

# new muslims

QUICK GUIDE TO SHEFFIELD



[www.sheffieldnewmuslims.co.uk](http://www.sheffieldnewmuslims.co.uk)

## **Disclaimer**

All the information contained in this Guide has been gathered by members of the Sheffield New Muslims. It is either based on their own recommendations or word of mouth. Information is correct, as far as we know, at the time of going to press. No payment has been received from any organisation included in this Guide.

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# Welcome

All Praise is for the Almighty Creator and Sustainer of the Universe. Alhamdulillah (all praise be to Allah), you have just picked up the Quick Guide To Sheffield for New Muslims (or Muslims new to Sheffield).

You may have come from far or been here for many years but your journey to date will be unique. However, we are all linked in our quest to understand our life journey and to make it a path to success. We hope that this guide will make your time in Sheffield as a Muslim just that little bit easier.

A new chapter awaits you and the pages are blank, waiting to be filled with words of wisdom, knowledge and inner peace. Friendships and kind words will provide companionship and encouragement along the way. As you face life's challenges - whether that includes embarking upon a chosen course of study, a new career, or the intricacies of family life and raising children - remember that your prayers are always heard and your efforts always count if they are performed for the sake of Allah. Your sincere innermost thoughts and good intentions will be of the greatest value and there are rewards to be reaped in every day.

The time that we have on earth is precious; we must use it well and make a positive contribution to the society around us. Our talents are a gift from Allah – let us show our appreciation for the bounties that have been bestowed upon us by joining together in our endeavours to create mutual support and outward harmony in society.

We hope you will find this guide useful and may Allah always be your guide and that lead you to be, do and have the best in this world and the next.

**Sheffield New Muslims**

# Who we are and what we do



Sheffield New Muslims was set up to help and empower people who have already come to Islam or who are interested in knowing more about it. We are here to provide support and help you to access the many opportunities that are available for Muslims in Sheffield. Our aim is to be objective and non-judgemental, while helping you to develop a closer relationship with Allah, establish the basics of the religion and to build a good support network.

Although we are now a women-only group, we do have strong links with a group that offers similar support to men through Risalah Masjid (The Message Islamic Information Centre).

The services that Sheffield New Muslims provides include:

- Information and guidance on Islam including free copies of the qur'an
- Help with becoming a Muslim (performing the *Shahadah* – the Testimony of Faith)
- Support with learning the prayer and other basics of Islam
- Signposting to suitable study groups (circles) for new Muslims
- Social events for women and children
- Weekly coffee morning

You can contact the Sheffield New Muslims via:

- Our website: [www.sheffieldnewmuslims.co.uk](http://www.sheffieldnewmuslims.co.uk)
- Facebook page: [www.facebook.com/groups/sheffieldnewmuslims/](https://www.facebook.com/groups/sheffieldnewmuslims/)
- Email (for information or to ask to be put on our email list) [sheffieldnewmuslims@gmail.com](mailto:sheffieldnewmuslims@gmail.com)

# Study circles and Islamic learning

## **Study Circles for Sisters**

Sheffield New Muslims no longer have their own study circle as there are now so many suitable options in Sheffield for new Muslims where you can become part of a culturally mixed community. One-to-one sessions can be arranged for specific topics (e.g. learning to pray) if required by contacting us directly.

## **Study Circles for Brothers**

Telephone for details. Ar Risala Mosque, 51 Montgomery Terrace Road, Sheffield S6 3BW Tel: 07927 519 222

## **Masjid Quba**

120 Worksop Rd, Sheffield S9 3TN Tel: 0114 244 0235

<http://mgec.org.uk/>

Sisters study circle on Saturday 3-4:30pm

Coffee Morning Tuesday 10-11:30am

## **Muslim Welfare House (Sheffield)**

10-12 Severn Road, Sheffield S10 2SU

Tel: 0114 267 1969 [www.mwhs.org.uk](http://www.mwhs.org.uk)

Sisters study circle on Thursday

Families study circle on Friday evenings check website for details.

## **Masjid Sunnah**

18 Kirk Street, Sheffield S4 7JX Tel: 0114 2724600

<https://masjidsunnahsheffield.co.uk/> [info@masjidsunnah.org.uk](mailto:info@masjidsunnah.org.uk)

See website for activities. Advanced level classes for sisters.

