

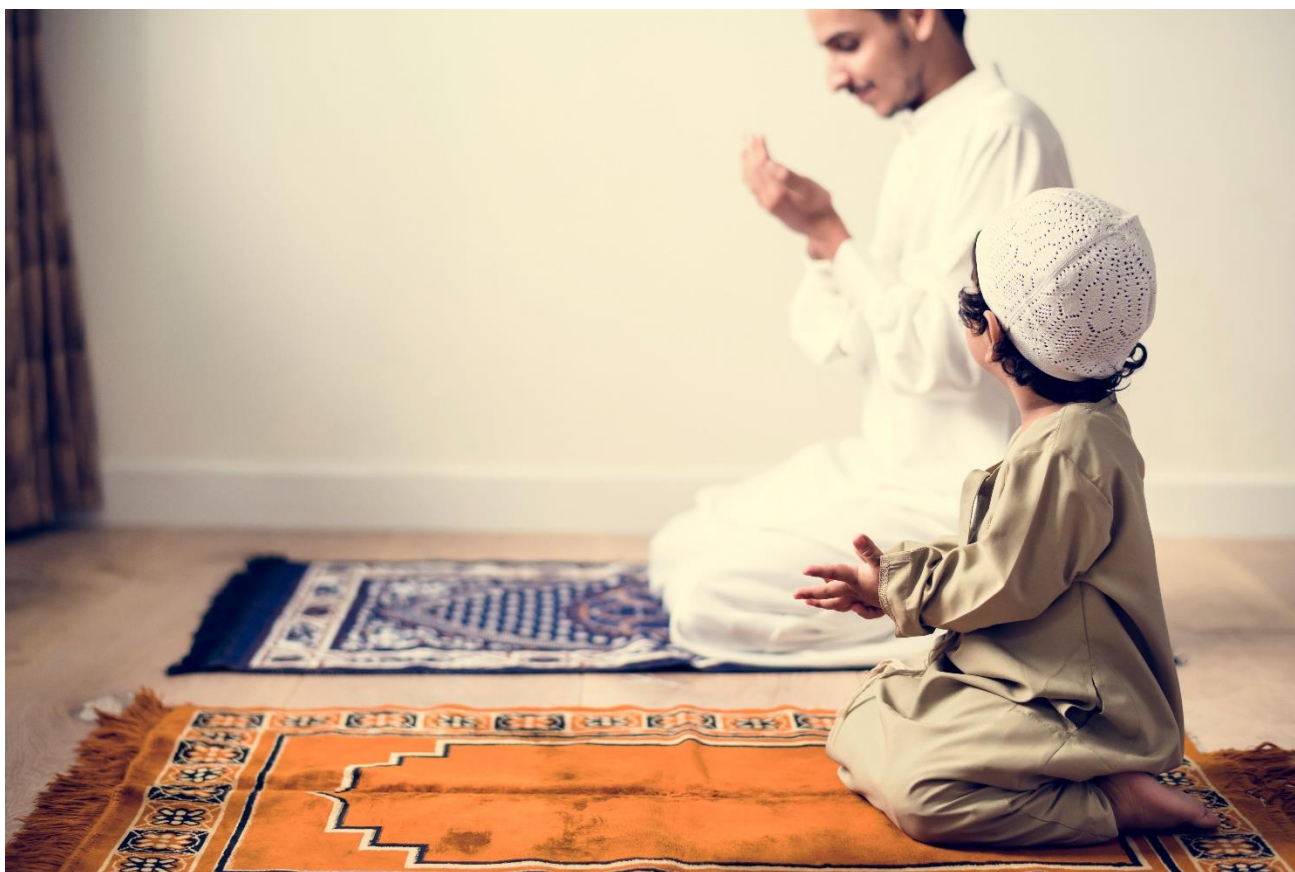


RAMADAN IN WARWICKSHIRE 2020

A Guide to Ramadan during the Coronavirus



Collected by EQIP, the Equality and Inclusion Partnership April 2020



On behalf of all partners EQuIP would like to wish all Muslims across Warwickshire a Peaceful and Safe Ramadan.

This detailed advice has been collected from key partners in Warwickshire (including faith leaders, Warwickshire Mosques and Masjids, Warwickshire Public Health, NHS Clinical Commissioning Groups in Warwickshire, Warwickshire Police and national faith bodies) to enable Muslims resident in Warwickshire to continue to enjoy the spiritual lift and community spirit that Ramadan provides.

