

How To Engage Young Professional Volunteers At Your Mosque

BIMA Workshop
12.10.2019
MCB Conference



BRITISH ISLAMIC
MEDICAL ASSOCIATION



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BRITISH ISLAMIC
MEDICAL ASSOCIATION

What is BIMA?

WWW.BRITISHIMA.ORG



**UNITE.
INSPIRE.
SERVE.**

National Projects

British Islamic Medical Association Safety Briefing

PROTECTING AGAINST ACID/CHEMICAL ATTACKS

It is the responsibility of all participants to ensure they are aware of the risks of chemical attacks and to take appropriate precautions.

PRECAUTIONS

- Keep car windows up and doors locked
- Keep a large bottle of clean water in the car
- Exercise caution when alone or in poorly lit, empty areas

PROCEED TO GET HELP

- Shout for assistance and flee to a place of safety
- Assess if a chemical attack event if there are no immediate symptoms
- It can take several seconds for pain to be felt
- Use 999 stating clearly you have been a victim of a chemical attack

PREVENT FURTHER INJURY

(WATER, WATER & WATER)

- Immediately wash affected areas (especially eyes) with copious amounts of water. Do so CONTINUOUSLY for at least 20 minutes or until emergency services arrive and direct you
- Remove all clothing from affected areas, including high if needed, as well as contact lenses, gloves, jewellery
- Do NOT use any other substances, creams, ointments, or wash the area
- If attacked with dry powder, brush off thoroughly first and then wash as above

POLICE REPORT

- Once safe and stable with emergency services, report the incident immediately to the police and to agencies monitoring hate crimes

PLEASE NOTE THE FOLLOWING:

- If you witness an attack into this area follow the above steps and avoid touching any chemicals whilst assisting with water
- Always dial 999, the ambulance services will take you to the nearest specialist centre, not necessarily the nearest A&E
- There is no risk in trying to identify what chemical was used. Prompt and copious washing with water will improve outcomes for the victim

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SUPPORTED BY: British Heart Foundation

MONTHLY BIMA WEBINAR

HEALTH AT HAJJ

SUNDAY 21ST JULY 2019 | 11:00AM - 12:00PM

BY DR MOHAMMED IJIA (GP & CEO FOR THE BRITISH HAJJ DELEGATION)

ON SUSTAINABLE GOOD PHYSICAL & MENTAL HEALTH THROUGHOUT THE PILGRIMAGE WITH TOP TIPS TO MAKE YOUR JOURNEY MORE COMFORTABLE AND SAFE

REGISTER FOR FREE TODAY: www.bit.ly/HealthAtHajj

BRITISH ISLAMIC MEDICAL ASSOCIATION

WOMEN excelling in HEALTHCARE

SUNDAY 18 MARCH 2018

National Projects

LEARN ABOUT CANCER SCREENING, THE IMPORTANCE OF SCREENING FOR BOWEL CANCER, WHAT SCREENING INVOLVES, OTHER CONDITIONS SCREENED FOR IN THE UK, AND MUCH MORE

BRITISH ISLAMIC MEDICAL ASSOCIATION

CANCER SCREENING

28th January 2018
5:00PM - 6:00PM

Dr Amina Hameed (BIMA Welsh Lead)

VENUE: Swansea Mosque, Swansea, SA1 4DD

FREE SESSION

www.britishima.org #BRITISHIMA @britishima

BIMA IS PROUD TO PRESENT

FREE CPD WEBINAR FOR BIMA MEMBERS

RAMADAN INITIATIVE

MUSLIM PATIENTS IN RAMADAN

A REVIEW FOR HEALTH CARE PHYSICIANS

WED 16th APRIL 2018
6:30PM

EXPLORING CURRENT ISSUES AROUND SAFE PRESCRIBING IN RAMADAN WITH GENEROUS OPPORTUNITY FOR Q&A WITH:

- DR EMMA WILEY (MICROBIOLOGY REGISTRAR, BIMA)
- SHAYKH DR RAFAGAT RASHID (GP AND MUSLIM SCHOLAR, BIMA)
- SAMIRA OSMAN (PHARMACEUTIC, BIMA)
- DR NAVEED YOUNG (CONSULTANT PHYSICIAN & ENDOCRINOLOGIST, BIMA)

FACILITATED BY DR ANDREW BARTON (BIMA)
HOSTED BY PROFESSOR SAM UNGHAM (BIMA)

