

The National NHS Muslim Network are excited to launch our **#NHSRamadanChallenge 2023!**

What is the NHS Ramadan challenge?

As Muslims across the world prepare and begin their spiritual journey for the holy month of Ramadan, we invite all of our NHS allies and friends to join us for a day of fasting.

When is Ramadan?

Approximately from 22 March to 20 April (to be confirmed dependent on moon sighting).

Why should you take part in the challenge?

To understand and experience how Muslim colleagues feel when they are fasting for Ramadan. It is a great way to show allyship, gratitude, and to experience what the less fortunate go through.

How can I take part in the challenge?

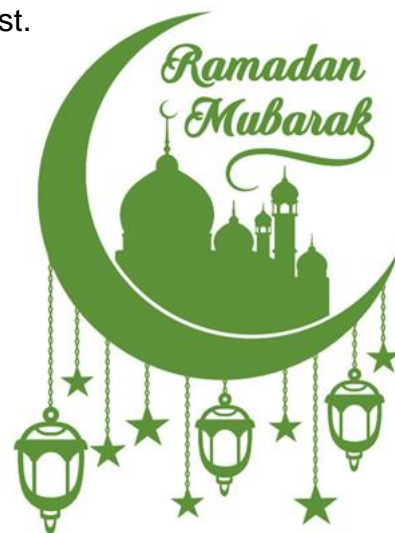
Let us know that you are planning to fast by using the hashtag **#NHSRamadanChallenge** on social media and tag the NHS Muslim Network. It would be great if you can vlog/blog your experience and share it with us via social media too!

What do you need to do for the challenge?

Fast (no food or drink) on a day of your choice during Ramadan from the break of dawn to sunset. You could even partner with a Muslim colleague in your organisation to understand why Muslims fast. We also encourage you to donate (any amount) to a charity of your choice.

Who can take part in the challenge?

We are inviting everyone to take part. Please note that for health reasons, fasting is not recommended for those with ill-health. If you are taking part but start to feel faint/ill in any way, please break your fast.



Chris Hopson, Chief Strategy Officer, Executive Sponsor of the NHS Muslim Network, NHS England

"I am pleased to be taking part in the **#NHSRamadanChallenge**, to show my allyship to all our Muslim colleagues within the NHS.

I am doing so to create awareness of this holy month for Muslims and to thank our Muslim colleagues in the NHS for all their efforts and hard work.

Please join me in showing allyship to our Muslim colleagues – one idea would be for you to fast for a day of your choice in Ramadan.

Ramadan Mubarak to you all."



#NHSRamadanChallenge