostate cancer, lung cancer, and bowel cancer, which together account for more than half of all diagnoses (Cancer Research UK, 2023).

Cancer does not discriminate—it affects people of all ages, backgrounds, and walks of life. Yet, **early detection can make a life-saving difference**. Common signs and symptoms include **unexplained weight loss, persistent fatigue, unusual lumps, changes in bowel or bladder habits, prolonged cough or hoarseness, and unexplained bleeding**. While these symptoms may not always indicate cancer, they should never be ignored (NHS, 2023).

Treatment for cancer depends on its type and stage. The main categories include surgery, chemotherapy, radiotherapy, and immunotherapy. Targeted therapies and hormone therapies are also used for specific cancers. While these treatments can be physically and emotionally challenging, they offer hope and the possibility of recovery (Macmillan Cancer Support, 2023).

At Green Lane Masjid, we strive to provide a safe and supportive space for those affected by cancer. Whether it is through emotional support, practical advice, or simply being there to listen, we aim to uplift those facing this difficult journey.





Welfare Room Inauguration

GLM's new Welfare Room was inaugurated in October 2024 as a dedicated safe space to support our service users. This room now serves as a hub for our counselling services, well-being check-ins, and a variety of support activities to enhance our community's emotional and mental well-being. It was a proud moment to reflect on the dedication and effort that has gone into creating this supportive space, and we look forward to seeing it become a vital resource for those in need.

Recent Events



Team and Volunteer Training

Over the past couple of months, our team of staff and volunteers have participated in various training sessions with different organisations to enhance their skills. One of the key areas of focus has been conversations around death and end-of-life care.

We had the privilege of attending a training session delivered by Paul Litchfield, the Macmillan Information Centre Manager at University Hospital Birmingham, who provided valuable insights into different types of cancer and their treatments. This session helped us gain a deeper understanding of what patients with various forms of cancer go through and how they receive treatment.

Additionally, the organisation REACH delivered a session on how to communicate effectively and navigate difficult conversations with patients and their families. This training included role-playing activities, allowing participants to practice real-life scenarios and build confidence in handling sensitive discussions.

Finally, the team from Inspired Minds conducted a session on bereavement counselling, offering guidance on approaching conversations about death and end-of-life care with compassion and sensitivity.

We are incredibly grateful to all the trainers for their time and effort in delivering these valuable sessions, which have equipped us with essential skills to better support those in need.

Recent Events



Safe Space Sessions

Our Safe Space Sessions, which take place once a month, continue to provide an opportunity for sisters to come together in a supportive and welcoming environment. These sessions allow participants to engage in open conversations, share their thoughts and feelings, and take part in various mindful activities designed to promote relaxation and emotional well-being. By creating gratitude jars, and designing annual vision boards, as well as a workshop on increasing Tawakkul (hope), these gatherings foster a sense of community, understanding, and encouragement for all who attend.



Wellness Walks

The beginning of February saw the start of our monthly Wellness Walks. We were excited to hold our first wellness walk at Birmingham Settlement based at Edgbaston Reservoir. Whilst it was a frosty morning, we were blessed with sunshine throughout our walk. The sisters valued the opportunity to spend time outdoors and connect with nature; promoting physical well-being, mindfulness, and social interaction. Walking in nature can be incredibly therapeutic, helping to reduce stress and improve emotional resilience, offering a gentle yet powerful way to support overall mental health. We look forward to welcoming more sisters to join us on our next refreshing walk as we continue to embark on this new initiative together.



Recent Events

Coffee Morning at The Muath Centre

We were invited to host a Coffee Morning for Arabic speakers at the Muath Centre, where our Community Cancer Champion volunteers led the session and provided valuable cancer information. They shared information about our cancer support service, explaining how we assist individuals affected by cancer. This event was an excellent opportunity to reach out to the community, raise awareness, and ensure that those in need know how to access our support. We appreciate the efforts of our volunteers in making this gathering a success and look forward to future collaborations with the Muath Centre.