CERTIFICATE OF ATTENDANCE PROVIDED TO REGISTRARS

REGISTER NOW: www.bit.ly/2qjKNxF

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LIFESAVERS

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FREE BASIC LIFE SUPPORT TRAINING

CPR
RECOVERY POSITION
CHOKING
NEW FOR 2019
MANAGING BLEEDING

CERTIFICATES PROVIDED

SATURDAY 28th SEPTEMBER 2019
(AFTER DHUHR PRAYER - 2PM)

Find your local participating mosque at <http://bit.ly/lifesavers2019>

@britishima @britishima #BIMAlifesavers #FIMAlifesavers
www.britishima.org

British Heart Foundation

Educational Webinars



Connecting Muslim HCPs



Training Future HCPs

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Ace FY1
FREE One-Day Masterclass
 DELIVERED BY EXPERIENCED MEDICS
 With workshops, networking and simulations, covering all you need to know to ace FY1

North BRADFORD
 British Royal Infirmary
 Sat 13th July 2019

Midlands BIRMINGHAM
 University of Birmingham
 Sat 22nd June 2019

South LONDON
 Imperial College London
 Sat 13th July 2019

Register now bit.ly/FY1induction

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Ace DFT
One-Day Masterclass
 DELIVERED BY EXPERIENCED DENTISTS
 Ideal for recent Dentistry graduates about to start DFT...

With workshops, networking and simulations, covering all you need to know to ace DFT.

University of Manchester
 Sat 17th August 2019

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Ace PreReg Pharmacy
FREE One-Day Masterclass
 DELIVERED BY EXPERIENCED PHARMACISTS
 To include live demos, workshops, GP practice pharmacy and insight to life after PreReg

Guest Speakers:
 Babir Malik, Rachel Prosser, Aamer Siddiqi, Zina Mahmood

University of Birmingham
 Sat 6th July 2019

Idea for:
 ALL FINAL YEAR PHARMACY STUDENTS
Covering themes:
 BEING A SAFE PREREG, BEING AN EFFICIENT PREREG, BEING A MUSLIM PREREG

Register now bit.ly/BIMAPre-Reg



LIFESAVERS

save a life, save mankind

#BIMAlifesavers

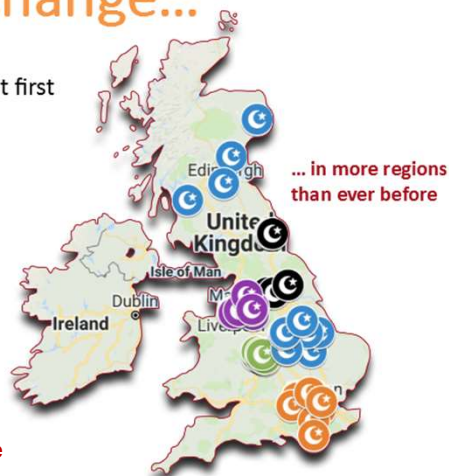
#FIMAlifesavers

We are making a change...

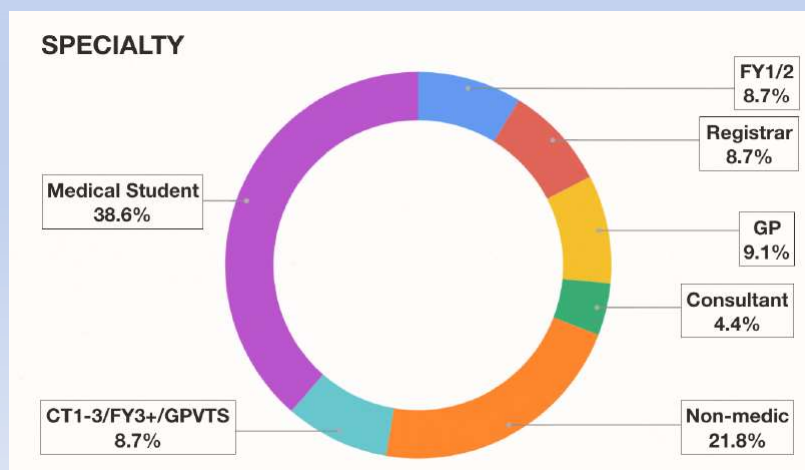
The project has expanded significantly since it first started in 2014, and last year we had **more participating mosques than ever before** alhamdulillah!

YEAR	Mosques	Volunteers	Participants
2014	3	15	200
2015	15	52	231
2016	35	386	1538
2017	70	625	3652
2018	74	756	2710
2019	~120	???	???

