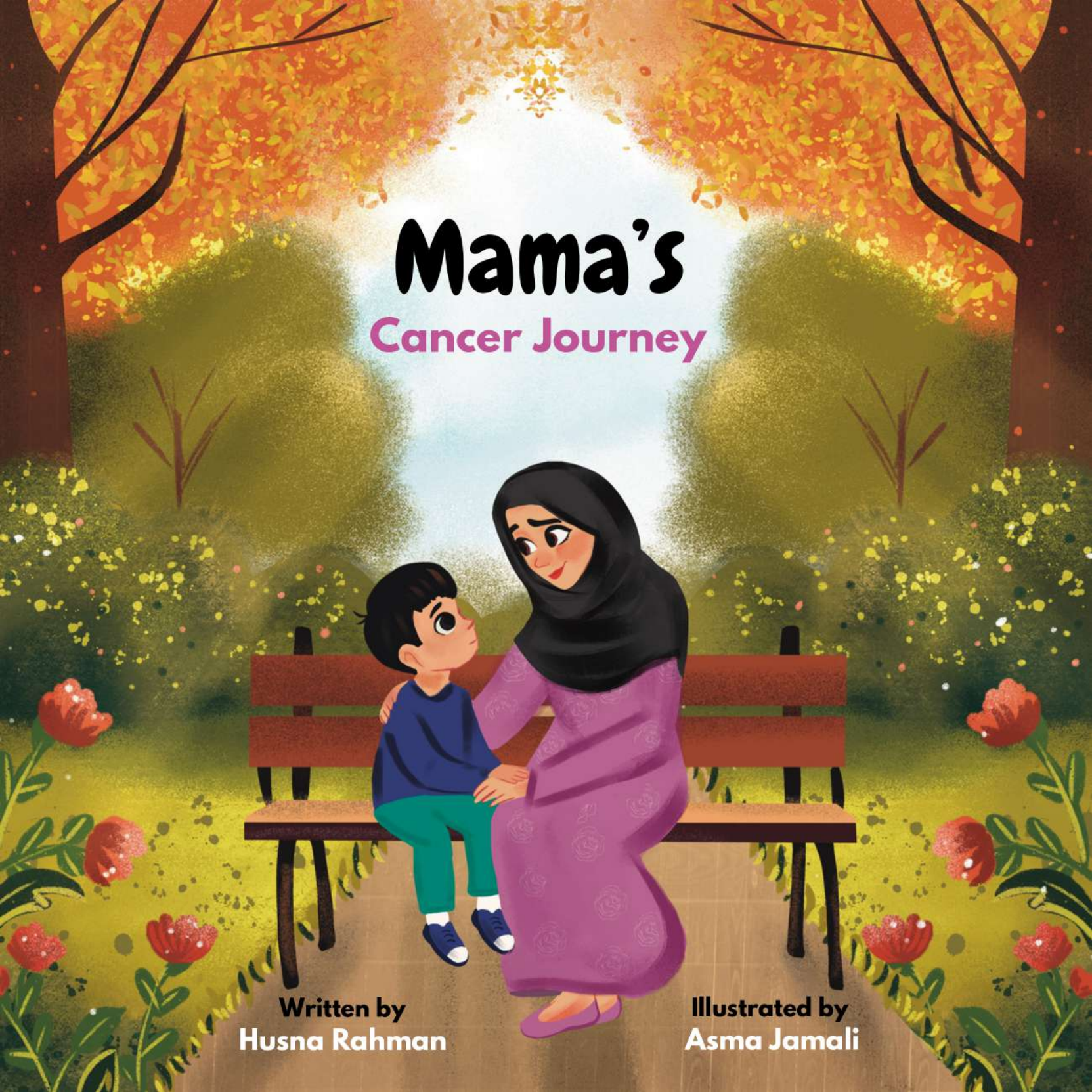


The illustration depicts a mother and her young child sitting on a wooden bench in a park. The mother, wearing a black hijab and a purple patterned dress, sits on the right side of the bench, her hand resting on the child's shoulder. The child, wearing a blue long-sleeved shirt and green pants, sits on the left side of the bench, looking up at the mother. They are surrounded by lush greenery, including large trees with vibrant orange and yellow autumn leaves in the background and smaller trees with green leaves in the foreground. The ground is covered with fallen yellow leaves and small red flowers. The overall scene is warm and intimate, capturing a moment of connection between the mother and child.