## **Sheffield Hallam University Islamic Society (ISOC)**

City Campus Hallam University, Sheffield S1 1WB

[www.facebook.com/groups/HallamIslamicSociety](https://www.facebook.com/groups/HallamIslamicSociety)

## **University of Sheffield Islamic Society (USIC)**

University of Sheffield Union of Students, Western Bank, Sheffield S10 2TG

[www.islamiccircle.co.uk/](http://www.islamiccircle.co.uk/) [www.facebook.com/groups/7606128266/](https://www.facebook.com/groups/7606128266/)

# Mosques in Sheffield



One of the first things you are likely to want to know is where your nearest mosque (Arabic word 'masjid' or 'masaajid' plural) can be found. There are many mosques in Sheffield. Not all will have facilities for women. This list contains the mosques we have attended and found welcoming. We hope you find one that you feel comfortable with. If you want to go with someone then contact us and we can arrange this.

## **Ar Risala Mosque (The Message Islamic Information**

### **Centre)**

51 Montgomery Terrace Rd, Sheffield S6 3BW Tel: 0114 272 9999

Prayer space for 500 men and women. Great for *Tarawih* night prayer in Ramadan.

Friday Prayer for brothers and sisters, *Khutbah* briefly translated to English.

Arabic/English children's school. Sunni. Women's section generally only open for Friday prayer and during classes.

## **Fatima Community Centre**

105 Brunswick Road, Sheffield S3 9LQ

Friday prayer for brothers and sisters, *Khutbah* in English most weeks. Weekend school and Ramadan activities. MAB, Sunni.

## **Muslim Welfare House (Sheffield)**

10-12 Severn Road, Sheffield S10 2SU

Tel: 0114 267 1969

[www.mwhs.org.uk](http://www.mwhs.org.uk) [admin@mwhs.org.uk](mailto:admin@mwhs.org.uk)

Prayer space for men and women. Women's area usually open and can always be opened at prayer times. Very welcoming to any background.

Friday prayer for brothers and sisters *khutbah* 13:10 in summer, 12:50 in winter.

MAB, Sunni.

# Islamic bookshops



A huge part of learning for those interested in and new to Islam comes from books, and there are some places to get books about Islam in Sheffield.

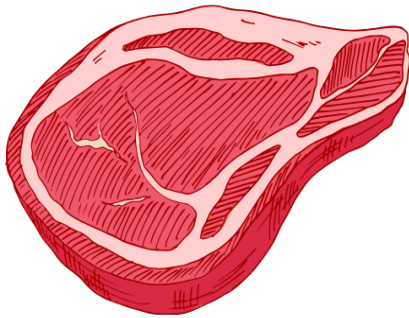
**Sheffield New Muslims** can provide free copies of the Qur'an in English and Arabic and loan some other Islamic books.

**Sheffield Central Library** has a small, but very good assortment of Islamic books, ranging from the basics to more advanced material.

**IQRA lifestyle store** has a selection of Islamic books, clothing and gifts if you want to browse in person. Note late opening time 11am-6pm Mon-Sat, 12-5pm Sun.  
596 Attercliffe Road, Sheffield S9 3QS 0114 243 8786

Online bookshops have largely taken over the market. Many titles are available from Amazon and [www.darussalam.com](http://www.darussalam.com) has a huge collection of Islamic books and goods.

# Halal meat – where to buy



Several of the mainstream supermarkets now sell fresh and frozen Halal meat with familiar cuts including Tesco at Spital Hill and Asda at Handsworth. Buying fresh meat can be quite a daunting experience if you've never ventured into a Pakistani or Arab butchers before. It's quite hard to get 'English' cuts of meat. The key is to find a shop you're comfortable with - and to know what to ask for.

If you like your meat with the skin still on and the bones removed, you may have to tell the butcher, as most of the meat that shops sell is for curry. There may be a lot of trial and error at first.

Some of the shops we use are:

- **Al-Amin Halal Foods** 363 Staniforth Road, Sheffield S9 3FP Tel: 0114 244 8599. Good variety of cuts of meat. Animals not stunned before slaughtering
- **Amigo's Supermarket** Bellhouse Rd Sheffield S5 6NT
- **Freshmart** Darnall 44 Irving St, Sheffield S9 4RF Tel: 0114 2445862
- **Hussain Brothers** 6 Owler Lane, Sheffield S4 8GA Tel: 0114 2420899
- **Ozmen Extra** 55-57 John Street, Sheffield, S2 4QT. Friendly service, clean and a large variety of meats.
- **Red Sea Continental Store** 48 Ellsemere Road, Sheffield S4 7JD Tel: 0114 2759898. Polite Brothers and good service.
- **Rehman and Sons** 531 Abbeydale Road, Sheffield S7 1FU. Tel: 0114 2550789 Great supermarket; you can find frozen halal duck, quail and turkey rashers there.
- **Tesco**, Spital Hill, Sheffield S4 7UD. Tel: 0845 6719419. Range of non-stunned halal meat, frozen, over the counter and in the fridge. They also have English cuts and marinated meat. Quite reasonable prices and really clean.