Community Champions Appreciation Lunch

Our Community Cancer Champions have been working tirelessly, conducting research, and contributing to efforts to improve support for those affected by cancer. To recognise and acknowledge their dedication, the team organised a special appreciation lunch to thank them for the time, effort, and compassion they bring to the service.

If you are interested in joining our growing team of Community Cancer Champions contact hirra@greenlanemasjid.org. We look forward to welcoming you to the team!



Customised Tote Bags

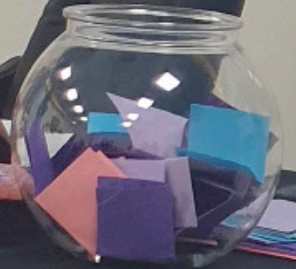
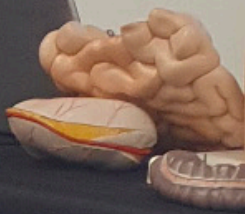
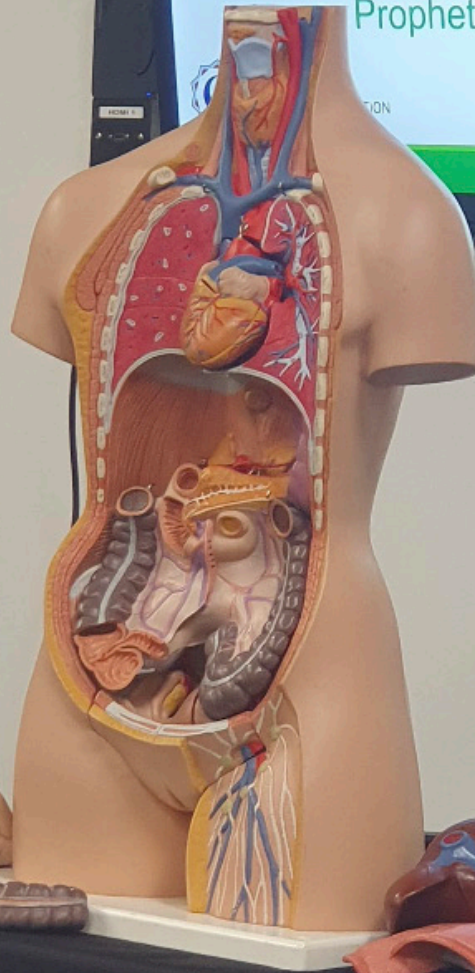
We are excited to announce the launch of our customised tote bags, designed exclusively for our service users! Adorned with the powerful words Sabr (Resilience), Shukr (Gratitude), Tawakkal (Trust in Allah), and Salaam (Peace), these bags are more than just accessories—they are a reflection of the core values that guide a Muslim's healing journey. Each word serves as a daily reminder of strength, faith, and resilience.





"Take advantage of five before five:
Your youth before your old age,
Your health before your sickness,
Your wealth before your poverty,
Your free time before your preoccupation,
and your life before your death."

Prophet Muhammad ﷺ (ibn Abbas)



GREEN LANE MASJID
& COMMUNITY CENTRE

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Volunteering highlight

Our volunteers are at the heart of the service we provide. We received wonderful feedback from one of our volunteers, who shared:

“I am incredibly grateful for the opportunity to volunteer for the Cancer Support Service, as it allows me to make meaningful differences in the lives of those affected by cancer. Being able to provide emotional support and comfort to patients and their families is both humbling and rewarding. And I am thankful to be part of this community that is dedicated to offering support when it's most needed. Furthermore, I am deeply grateful that I have this opportunity to meet new people and connect more closely with the Muslim community.”

“One of my favourite events of the cancer service in GLM are the safe space sessions, where individuals affected by cancer can come together without any judgements and share their experiences. These spaces foster a sense of belonging and people to express their feelings openly. I find it incredibly meaningful to be part of an environment where everyone is supported and heard. These sessions allow people to connect with each other while engaging in well-being activities and warm meaningful conversations”

Our recent volunteer satisfaction survey results

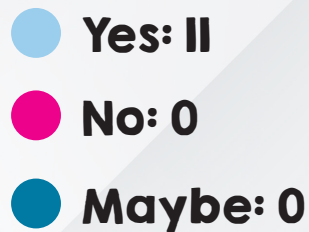
Would you recommend the community cancer champions volunteering to others?