Mama's

Cancer Journey

Written by
Husna Rahman

Illustrated by
Asma Jamali

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***In the Name of Allah, the Most Beneficent, the Most Merciful.
All the praise and thanks be to Allah.***

Safeena Muslim Cancer Support Network is the only UK wide charity that provides specialist support, information and faith based resources to Muslims affected by cancer.

We produced this book because our experience showed that there were no faith based resources that Muslim parents could use to explain to their young children if a family member had been diagnosed with cancer. We have tried to use words and pictures that are appropriate for children to help explain to them what happens from the time of diagnosis to the end of treatment. This book talks about cancer from the Islamic faith in a way that's suitable for a child to understand. It is free to download and can be used as a resource by parents to help their children navigate through a cancer journey.

The book is based on a true story of a boy called Adam whose mum was diagnosed with cancer when he was 6 years old. Adam is now 19 years old living with his mum, dad and younger brother. Adam wanted to share his experience with others in the hope that it helps other children going through something similar to what he did when his mother was diagnosed.

Although this book is written with cancer in mind it can also be used for other illnesses, parents can adapt and vary the words as they consider appropriate for their child.
This book is dedicated to all those impacted by cancer.

We end with a simple dua that Allah SWT blesses you with good health, happiness and protects and guides you always. Please keep us in your duas.

For further information on our services and resources please visit our website:

www.safeena.org.uk



I extend my heartfelt thanks to Safeena Muslim Cancer Network for allowing me to work on this project. Thank you to Zahida for sharing and trusting me with your story. Your courage and openness have been truly inspiring.

*I am extremely grateful to Rabia Bashir for the opportunity to write this story and for her belief in me.
Your editorial expertise and encouragement have been instrumental in bringing this story to life.*

*A special thanks to writing coach and editor, Hend Hegazi.
I am so grateful for your invaluable guidance in developing this story and unwavering support in helping me get unstuck.*

Finally, thank you to Dr. Ather for reviewing the book from a faith perspective.
-H.R.

We would like to thank Rabia Bashir for her book project management services provided through Dreams and Duas. She found the perfect writer and illustrator for our vision and oversaw the entire process, helping us to bring the book to publication stage.

We also extend our gratitude to the author Husna Rahman who managed to capture Zahida's experience so that it can be shared with the world. And we express our appreciation for the illustrator Asma Jamali who relentlessly revised the artwork to bring the story to life.

