



NHS  
**MUSLIM**  
N E T W O R K

# Support package

October 2023 – September 2024

*With hardship, comes ease...*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

## **Bismillah Hirrahman Nirraheem**

In the name of Allah, the Most Gracious, the Most Merciful

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# Foreword



**Chris Hopson**

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

“I am proud to be the Executive Sponsor of the National NHS Muslim Network and excited to see the launch of the new Support Package.

I am sure this will be invaluable to all our Muslim colleagues, allies and friends across the NHS.

As we all know, our NHS People Promise is a promise we must all make to each other – to work together to improve the experience of working in the NHS for everyone. The NHS People Promise is made up of 7 pillars. One of the pillars of the NHS People Promise is that ‘We are compassionate and inclusive’. This means that we do not tolerate any form of discrimination, bullying or violence, we are open and inclusive, and we make the NHS a place where we all feel we belong.

This Support Package and everything the network does therefore aligns to the NHS People Promise.”

## Co-Chairs of the National NHS Muslim Network

“Firstly, we want to thank our Muslim colleagues, allies, and friends across the NHS for all their unwavering support.

We are delighted and honoured to announce the launch of an enhanced and expanded support package, which builds on the success achieved by our previous version.

In order to design the new Support Package, we reviewed the:

- results from the survey that was sent to all of our members
- activity results from the in-person Eid Al Fitr Celebration and Learning Event
- feedback received throughout the year from our members and our Executive team

All of the above has resulted in this comprehensive package of support and clear direction of travel for the National NHS Muslim Network over the next 12 months.”



**Shohail Shaikh**



**Halima Dagia**



**Riyaz Patel**

*With hardship, comes ease...*

# Meet the National NHS Muslim Network team...



**Shohail Shaikh Halima Dagia Riyaz Patel**  
Co-Chairs of the National NHS Muslim Network



**Sajjad Mushtaq**  
Head of Network Visibility & Events



**Tokunbo Awosusi**  
Head of Network Projects



**Abu Bakr Banaras**  
Head of Islamic Advice



**Helen Campbell**  
Head of Allyship, Wellbeing & Talent Development



**Zain Hameed**  
Head of Clinician Experience



**Vivian Okuguni**  
Head of Leadership Development



**Cameron Pacey**  
Head of Career Development



**Amnah Shah**  
Head of Speaking Up



**Sophia Bhaimia**  
Head of Health Promotion

## Executive Team of the National NHS Muslim Network

# Meet the National NHS Muslim Network team...



**Sajjad Mushtaq**  
Head of Network Visibility & Events



**Tokunbo Awosusi**  
Head of Network Projects



**Abu Bakr Banaras**  
Head of Islamic Advice



**Helen Campbell**  
Head of Allyship, Wellbeing & Talent Development



**Zain Hameed**  
Head of Clinician Experience

## What is your role in the network?

As the Head of Network Visibility and Events I am responsible for raising awareness of the network, facilitating the members meetings and supporting the Co-Chairs with inviting Guest Speakers to our events. I have successfully been doing this role over the past year.

My role in the network is the Head of Network Projects. I am a certified Prince2 Senior Project Manager and IT business analyst with over 20 years' experience in managing IT projects, improvement projects, as well as complex covert and transformation projects. I'm currently pursuing a certification in Team Leadership.

My role within the network is Head of Islamic Advice. I am a traditionally trained Imam who studied the sacred sciences in the UK and abroad. I was an Imam and Friday speaker in various mosques in the south of England for over 10 years. I currently support a local mosque in the capacity of a youth engagement support scholar.

My role within the network is head of Allyship, Wellbeing and Talent Development. I have been working in L&D/OD for 28 years in both private and public sector organisations, where I have coached and developed people across a broad spectrum. I have a interest in mental health and am a Mental Health Instructor for MHFA England.

I have the privilege of being the Head of Clinician Experience. As a dentist who has undertaken roles within general practice, secondary care and national policy, I hope to use this post to further engage with our colleagues across the NHS, shedding light on their journeys, successes, challenges and key advice.

## Why did you join the network?

I am passionate about making the NHS more inclusive for all staff and patients. I know we all have a lot of work to do to make this happen. I have my own lived experiences that make me want to make improvements for other NHS colleagues.

I am very passionate about my profession and tend to seek ways to support my colleagues using my vast knowledge, skills, and experience to impact their vision. This is what drew me into this network, but more importantly, how to improve my faith in Islam.

To serve the people of this ummah (Muslim and non Muslim alike) The role of serving is virtuous but also extremely important in our current times. The network is a safe place for anyone to approach and want learn more about Islam, and to be part of this, for me, is a great privilege.

I have been with the network for over a year and joined because I have a passion for inclusion, and have always been curious about different cultures, heritages and religions. I pride myself on promoting inclusion in everything I do. I care, I want to make a difference and to continue my learning journey.

Having been impressed by the growth and extensive range of beneficial initiatives held by the network last year, I joined to further spread its positive reach, provide insights on personal/career development and further appreciate the experiences that define the amazing individuals that make up our NHS.

# Meet the National NHS Muslim Network team...



**Vivian Okuguni**  
Head of Leadership Development



**Cameron Pacey**  
Head of Career Development



**Amnah Shah**  
Head of Speaking Up



**Sophia Bhamia**  
Head of Health Promotion

**What is your role in the network?**

As the Head of Leadership Development I will be facilitating leadership webinars. I am an experienced Learning & Organisational Development specialist, certified NLP master practitioner, psychometric tools specialist and coach with a growth mind-set. I have over 17 years experience in learning and OD, which includes leadership development.