2019 - 116 masjid took part (UK) & more internationally



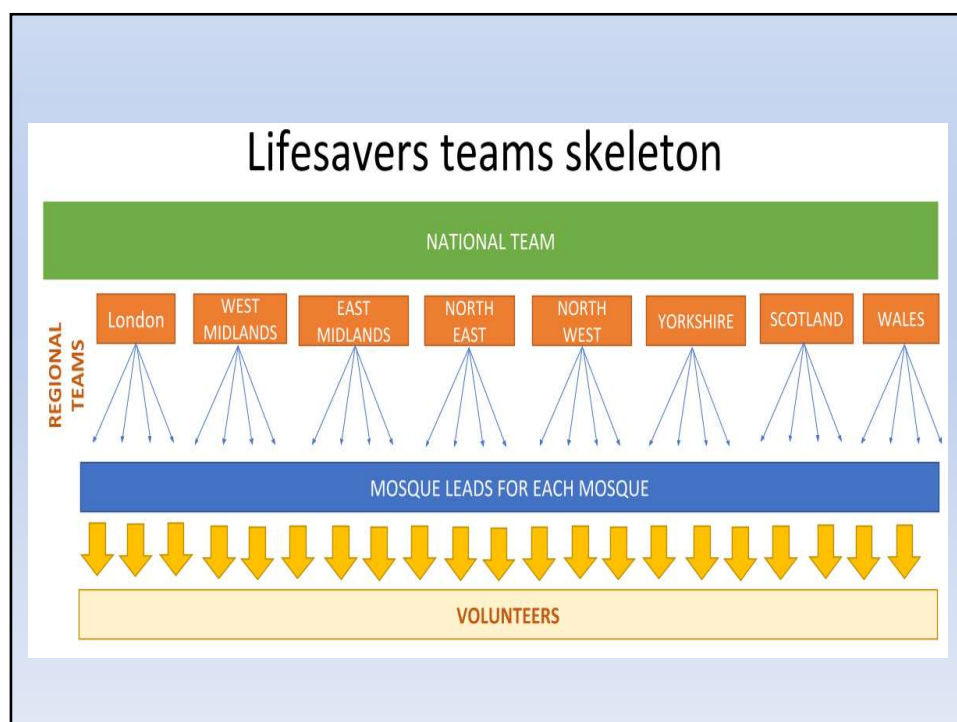
Volunteer Demographics





How is BIMA Lifesavers organised?

ORGANISATION



Engaging Youth

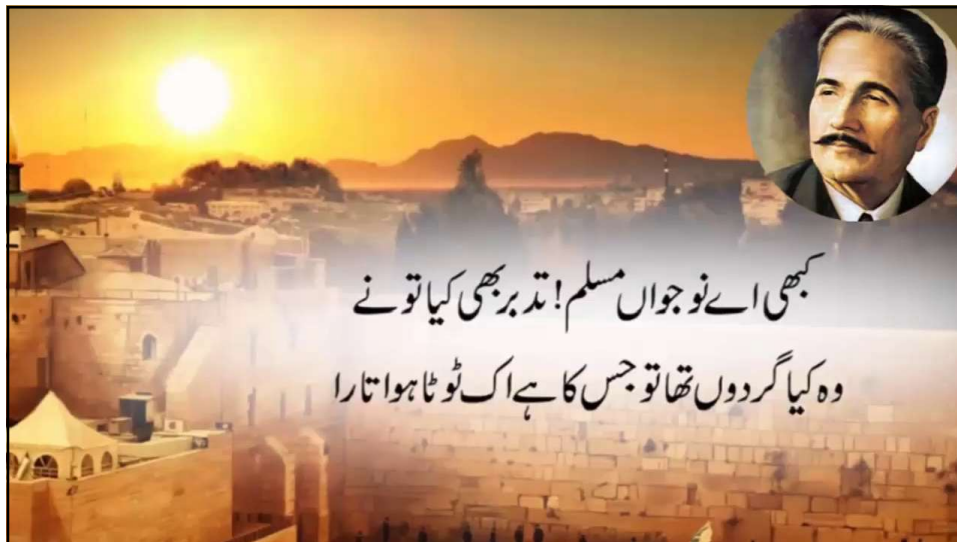
- Volunteers on the **national team** work tirelessly with **regional sub-teams** to recruit, train and prepare **mosque leads(MLs)** and volunteers for the big day
- Volunteers range from experienced consultants, GPs, HCPs to medical students
- Key factor in the success and sustainability of project has been mobilising the youth
- Links with university Islamic societies

Engaging Youth

- Created new links between the younger members of the mosque congregation and their local mosque
- National committee and a large proportion of regional leads & MLs are under 24 years old
- VP(Br Wajid) on Lifesavers National team forum to share vision, motivate, support, and liaise with other BIMA projects.