# Places to socialise (alternatives to the pub)

As reverts/converts/new Muslims ourselves, we know that life can change a lot when you come to Islam; sometimes it seems as if your social life just dies a death. While many of this society's social activities are based around drinking, there are alcohol-free alternatives. If you want to go out and avoid alcohol these are some of the places where new Muslims go to out eat or just to meet up with friends.

- **Amigos Mexican Kitchen** 224-230 London Road, Sheffield S2 4LW Tel: 0114 2585900. Great Mexican halal meals at great prices or you can just meet up for coffee or order a takeaway. Great staff, very friendly.
- **Kebabish**, 25-27 Wicker, Sheffield S3 8HS. Tel: 0114 273 0008. Indian, Grill and Burger Restaurant and takeaway. Great food at good prices.
- **Rassam's creamery** 33 London Road, Sheffield, S2 4LA Tel: 0114 2796333
- **Unit 88 Headford Street Sheffield S3 7WB** Tel: 0114 438 1532. American style burgers, milkshakes and desserts.

And if you're looking for a halal fish and chip shop (one that cooks the fish separate from the meat and doesn't add beer to the batter), these are some places we've found:

- **Pacific Catch** 190 Main Road, Darnall, Sheffield S9 5HQ
- **Page Hall Halal Fisheries** 21 Page Hall Road, Sheffield S4 8GS

# Modest clothing



When you first become a Muslim, clothing can be a massive issue but past experience has taught us that you **don't** need to throw out all your old clothes - you can still wear most of them at home and many can be layered to maintain a modest look. It often takes a while and a lot of trial and error for a new Muslim to find a style of dress that meets the Islamic criteria and that they feel comfortable wearing when they go out.

## **For traditional Islamic clothing:**

Many of the Islamic bookshops (see above) also stock a range of *jilbabs*, *abayas* (long 'coats' or 'dresses' for women), *hijabs* (head scarves), and *jubbahs* (long 'shirts' for men).

**Khimaar** 559 Abbeydale Road, Sheffield S7 1TA Tel: 07967285968. A great selection of *abayas* and *hijabs* for different tastes at reasonable prices.

## **Asian clothes shops**

You can get ready made *kameeses* (tunics), although they may not be well fitted, or you can buy nice fabric in most Asian shops that you can have sewn. The fabric is normally quite cheap and it costs around £10 - £15 to have an outfit sewn. A useful tip is to take a loose top that fits you well so it can be used as a guide.

These are some places where we go to get clothes sewn:

**Ain Al'Saba** Tel: 07533 866602. Sheffield 3. Specialises in tailoring *abayas*, dresses, skirts, *salwar kameez*, alterations, etc. from home. Sisters only.

**Fashion Ways** 621 Greenland Road, Sheffield S9 5HH Tel: 0114 2447833. They make Asian suits and beautiful tailored *jilbabs* (you have to get your own material).

**The High Street** If you keep your eyes open you can pick up some scarves and loose outfits in many different price ranges.

# Looking good

Just because you have to cover, doesn't mean that you stop wanting to pamper yourself and looking good. It can be tricky though finding a hairdresser or beauty salon where you don't have to sit in the window and have everyone watching while you're having your hair cut.

We're still looking for good men-only places (can you recommend any?), but here are a few of the ladies-only places that we've found:

**Beauty Beneath** 620 Attercliffe Road, Sheffield S9 3QS Tel: 0114 242 2122  
[www.beautybeneathsalon.co.uk](http://www.beautybeneathsalon.co.uk) [info@beautybeneathsalon.co.uk](mailto:info@beautybeneathsalon.co.uk) Sister Afshan is highly recommended. She does all sorts of hair and beauty treatments in her very friendly, women-only salon (concealed window for full privacy). Facilities for ladies in *hijab* - must enquire on bookings.