As the Head of Career Development I will be facilitating talent development webinars, and leading coaching and mentoring. I have worked in OD, Education and Workforce development for 4 years. I am a Career Development Facilitator, and currently undertaking my CIPD qualification.

As the Head of Speaking Up, I will be raising awareness, supporting and advising on speaking up. I will explore the most effective routes available to raise concerns and address barriers. I will be facilitating speaking up webinars. I have 11 years' experience as Lead Muslim Chaplain and 2 years as a Freedom to Speak Up Guardian

As the Head of Health Promotion I will focus on healthy eating and keeping active during the month of Ramadan. My interest in healthy eating and keeping active around Ramadan arose from volunteering at a local boxing club. Following which I became a qualified England Boxing Coach in 2017.

**Why did you join the network?**

I joined the network because I want to support people's development in **BECOMING** the version they want to be and to take **PRIDE** in their development journey. I am passionate about people. I am skilled at facilitating meaningful conversations that creates self-awareness, reflection and insight.

I have joined to help tackle inequity, poor experience, and help to build our NHS into a place where everyone is welcome, safe and included. I hope that through my role I will be able to aid people in developing confidence, professional growth and fulfilment within their roles (and future roles!) within the NHS.

I am very passionate about bringing positive cultural change to all walks of my life and empowering people along the way to be the best. Joining the network was another avenue to connect with fellow Muslims/allies to continue this passion through learning, sharing good practice and continuing self-development.

I am very passionate about fitness and understand the challenges during Ramadan for Muslim colleagues. My role within the network will help those who would like to embrace, what I call, a quite disciplined yet fulfilling journey of healthy eating and keeping active during the month of Ramadan and beyond.

# Vision, values and aims

## Vision

“Inspiring, celebrating and championing the contribution of the NHS Muslim community”.

## Aims of the network

- Increase awareness about Islam/Muslims within the NHS, and challenge Islamophobia.
- Raise the visibility and profile of Muslim colleagues by providing active representation and a voice to share their lived experiences.
- Provide a safe space for our members to create a sense of belonging and community.
- Develop the talent and leadership capabilities of our members.
- Provide wellbeing support for our members.
- Host and facilitate events for Muslim colleagues, allies and friends.
- Offer speaking-up support.
- Increase Allies.
- Provide Ramadan and Eid support for our members and the wider NHS.
- Collaborate with other staff networks and other NHS organisations to eliminate discrimination.
- Maintain and expand the membership of our network.

## Values

Our values represent how we interact with each other in everything we do. Please see our values below:



## Our values

**Kindness and compassion**

**Zero tolerance to discrimination**

**Team working**

**Being our authentic selves**

**Respecting and embracing diversity**



Everything we do is underpinned by the NHS People Promise:



# Objectives and priorities for the coming year



## Speaking-up support

- Enabling our members to tap into the power of their voice.
- Guide and empower members to use the correct procedure to raise issues/concerns.
- Provide pastoral support.



## Increase awareness

- Raising the profile and visibility of the network.
- Increasing awareness about Muslims and Islam-based practices and needs.
- Increase awareness about Islamophobia and its effect.



## Increase allyship

- Increase allies throughout the NHS to actively support Muslim colleagues.
- Provide opportunities for allies to reflect and learn together.
- Promote allyship training and cultural awareness.



## Events for our members

- Providing members with a safe space to network and to create a sense of belonging.
- Holding events tied to national campaigns and key Islamic celebrations.
- Providing spiritual knowledge and guidance.



## Wellbeing support

- Providing wellbeing support to our members.
- Signposting members to other internal and external support available.
- Empowering our members to put their health and wellbeing first.



## Talent development

- Develop our members to equip them with the skills required to progress their careers.
- Develop leadership capabilities.
- Providing Coaching, Mentoring and Reverse Mentoring opportunities.

# Overview - support package

## Talent development webinars

- Boost your confidence
- Having assertive conversations
- Application writing and interview skills
- Understanding emotional intelligence
- Building your personal resilience
- Personal awareness and impact

## Rapid talent development webinars

- Communicating effectively
- Introduction to project management
- Presentation skills
- Critical thinking

## Leadership development webinars

- Compassionate leadership
- Difficult conversation planning
- Understanding yourself as a leader
- Leading through change
- Psychological safety in teams
- Coaching skills

## Career development support

- Reverse Mentoring
- Mentoring service
- Coaching service

## Wellbeing webinars/support

- Spirituality and emotional intelligence
- Managing stress
- REACT mental health conversation
- “Let it out” service
- Self-worth
- Understanding anxiety
- Become mental health aware
- Support for our people

## Speaking up support

- The power of your voice
- Speaking up sessions

## Allyship webinars

- Effective allyship
- Cultural intelligence awareness
- Basics of Islam

## Events

- Oct: Celebrating Black History Month
- Nov: Islamophobia Awareness
- Dec: Disability History Awareness
- Jan: Celebrating World Religion Day
- Feb: Celebrating World Hijab Day
- May: Mental Health Awareness
- Jun: Celebrating Eid Al Adha
- Jul: Celebrating South Asian Heritage
- Aug: Grief Awareness
- Sep: Special Event

