



GLMCC Cancer Support Service Patient/Carer Handbook

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Introduction to the Cancer Support Service at GLMCC

Asalamualaykum (Peace be upon you). Jazakhallah Khair and thank you for your interest in registering for our support sessions.

Have you been affected by cancer?

According to Macmillan (2024), it is estimated that there are more than 3 million people living with cancer in the UK. This includes people from all cultures, faiths and backgrounds. Muslim patients and ethnic minorities are more likely to experience health disparities (Cancer Research UK, 2024).

With this in mind, Green Lane Masjid and Community Centre is working in partnership with a number of charities and organisations to provide cancer support, tailored to Muslim patients.

Our aim is to raise awareness of cancer in the Muslim community and initiate conversations on how Muslims have been affected by cancer through a cultural and religious lens.

We hope to provide Muslims who have been affected by cancer with **an open door, an attentive ear and an empathic service** so they feel they can reach out to talk about their cancer experiences and emotions.

Did you know?

- There are more than 200 different types of cancer and each is diagnosed and treated in a certain way.
- Accurately diagnosing cancer can take weeks or months.

What is Cancer?

According to Macmillan (2024), it states that cancer is a condition where cells in a specific part of the body grow and reproduce uncontrollably. The cancerous cells can invade and destroy surrounding healthy tissue, including organs.

Cancer sometimes begins in one part of the body before spreading to other areas. This process is known as metastasis. In the UK, the 4 most common types of cancer are:

- **Breast Cancer**
- **Lung Cancer**
- **Prostate Cancer**
- **Bowel Cancer**

Spotting signs of cancer

Changes to your body's normal processes or unusual, unexplained symptoms can sometimes be an early sign of cancer.

Symptoms that need to be checked by a doctor include:

- A lump that suddenly appears on your body
- Unexplained bleeding
- Changes to your bowel habits

But in many cases your symptoms will not be related to cancer and will be caused by other, non-cancerous health conditions (NHS 2024).

Need more information?

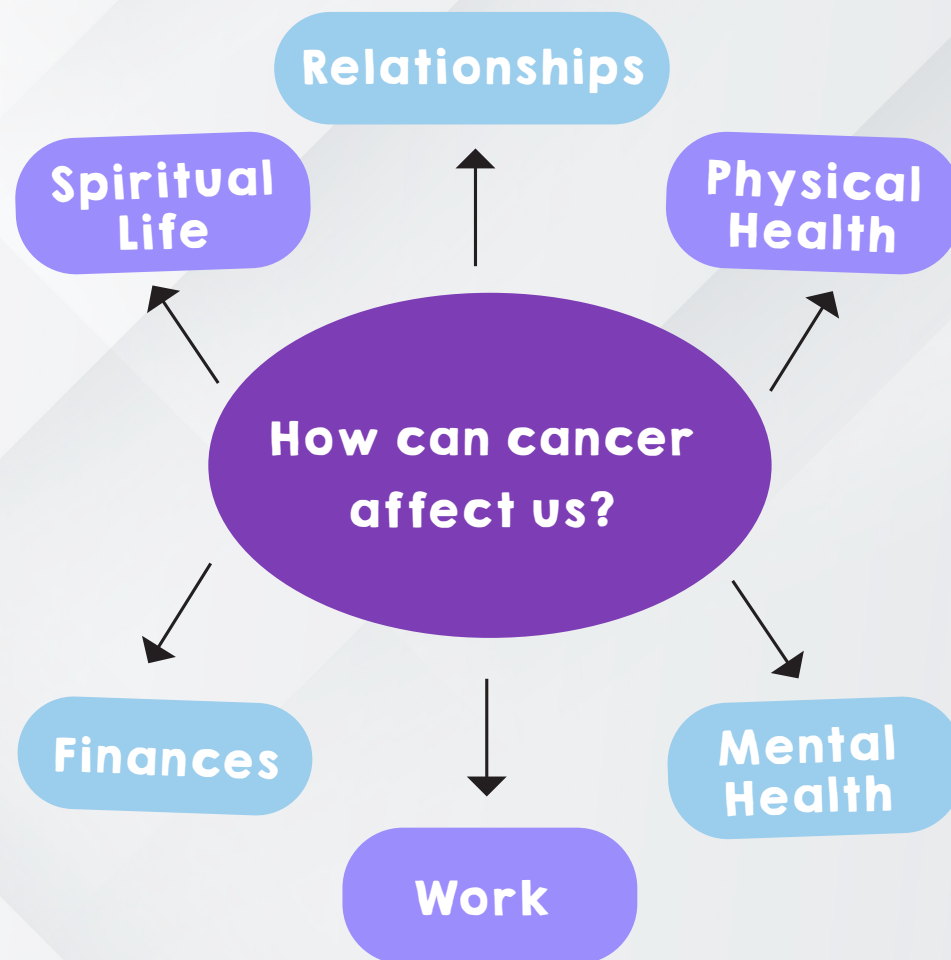
For more information on Cancer, please contact your Support Worker to receive Macmillan Resources.

