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**MACMILLAN**  
CANCER SUPPORT



**Cancer  
Support  
Service**

# Newsletter

## 3rd Edition



**Asalaamualaikum wa  
rahmatullahi wa baraktuh  
and may peace be upon you,**

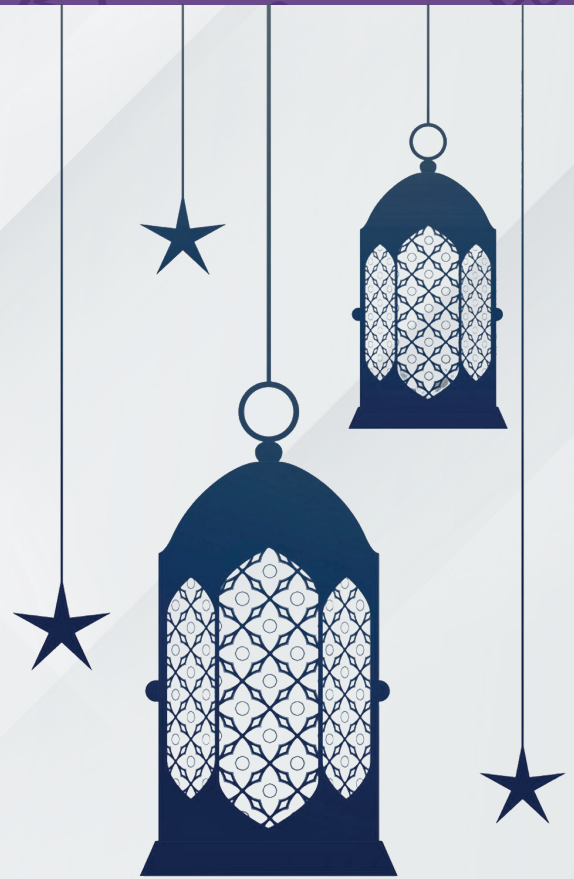
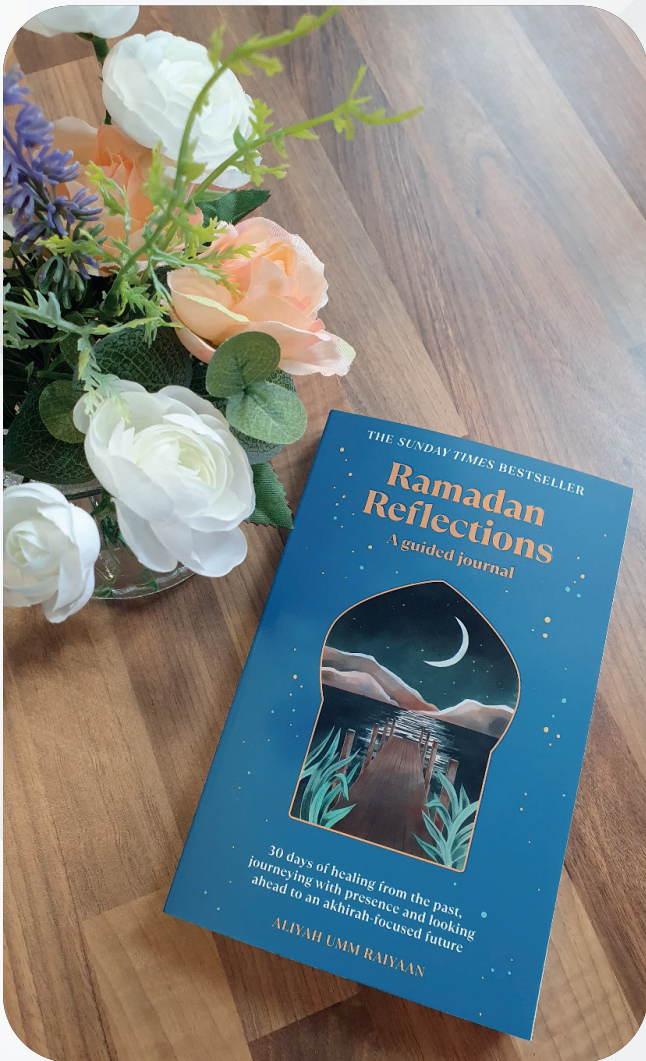
We are delighted to bring you the third edition of our Green Lane Masjid Cancer Support Service newsletter. Over the past three months, we have been blessed with opportunities to engage with our community in meaningful ways, from support sessions to wellness walks, to health screenings and celebrations.

This edition is packed with updates, reflections, and whether you are a service user, volunteer, or simply part of our wider community, this newsletter is for you. We thank you for being part of this growing network of support, and we pray that our work continues to benefit all those affected by cancer in our community.





# RECENT EVENTS



Over the past couple of months, our Cancer Support Service has been actively engaging with the community through a range of events and meaningful gatherings.