**Glamour Within** 7 Midvale Avenue, Sheffield S6 3HJ Tel: 07818185939. Nail, foot, body and eye care. The sister runs the business from her converted garage. She's very friendly mashaAllah and does a very good job.

**Jeanette's Ladies Salon** 13 Commonsides, Sheffield S10 1GA Tel: 0114 266 2788  
They have a special concealed area for sisters that cover. Competitively priced as well.

# Sports facilities

Our bodies are an *amaanah* (trust) from Allah so we should look after them. It can be difficult at first to find suitable activities in a comfortable environment. The options below will give you a starting point but Sheffield has many amazing options for keeping healthy.

## Women-only swimming

It is worth knowing that Islamically even when swimming with other women it is expected that your *awrah* will be covered (from navel to knees, so women usually wear leggings). There are a number of centres that run women only swim sessions. Check out the SIV website for details of times and venues. You will need to check whether there is female lifeguard on duty and whether anyone else has access to view the pool.

<http://www.siv.org.uk/page/swimming>

We can recommend the following venues as suitable when there is usually a female lifeguard (check for the session you want to go to beforehand):

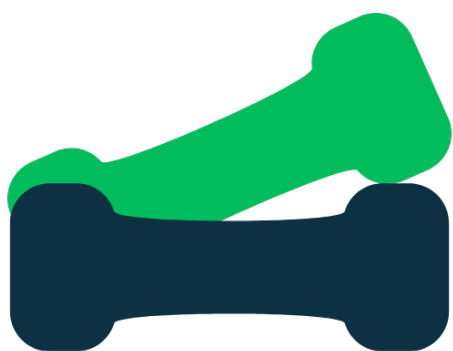
**Heeley Baths** Broadfield Road, Sheffield S8 0XQ, Tel: 0114 250 0443

[www.heeleypool.co.uk](http://www.heeleypool.co.uk) Women-only swimming sessions, including deep water and lane swimming.

**Zest Centre** 18 Upperthorpe, Sheffield, S6 3NA Tel: 0114 270 2040

[www.zestcommunity.co.uk/timetables/pool-timetable](http://www.zestcommunity.co.uk/timetables/pool-timetable). Zest also run women only fitness classes.

## Women-only fitness



Many gyms have a women-only area but these are usually not adequate to enable exercising without hijab so it's worth checking them out first. Some private and community gyms run women only fitness classes.

**One Nation Gym** 22 Leyburn Road, Sheffield S8 0ZA Tel: 070402382806 or 07401382806.

**Revitalize Fitness** [www.revitalizefitness.co.uk](http://www.revitalizefitness.co.uk) Aimee Rogers is a personal trainer based in Sheffield specializing in female only fitness. She can do one-on-one training in the privacy of your home or offer Home Workout Programmes.

## Women-only running

Sheffield has two fantastic women's running groups.

**Strideout** is a very supportive group with sessions throughout the week from locations across Sheffield. They also run 'couch to 5K' sessions for those who want to start running but have no experience. You do not have to be a member, just pay £1 for each run when you get there. Check out their website for details of what they offer. [www.groups.runtogether.co.uk/Strideout](http://www.groups.runtogether.co.uk/Strideout)

**Smiley Paces** run from Millhouses at 7pm on Thursdays and also arrange off-road runs once a month on a Sunday. The entry level is a bit higher than Strideout (need to be able to run for an hour and do around a 30 min 5K). You can go along to try it out for free then membership is around £10/year. [www.smileypaces.com/](http://www.smileypaces.com/)

# Sheffield Islamic Organisations

**The Cube Foundation** A community-based organisation. Projects include: *Da'wah* Information Stal, Food and Clothing bank, Madrassa, Arabic and Quran Classes.  
226 Darnall Road, Sheffield S9 5AN Tel: 0114 2425490 [www.cubefoundation.org](http://www.cubefoundation.org)  
[info@cubefoundation.org](mailto:info@cubefoundation.org)

**Islamic Society of Britain** This has a youth wing, the Young Muslims UK (YM), and organizes camps, courses, publications, lectures, and localized projects.  
[www.isb.org.uk](http://www.isb.org.uk) Sheffield <https://www.isb.org.uk/category/localities/sheffield/>

**MAB (Muslim Association of Britain) – Sheffield Branch**  
12a Severn Road, Sheffield S10 2SU Tel: 0114 268 3458  
[www.mabonline.net](http://www.mabonline.net) [office@mabonline.net](mailto:office@mabonline.net)

## **Muslim Chaplain for the Sheffield Teaching Hospitals**

The Chaplain and a team of volunteers visit support patients, staff and families through difficulties, loss and bereavement and carry out bathing (ghusl) and shrouding on death.