## Ramadan and Eid Al Fitr support 2024

- Ramadan awareness session
- Healthy eating & exercise in Ramadan
- Zakaat workshop
- Ramadan reflections
- In-person Iftar (breaking of fast)
- #NHSRamadanChallenge
- In-person Eid Al-Fitr Celebration Event

## Our members meetings

- Regular bi-monthly meetings for our members, allies and friends

## ‘How to be a better Muslim’ series

- Introduction to series and Integrity
- Competence and Vision
- Courage and Holistic Justice
- Decisiveness and Servant Leadership
- Practical Wisdom and Resilience
- Compassion and Spiritual Intelligence

## Islamic support

- Revert support
- Questioning your faith support
- Introduction to Islam
- General guidance
- On-request talks/training

# Talent development webinars

## Boost your confidence

Understand the power of confidence with helpful tools and tips to boost your confidence and be the best version of yourself.

- 9 January 2024
- 3 September 2024

All sessions from 5-7pm



## Understanding emotional intelligence

Understand the concept of emotional intelligence (EI) and its benefits, whilst expanding your knowledge of emotional patterns in yourself and others.

- 30 January 2024
- 23 July 2024

All sessions from 5-7pm



## Having assertive conversations

Identify assertive / aggressive and passive behaviours and learn how to communicate assertively and challenge limiting beliefs.

- 16 January 2024
- 6 August 2024

All sessions from 5-6pm



## Building your personal resilience

Understand the concept and factors which contribute towards resilience and explore tools and tips to help build your own levels of resilience.

- 23 January 2024
- 18 June 2024

All sessions from 5-7pm



## Application writing and interview skills

Understand how to enhance your application writing skills, along with tips on how to deliver a successful interview.

- 17 January 2024
- 9 July 2024

All sessions from 5-6pm



## Personal awareness and impact

Understand the importance of perception, develop greater self-awareness and strategies for building strong relationships.

- 21 February 2024
- 10 September 2024

All sessions from 5-6pm



### How to attend

Please note the above webinars are open to NHS members of staff only. There are a limited amount of spaces.

To attend any of the above talent development webinars please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Rapid talent development webinars

## Communicating effectively

To improve communication skills in the workplace through successfully communicating collaboratively, and maintaining positive relationships.

- 6 December 2023
- 4 September 2024

All sessions from 5-5.30pm



## Presentation Skills

Understand the elements of a good presentation and how to effectively engage with your audience to create a lasting impact.

- 13 December 2023
- 14 May 2024

All sessions from 5-5.30pm



## Introduction to Project management

Learn how to apply processes/methods/skills/knowledge/experience to achieve project objectives according to the project criteria within agreed parameters.

- 31 January 2024
- 19 June 2024
- 25 September 2024

All sessions from 5-5.30pm



## Critical thinking

Explore the main principles of critical thinking, and how we can use different sources to inform decision making for positive outcomes.

- 8 November 2023
- 7 August 2024

All sessions from 5-5.30pm



### How to attend

Please note the above webinars are open to NHS members of staff only. There are a limited amount of spaces.

To attend any of the above rapid talent development webinars please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Leadership development webinars

## Compassionate leadership

Learn how to lead with compassion, which is about paying attention to, understanding, being empathetic and helping your teams and services.

- 25 January 2024
- 22 August 2024

All sessions from 5-6pm



## Leading through change

As a leader, it is important to help and support staff through change. Learn about the change model and its application, and how to manage resistance.

- 25 October 2023
- 22 May 2024

All sessions from 5-6pm



## Difficult conversation planning

As a leader you often need to deliver unwelcome or unexpected messages. Learn how to deliver these messages whilst maintaining positive relationships.

- 3 January 2024
- 7 May 2024

All sessions from 5-6pm



## Psychological safety in teams

Explore the concept of psychological safety; what it is and how to know when it is present in your team and/or organisation.

- 7 December 2023
- 5 September 2024

All sessions from 5-6pm



## Understanding yourself as a leader

Explore different leadership styles and reflect on your own preferences. Learn and review leadership tools to raise greater self-awareness.

- 22 February 2024
- 19 September 2024

All sessions from 5-6pm



## Coaching Skills

Learn how to hold effective coaching conversations, using an established coaching model, helping people tap into their inner resources and full potential.

- 29 February 2024
- 8 August 2024

All sessions from 5-7pm



### How to attend

Please note the above webinars are open to NHS members of staff only. There are a limited amount of spaces.

To attend any of the above leadership development webinars please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Career development support

## Reverse Mentoring

We are excited to launch our Reverse Mentoring opportunity. If you would like to Reverse Mentor one of the participating NHS England Executive team member (to the right), then please apply [here](#).

**Deadline for application is 5pm, 1 December 2023.**



**Chris Hopson**  
Chief Strategy Officer,  
NHS England



**Em Wilkinson-Brice**  
National Director for People,  
NHS England

## What is Reverse Mentoring?

Reverse Mentoring is in essence the same as Mentoring, however the roles are reversed, whereby the senior member of staff (Reverse Mentee) is being mentored by a junior colleague (Reverse Mentor).

## What is the requirement?

Once applications have been received, the Co-Chairs will review and select one member to be assigned to an NHS England Executive. You will be expected to virtually meet with your assigned Executive for a minimum of 1 hour at least once a quarter (over a 12 month period). As a Reverse Mentor you will share your lived experience as a Muslim colleague working within the NHS.

