

Ramadan Newsletter 2022

Dear All

The month of Ramadan will begin this year on April 3rd and ends around May 2nd. Please find attached a timetable and factsheet for Ramadan 2022.

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 starting at 5am-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 [17h fasts]. Staffs 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 should contact their local imam or the Muslim Chaplain [Abdul.choudhury@kcl.ac.uk or Rashida.Kazmi@kcl.ac.uk] for further guidance.
- Further advice is available on the links below

The following links provide some useful information regarding Ramadan [although many are from 2020, they are still relevant today for resource]

Helpful links

<https://www.nhsemployers.org/news/2020/04/ramadan-2020>
<https://people.nhs.uk/guides/covid-19-and-ramadan/steps/key-workplaceconsiderations-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/>
<https://britishima.org/operation-vaccination/hub/statements/#FAST>
<https://britishima.org/ramadan/>
<https://britishima.org/ramadan-initiative/>
<https://britishima.org/ramadan/compendium/>

For further information, and to discuss and any concerns raised by staff or managers regarding fasting can be discussed with the Muslim chaplain

Many Thanks

Abdul Choudhury
Chaplaincy