

These works were created by participants of the workshops facilitated by khairani barokka in 2024 as part of the research project *Imagining Better Futures of Health and Social Care with and for People with Energy Limiting Chronic Illnesses*. All participants were Muslim women. Participants were invited to use any medium to express themselves.



Work 1 by Anon

Although I was disbeliever in the past deep down I always believed although I did not know in what .

Now that I found Islam I believe Allah was always there , he never left me . I believe that without him I would not be nothing .

Believe is also holding on to the hope , and pushing through life challenges while believing that all that we are experiencing is good for us (even so it does not feel that way)

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Work 2 by Anon

The future of disabled, ill, Muslim women

I hope and believe we are going to be seen and we are going to be heard for what we are.

With our difficulties, with our strengths, with our survival skills – that we are going to be taken as a whole.

I have been invisible because my difficulty, my disability is just invisible.

It's hard, it's hard to function in a society that expects so much from you when you can't function at the same level. I am hoping for the future that is individual to each of us and where we are seen for what we are. We are accepted for what we are and nobody is fixing us. Nobody is trying to fix us and make us and mould us into the same society, just take us as we are. Accept us as who we are and allow us to function to our own best which is individual to us. Inshallah.

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Work 3 by Anon

in response to a) Past of disbelief feel very much like they are also present as its so ongoing and so pervasive and an additional drain.

b) I may as well not exist for the disregard its as though my life my future my hopes and dreams my wishes do not matter. My craving to do things like climb mountains, swim, cycle, run oh how liberating it would be to run :(constant state of trauma that I am not believed - its a kind of added burden and trauma I think very few people would even have any idea about and most just are blank and can not relate. Its astonishing how much people don't want to connect to pain even if its not there own. Constant denial or belittling or 'motivational' advice about powering through and if only I would train my mind to overcome it. Is there something profoundly wrong with me that I am unable - the other sees me as lazy or not making enough effort - that I don't want to get better. If only you were in my body , if you were there at night in the darkness where the only thing that keeps me alive is my faith in Allah but sometimes even that wavers in the reality of the suffering. What future do I have in a world that is individualistic (the only glimmer of light is the ideal of the prophetic sunnah of social justice of taking care of each member of the community especially the weak vulnerable in pain and suffering, when will the Ummah wake up to this I would hope in my life time.

c) the future - the sunnah prophetic way of welfare, social justice support, of valuing the one in pain instead of disregard.

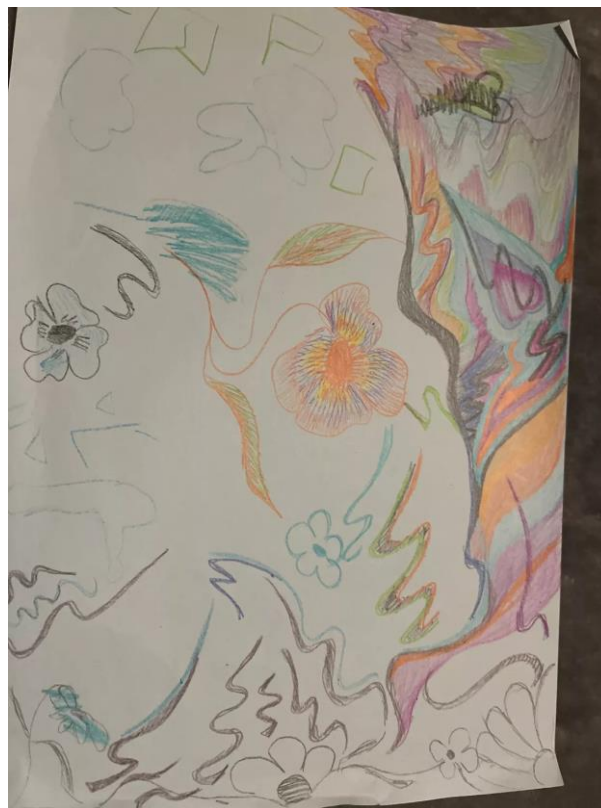
c) the future - the sunnah prophetic way of welfare, social justice support, of valuing the one in pain instead of disregard. The mainstream medical systems and NHS could learn a lot from the traditional

model of healing and welfare and social support and holistic medicine in the Islamic tradition, the so-called welfare (anti welfare anti care abusive system) would be completely transformed and taken to account for the grave psychological harms there ongoing narratives have left a legacy of. A complete overhaul of the medical systems approach, the welfare system would be more like a waqf fund that honours and dignifies and serves humanity and the sick not one based on a considering the one in need as a scrounger type mentality. support groups, no shame, not isolation, help with basics like food, company, trips out accommodating and inclusive for us.

will come back to this.

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Work 4 by Anon



1 - An image drawn by hand with coloured pencils on white paper. The area to the right presents different colourful patterns, there is a colourful flower in the middle and some black flowers to the side as well as some blank space.

The flower is me the colourfull past is me before brain injury . The dark present is me after the empty space it's all possibilities of what I can be in the future . As long as fatigue would allow me.

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These works were created by participants of the writing workshops facilitated by khairani barokka as part of the research project *Imagining Better Futures of Health and Social Care with and for People with Energy Limiting Chronic Illnesses*. For more information visit <https://disbeliefdisregard.uk/ahrc-project/>