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How can Cancer affect us?



Our Support Service

We understand the difficulties associated with cancer and the issues patients may encounter. Therefore, to help, Green Lane Masjid & Community Centre has set up a Cancer Support Service (supported by Macmillan) dedicated to help Muslims who have been affected by cancer in the local community through the provision of the following services:

- An Initial Holistic Needs Assessment.
- At least 8 welfare appointments, either in person or online.
- Telephone support.
- Signposting to other internal and/or external support services.
- Appointments on a pre-booked basis.
- Male and female Support Workers to ensure service users feel comfortable.

Our support workers are trained to understand how we can support you. We will work with you diligently to ensure you receive the best support that you can possibly get.

For further information please visit: greenlanemasjid.org/cancer/

Our Service offer specialised support in four key areas:

- Financial Support
- Spiritual Support
- Mental Health Support
- Community Support

1. Financial Support

We understand that cancer can sometimes take a toll on finances. We offer financial support in the following areas:

- Referral to Macmillan Benefits Advisors
- Support with applications
- Remote cancer support sessions
- Resources from the Macmillan website

Our Support Service

2. Spiritual Support

We provide opportunities to speak religious advisors so that you feel supported in your cancer journey as a Muslim. Our areas of support include:

- Imam Q & A.
- Will Writing.
- Burial & Funeral Advice.
- Advice Videos from Imams.
- Islamic Counselling.

3. Community Support

We understand that being diagnosed with cancer to being affected by cancer can be an isolating experience. Our service focuses on creating a supportive environment, we host:

- Monthly Support Groups
- Regular Cancer Awareness Sessions (for patients & carers)
- Coffee Mornings
- Support available in English, Urdu, Arabic & Somali

4. Mental Health Support

We recognise that being affected by cancer can impact emotional well-being. Our aim is to create a safe space for all by providing the following:

- Therapeutic Activities
- 1-1 Support
- Macmillan (BUPA) Counselling
- Confidential & Empathic service

To book an appointment with our support workers please call 0121 713 0091. (Alternatively, you can email cancersupport@greenlanemasjid.org for more information.)

Visit: www.greenlanemasjid.org/cancer/

Important Contacts

At Green Lane Masjid, we want our patients and carers to receive the best quality of service and feel valued. We offer an open-door policy for our patients' and carers so you have the opportunity to ask questions, share feedback and discuss your concerns in a safe space.

Your main point of contact will be your Support Worker regarding any queries or concerns relating to your cancer support sessions.

Contacting us



<https://greenlanemasjid.org/cancer/>



cancersupport@greenlanemasjid.org



Call us on 0121 713 0091

Join our WhatsApp channel for
event updates and more



Other Useful Resources

Macmillan Support Line: 0808 808 00 00 - Open 7 days a week, 8am-8pm.