During the blessed month of Ramadan, we had the pleasure of hosting iftar meals with our service users, sharing food, reflections, and heartfelt conversations. These moments allowed us to connect on a deeper level and foster a sense of unity and support.

In addition, we ran daily Ramadan reflection sessions, where we explored key lessons from the book we followed throughout the month. These uplifting and spiritually nourishing sessions strengthened our bond with participants and created a welcoming space for shared learning and growth.





# RECENT EVENTS



During Ramadan, we also hosted an iftar with Marie Curie, where we delivered a presentation titled 'A Day in the Life of Ramadan' and raised awareness about the significance of the holy month. For some attendees, it was their first time fasting, and

they had the opportunity to break their fast with dates and water, experiencing a meaningful tradition observed by Muslims around the world.



As Eid Ul Fitr arrived, our service hosted a joyful Eid party for our service users. Thanks to the support of our dedicated volunteers, the event ran smoothly. The celebration featured bouncy castles, delicious food, and fun games, but most importantly, it was a beautiful opportunity to share warm company and festive cheer with everyone who attended.





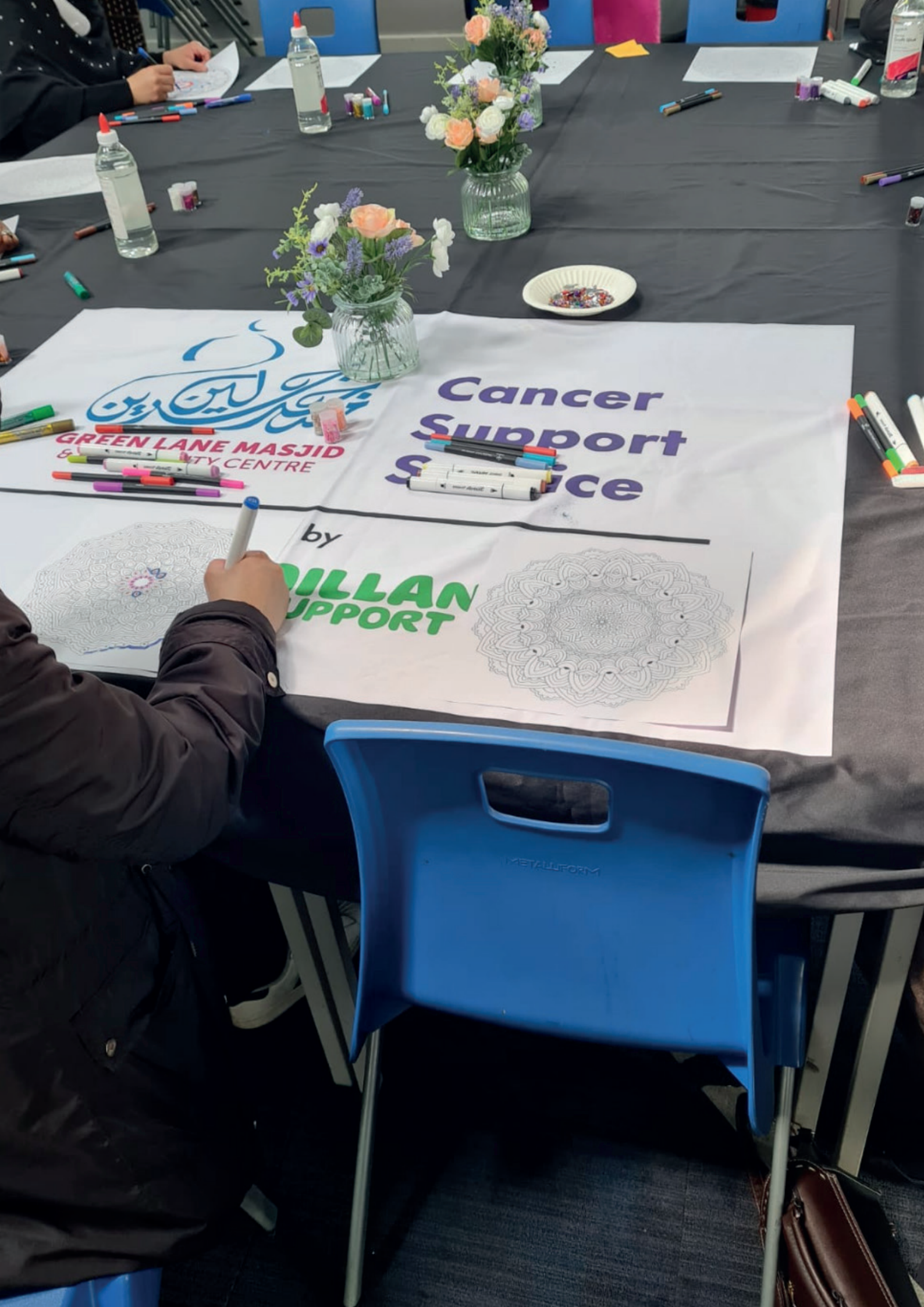
For Eid Ul Adha, we had a wonderful time celebrating with our service users and volunteers. The event was filled with joy, creativity, and togetherness. We offered a range of fun and engaging activities, including a "design your own" station where participants could personalise their own tote bags or T-shirts. This was a big hit and allowed everyone to express their creativity. We also enjoyed a lively and friendly game of Kahoot, which brought lots of laughter and healthy competition. It was a beautiful way to mark the occasion and strengthen our sense of community.

