

What is Ramadan?

Ramadan is a month of fasting where healthy Muslims fast from food and drink (amongst other things) during daylight hours.

Are there any exceptions?

Yes, there are some circumstances where people do not need to fast during the month of Ramadan, including if the person is:

- pregnant
- on a journey
- ill
- breastfeeding
- menstruating

People who miss days due to these reasons will need to 'make up' the days at a later date. If someone is medically unfit to fast, they can recompense by feeding the poor and needy.

A Network Partner of

**CARERS
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Some practical tips

You can find more advice and ideas on supporting someone during Ramadan from the following:

Diabetes UK Charity [Diabetes UK](https://www.diabetes.org.uk) have guidance on managing diabetes in Ramadan on their website, or call on 0345 123 2399 to speak to someone.

Surrey Muslim Association have information on many aspects of Ramadan. Visit their website www.surreymuslims.org

Action for Carers provide support for all carers across Surrey (including special support for under 18s). Please call on 0303 040 1234, or you can email carersupport@actionforcarers.org.uk or visit www.actionforcarers.org.uk

Muslim Council Guidance

The Muslim Council of Great Britain has Ramadan guidance, including related to COVID (vaccinations etc) <https://mcb.org.uk/wp-content/uploads/2022/03/MCB-Ramadan-Guidance-2022.pdf>



Looking after someone during Ramadan?



Information and guidance on Ramadan for CARERS



Working and caring

Working carers may need additional support during the month of Ramadan, whether it is you or the person you care for that is fasting.

If you are an employer, here's some ways you can support your staff:

- Establish when Ramadan is and discuss any needs with the individual.
- Try to avoid working lunches.
- Offer flexible hours where possible. The staff member may need to leave earlier or be unavailable to work overnight.
- Offer alternative break spaces where food is not served.
- Offer more regular breaks.
- If there is a canteen, keep some meals aside so that there are still suitable choices at the end of the day.
- Discuss any existing medical needs with the individual and how these may be affected during Ramadan.

For employees:

Most people take a break at the end of Ramadan which is anywhere between 1 and 14 days. Don't forget to discuss this with your line manager and book your holiday with enough notice.

Looking after YOU

It's important for everyone to make sure they manage their own health during Ramadan. If you are looking after someone, you may have to manage their health too or have extra tasks or responsibilities you have to undertake.

Some practical tips are:

- Before Ramadan, speak to your GP. They will be able to ensure your health is maintained and discuss any pre-existing conditions with you, whether it's for you or the person you care for.
- If you are ill then stop your fast. You will need to make these days up later when you are better.
- Start preparation for Ramadan early .
- Ensure you have researched any medical conditions and know how to manage them during Ramadan This includes Diabetes.
- If you are not fasting but the person you look after is, then make sure you speak to them about this and understand how their needs may be different during the month.
- Speak to your Imam, GP or other professional if you have any questions or concerns about managing your caring role during Ramadan.

Under 18?

Under 18 and looking after someone? You're a young carer. Young carers may have different issues during Ramadan, whether it's you or the person you look after that is fasting. It might be a little harder to manage school and caring.

Top tips for Ramadan:

- Speak to your school so they know you are fasting. They may be able to offer support so you can fast and study safely.
- Plan revision around your fast.
- Make sure you are eating a healthy diet so you have enough energy for the day.
- If it's the person you look after that is fasting then tell your school. They will be able to understand if you are tired because you've been up late and may be able to offer flexible deadlines.
- If you are feeling ill, speak to your school and tell them you are fasting.

If your health, wellbeing or education is being affected you should:

- Speak to an adult. This may be a parent, teacher or GP. Fasting should not impact your health or wellbeing.
- Consider breaking the fast until you are better. These days can be made up for.