

BUSHRA'S STORY

Getting people active via faith settings

RETHINKING
PAIN

COMMUNITY-BASED
PAIN SUPPORT



Bushra has a nurturing, chatty personality and her faith is an important part of her day and her pain management. Part of her deciding not to sit with her pain led to her becoming the intezamia for a nearby mosque. This role involves her being a supporter of women who attend the mosque, looking after things like buying food and cleaning, organising activities and getting the ladies involved with those.

Bushra told us, **"Someone told me about the Happy Healthy You (HHY) tutor and she suggested running a class to get ladies moving more. I thought "great idea, we'd love to that!" and now we have around 20 ladies attending each week. The tutor gets us to come out of our comfort zones and the exercises have helped us with being more flexible, less breathless and feeling stronger and more able to do things"**.

Unexpected benefits of getting involved

Bushra told us about a knock-on effect from what she'd been learning in the exercise classes, **"I learned some stretches, that I now get my mum doing at home. They've helped with her locked shoulder and getting back more use of her arm, and that means that she can do a bit more for herself"**.

Bushra explained that getting together with others in the mosque to move more had brought extra benefits than just fitness. She told us **"We realised many of us have pain and health issues and we decided to build on the exercise class. HHY and Rethinking Pain helped us start 'Knit & Natter', a peer group where we talk, laugh, share our thoughts, ideas and everything! When we do this, we don't think about the pain, we feel free, no pain!"**.

Bushra is 54 years old and lives in the West of Bradford with her family. She is a proud mum to two grown up children. Bushra was a teaching assistant until recently when she needed to give up her cherished job to care for her mother, who after a fall was unable to manage daily tasks and now suffers badly with shoulder pain. Becoming a full-time carer presented a challenge for Bushra because she also has several health conditions and persistent pain due to past injuries, a trapped nerve in her foot and osteoporosis. Bushra feels that she can't let pain or challenges she faces deter her from having a productive future and good quality of life.



When you're facing obstacles and you're just sitting at home doing nothing, the pain is with you; you feel you can't do anything, but when you get out of the house and do things, you're distracted, no pain.



www.rethinkingpain.org



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KHL Healthy Living



Rethinking Pain is a service led by Keighley Healthy Living (KHL) in partnership and collaboration with HALE, VCS Organisations, Bradford District Health & Care Partnership & Primary Care Networks

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What the exercise classes led to

Getting to know the HHY tutor, and building a relationship and trust with the ladies' group enabled delivery of Understanding Pain in a faith setting, and for Rethinking Pain's academic research partners, Leeds Beckett University, to run a focus group to better understand the ladies belief about pain, and about how their faith interplays with their experience of pain. Bushra explained **"Through getting to know HHY we agreed for Rethinking Pain to come and run their 'Understanding Pain' workshop. They came twice and gave the ladies information so they could ask their doctor to refer them to their community pain support. Another time, the university lady, Ghazala, came along and she listened to what we thought about our pain and about how our faith can help us deal with pain. It was good for the ladies to be listened to about that"**.

Thanks, and good news

We have valued the chance to speak to Bushra about her life and about how getting more active has helped her. We are also appreciative of her advocacy of the Rethinking Pain service and the Happy Healthy You offer of in-person and online exercise groups.

We end with good news that JTI Victor Street Mosque recently won the 'Active Faith Settings' Bradford Sports Award for their work getting people moving more in faith settings, which Bushra has been very much involved with. Congratulations to everyone involved.



More information about Rethinking Pain can be found on the address below.

Further details about Happy Healthy you, in-person and online exercise classes can be found on their Facebook page: Happy Healthy You Bradford & Beyond.



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