## Coaching service

We are pleased to be launching a Coaching service for our members.

If you hold a Coaching qualification please email us to be part of our Coaching programme - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

## Mentoring service

We are pleased to be launching a Mentoring service for our members.

If you would like to Mentor someone, please email us to be part of our Mentoring programme - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Wellbeing webinars

## Spirituality and emotional intelligence

Explore the concept of emotions through the lens of faith, spirituality and philosophy. Whilst understanding the link between emotions and mental health.

- 18 October 2023
- 27 August 2024

All sessions from 5-6pm



## Self-worth (individual/humanistic psychology)

Explore the concept of self-knowledge through its six principles and the meanings we choose, which creates our experience of ourselves and our world.

- 20 December 2023
- 11 September 2024

All sessions from 5-6pm



## Managing stress

Explore the foundation/concepts of stress from a holistic approach (mind, body & soul) with a focus on belief system, actions and meaning/feelings.

- 17 April 2024

All sessions from 5-6pm



## Understanding anxiety

Explore the foundation/concepts of anxiety from a holistic approach (mind, body & soul) with a focus on belief system, actions and meaning/feelings.

- 29 May 2024

All sessions from 5-6pm



## Certified - Become mental health aware

Certified course to raise awareness of mental health issues and reduce the stigma, as well as thinking about how to look after your own mental wellbeing.

### Cohort 1:

- 10 January 2024
- 18 January 2024



All sessions from 5-7pm

Only 8 spaces available. You must attend both days to receive your certificate

### Cohort 2:

- 25 July 2024
- 1 August 2024



All sessions from 5-7pm

Only 7 spaces available. You must attend both days to receive your certificate.

## REACT mental health conversation training

REACTMH is a tool that you can use to support your colleagues by having open & honest conversations about their mental health & wellbeing.

- 27 February 2024
- 2 July 2024

All sessions from 5-7pm



### How to attend

Please note the above webinars are open to NHS members of staff only. There are a limited amount of spaces.

To attend any of the above wellbeing webinars please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Wellbeing support

## “Let it out”

### Service

The number one tip for looking after your mental health is to talk about your feelings, according to the Mental Health Foundation (MHF).

The **“Let it out”** service is a proven peer-to-peer intervention, which allows individuals to express and process their thoughts, emotions, and feelings, along with exploring coping mechanisms.

The service also allows staff to have valuable conversations and avoid bottling up their thoughts, emotions and feelings or possibly becoming desensitised.

This is facilitated in a safe, compassionate and confidential space, allowing staff to reflect and have an outlet with a trained facilitator.

The **“Let it out”** service is not psychological or counselling support. It is run by facilitators who are trained in Mental Health First Aid/Psychological First Aid/ Coaching/PTSD Awareness/Adult Mental Health Aware.



## “Let it out” service



## Support

### for our people

For immediate support available for our people, please see below (click [here](#) for the live document).



### NHS support for our people

<b>NHS Staff Support Line</b> For staff that have had a tough day, are feeling worried or overwhelmed, or need to talk. Text FRONTLINE to 85258 for support 24/7 via text.
<b>NHS Urgent Mental Health Helpline</b> For staff that require urgent mental health advice or support. See <a href="#">NHS Website here</a> .
<b>Suicide Support</b> For staff experiencing suicidal thoughts or have made clear plans to end their life. Call Samaritans 116 123, for free 24 hours a day. If you or someone else is in immediate danger please call 999 and ask for the for an ambulance or go straight to A&E.
<b>Financial Wellbeing</b> For staff that require support with financial wellbeing. Call 0800 448 0828 or WhatsApp +44 7701 342 744. See <a href="#">NHS Website here</a> .
<b>Substance Misuse Support</b> For staff that require support with substance misuse. ➤ Alcohol misuse: See <a href="#">NHS Website here</a> . ➤ Getting help with drug addiction: See <a href="#">NHS Website here</a> .
<b>Domestic Abuse Support</b> For staff experiencing Domestic Abuse. ➤ Women and children call the 24 hour National Domestic Abuse Helpline on 0800 2000 247. ➤ Men call Men's Advice Line 0800 851 0327, Mon-Fri 10am-8pm.
<b>Staff mental health and wellbeing hubs</b> For staff that require rapid access to local evidence-based mental health services and support where needed. See <a href="#">NHS Website here</a> .
<b>National Support</b> For staff that require further support on a range of issues. See <a href="#">NHS Website here</a> .

### How to book

To book the **“Let it out”** service please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).



# Speaking up support

## Speaking up sessions

When things go wrong, we need to make sure that lessons are learnt, and things are improved. It is important we feel comfortable to speak up to stop potential harm. There are many different ways of speaking up and this includes your local freedom to speak up guardian.

This webinar will delve deeper to explore the process of speaking up and how to speak up. It will equip you with the knowledge and tools to be confident to empower you to speak up.

- 17 October 2023
- 5 December 2023
- 14 February 2024
- 4 June 2024

All sessions from 5-6pm



## The power of your voice

Your voice can make you seem powerful and confident, or hesitant and weak. Your voice can lift others with passion and energy, or bring them down.