Sabia Rehman, A Floor, Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF, [sabia.rehman@nhs.net](mailto:sabia.rehman@nhs.net) Tel: 0114 271 718 Mobile: 07450860406

**Sheffield Hallam University Islamic Society (ISOC)** Social and support group for Muslim students.

Multifaith Chaplaincy Centre, Owen Building, Level 2, City Campus Sheffield Hallam University, Sheffield S1 1WB Tel: 0114 225 3813

[www.facebook.com/groups/HallamIslamicSociety/?ref=ts&fref=ts](https://www.facebook.com/groups/HallamIslamicSociety/?ref=ts&fref=ts)

**University of Sheffield Islamic Society (USIC)** Social and support group for Muslim students

University of Sheffield Union of Students, Western Bank, Sheffield S10 2TG

<https://www.islamiccircle.co.uk/>

# Other useful stuff for new Muslims

**Muslim Now** The New Muslim department of iERA, offering a Free Welcome Pack containing a selection of essential information for the first few weeks after accepting Islam and great Residential Education Retreats. [www.muslimnow.com](http://www.muslimnow.com)

**New Muslim Academy** A one-stop resource centre offering free online classes for new Muslims. [www.newmuslimacademy.org](http://www.newmuslimacademy.org)

**Iqra Promotions** They provide a range of *nasheed* artists and *halal* entertainment for weddings and events. 596 Attercliffe Road, Sheffield S9 3QS Tel: 07890 126352 [www.iqrapromotions.com](http://www.iqrapromotions.com)

**National New Muslim Project** The national New Muslim Project based in Leicester provides a point of communication for new Muslims and New Muslim Projects throughout the UK. [www.islamic-foundation.org.uk/projects/new-muslims-project](http://www.islamic-foundation.org.uk/projects/new-muslims-project)

**YMA (Yorkshire Muslim Academy)** as well as offering evening classes for children 5-16+, funeral services, *Jum`uah* Prayers, they also offer:

**Bright Stars Nursery** Ofsted registered nursery 2 to 5-year olds.

**Oak Tree High School** Ofsted registered Girl's High School Bland St, Sheffield S4 8DG Tel: 01142447700 [www.oaktreehs.org/](http://www.oaktreehs.org/)

# New Muslim experiences shared

“Take Islam at your own pace. Don’t let anyone rush you and make sure you find out about everything for yourself.”

“Be gentle with yourself; life is a journey and you can’t learn everything in one go.”

“The first week was the worst; I nicknamed it ‘panic week’, but I had my friends for support, but above all I had Allah.”

“I wish someone had told me in my first year of being Muslim just to chill out! I worried a lot about all the things I needed to change, but I would have made more progress without all that worry!”

“Don’t learn in isolation; try to join a circle where you can make friends and have a laugh!”

“If things are difficult with your family on coming to Islam, there’s always someone at the SNM who’s been through the same thing to talk to.”

“When you start to pray, you only need to pray the 5 obligatory prayers and, as your Islam grows, you can start to introduce optional prayers when you feel you want to – I have heard of people being told they have to pray every prayer from day one!”

“I find that if you tell people at work asap it makes prayer and Ramadan much easier. I find generally people are interested and very supportive.”

“When I first started experimenting with a head scarf, I just used to wear it to the supermarket, as I always used to see Muslims in there! It took about a year for me to feel comfortable wearing it everywhere, and now I feel bare without it!”

“Don’t feel pressured into getting married as soon as you become Muslim. You will need time to find your feet before you can think about that.”

“Don’t think you have to do everything from day one.”

“When I feel like there’s too much to remember and too many things that I have to do, I remember that the Qur’an took 23 years to be revealed, so I won’t be able to do everything overnight. I just need to do my best with the best intention.”



## **Support Sheffield New Muslims**

All our services are offered free and provided on a voluntary basis.

Please support our work by making a donation or a regular payment. Funds will be used for providing Shahadah packs and activities for new Muslims.

Contact us to find out how you can make a donation.

Thank you in anticipation of your generosity.



Sheffield New Muslims

[www.sheffieldnewmuslims.co.uk](http://www.sheffieldnewmuslims.co.uk)

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