

RAMADAN

Sun, 10 Mar 2024 – Tue, 9 Apr 2024

What is Ramadan?

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection, and community. During Ramadan, Muslims aim to grow spiritually and build stronger relationships with Allah. By abstaining from eating, drinking and sexual activity from sunrise to sundown, Muslims look inward and practice mindfulness of their daily actions.

I manage and/or work with staff that are fasting; what do I need to know?

Fasting will start between 3.30 - 5:00 am and end around 6.30 - 8:30pm. This means a Muslim who is fasting this year could go without food or water for over 16 hours a day. Fasting in the summer is also combined with disturbances in normal sleep pattern that can leave individuals feeling more tired than normal, particularly mid-afternoon and towards the end of the day. Also, towards the latter part of the day some individuals that are fasting might feel a little lightheaded.

An agreement to requests for slight adjustments to the working day during Ramadan will be appreciated by Muslims, what is reasonable will differ from individual to individual.

- Be mindful around the prayer rooms, to not disrupt individuals praying.
- Some individuals may wish to start earlier in the morning or have a shorter lunch break so that they can finish early.
- Individuals fasting during Ramadan may wish to avoid peak travel times.
- The effects of fasting may be felt most strongly in the latter parts of the working day, so it can be helpful to use the earlier parts of the working day for meetings and more challenging work and save routine tasks for later in the day.
- Consider the fatigue of individuals that take part in physical tasks/activities.
- It is considerate to avoid scheduling staff social activities or working lunches during Ramadan.
- Some might wish to offer prayers during the day, this will normally be around 1:00 - 5:00 pm in the summer months for a few minutes each.

What happens at the end of Ramadan?

The end of Ramadan is marked by the festival of Eid for which some Muslim will wish to take leave from work/study. The actual day Eid falls on will depend on when the new moon is sighted. We will be celebrating Eid on campus on the 9th April, we hope you can come.



Advice for those observing Ramadan:

- Plan your workload and manage your calendar as best as you can.
- Ensure you get as much rest as possible outside of working hours and utilise the lunch break as a time to get rest and perform prayers.
- Drink plenty of water during non-fasting hours to keep hydrated.
- Avoid oily and fatty foods at mealtimes and consider slow release, high energy foods like lentils and porridge.
- If you feel your energy levels diminishing, refresh your wudu (ritual ablution) to help ease the feeling of lethargy.
- Avoid sitting at your desk or home workstation for too long.
- Try to get fresh air to keep yourself fresh but limit your physical activity to not over-exert yourself.

Prayer facilities

We have prayer facilities on the 2nd Floor, on the left as you come out of the lifts. This is a mixed gender space and is available all day but the room is limited. If you need support finding a space at prayer time, please head to the Student Services Desk who will arrange some space.

Wudu facilities

- Shower facilities on the 1st, 2nd and 4th floor
- We would advise using the shower facilities on the 2nd floor due to their proximity to the prayer facilities.
- Portable bidets available, please email the team if required.

Iftar Provisions

If you find yourself on campus and in need of sustenance to break your fast, London Welfare is here to support you. We are pleased to offer provisions available Monday through Friday, conveniently accessible from the security/reception area. Please be sure to [register your interest](#) and your package will be available to collect from reception. Dates, water, and snacks will be available to all staff and students. We hope this small gesture helps make your Ramadan experience on campus more fulfilling and accommodating.

Free Ramadan & Eid Community Activities

Ramadan Project Open Iftar, free admission community iftar, [subscribe](#) to the newsletter for tickets

- 14 March 2024 London Battersea Arts Centre
- 20 March 2024 London Cherry Red Records Stadium, AFC Wimbledon
- 24 March 2024 London Battersea Power Station
- 26 March 2024 London Kew Gardens
- 27 March 2024 London West Handyside Canopy, King's Cross
- 28 March 2024 London Guildhall, City of London
- 03 April 2024 London MATRADE Loftus Road Stadium, QPR FC
- 05 April 2024 London Young V&A
- 06 April 2024 London British Library
- 08 April 2024 London Trafalgar Square

East London Mosque - [Ramadan Timetable](#)

Wishing you a blessed and peaceful Ramadan.