Ramadan is the holiest month of the Islamic year and in 2020 it will begin from 23/24 April 2020 and end on 23/24 May 2020 (subject to the sightings of the moon) and involves fasting between dawn and sunset for all healthy adult Muslims. During Ramadan Muslims also increase their spiritual devotional acts such as prayer, giving to charity (*Zakat*) and strengthening family ties. Muslims are encouraged to reach out to their neighbours, family and friends during this time.

In 2020, many will be fasting or wanting to fast during what is likely to be, a lockdown due to Covid 19.

Social isolation and social distancing, government advice on working from home and not attending any large group events mean that faith congregational acts of worship for Muslims will be strictly reduced.

During this difficult time we have to remain within our homes, the houses we live in and only go out for essential food or a brief period of exercise, maintaining a 2 metre distance while outside of home and washing our hands regularly.

This Ramadan we ask that, along with our Islamic faith leaders, that everyone:

- Observe Ramadan at home, do not go to visit family or friend's houses or meet them outside your home
- Pray at home with people you share your home with and do not attend any Mosque or other family or friends houses to pray
- Do not leave the house to distribute food but donate online or via foodbanks instead.



What is Ramadan

The month of Ramadan is the holiest month of the Islamic year as it is when the Qur'an was revealed to the Prophet Muhammad (Peace be Upon Him). Muslims around the world fast during daylight hours, meaning they abstain from eating, drinking and smoking. The fast lasts from dawn until sunset and is compulsory for all healthy adult Muslims on reaching puberty. There are exemptions;

for instance those with illness (physical or mental) or are very frail, women who are pregnant or menstruating.

The month is due to begin on 23/24 April 2020 (subject to the sightings of the moon) and will end on 23/24 May 2020 (again subject to the sightings of the moon).

During fasting there are 2 meals a day. *Suhoor* is the meal just before dawn.

At a community level, the breaking of the fast at sunset is marked by *iftar* which (during normal circumstances) encourages families and local communities to share their meal together.

Aside from fasting, Ramadan includes more worship and prayers, particularly through the *taraweeh* and the regular prayer times (*salaah*).

Many spend the last 10 days in the Mosque for worship of God in isolation (*itikaf*).

Eid-UI-Fitr (marking the end of Ramadan) is a festival where families and communities come together to celebrate in Mosques and visit each other in their homes.

In these unprecedented times it is imperative that public health is put first and in keeping with the UK Government guidance on social distancing, that Ramadan is celebrated in people's own homes and the family they live with to avoid gathering in congregations at the Mosque or any open space to offer prayers.



Covid-19 and Coronavirus in 2020

During Covid-19 outbreak, detailed advice has been collected from key partners to ensure not only that Ramadan is shared, but that the more social/faith and devotional gathering aspects are completed at home or virtually.

Advice from Muslim Council of Britain



#RAMADANATHOME

Ramadan 2020 will be a very different experience for Muslims as we adapt to changing circumstances during the Covid19 pandemic, adjusting not only our holy month but our daily lives in accordance with public health guidelines.

This Ramadan it is unlikely that social distancing measures will be lifted, enabling us to return to our normal routines. Thus it is unlikely that there will be congregational acts of worship for Muslims outside of the home – no *taraweeh* prayers at the mosque or anywhere outside of our homes, no spiritual talks in the community or *iftars* with friends and family to attend. We will all be seeking to adapt to these changes while still enjoying the spiritual lift and community spirit that Ramadan provides.

How to adapt our Ramadan

- Organising *tahweeh* at home as a family and pray in congregation.
- Streaming Islamic lectures or *taraweeh* in your home, either pre-recorded or live
- Arranging virtual *iftars* with loved ones and community members through the many online video calling facilities available
- Planning your *iftar* menus in advance so that you can limit multiple shopping trips given social distancing measures
- Hydrating well for the long fasting days. Dehydration can lead to tiredness, headaches, lack of focus/concentration
- Eating high energy, slow burn foods for *suhoor* (starting your fast)
- Remaining energised throughout the workday, especially as we can experience heightened levels of anxiety during these times
- Taking 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.