-Safeena Muslim Cancer Support Network

Mama's Cancer Journey



Written by
Husna Rahman

Illustrated by
Asma Jamali



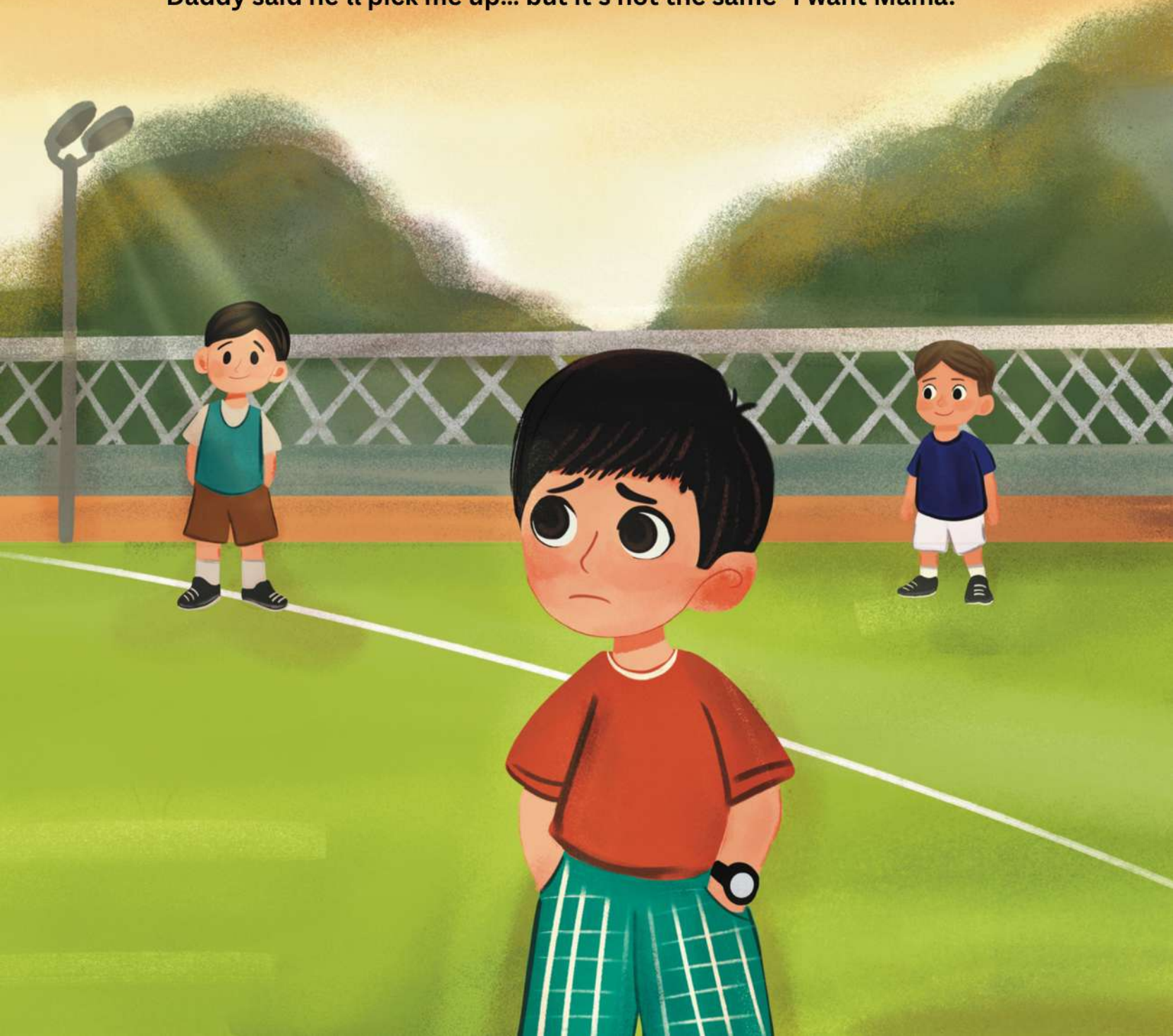
Mama got me ready for school this morning. She made me pancakes with the fruit shaped into a smiley face, just the way I like it, but things didn't feel the same. She wasn't smiling like the fruit as she usually did. Everything felt rushed. She had to get to the hospital.



It's Monday, I have a football club after school. Mama picks me up every week, but she can't today.



Daddy said he'll pick me up... but it's not the same- I want Mama!





