

Your body is a trust from Allah, safeguard it and it will keep you safe

Ramadhan 2018 CALENDAR

HAREF
health & race equality forum



NHS
Newcastle Gateshead
Clinical Commissioning Group

Beginning Times

| Date May/June | Day | Ramadhan | Fajr Sehri End | Sunrise | Zuhar | Asar | Iftari Magrib | Isha |
|---------------|------------|-----------|----------------|-------------|-------------|-------------|---------------|--------------|
| 17 | THUR | 1 | 3:17 | 4:56 | 1:03 | 6:32 | 9:11 | 10:30 |
| 18 | FRI | 2 | 3:15 | 4:54 | 1:03 | 6:33 | 9:13 | 10:31 |
| 19 | SAT | 3 | 3:12 | 4:52 | 1:03 | 6:34 | 9:14 | 10:32 |
| 20 | SUN | 4 | 3:10 | 4:51 | 1:03 | 6:35 | 9:16 | 10:34 |
| 21 | MON | 5 | 3:08 | 4:49 | 1:03 | 6:35 | 9:18 | 10:36 |
| 22 | TUE | 6 | 3:05 | 4:48 | 1:03 | 6:36 | 9:19 | 10:38 |
| 23 | WED | 7 | 3:03 | 4:46 | 1:03 | 6:37 | 9:21 | 10:40 |
| 24 | THUR | 8 | 3:01 | 4:45 | 1:03 | 6:38 | 9:23 | 10:41 |
| 25 | FRI | 9 | 2:59 | 4:43 | 1:03 | 6:39 | 9:24 | 10:43 |
| 26 | SAT | 10 | 2:57 | 4:42 | 1:04 | 6:40 | 9:26 | 10:44 |
| 27 | SUN | 11 | 2:56 | 4:41 | 1:04 | 6:41 | 9:27 | 10:46 |
| 28 | MON | 12 | 2:54 | 4:40 | 1:04 | 6:42 | 9:29 | 10:48 |
| 29 | TUE | 13 | 2:52 | 4:38 | 1:04 | 6:42 | 9:30 | 10:50 |
| 30 | WED | 14 | 2:51 | 4:38 | 1:04 | 6:43 | 9:31 | 10:51 |
| 31 | THUR | 15 | 2:50 | 4:36 | 1:04 | 6:44 | 9:33 | 10:52 |
| 1 | FRI | 16 | 2:50 | 4:35 | 1:04 | 6:45 | 9:34 | 10:53 |
| 2 | SAT | 17 | 2:49 | 4:34 | 1:04 | 6:45 | 9:35 | 10:53 |
| 3 | SUN | 18 | 2:49 | 4:33 | 1:05 | 6:46 | 9:36 | 10:54 |
| 4 | MON | 19 | 2:48 | 4:32 | 1:05 | 6:47 | 9:38 | 10:55 |
| 5 | TUE | 20 | 2:48 | 4:32 | 1:05 | 6:47 | 9:39 | 10:55 |
| 6 | WED | 21 | 2:47 | 4:31 | 1:05 | 6:48 | 9:40 | 10:55 |
| 7 | THUR | 22 | 2:47 | 4:30 | 1:05 | 6:49 | 9:41 | 10:55 |
| 8 | FRI | 23 | 2:46 | 4:30 | 1:05 | 6:49 | 9:42 | 10:55 |
| 9 | SAT | 24 | 2:45 | 4:29 | 1:06 | 6:50 | 9:43 | 10:56 |
| 10 | SUN | 25 | 2:44 | 4:29 | 1:06 | 6:50 | 9:44 | 10:56 |
| 11 | MON | 26 | 2:43 | 4:28 | 1:06 | 6:57 | 9:44 | 10:56 |
| 12 | TUE | 27 | 2:42 | 4:58 | 1:06 | 6:51 | 9:45 | 10:56 |
| 13 | WED | 28 | 2:41 | 4:27 | 1:06 | 6:52 | 9:46 | 10:56 |
| 14 | THUR | 29 | 2:40 | 4:27 | 1:07 | 6:52 | 9:47 | 10:57 |
| 15 | FRI | 30 | 2:40 | 4:27 | 1:07 | 6:53 | 9:47 | 10:43 |

Zawal Time: 10 minutes before Zohar time. All Islamic dates are subject to the visibility of the moon. To confirm the Islamic date the Central Moon Sighting Committee Great Britain 07866 464040.

Dua (Prayer) at the Beginning of the Fast

Wa bisawmi ghadinn nawaiytu min shahri Ramadhan

I intend to keep the fast for tomorrow in the month of Ramadhan

Managing your Diabetes during Ramadhan

DO

- See your doctor or healthcare team for advice about your diabetes before fasting
- Drink lots of water in the non-fasting hours
- Regularly check your sugar level whether your diabetes is treated with:
 - tablets, or,
 - injections, or,
 - diet (even though the risks from fasting are lower for you)
- Break your fast if you feel 'hypo' and your blood sugar level is less than 3.3 mmol/L when tested (or 3.9 mmol if early in the fact). 'Having a hypo' means becoming hypoglycaemic and common symptoms include feeling dizzy, hungry, sweaty, and tired, and, having blurred vision.

DON'T

- Fast if you are pregnant without first seeking medical advice
- Fast if you are on dialysis
- Fast if your diabetes is not being managed well at this time (which means HbA1c is higher than 64 mmol/mol)
- Exercise too energetically during the fasting hours
- Eat large amounts of sugary snacks such as samosas, pakoras, dates, milkshakes and oily/cooked rice. So, if you traditionally break your fast with dates, you don't need to eat more than a few.

If you need any advice from a health professional during the Holy month of Ramadhan, contact your local GP or call Newcastle Diabetes Centre - 0191 282 3867.

Dua (Prayer) at the End of the Fast

Allahumma inni laka sumtu wa bika aamantu wa alayka tawakkaltu wa ala rizq-ika-aftartu

O Allah! I fasted for You and I believe in You and I put my trust in You and I break my fast with Your sustenance

Stroke Association

Stroke strikes every five minutes in the UK and is more prevalent within certain BAME communities. It can happen to anyone, of any age, at any time.

For more information or support following a stroke contact Hannah Parrington at the Stroke Association on 0191 487 9988 or hannah.parrington@stroke.org.uk



PALS

Patient Advice and Liaison Service (PALS) is a free, confidential NHS advice service for patients, their families and carers.

If you need information or advice about NHS services or would like help to sort out any problems you can contact PALS.

The contact details for all NHS services are
Freephone: 0800 0320202,
Email: northoftynpals@nhct.nhs.uk, SMS: 01670 511098