Macmillan website: Comprehensive cancer information and support is on the Macmillan website: <https://www.macmillan.org.uk/>

Macmillan Online Community: Share experiences, ask questions and find others who understand on the Online Community: <https://community.macmillan.org.uk/>

Be.Macmillan: Find free, expert and easy to understand information about cancer: <https://be.macmillan.org.uk/be/default.aspx>

Boots Macmillan Information Pharmacists (BMIPs):

The support offered includes:

- Support with management of the side effects or consequences of treatment.
- Queries about medication or prescriptions.
- Support with extra clinical support (not a substitute for a GP or other medical professional).

Boots Macmillan Beauty Advisors (BMBAs): Are No7 Advisors trained by Macmillan and Boots to give face to face or virtual advice to help people manage the visible side effects of cancer treatment.

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Other Useful Resources

There may be a time where you feel that you need specific cancer support. Please see some of the organisations you can access:

Cinnamon Trust: The National Charity for the elderly, the terminally ill and their pets. <https://cinnamon.org.uk/about-us/>

Cruse Bereavement: National charity for bereaved people in England, Wales and Northern Ireland. Cruse offers telephone, email and website support. <https://www.cruse.org.uk/>

Careology: Careology is an app that supports people with cancer to monitor and manage their health. <https://www.careology.health/>

Inspirited Minds: Muslim Mental Health Charity. Offer free counselling sessions via Zoom, telephone or in person. Referrals to be made via their website: <https://inspiritedminds.org.uk/contact-us>

Marie Curie: Care for terminally ill people. <https://www.mariecurie.org.uk/>

Safeena Cancer Support: Muslim Cancer Support Network. Offers support to Muslims living with Cancer. For more information, visit their website: <https://www.safeena.org.uk/>

Samaritans: Available day or night for anyone who is struggling to cope, who needs someone to listen without judgement or pressure. <https://www.samaritans.org/>

The Mix: The Mix is a support service for young people (under 25s). Helping people take on any challenge they are facing. Support via an online community, or through their free confidential helpline or counselling service. <https://www.themix.org.uk/>

Untire: Find out how the Untire self-help app can support people living with cancer to manage fatigue and regain their energy. <https://tiredofcancerapp.com/>

Vinehealth: The Vinehealth app supports people during their cancer treatment by helping them to track their symptoms, manage their medication, and look after their mental and physical well-being. <https://www.vinehealth.ai/>

Some words of comfort

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

Do not worry, it will be a purification (for you), Allah willing [Sahih Al Bukhari 5656]

It was narrated from Abu Sa'id al-Khudri and Abu Hurayrah that the Prophet (peace and blessings of Allah be upon him) said: "No tiredness, exhaustion, worry, grief, distress or harm befalls a believer in this world, not even a thorn that pricks him, but Allah expiates some of his sins thereby."

(Narrated by al-Bukhari, 5318 and Muslim, 2573).

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا

Allah does not burden a soul beyond that it can bear [Qur'an 2:286]

Uthman ibn 'Affan (may Allah be pleased with him) said: I heard the Messenger of Allah (blessings and peace of Allah be upon him) say: "Whoever says 'Bismillah illadhi la yadurru ma'a ismihi shay-un fi'l-ardi wa la fi'l-samai' wa huwa al-sami' ul-'alim (In the name of Allah with Whose name nothing can harm on earth or in heaven, and He is the All-Hearing, All-Knowing)', three times, will not be stricken with a sudden affliction until morning comes, and whoever says them when morning comes will not be stricken with a sudden affliction until evening comes."

(Narrated by Abu Dawud 5088).

وَلَا تَهِنُوا وَلَا تَحْزَنُوا

Don't lose hope, nor be sad [Qur'an 3:139]

'Uthman ibn Abi'l-'As came complaining of a pain that he felt in his body, and the Messenger of Allah (blessings and peace of Allah be upon him) said: "Put your hand on the part of the body that hurts and say Bismillah (in the name of Allah) three times. And say seven times: A'udhu Billahi wa qudratihi min sharri ma ajidu wa uhadhir (I seek refuge in Allah and His might from the evil of what I feel and worry about)."

(Narrated by Muslim 2202).

GLMCC Cancer Service

Holistic Support