Our support sessions have continued regularly, and we look forward to welcoming attendees at our upcoming dates.

We recently launched our first Male Coffee Club, a safe and welcoming space for male patients and carers to connect, engage in light activities, and enjoy food prepared by our Sisters' Coffee Morning group. These sessions will now take place every third Wednesday of the month.







GREEN LANE MASJID  
& COMMUNITY CENTRE

Cancer  
Support  
Space

by

WILLAN  
SUPPORT

METALLFORM



# RECENT EVENTS

Our Wellness Walks have also been ongoing, and to date we have visited five different locations. The walks have been both refreshing and therapeutic, offering a chance to reflect and unwind as we witnessed the gradual shift in seasons, from crisp, chilly mornings to the warmth of the spring sun.



The Cancer Bus Tour returned to the community, in April and again in June, offering free health checks to residents across various areas. In addition to health screenings, the tour provided an opportunity for individuals to consult with a GP practitioner in a convenient and accessible setting.

Our Cancer Support Service was proud to host an awareness stall as part of the tour, engaging with the public, raising awareness about cancer, and sharing information about the support services we offer.

Following this, the Liver Screening Van visited our community, offering free liver health checks. The event was in high demand, and we were pleased to see a fantastic turnout. It was encouraging to witness so many individuals taking proactive steps toward their health.

We hope to continue bringing similar opportunities to the community, helping to promote early detection and overall wellbeing.





1 in 2 of us will be affected by cancer.  
Catching it early can make a huge difference.

Check you out

How often do you...  
If something's troubling you, contact your GP or...  
Be ready now. Search for more options.

In partnership with  
Birmingham and Solihull  
Integrated Care System  
NHS  
MACMILLAN  
CANCER SUPPORT  
HelpinBrum

WELCOME  
ABOARD

Healthier Futures  
Birmingham and Solihull  
Integrated Care System  
Caring about healthier lives  
NHS  
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healthier lives

Cancer &  
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NHS



# SERVICE USERS FEEDBACK

**We value your feedback and love hearing about your experiences. One participant who attended our Brother's Coffee club shared:**

**"Thank you for hosting the Coffee Club. As a carer, it was a nice break in a relaxing environment. It was good to talk with the brother and get different information, which was very helpful. I will be attending again. In sha Allah.**

**Once again, thank you for the Coffee Club."**

As part of our Cancer Support activities, last month in May our service users and volunteers engaged in a mindfulness colouring activity which allowed both our service users and volunteers to have a meaningful space for relaxation, reflection, and connection.

Led by our compassionate volunteers, this session provided a calming environment where those affected by cancer, whether undergoing treatment, in recovery, or supporting a loved one, can take a quiet moment for themselves.

Using thoughtfully chosen designs, participants engaged in mindful colouring as a way to reduce anxiety, ease tension, and focus on the present. No artistic experience is needed – just a willingness to pause, breathe, and create.

We asked our attendees to describe how they feel about our sessions in one word. Their response: "Relaxed."

We are incredibly grateful to our volunteers who lead each session with kindness, patience, and empathy.



# Volunteer's Highlight

## Continuing the Conversation: Volunteers Deepen Their Understanding of the Cancer Journey

Over the past few months, our dedicated Community Cancer Champions have continued meaningful conversations with cancer patients and their caregivers as part of the ENCV research project, in collaboration with the University of Birmingham and University of Exeter. It has involved volunteers listening closely to their stories, challenges, and hopes. These ongoing discussions are part of a broader effort to better understand the lived experiences of those affected by cancer, not just medically, but emotionally, spiritually and socially as well.

To further enrich this work, the Community Cancer Champions also came together in a recent focus group with the researchers. This enabled the Cancer Champions to reflect through shared insights, ask thoughtful questions, and explore the common themes emerging from their conversations. These peer discussions not only deepened their understanding, but also helped volunteers approach future conversations with even more empathy, awareness, and connection.

We are grateful for the openness of patients and caregivers, and for the commitment of our volunteers who continue to learn from every story shared.

## Upcoming Events

**Safe Space Sessions**  
Sisters Only  
Supported by MACMILLAN CANCER SUPPORT  
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.