Your voice can help people feel the emotion you feel. We have the opportunity to make an impact, but most of us just speak without even thinking about how we might sound. Join us to tap into the power of your voice.

- 24 January 2024
- 12 September 2024

All sessions from 5-6pm

Delivered by the Co-Chairs of the National NHS Muslim Network

### How to attend

Please note the above sessions are open to NHS members of staff only. There are a limited amount of spaces.

To attend any of the above virtual sessions, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Allyship webinars

## Effective

### allyship

Develop an understanding of allyship and how important it is in achieving equity in the workplace/society. Develop your skills in becoming an effective ally to Muslim colleagues and those from other marginalised groups.

- 2 November 2023
- 6 February 2024
- 16 July 2024

All sessions from 5-7pm



## Basics

### of Islam

Explore an overview of Islam that will help you to better understand your Muslim colleagues. For a Muslim, the Quran and the teachings of the Prophet (Peace be upon Him) are a vital part of their identity. Join us to learn about the basics of Islam.

- 1 November 2023
- 6 June 2024
- 15 August 2024

All sessions from 5-6pm



## Cultural

### intelligence awareness

In our own cultures, we may have an idea of what is going on around us as we can relate. When we interact with people from different cultures, this may create misunderstanding or conflict. Join us to explore/reflect on the 10 cultural value orientations.

- 21 December 2023
- 13 June 2024
- 29 August 2024

All sessions from 5-6pm



#### How to attend

Please note the above sessions are open to NHS members of staff only. There are a limited amount of spaces.

To attend any of the above virtual sessions, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Events

## October: Celebrating Black History Month Event

Date: 11 October 2023  
Time: 5-6pm

## November: Islamophobia Awareness Event

Date: 7 November 2023  
Time: 5-6pm

## December: Disability History Awareness Event

Date: 12 December 2023  
Time: 5-6pm

## January: Celebrating World Religion Day Event

Date: 22 January 2024  
Time: 5-6pm

## February: Celebrating World Hijab Day Event

Date: 1 February 2024  
Time: 5-6pm

## March - April: Ramadan and Eid Al Fitr support

Please see next page

## May: Mental Health Awareness Event

Date: 15 May 2024  
Time: 5-6pm

## June: Celebrating Eid Al Adha Event

Date: 25 June 2024  
Time: 5-6pm

## July: Celebrating South Asian Heritage Month Event

Date: 17 July 2024  
Time: 5-6pm

## August: Grief Awareness Event

Date: 30 August 2024  
Time: 5-6pm

## September: Special Event

Date: 17 September 2024  
Time: 5-6pm

### How to attend

MS Teams link will be sent to all members prior to each session. Please ensure you are a member.

To become a member, click here: <https://nhsmuslimnetwork.co.uk/become-a-member>.

For more information or for further support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Ramadan and Eid Al Fitr support 2024

## Webinars

### Ramadan awareness session

Date: 5 March 2024  
Time: 5-6pm  
Platform: MS Teams

### Healthy eating and exercise in Ramadan

Date: 14 March 2024  
Time: 5-6pm  
Platform: MS Teams

### Zakaat workshop

Date: 19 March 2024  
Time: 5-6pm  
Platform: MS Teams

### Ramadan reflections

Date: 3 April 2024  
Time: 5-6pm  
Platform: MS Teams

## In-person Iftar (breaking of fast) during Ramadan

By popular demand from our members, come along and break your fast with the Co-Chairs and Executive Team of the National NHS Muslim Network!

### London

Date: 16 March 2024  
Time: Iftar time (To be confirmed)  
Location: To be confirmed

### Manchester

Date: 23 March 2024  
Time: Iftar time (To be confirmed)  
Location: To be confirmed

### Leeds

Date: 30 March 2024  
Time: Iftar time (To be confirmed)  
Location: To be confirmed

### Birmingham

Date: 6 April 2024  
Time: Iftar time (To be confirmed)  
Location: To be confirmed

## #NHSRamadanChallenge

Building on the success of last year's #NHSRamadanChallenge, we are excited to re-launch this initiative for 2024 – more information will be provided closer to Ramadan!



### How to attend

For all webinars, MS Teams link will be sent to all members prior to each session.

All in-person events will be communicated to our members.

Please ensure you are a member. To become a member, click here: <https://nhsmuslimnetwork.co.uk/become-a-member>.

For more information or for further support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

## In-person Eid Al-Fitr Celebration Event

Date: 25 April 2024  
Time: 6-9pm  
Location: London

More details will be confirmed closer to the event.



# Our members meetings

Our members meetings are integral to the objectives of the National NHS Muslim Network. It provides a platform for our members to voice their opinions, provide feedback, share their lived experience and create a sense of belonging/community.

Our members meetings are held bi-monthly, as shown below:

## October 2023

Date: 24 October 2023  
Time: 12-1pm

## April 2024

Date: 16 April 2024  
Time: 12-1pm

## December 2023

Date: 19 December 2023  
Time: 12-1pm

## June 2024

Date: 11 June 2024  
Time: 12-1pm

## February 2024

Date: 13 February 2024  
Time: 12-1pm

## August 2024

Date: 13 August 2024  
Time: 12-1pm



### How to attend

MS Teams link will be sent to all members prior to each session. Please ensure you are a member.

To become a member, click here: <https://nhsmuslimnetwork.co.uk/become-a-member>.

