

Do you take prescribed medicines?

Remember to continue to take prescribed medicines during Ramadan, but do check with your doctor whether the doses need to be adjusted or the times you take them changed.

Do you have diabetes?

If you, or a member of your family, has diabetes and want to fast you should speak to your doctor or diabetes team about the safest way to do this.

Do you have a medical appointment?

If you have a medical appointment booked during Ramadan, please do attend. If you need to change the time of your appointment, please contact the relevant healthcare organisation to do so.

Do you have a medical condition?

There are several exemptions allowed to fasting, which include on the grounds of poor health. If you have pre-existing health conditions and would like more information on whether it is advisable for you to fast, please consult your medical team ahead of Ramadan.

You can also refer to the British Islamic Medical Association (BIMA)'s Ramadan guidance britishima.org/guide/ramadan

Sharing this information will help make sure that our families and our community are as well informed and healthy as possible insha'Allah.

For more support with your health:

Download the NHS App Visit

www.nhsapp.service.nhs.uk

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or go to

<https://britishima.org/>

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Have a healthy Ramadan

Staying well this Ramadan

- Eat as healthily as possible when breaking your fast and avoiding sugary, fatty and processed foods
- Stay hydrated before and after fasting by drinking plenty of water and avoiding caffeinated drinks
- If you are able to, keep active with some light exercise such as walking
- Take regular breaks to reflect and take time for yourself. Life can be full, and we try to fill it with more worship during Ramadan
- We all want to pray more and this can help with anxiety but it is important to be good to yourself – sometimes it is quality over quantity
- Deal with time constraints and pressures by considering streaming Islamic lectures or taraweeh at home, or arrange virtual iftars with loved ones and community members



What to do if you become unwell while fasting

The British Islamic Medical Association advises that if you become unwell during Ramadan, you should stop fasting and seek medical advice.

You can do this by visiting 111.nhs.uk or your GP practice's website. If you don't have access to the internet, telephone 111 or your practice directly.

Staying mentally well this Ramadan - Don't suffer in silence

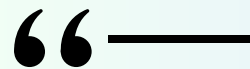
Your mental health is as important as your physical health. If you are struggling with anxiety or depression, NHS Talking Therapies services can help – visit NHS.uk/talk. These services can provide interpreters and non-English resources and some therapists speak multiple languages.

Quran (5:32) - And if anyone saved a life, it would be as if he saved the life of the whole of mankind

Or you can reach out to one of the culturally sensitive support systems to Muslims that are confidential and non-judgmental. These include:

Muslim Youth Helpline: male and female volunteers trained in basic counselling skills provide support at the point of crisis. www.myh.org.uk

The Muslim Women's Network: faith and culturally sensitive helpline that is confidential and non-judgmental, offering information, support, guidance for those who are facing problems on a range of issues. www.mwnhelpline.co.uk



A big thank you for the support I received during a very difficult time in my life. I was struggling and thought there was nobody to talk to.

Muslim Women's Network Helpline user

Inspired Minds: is a Muslim mental health charity that provides professional, non-judgmental, confidential support to those with mental health difficulties. To find out more visit www.inspiredminds.org.uk/

Protect you, your family and our community this Ramadan

Vaccinations not only protect you and your child from many serious diseases, they protect other people in your family and community too.

Vaccines have saved millions of lives around the world and undergo rigorous safety testing before being introduced and are constantly monitored after being introduced.



The vast majority of scholars have deemed taking a vaccine whilst fasting as permissible and stated that it does not break the fast.

Experts have stated that vaccinations are effective and the best way of protecting yourself and your loved ones, so I ask my Muslim brothers and sisters to consider vaccinations for you and your children when called.

If you have questions about child or adult vaccinations, please talk to a healthcare professional and make an informed decision.

Imam Yunus Dudhwala, Head of Chaplaincy Barts Health NHS Trust

For more information

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