More information is at <https://www.mcb.org.uk/ramadan>

Advice from British Islamic Medical Association in the NHS



BRITISH ISLAMIC
MEDICAL ASSOCIATION

Fasting in the month of Ramadan is obligatory on all adult Muslims (with exceptions). Many patients and staff will be fasting or wanting to fast in Ramadan.

It helps if NHS frontline staff are aware of, and respect this important religious obligation, and how such beliefs may affect the different elements of care, particularly in light of the Covid-19 pandemic, which has seen more staff return to the frontline, a change in the way the NHS operates, and a surge in the use of personal protective equipment.

The patients' perspective

The patient's choice should be respected and advice should be offered on medical grounds. The Muslim Chaplain/Imam should be consulted where available.

If possible, hospital appointments should be given at appropriate times (ie outside prayer times – the Muslim patient will be aware of these times) or at the ending of the fast.

Arrangements for breaking of fast – availability of a quiet prayer space at prayer times would be appreciated.

What does not break the fast

- Injections
- Bloods taken (thumbprick or intravenous)
- Eye or ear drops
- Vaginal pessaries, urethral infusion, transdermal patch (ie nicotine patches) concentrate oxygen, epidural analgesia and aemodialysis
- Eating and drinking out of forgetfulness

For more information please contact info@britishima.org

British Board of Scholars and Imams



The British Board of Scholars and Imams has published detailed guidance on how to celebrate Ramadan from home: <https://www.bsi.org.uk>





Message from Warwickshire Police

To all our Muslim communities (including those who work or travel through Warwickshire),
Ramadan Mubarak!

As a country, we are in unprecedented times and this year's Ramadan will be very different to any of those previously experienced in our lifetime.

Ramadan is a very special month for all Muslims, an occasion for spiritual reflection, self-improvement and heightened devotion and worship. We appreciate that any traditional practices, including congregations at mosques and opening fasts with family and friends will not be able to take place.

In Warwickshire, we are very proud of our long-standing history of working with all our communities and this is something that we continually look to develop and build upon.

We know our communities are supportive of our policing approach and we will take every opportunity to **engage, explain** and **encourage** everyone to support the current government guidance to keep us all safe. Our officers are and will continue to be visible within communities and will actively speak to anyone out in public to ensure that the advice is being followed.

There may be additional, heightened concerns amongst our communities during the month of Ramadan and we would encourage you to report these to us. In the case of emergency ring 999 or non-emergency call 101.

Finally, we would like to thank all our communities for their ongoing support and understanding, as we go through these difficult times together.

Have a peaceful and happy Ramadan.

Chief Inspector Faz Chishty

Positive Action Lead

Chief Inspector Karl Faulkner

Neighbourhood Teams

Advice from Warwickshire Public Health and NHS Clinical Commissioning Groups in Warwickshire



Coronavirus

Stay at home for Ramadan

- Only go outside to buy essential supplies, for health reasons or for work (if you cannot work from home)
- If you go out, stay 2m (6ft) from others
- Wash your hands as soon as you get home
- Don't meet up with friends or family

For more details follow these links:

<https://publichealthmatters.blog.gov.uk/2020/04/22/stay-at-home-for-ramadan/>

Advice in Arabic and other key languages in Warwickshire is on the EQUiP website here:

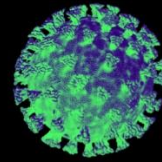
<https://www.equipequality.org.uk/covid-19-updates>

Most recent HM Government advice is available here: <https://www.gov.uk/coronavirus>

Warwickshire County Council website has useful and informative materials on social distancing when shopping or outside in 8 different languages including Urdu, Gujarati and Nepalese

<https://warwickshire.gov.uk/socialdistancing>

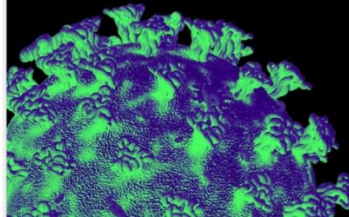
CORONAVIRUS STAY AT HOME SAVE LIVES



Anyone can spread Coronavirus.

The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To travel to work when you absolutely cannot work from home
- ✓ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family



CORONAVIRUS
STAY HOME
PROTECT
THE NHS
SAVE LIVES

 **STAY AT HOME**

PROTECT THE NHS

 **save lives**

 **#RAMADAN AT HOME**

Warwickshire GP practices and Accident and Emergency Departments are still open

Local GPs and Accident and Emergency departments in Coventry are still open during the COVID-19 situation, though how you access them might be slightly different than you're used to.