For more information or for further support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# ‘How to be a better Muslim’ series

Islam places a significant emphasis on leadership, highlighting the importance of just and compassionate leadership in both religious and worldly matters. In Islam a leader is expected to exhibit qualities which were displayed by the Prophet Muhammed (Peace be upon Him). So what does a good leader look like? And how do each of us measure up to the leadership standards that have been set by the Prophet (Peace be upon Him)?

This year our ‘**How to be a better Muslim series**’ explores the teachings of the Prophet (Peace be upon Him) and combines it with modern day tools for leadership. Each webinar is based on a different topic and will explore the Prophet’s (Peace be upon Him) leadership qualities.

## Introduction to series

### & Integrity

Date: 29 January 2024  
Time: 5-6pm

## Competence

### & Vision

Date: 20 February 2024  
Time: 5-6pm

## Courage

### & Holistic Justice

Date: 30 April 2024  
Time: 5-6pm

## Pragmatic decisiveness

### & Servant Leadership

Date: 21 May 2024  
Time: 5-6pm

## Practical Wisdom

### & Resilience

Date: 30 July 2024  
Time: 5-6pm

## Compassion

### & Spiritual Intelligence

Date: 20 August 2024  
Time: 5-6pm

#### How to attend

MS Teams link will be sent to all members prior to each session. Please ensure you are a member.

To become a member, click here: <https://nhsmuslimnetwork.co.uk/become-a-member>.

For more information or for further support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Islamic support

We offer a range of Islamic support, guidance and advice to our members, allies and friends.

See below for more information:

## Revert support

If you are new to Islam and require advice, guidance and support as new Muslims (reverts), we strive to remove some of the early challenges faced by reverts such as loneliness, a lack of direction, companionship and well-informed knowledge about Islam.

## Questioning your faith support

We all have times where we question our faith and need a safe and compassionate space to reflect on our thinking. This offer allows you to speak to our learned colleague and ascertain the answers to the questions you may have from an Islamic perspective.

## Introduction to Islam

This service allows you to learn more about Islam, and its practices. You will be able to have a conversation with a learned colleague to gain an understanding of the faith and be provided with an overview of Islam.

## General guidance

This service is open to individuals and organisations that want to know more about being inclusive to Muslim colleagues.

## On-request talks/training (subject to capacity and review)

We provide on-request talks and training to NHS organisations on the Islamic faith and issues that impact Muslim colleagues.



## How to get support

If you require any Islamic support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Calendar summary

October 2023	November	December	January 2024	February	March	April	May	June	July	August	September
Celebrating Black History Month - 11 Oct 2023	Basics of Islam - 1 Nov 2023	Speaking up sessions - 5 Dec 2023	Difficult conversation planning - 3 Jan 2024	Celebrating World Hijab Day - 1 Feb 2024	Ramadan awareness session - 5 Mar 2024	Ramadan reflections - 3 Apr 2024	Difficult conversation planning - 7 May 2024	Speaking up sessions - 4 Jun 2024	REACT mental health conversation - 2 Jul 2024	Having assertive conversations - 6 Aug 2024	Boost your confidence - 3 Sep 2024
Speaking up sessions - 17 Oct 2023	Effective allyship - 2 Nov 2023	Communicating effectively - 6 Dec 2023	Boost your confidence - 9 Jan 2024	Effective allyship - 6 Feb 2024	Healthy eating & exercise in Ramadan - 14 Mar 2024	In-person Iftar - Birmingham - 6 Apr 2024	Presentation skills - 14 May 2023	Basics of Islam - 6 Jun 2024	Application writing and interview skills - 9 Jul 2024	Critical thinking - 7 Aug 2024	Communicating effectively - 4 Sep 2024
Spirituality & emotional intelligence - 18 Oct 2023	Islamophobia Awareness - 7 Nov 2023	Psychological safety in teams - 7 Dec 2023	Become mental health aware - 10 & 18 Jan 2024	Our members meetings - 13 Feb 2024	In-person Iftar - London - 16 Mar 2024	Our members meetings - 16 Apr 2024	Mental Health Awareness - 15 May 2024	Our members meetings - 11 Jun 2024	Effective allyship - 16 Jul 2024	Coaching skills - 8 Aug 2024	Psychological safety in teams - 5 Sep 2024
Our members meetings - 24 Oct 2023	Critical thinking - 8 Nov 2023	Disability History Awareness - 12 Dec 2023	Introduction to series and Integrity - 29 Jan 2024	Speaking up sessions - 14 Feb 2024	Zakaat workshop - 19 Mar 2024	Managing stress - 17 April 2024	Decisiveness and Servant Leadership - 21 May 2024	Cultural intelligence awareness - 13 Jun 2024	Celebrating South Asian Heritage - 17 Jul 2024	Our members meetings - 13 Aug 2024	Personal awareness and impact - 10 Sep 2024
Leading through change - 25 Oct 2023		Presentation skills - 13 Dec 2023	Having assertive conversations - 16 Jan 2024	Competence and Vision - 20 Feb 2024	In-person Iftar - Manchester - 23 Mar 2024	In-person Eid Al-Fitr Celebration Event - 25 Apr 2024	Leading through change - 22 May 2024	Building your personal resilience - 18 Jun 2024	Understanding emotional intelligence - 23 Jul 2024	Basics of Islam - 15 Aug 2024	Self-worth - 11 Sep 2024
		Our members meetings - 19 Dec 2023	Application writing and interview skills - 17 Jan 2024	Personal awareness & impact - 21 Feb 2024	In-person Iftar - Leeds - 30 Mar 2024	Courage and Holistic Justice - 30 Apr 2024	Understanding anxiety - 29 May 2024	Introduction to project management - 19 Jun 2024	Become mental health aware - 25 Jul & 1 Aug 2024	Compassion & Spiritual intelligence - 20 Aug 2024	The power of your voice - 12 Sep 2024
		Self-worth - 20 Dec 2023	Celebrating World Religion Day - 22 Jan 2024	Understanding yourself as a leader - 22 Feb 2024						Celebrating Eid Al Adha - 25 Jun 2024	Special Event - 17 Sep 2024
		Cultural intelligence awareness - 21 Dec 2023	Building your personal resilience - 23 Jan 2024	REACT mental health conversation - 27 Feb 2024							Spirituality & emotional intelligence - 27 Aug 2024
			The power of your voice - 24 Jan 2024	Coaching skills - 29 Feb 2024							Cultural intelligence awareness - 29 Aug 2024
			Compassionate leadership - 25 Jan 2024								Grief Awareness - 30 Aug 2024
			Understanding emotional intelligence - 30 Jan 2024								Introduction to project management - 25 Sep 2024
			Introduction to project management - 31 Jan 2024								