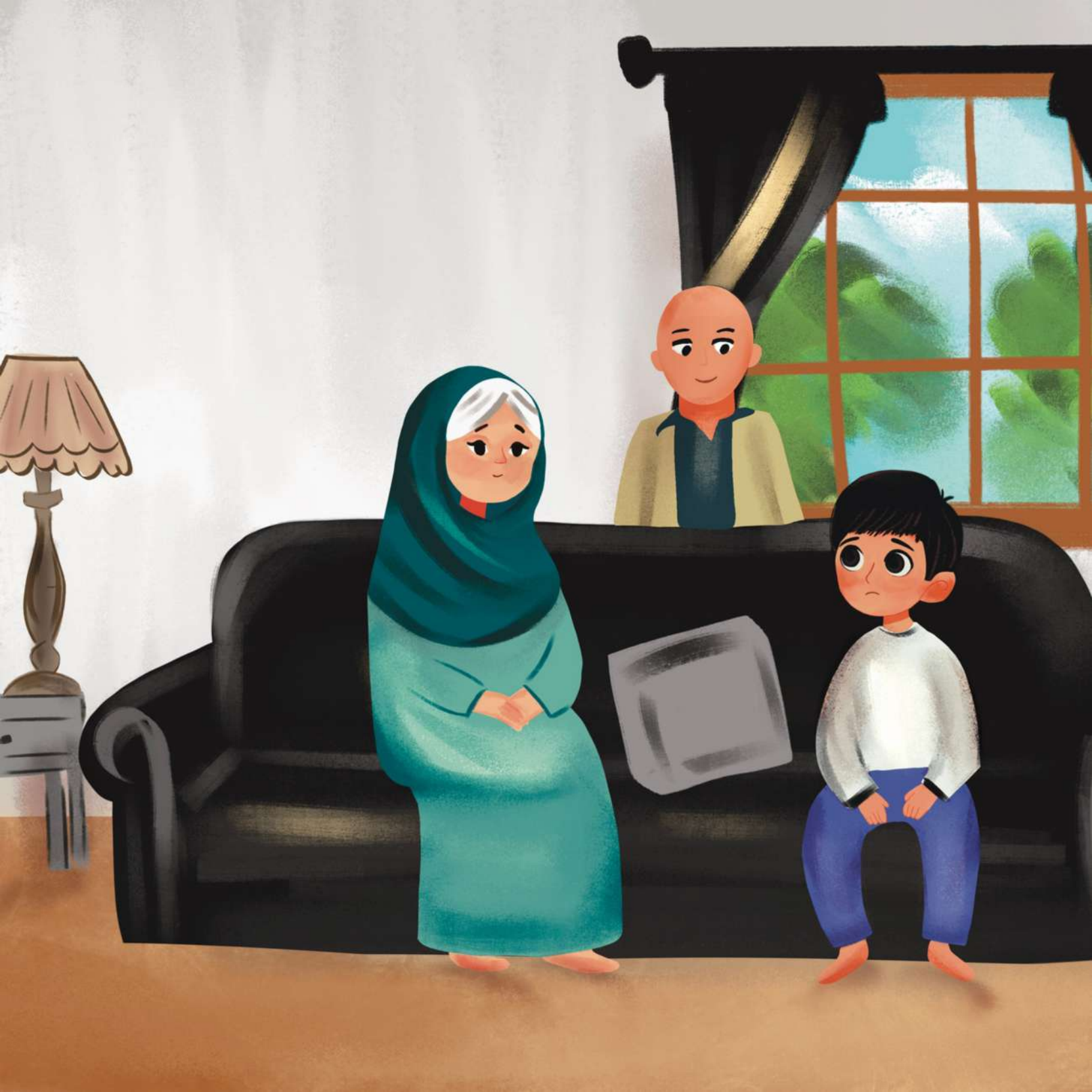
Things have been so different the last month. Mama found a lump in her breast and went to the doctors. They said it's called cancer.

Today, she is having an operation to take it out of her body because it was something bad!
It could get bigger and make Mama really sick.



Cancer has ruined everything!





Nani-Ammi came to our house to look after me. Dadi-Ammi, Mamoo and my Khalas came to help too. It was great to see everyone.

But it's not the same- I want Mama!



When Daddy came to pick me up later, the first thing I asked was how Mama was. He said the operation went well, Alhamdulillah.

“Mama is resting and should be home tomorrow, InshaaAllah,” he said. His voice was a little shaky and I saw a small tear fall down his face.

If Mama is okay, why was Daddy crying? I’ve never seen him cry. I was worried that something happened to Mama, so I started crying too.

“I miss Mama.”



Daddy saw me crying and knelted down. “Adam, I know things aren’t the same and that’s upsetting. But the doctors are doing everything they can to take the cancer away and make Mama feel better. Your Mama misses you too.”

“Daddy, why is Allah doing this to Mama? Has she done something wrong?”

Daddy looked at me and paused.



“When your football team loses a match, does that mean they’re a bad team?”

“No.”