● Yes: 11
● No: 0
● Maybe: 0

100%

Volunteering highlight

Do you feel supported in your role?



What word would you use to describe your volunteering experience with GLM?

1	Meaningful
2	Great
3	Awareness & knowledge
4	Fulfilling
5	Excellent
6	Rewarding
7	I really feel good & motivated for my role
8	Positive & accommodating
9	Fantastic
10	Great
11	Great

Upcoming events

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Together at Iftar

3rd, 10th & 17th March
Please arrive 45 mins before Iftar

BROTHERS & SISTERS
A special Iftar for patients and carers affected by cancer and other health conditions. Whether fasting or not, your presence is welcomed and matters to us.

SCAN QR CODE OR CALL 0121 713 0091

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

SCAN QR CODE OR CALL 0121 713 0091

Sisters Only

Cancer Support Service

Wellness Walks

First Thursday of every month
(10:30am - 1:30pm)

Whether you're a gentle stroller or an eager explorer, come share in the joy of sisterhood, movement and nature connection across Birmingham's green spaces together

For more info please contact 0121 713 0091

Join our Wellness WhatsApp group for details

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Ramadan Reflections Circle

Daily in Ramadan | Self-paced, Journal Provided | Online via WhatsApp

Female Cancer patients & carers only
Embark with us on a daily journey of reflection and healing

SCAN QR CODE OR CALL 0121 713 0091

Wellness Tips

The Prophet Muhammad (peace be upon him) said: “There are two blessings which many people lose: (They are) health and free time for doing good.” (Bukhari)

Healthy Tips for Ramadan

Suhoor

Overnight Oats with Nuts & Berries

Mix oats with almond milk, chia seeds, and top with fresh berries and nuts for a filling, energy-boosting meal.

Iftar

Lentil Soup with Whole Grain Bread

A warm, nutritious option, rich in protein and fibre to help sustain energy levels

Hydration Tip

Drink coconut water or infused water with lemon and mint to stay hydrated throughout the evening.

Exercise Ideas for Cancer Patients & Carers



Gentle Stretching:

Helps with flexibility, relaxation, and reducing stress.

Walking:

A simple, low-impact way to maintain movement and boost circulation.

Breathing Exercises:

Deep breathing techniques can improve oxygen levels and promote calmness.

Mental Health Tips

1. Practice Shukr (Gratitude):

Keep a journal of things you are thankful for each day, as the Quran reminds us: "If you are grateful, I will surely increase you [in favour]..." (Quran 14:7).

2. Engage in Dhikr & Reflection:

Spend a few minutes daily in dhikr (remembrance of Allah) and self-reflection to cultivate inner peace and mindfulness.

3. Seek Support Through Brotherhood & Sisterhood:

Talk to loved ones, join an Islamic support group, or seek guidance from a trusted scholar to find emotional encouragement and strengthen your faith.

The Cancer Support Service at Green Lane Masjid is deeply grateful to all our volunteers and contributors. Your dedication, time, and efforts make a real difference in the lives of those affected by cancer. Your kindness and support help us continue our mission of providing comfort, guidance, and assistance to those in need.

May Allah swt bless you all abundantly, reward you for your generosity, and grant you success in this life and the Hereafter. May He place barakah in your time, health, and wealth, and make your contributions a source of ongoing reward.

We also ask Allah swt to bless our service, allowing it to reach and support as many people as possible who are living with cancer. May Allah swt ease their hardships, grant them shifaa, and surround them with His Mercy and Love. Ameen.

Jazakum Allahu Khayran.

cancersupport@greenlanemasjid.org
or call us on 0121 713 0091

For more information visit
greenlanemasjid.org/cancer/