Local Level

- MLs liaise, organise, find other volunteers, deliver training, deliver event, and thank mosques. Then repeat with additional skills & roles next year
- Link students with professionals
- Link different HCPs with medics
- With the help and will of Allah and our efforts, we have successfully achieved the vision of **inspiring** each other to **unite** in the **service** of our community



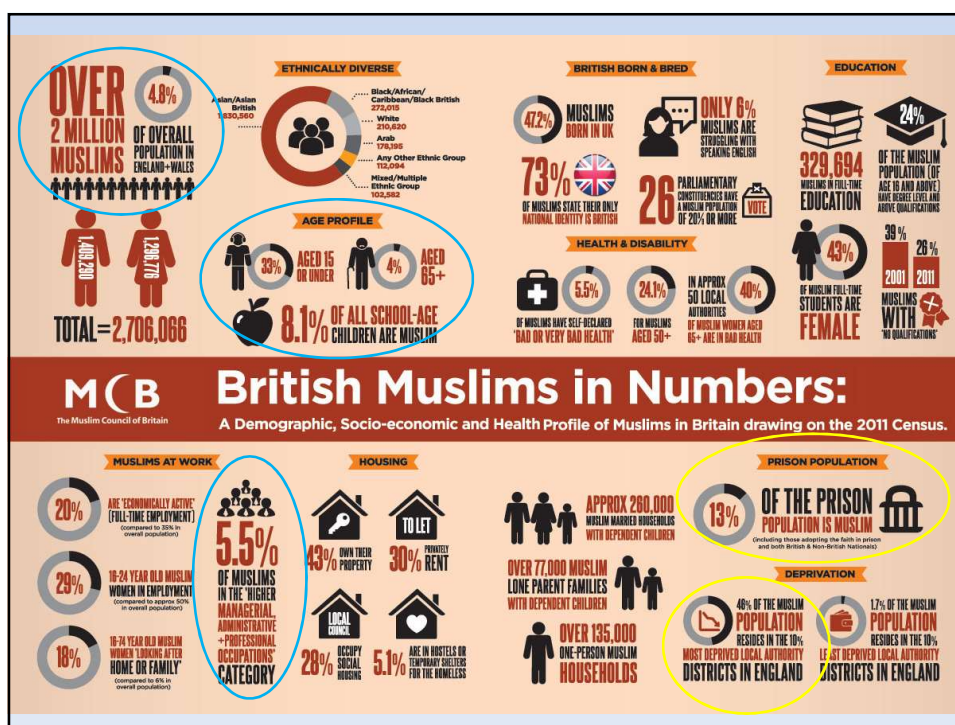
Importance of engaging Youth

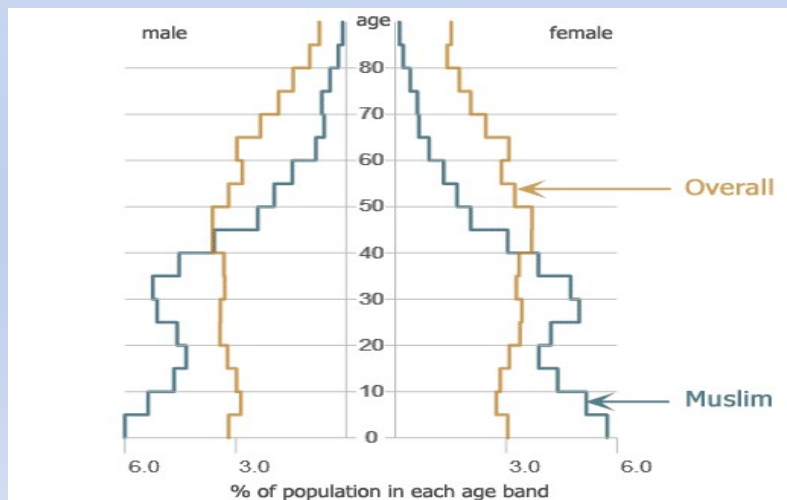
MUSLIM YOUTH

RELIG11 Religion GB level

1 No Religion	23,725,080
2 Christian (all denominations)	33,111,246
3 Buddhist	263,398
4 Hindu	1,021,449
5 Jewish	336,965
6 Muslim	3,372,966
7 Sikh	404,891
8 Any Other Religion	1,028,513
Total	63,264,508
Missing	2,023,914
Total	65,288,422

