

# RUBINA'S STORY

How getting more active and community support helped with her health and pain

RETHINKING  
**PAIN**  
COMMUNITY-BASED  
PAIN SUPPORT



Rubina is 64 years old and lives in the West of Bradford with her son and daughter in law. Rubina has a positive approach to life even though she has been living with arthritic pain in her joints, especially in her knees, for 30 years. Rubina also suffers with back and shoulder pain and has type 2 diabetes.

Rubina goes to the local mosque regularly. It was there that she was encouraged by the intezamia (a lady who supports engagement in the mosque activities) to join an exercise class, delivered by Happy Healthy You. The class was attended by ladies aged between 30 and 70 years, with gentle exercises taught in a combination of English and Punjabi languages by the tutor, Humera. Rubina said, **“Because the intezamia suggested I go to the exercise class I knew it would be okay for me”**. When Rubina first began exercising she felt stiff and a bit unfit but as the weeks went by, she noticed a big difference in her flexibility and mobility.

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I noticed the pain in my knees would ease after the exercises and for the next day the pain was gone or I felt much better.

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Feeling inspired by the benefits of moving more, Rubina began doing the exercises she'd learned at home, and joined a walking group. Feeling better led to Rubina making other healthier choices, for example with her eating habits.

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Joining the exercise group and eating better has helped. I'm on a journey and I'm determined to do even better! When I went to the doctor, he told me my diabetes was more under control, and I told him, the exercise, was why.

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Rubina next went along to Rethinking Pain's 'Understanding Pain' workshop at the mosque. Here she learned more about managing pain and about how to get referred into the Rethinking Pain service for additional pain support. She also joined the Knit & Natter peer support group that Happy Healthy You had started, with Rethinking Pain's support. There she learned to knit and also made new friends.

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I found a place to chat to others about life and through that you also get advice and support.

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Rubina has become an exercise role model and now encourages other ladies to join the exercise classes and go to the peer support group.

More information on Happy Healthy You exercise classes can be found on the Happy Healthy You Bradford & Beyond Facebook page and for persistent pain support or for information on the Knit & Natter peer support group visit the Rethinking Pain website, under the 'support for you' tab.



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**KHL** Healthy Living



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