“No, it just means something bad has happened to them. You still carry on supporting them, don’t you? Just like a football manager has a plan and tells players what to do, Allah is the manager of our lives, and He has the best plan. We have to trust Him because only He knows what is good for us.”





“Just like you cheer on your team when they’re playing, the best thing we can do for Mama is make lots of du’as for her to get through this.”

Daddy kissed me on the forehead, and I jumped into his arms and gave him the biggest hug.

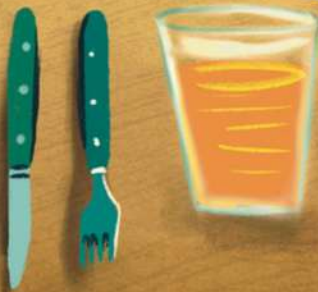
**As soon as I got home, I ran upstairs, got out my prayer mat,
sat on it and made a du'a to Allah.**

“Please let Mama be ok, Allah.”





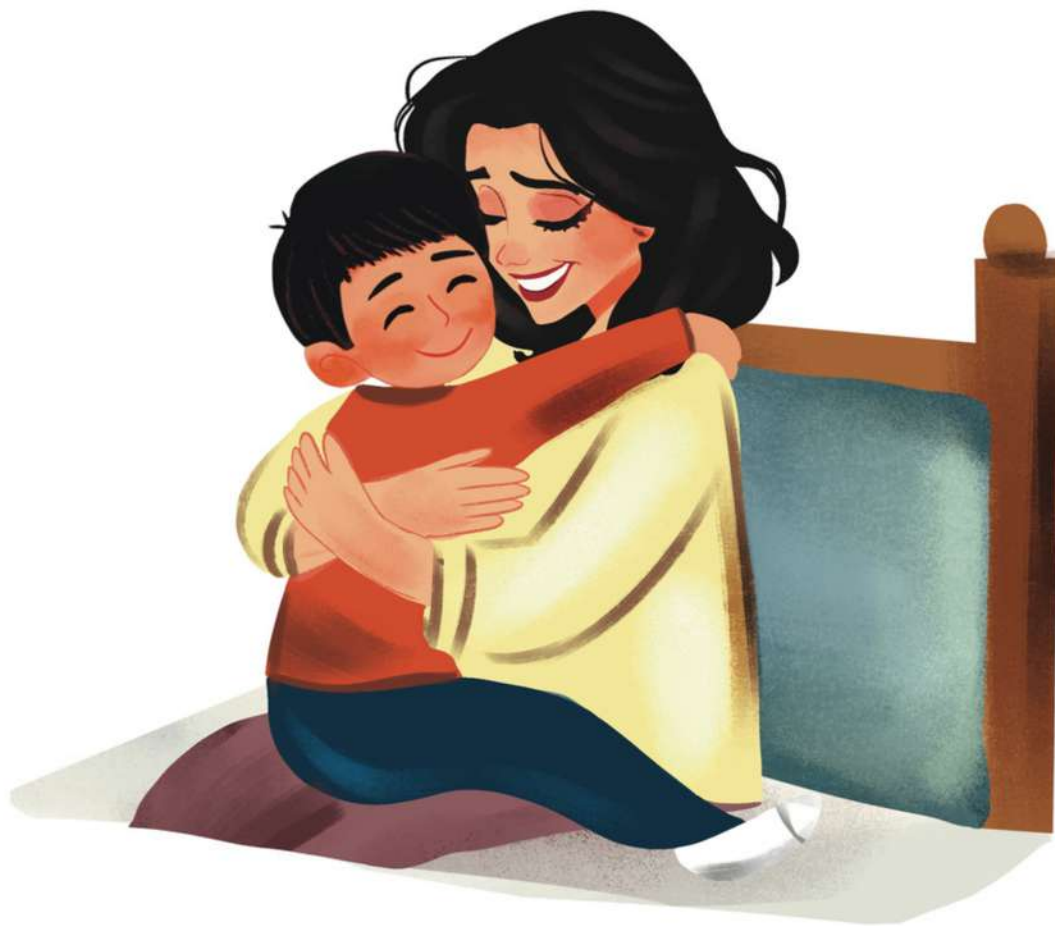
The next morning, Daddy got me ready for school. He made me pancakes, but he didn't make a smiley face with the fruit like Mama does, it wasn't the same- I miss Mama!