Source: Annual Population Survey April 2017 to March 2018, weighted Person Weight APS 2017



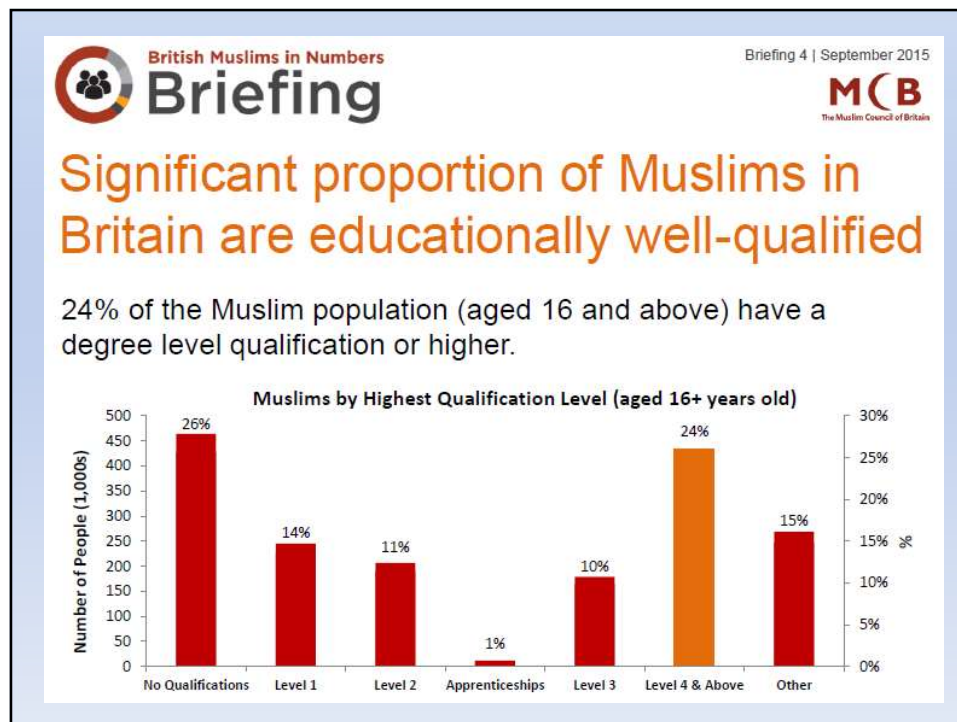


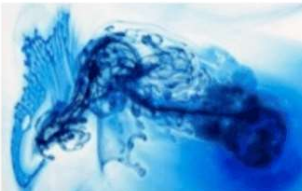
Britain's Muslim population is young

Data sources and references at: www.mcb.org.uk/muslimstatistics

What does it mean?

- Highly skewed towards the younger age bands
- 33% are under 15 years old (compared to 19% in the overall population)
- Almost 50% are under 24 years old (30% overall population)
- Public sector cuts in youth services, leading to reduced safety net in terms of counselling, provision of recreational services and careers advice. Does Muslim civil society have enough youth workers/services to handle the increased demand?
- Are young people represented in masjid management committees?
- Do mosques have active youth committees for young men and women?
- Do mosques cater for their needs in language they understand?