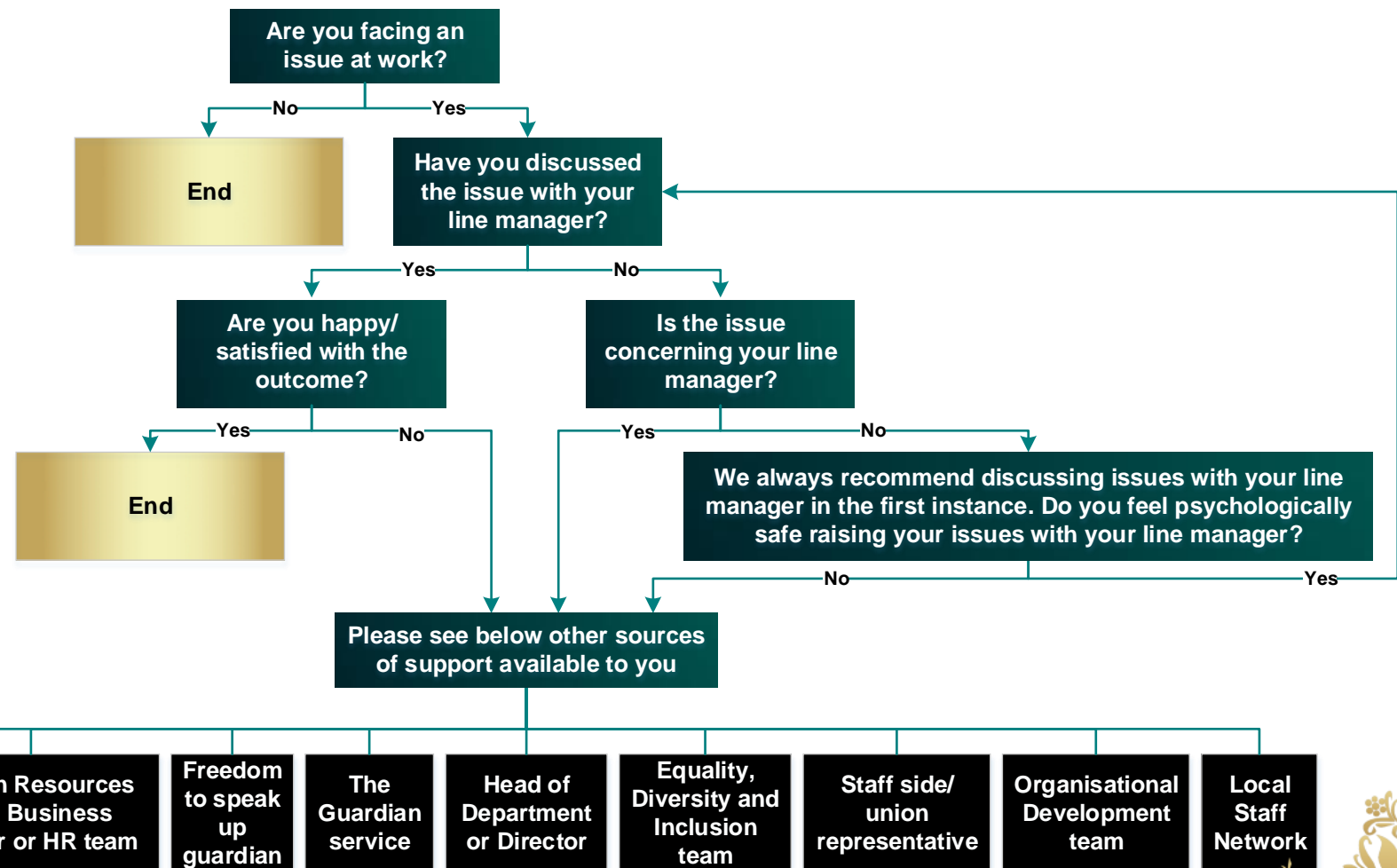
“Let it out” service  
 Islamic support  
 Career development