When I got back home from school, I saw a coat hung up behind the living room door.

**That's Mama's!
I ran upstairs into the bedroom...**



**“Mama!” I gave her the biggest hug when I saw her.
“You’re back! This is the best day ever!”
I asked Mama if we could go to the park and play football,
but she was too tired.**

Mama held me close. She said that it would take some time to recover properly. She would need to keep going back to the hospital for a special medicine called chemotherapy.

“Che-mo-ther-apy- That’s a big word!”

“It is,” Mama said.





She got more and more tired after getting the chemotherapy. It even made her hair fall out. I didn't like seeing her like that. She was like a different mum; it wasn't the same- I miss Mama.



It's Monday. After my football club I was looking for Daddy, but instead I saw Mama! I couldn't believe she came to pick me up!

"Are you feeling better now Mama?"

"Alhamdulillah, I'm getting there, Adam," she said. "I still need to go to the hospital to get something called radiotherapy, to make sure that all the cancer is gone."

"Radi-o-ther-apy- That's a big word!"

"It is," Mama said, as she looked at me and smiled. I can't remember the last time I saw her smile like that. Maybe she *was* getting better. I started smiling too.



Some months later, Mama went to the doctor for some more tests. Before she left, she made me pancakes with the fruit shaped into a smiley face, just the way I liked it.



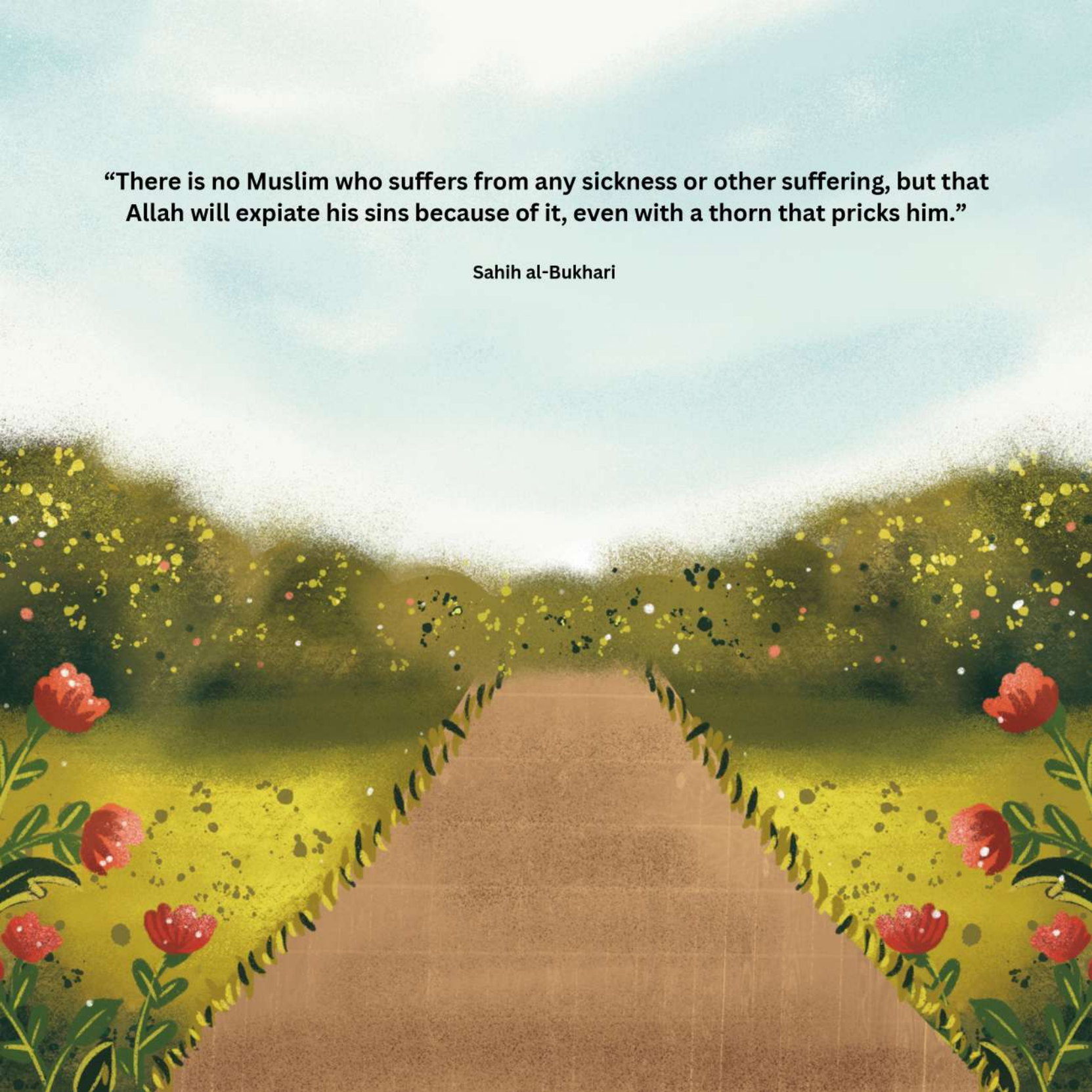
**“Alhamdulillah, the cancer is gone!” She shouted.
We all cheered as if our football team had won the league!
But this was so much better!
“Will it come back?” I asked.
“I don’t know,” said Mama, “but I hope it doesn’t.”
“Me too! I hope it never EVER comes back!”
Cancer ruined everything! But now, I have my Mama back.
“Can we go to the park?” I asked.
“Yes! Let’s go. And remember to put on your football boots.”**