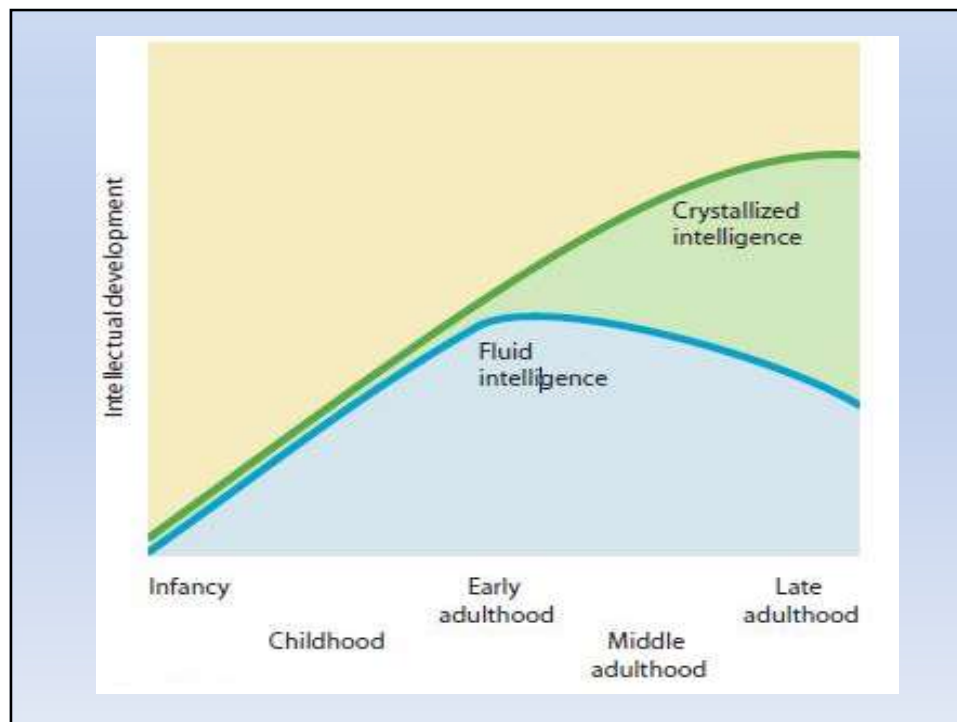




Fluid intelligence: ability to reason abstractly - think logically & solve problems in new situations, independent of acquired knowledge - devise strategies for dealing with new kinds of problems



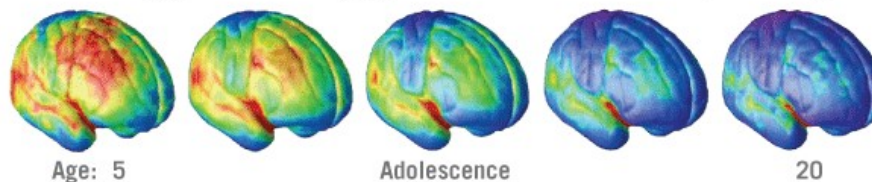
Crystallized intelligence: accumulation of information, skills, strategies that we have learned through experience - use previously learned information and skills



Growing a Grown-up Brain

Scientists have long thought that the human brain was formed in early childhood. But by scanning children's brains with an MRI year after year, they discovered that the brain undergoes radical changes in adolescence. Excess gray matter is pruned out, making brain connections more specialized and efficient. The parts of the brain that control physical movement, vision, and the senses mature first, while the regions in the front that control higher thinking don't finish the pruning process until the early 20s.

Gray matter density
Gray matter becomes less dense as the brain matures.
More dense (red) to Less dense (blue)



Gray matter: Nerve cell bodies and fibers that make up the bulk of the brain's computing power.

Parietal lobe: Spatial perception

Occipital lobe: Vision

Temporal lobe: Memory, hearing, language

Frontal lobe: Planning, emotional control, problem solving

Source: "Dynamic mapping of human cortical development during childhood through early adulthood," Nitin Gogtay et al., *Proceedings of the National Academy of Sciences*, May 25, 2004; California Institute of Technology



Developing good habits?

- Start Young
- Role models
- Positive environment
- Strong ground rules
- Rewards
- Let them speak
- Teach responsibility
- Encourage reading of good literature
- Be involved
- Realistic expectations
- Firm boundaries



GROUP EXERCISE 1

Please list the common influences on

(Muslim) youth



Who will guide the Muslim youth?

THE PIED PIPER

Influences?

- Media, music/sports stars, actors, social media
- Schools, universities
- Toxic influences (drug dealers, groomers, fraudsters). 13 % of prison population
- Extremists
- Parents, Local communities
- Covert groups(Super Sisters)

