



The NHS Muslim Network is once again holding an **annual fast-a-thon** in the month of Ramadan to celebrate and create awareness of this holy month. We will see colleagues across the NHS and beyond join us to fast for all or part of the day and help us raise funds for **Trussell Trust** who help us better support food banks in this time of uncertainty.

The Network hopes to: (a) raise awareness of the holy month of Ramadan amongst colleagues and the wider public. (b) donate to the charity:

[Trussell Trust Food Banks](#)

If you are unable to fast but would like to support the cause, please feel free to Donate

[Donate now >](#)

Both, Muslim and non-Muslims colleagues are invited to:

1

Register your details

[Signup >](#)

2

Complete one full fast (sunrise to sunset) or partial half day fast (if you are able to)

3

Trussell Trust Food Banks

[Donate now >](#)

4

Tag/nominate 5 people to do the same

5

Post a photo of your iftar (meal to break your fast) on Twitter or Instagram using the hashtag #fastathon2022 and tag us on twitter [@NHSMUSLIMNET](#) or Instagram on [NHSMUSLIMNETWORK](#)