“There is no Muslim who suffers from any sickness or other suffering, but that Allah will expiate his sins because of it, even with a thorn that pricks him.”

Sahih al-Bukhari



GLOSSARY

Allah

In Islam, Allah is the name for God.

Allah is the creator of everything in the world and He is always watching over us.

Du'as

Du'as are like special wishes that we say to Allah. When we say du'as, we ask Allah for help, for forgiveness, or for good things to happen. It's like talking to a friend and asking them for a favour, but we're talking to Allah.

Cancer

Imagine your body has lots of tiny building blocks called cells.

Normally, these cells know when to grow and when to stop.

But sometimes, a few cells get confused and start growing too much.

This is what cancer is. Those cells keep building and building without stopping.

Chemotherapy

Chemotherapy is like a special medicine that helps fight tiny monsters called cancer cells. Chemotherapy medicine is strong and can help get rid of the cancer cells, but it can also make people feel tired or a little sick sometimes.

Radiotherapy

Radiotherapy is like a special superpower that helps shrink the tiny monsters called cancer cells. It uses special rays to zap the cancer cells and make them go away. It's like a superhero beam that only targets the bad guys!

Mamoo - Urdu word for maternal uncle (Mom's brother)

Khala - Urdu word for maternal aunt (Mom's sister)

Nani-Ammi - Urdu word for maternal grandmother (Mom's mother)

Dadi-Ammi - Urdu word for paternal grandmother (Dad's mother)

For Muslims impacted by Cancer- because not everyone is in the same boat.

Safeena Muslim Cancer Support Network offers a compassionate and faith sensitive befriending support service. Our befriending service matches people affected by cancer to a trained volunteer who has had lived experience of cancer. This confidential service provides the opportunity for people to talk openly and to ask any questions they like.

If you or someone you care about has been diagnosed with cancer, Safeena Muslim Cancer Support Network is here to help. Find out how we can support you and inform you about cancer. Get in touch with us today.

<https://www.safeena.org.uk/>

E-Mail: Hello@safeena.org.uk

SCAN ME



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**Adam is getting ready for school,
but something is different.
Mama isn't smiling as usual.
She has to go to the hospital.
She has cancer.**

**Follow Adam and his mother's journey
from diagnosis to treatment and beyond.
This book was based on a true story and written to
help Muslim families navigate the experience of cancer
with faith, hope and resilience.**

**Suitable for children aged 5+ years and above.
Parental discretion is advised.**

Published by



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