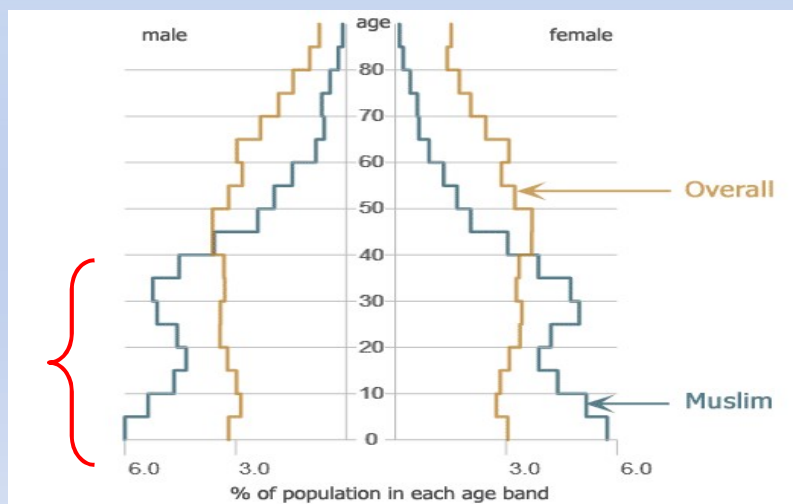
Counter Influences

- Not ignoring problems. Using it to **activate** and **unite** communities/masjid committees
- Only masajid are existing structures already available in most Muslim communities
- Only practical solution to co work with others and channel some effort through masajid (BIMA)

" When Someone Truly cares About You They Make An Effort, Not An Excuse. "

It sounds difficult but...

ARE THEY WORTH THE EFFORT?



We Don't Have a CHOICE

Data sources and references at: www.mcb.org.uk/muslimstatistics

8777877	97934782	43990977	87939932	24709943	84703629	87493137	94984399	94987228	3944892
9803195	35265689	11396050	94868059	42369974	12861420	18007854	33731783	73891755	876288
2589896	73104974	73438540	42393983	92944719	86957171	11404386	77771327	68576255	360909
2624483	30045416	31098671	40572771	35527836	65925336	51761638	60329291	51660564	280176
5295780	75282257	90072884	53906156	97943237	58129857	67782381	30316695	80857106	784573
9831993	19280255	97785198	61819286	53540821	62774946	83562764	28230074	38882494	635613
1381833	87969894	56026986	14341001	87064392	50741292	33837521	23176458	54423445	943265
8765797	68080259	50280910	17825634	14928414	91003807	66191373	55136276	68965622	152905
2180146	62903471	39831916	40827354	25416259	67003310	57015885	59090283	44529146	517735
1297040	99602619	72693769	74670503	64486893	60024340	81842797	84101212	65660979	741639
9435839	30134013	67623771	89252135	14836100	53068653	58193677	18298111	85451965	325555
9115809	64152176	87938478	23782494	89648621	96468760	46300637	56290922	17477654	589554
1636638	26179700	70263480	31577435	86766841	99322763	27574446	92624691	99838983	285623
8825830	79241940	303746					3966173	20542147	666050
1442553	88610598	186015					4495707	29644959	212181
4676503	28384136	219652					3008944	83161082	506681
8866623	88644576	675083					0333625	71198462	819730
9208328	55633158	972622					5819271	82465612	120703
4679523	50743106	53758186	89082754	20652646	39966089	28984152	43697773	64241439	777922
2590166	88049908	86765561	21485701	85560517	16395152	70737528	50207341	67333374	170306
4174879	75155985	30914056	71991805	71239589	12755163	51041298	93543198	26762557	895580
1806606	33380925	84367048	38935155	16876950	90638664	23076947	89793567	63846459	632513
9169214	32606777	59230387	25339651	66563499	62590752	62517539	89238216	59378130	372033
9375337	78224830	12207381	76659424	24948275	70594044	44264382	59173873	29516429	729741
1810921	24689523	25444614	85894225	16906299	91937267	80566042	16980916	98492201	250455
7530655	12103314	38132000	78657299	41177295	68282906	20133822	14927190	91170872	254549
8130844	51486467	57311130	89607819	83428718	38087610	81183512	36139509	45189501	282702
5559013	48750246	20289443	11369985	39092094	20225059	28697614	65396403	13790118	605678
7519567	63810903	77166938	27262007	74218101	95887537	26206707	66903166	75948119	692825
8051515	17779940	82875297	64849103	65006261	87349310	12593189	65790765	80227189	276660
1403886	24263768	52841280	14978191	42404439	92796705	32888053	39273537	51140440	552287
8631799	61967355	80592089	82734717	16041641	83369094	34302397	82643663	51981439	163112

WAKE UP



What are they?... BIMA's perspective

VALUES & VISION

Group Exercise 2

Describe your ideas on
What are Values and Vision?

Write these on flipchart

THEN

List your organisation's values and vision.

(5 mins)

BIMA's Vision

“To unite and inspire our members in service of our patients and profession”



**UNITE.
INSPIRE.
SERVE.**

BIMA's Values

- Uniting health care professionals from different backgrounds for the same purpose- to give back to the community
- Various projects that involved multi disciplinary approach delivered to health care professional or to the community with the aim to make a difference
- Inspiring change within the community with different projects
- Supporting changes suggested by BIMA members
- Team work- working together to make new projects successful
- Inspiring one and others as well as the community so that we can continue to serve our community
- Free services and project for anyone who wants to attend
- Giving back to the community as a form of charity

Group Exercise 3

As individuals

- List 5 strategies that you have come across/used to engage young professionals

THEN

Divide into groups

- Share and discuss your strategies

(5 mins)

Nominate 1 person from each group to share.