**Wellness Walks**  
Cancer Support Service  
Sisters Only  
First Thursday of every month  
Time: 1pm  
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.

**Coffee Club**  
Brothers Only  
Supported by MACMILLAN CANCER SUPPORT  
Third Wednesday of Every Month  
11am - 12:30pm | Refreshments Provided  
A welcoming space for Muslim men affected by cancer to connect, share, and find support over a warm cup of coffee.

For more info please contact 0121 713 0091



# Prostate Cancer & Awareness Dates

## Understanding Prostate Cancer: A Brief Guide

Prostate cancer is the most common cancer in men in the UK, with over 52,000 new cases diagnosed each year. It mainly affects men over 50, and the risk increases with age. Black men and those with a family history are at even higher risk.

### Symptoms to Watch For

In its early stages, prostate cancer often causes no symptoms. However, when symptoms do appear, they may include:

- 1 Difficulty starting or stopping urination
- 2 A weak or interrupted flow of urine
- 3 Feeling that the bladder is not empty
- 4 Blood in urine or semen
- 5 Pain in the lower back, hips, or pelvis



These symptoms can also result from non-cancerous prostate conditions, so it is important to consult a GP if any arise.

### Tests & Diagnosis

The most common initial test is a PSA (prostate-specific antigen) blood test, which looks for signs of prostate problems. A digital rectal examination (DRE) and MRI scan may follow. If necessary, a biopsy is done to confirm the diagnosis.



# Prostate Cancer & Awareness

## Can It Be Prevented?

There is no guaranteed way to prevent prostate cancer, but a healthy lifestyle may reduce the risk:



- **Eat a balanced diet rich in fruits and vegetables**
- **Stay physically active**
- **Maintain a healthy weight**
- **Avoid smoking and limit alcohol**
- **Stay Informed, Stay Safe**

Regular check-ups and awareness of your risk factors can make all the difference. If you are over 50 or at higher risk, consider talking to your GP about PSA testing.



# Summer recipes

## Yasmine's Feta Salad

### Ingredients

2 Medium Cucumbers

1 Medium Red Onion

½ Packet Baby Plum Tomatoes

1 Lemon

200g Feta Cheese

### Optional

Handful of Kalamata Olives

4 tbsp Extra Virgin Olive Oil

1 tsp Dried Oregano

1 heaped tbsp Dried Mint

Pinch of Salt



### Prepare the Onion

Peel and cut the red onion in half. Using a mandolin or sharp knife, slice it into thin half-moon slices.

### Marinate the Onion

Place the sliced onion into a small bowl. Add the juice of the whole lemon and a pinch of salt. Mix and set aside to marinate.

### Prepare the Cucumbers

Slice the cucumbers lengthways and scoop out the seeds and pulp with a spoon (you can save this for cucumber-mint yoghurt or another dish). Then chop into thin crescent shapes.

### Combine Base Veggies



# Summer recipes continued

**Add the chopped cucumbers and whole baby plum tomatoes to a large salad bowl.**

## **Make the Feta Dressing**

**In another bowl, mash 150g of the feta cheese with 4 tbsp of olive oil, 1 tsp dried oregano, and 1 heaped tbsp dried mint. Mix well to form a creamy, herby paste.**

## **Assemble the Salad**

**Add the marinated onions and the feta mixture into the salad bowl with cucumbers and tomatoes. Mix well until everything is evenly coated.**

## **Top It Off**

**Cube the remaining 50g of feta and sprinkle on top. Add olives if using. Serve chilled and enjoy!**

## **Aunty Mussarat's Summer Fruit Salad**

### **Ingredients**

**500g grapes (halved or quartered)**

**500g strawberries (hulled and chopped)**

**400g blueberries**

**3 satsumas (peeled and segmented)**

**A handful of soft fruit like raspberries or blackberries (optional)**

**5 Medjool dates (cut into very small pieces)**

**5–6 mint leaves (Finely chopped)**

**3 tablespoons pure orange juice**

**10–12 almonds and cashews (dry roasted & crushed for topping)**





# Summer recipes continued

## Chop the fruit

**Cut grapes and strawberries into bite-sized pieces. Segment the satsumas. Gently mix with blueberries and any soft fruit you're using.**

## Add dates & mint

**Sprinkle in the finely chopped dates and mint leaves. These will add bursts of sweetness and freshness!**

## Pour in orange juice

**Drizzle the orange juice over the fruit mix and gently toss everything together to combine.**

## Roast and crush the nuts

**Dry roast the almonds and cashews in a frying pan over medium heat until slightly browned. Let them cool, then crush into small pieces.**

## Finish & serve

**Sprinkle the roasted nut mix on top of the fruit salad just before serving for a delicious crunchy topping.**

**Tip: Chill the fruit salad for 20–30 minutes before serving for an extra refreshing treat!**





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**or call us on 0121 713 0091**

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