Here's a list of handy Do's and Don'ts to explain how to see a GP:

Do	Don't
<p>Ring your GP practice first if you have any health concerns not related to coronavirus. We are especially keen to hear from you if you have a new lump, unusual bleeding a new problem that you think is significant or are struggling with a chronic condition such as diabetes or asthma.</p>	<p>Don't go to your GP practice unless asked to do so by a GP.</p>
<p>Be prepared to have your appointment over the telephone or by video consultation – you may not be offered a face to face appointment.**if you are be prepared that the nurse or doctor may be wearing gloves, an apron and a mask.</p>	<p>Don't go to your GP if you have symptoms of Coronavirus – stay at home and use the online 111 symptom checker, or call NHS 111 if you can't get online.</p>
<p>Contact your GP if you have concerns about cancer, heart disease or a child who is ill, but please be aware that, for certain conditions, you may be asked by your GP to be seen at practice which isn't your own.</p>	<p>Don't go to your GP for something you could treat at home, such as hay fever, mild skin conditions or fungal toe nails.</p>

Accident and emergency at our local hospitals are also open and it is important people don't delay in seeking medical attention in a life-threatening emergency, but again there are some things to keep in mind:

Do	Don't
<p>Call 999 in a life-threatening emergency without delay. An emergency is when someone is seriously ill or injured and their life is at risk. Life-threatening emergencies can include:</p> <ul style="list-style-type: none"> • loss of consciousness • a sudden confused state • fits and seizures that aren't stopping • chest pain • breathing difficulties • severe bleeding that can't be stopped • severe allergic reactions • severe burns or scalds • suspected meningitis or sepsis <p>Call 999 immediately if you or someone else is having a heart attack or stroke. Every second counts with these conditions.</p>	<p>Don't go to A&E for anything which isn't a life-threatening emergency – ***call 111, your GP or use the Urgent Treatment Centre instead.</p>
<p>Visit NHS 111 online if is not a life-threatening emergency but it's not something you can deal with yourself. They may send you to the Urgent Treatment Centre at City of Coventry Walk-In Centre or book you a call with your GP surgery.</p> <p><i>Only call 111 if you can't get online or have no access to the internet.</i></p>	<p>Don't go A&E if you have symptoms of Coronavirus – stay at home and use the online 111 symptom checker, or call NHS 111 if you can't get online.</p>

If you have an ongoing health condition for which you normally attend hospital, please be aware these services may be delivered in different ways than you're used to. The hospital will contact to inform you of changes to your care.

Remember: If you have symptoms of coronavirus (a high temperature or a new, continuous cough, use the online NHS 111 coronavirus service. Only call 111 if you can't get online.

Mosques in Warwickshire

Rugby Mosque Society

Tel: 01788 543680

Website: www.rugby-mosque.org

Email: info@rugby-mosque.org

Nuneaton Muslim Society

Tel: 02476 382372

Website: www.nmsuk.org

Twitter: [@nuneatonmasjid](https://twitter.com/nuneatonmasjid)

Baital Ehsan Mosque

Leamington Spa

Website: <https://www.loveforallhatredfornone.org/>

Email: leamingtonspa@amadiyya.org.uk

Please connect with us on Youtube

<https://www.youtube.com/channel/UCAKybPxwyfUWL0cSKauH4MQ>

Alternatively a pre-recorded 30 minute English and Urdu Darse-Quran delivered by our murabian will be found on the playlist on ...

<https://youtube.com/playlist?list=PLQk4BNSr2RUNJMnDdzty7ddRTqtvWJmDg>

Masjid and Muslim Community Centre

Leamington Spa

Tel: 01926 429100

Facebook: [@LeamingtonMasjid](https://www.facebook.com/LeamingtonMasjid)

Chand Mubarak 07962 075947



Contact Us

Email: advice@equipequality.org.uk

Telephone: 07377 431997

Website: www.equipequality.org.uk

To sign up to our regular e-bulletins email: advice@equipequality.org.uk

Or follow us on social media

Facebook: @Equipequality.org

Twitter: @EquipEquality1