Dangers and Divisions

- Cast, Language, Culture, Country, school of Fiqh, Shia/Sunni/Wahhabi etc
- Values and vision can overcome them
- Islamic values based



Please say out Loud



L I F E S A V E R S
save a life, save mankind

How does BIMA Lifesavers project engage young professionals?

Group Exercise 4

Reflecting on this workshop

Can you list new ideas to engage young professionals?

(4 mins)



What can we learn from this?

KEY LESSONS

Lessons 1

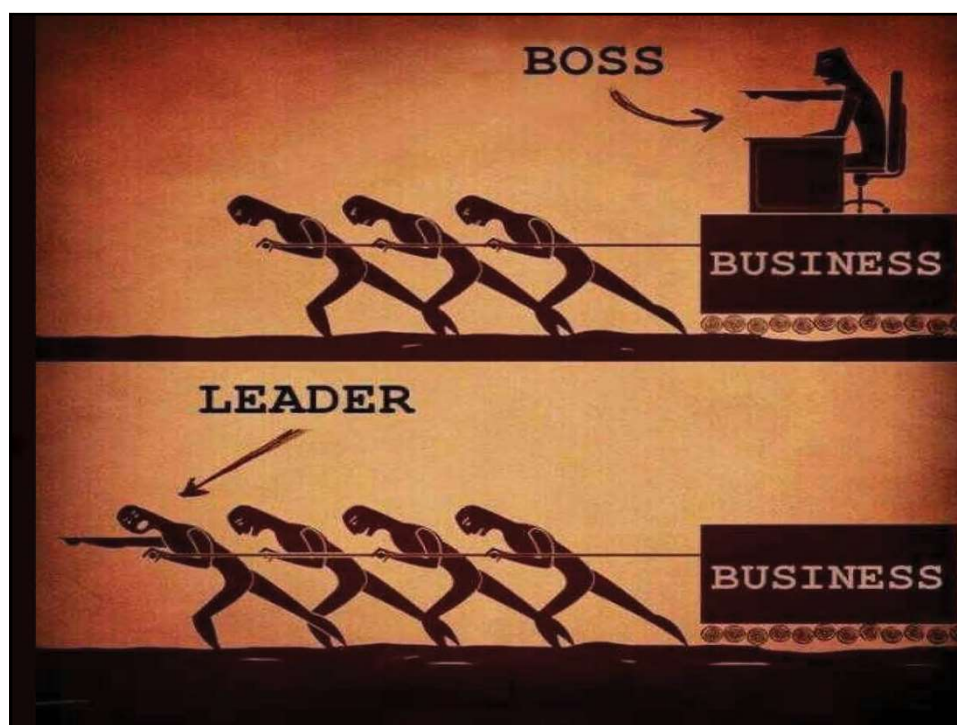
- Clarify your vision and values
- Identify target audience
- Engage youth to identify gaps in service and build project with them to address these
- Engage keen and skilled people from same field/profession/group
- Use personal network to engage young professionals

Lessons 2

- Use existing skills from community e.g. social workers, youth workers, teachers, and anyone with interest and skills
- Use, set up networking events (**meals, iftaars, sports**), professional events, learning events(CPD), conferences to attract more volunteers
- Mentoring-informal in most cases, people with right skillset. (mentoring courses)

Lessons 3

- Vision to inspire and develop the young, **NOT** to get them to do tasks
- Develop good habits, engage on religious level
- Organise regular events (like Lifesavers) that inspires them and uses their skills to help community (through masjid)
- Consider **barriers** to organisational **change**



Synergy Vs Competition

- Vice President sits on Lifesavers team, although not actively involved
- Liaises with other ExCo members
- Addresses any potential issues with other projects

Liaise with other organisations. Cooperate with them, **NOT** compete

To Recap...

- What is BIMA
- How is LifeSavers project organised
- How it has grown
- How it engages young professionals
- The Muslim Youth
- The Pied Piper
- Values and Vision
- Key Lessons

*“Learn from yesterday, live for today,
hope for tomorrow. The important thing
is not to stop questioning.”*

Albert Einstein

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