**Key:**

Talent development webinars	Rapid talent development webinars	Leadership development webinars	Wellbeing webinars	Speaking up support	Allyship webinars	Events	Our members meeting	'How to be a better Muslim' series
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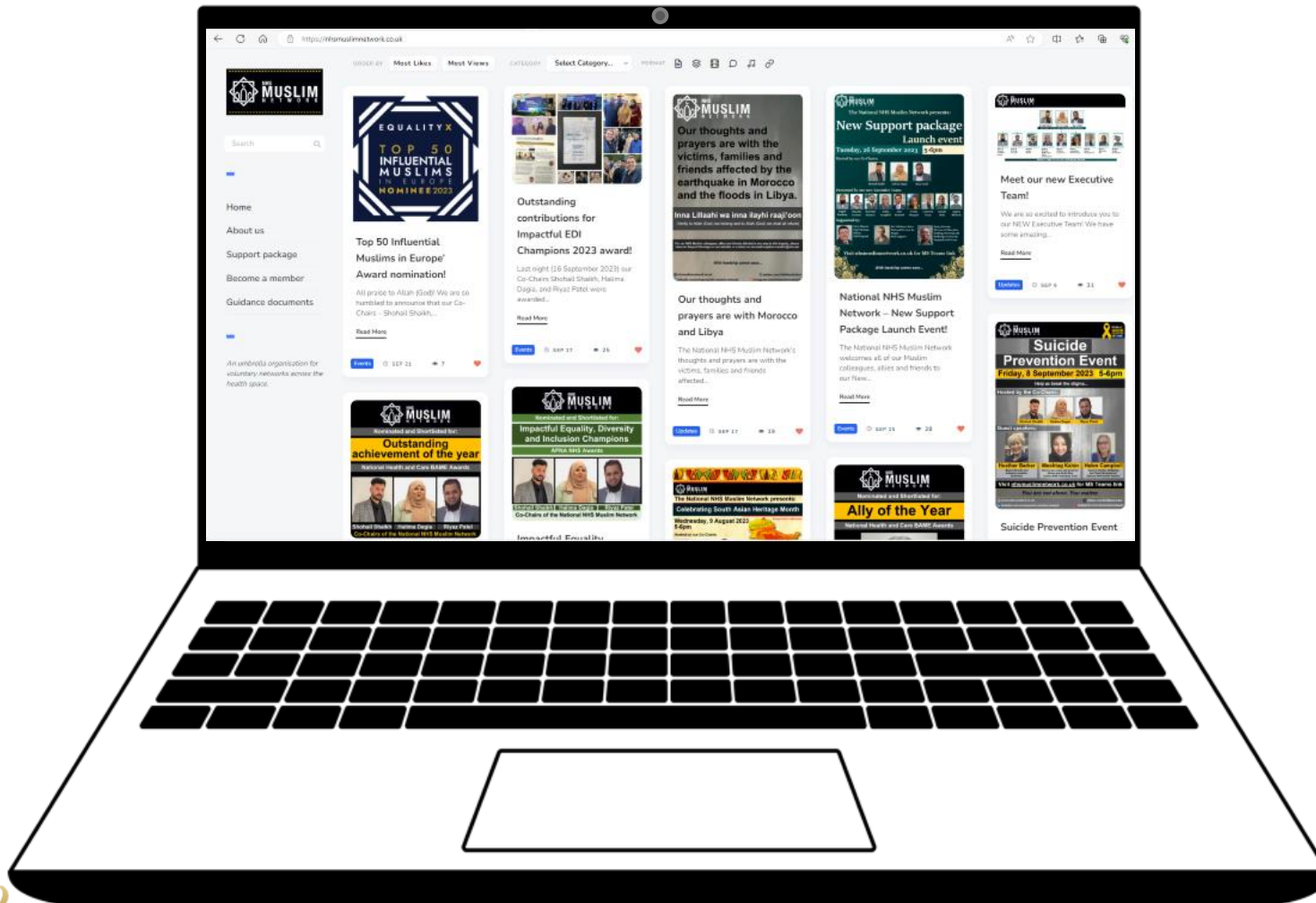
# Guidance - if you are facing issues at work



If you have explored the above and still remain dissatisfied, or to feedback any learning from your issue, please contact the National NHS Muslim Network - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Our website

For more information and support, please visit our website [here](https://nhs.uk/muslim-network).



# How to join the National NHS Muslim Network

The National NHS Muslim Network welcome all Muslim colleagues, allies and friends across the NHS.

To join our network and access a range of resources, newsletters, services and events, please see below:

**SCAN ME**



*or*

1. Go to our website - [nhsmuslimnetwork.co.uk](https://nhsmuslimnetwork.co.uk)
2. Click on 'Become a member'
3. Enter your name and email address
4. Click on subscribe!





**Thank you**

**JazakAllah Khair**

**For more information please contact the  
National NHS Muslim Network –  
england.muslim1@nhs.net**

 [nhsmuslimnetwork.co.uk](http://nhsmuslimnetwork.co.uk)

 [linkedin.com/company/nhs-muslim-network](https://www.linkedin.com/company/nhs-muslim-network)

 [twitter.com/NHSMuslimNet](https://twitter.com/NHSMuslimNet)

 [instagram.com/nhsmuslimnetwork](https://www.instagram.com/nhsmuslimnetwork)

*With hardship, comes ease...*