

Ramadan Newsletter 2021

Covid19

Dear All

The month of Ramadan will begin this year on the eve of Monday 12th April 2021 and end at sundown on Tuesday 11th May 2021 [actual date depends on new moon sighting]. Please find attached a timetable and factsheet for Ramadan 2021. These can be put up on each ward for staff and patients.

The timetable indicates the start and end times of each fast for the month. It also includes the daily prayer times. The fasting period during the month will be approximately between 4am-8pm but as the day gradually gets longer the fasting time will increase.

The fact sheet provides some useful guidance to help provide a patient centred approach to those whom are undertaking a fast. Further advice is available on the links below.

The following may help managers support staff whom are undertaking their fast:

- The days for abstaining from food and drink will be long and the weather may be hot and humid [approx. 16 hour fasts]. Staff undertaking a fast maybe concerned with the length/heat of the fasting day and how this may impact on their role with patients. This may particularly affect those with 12 hour shift pattern.
- Managers should discuss any concerns with their staff to see how best you can support them; taking particular care not to place unreasonable burden on other colleagues.
- If a person feels unwell and dehydrated and fears this could impact their work, it is permissible to break their fast.
- Staff who have concerns or queries should contact their local imam or the trust Muslim chaplains [Abdul.Chowdhury@gstt.nhs.uk / Zahida.Suleman@gstt.nhs.uk] for further guidance.
- Further advice is available on the links below

The following links provide some useful information regarding Ramadan and how best to manage fasts for patients and staff:

Helpful links

- <https://www.nhsemployers.org/news/2020/04/ramadan-2020>
- <https://people.nhs.uk/guides/covid-19-and-ramadan/steps/key-workplace-considerations-during-ramadan/>
- <https://www.peoplemanagement.co.uk/experts/legal/hr-guide-to-ramadan>
- <https://mcb.org.uk/resources/ramadan/>
- <https://islamicportal.co.uk/fasting-in-ramadan-for-covid-19-doctors-and-nurses/>
- <https://britishima.org/prayer-time-guidance/>

For further information, and to discuss and any concerns raised by staff or managers regarding fasting can be discussed with the trust Muslim chaplains: Imam Abdul Chowdhury and Zahida Suleman.

Many Thanks

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