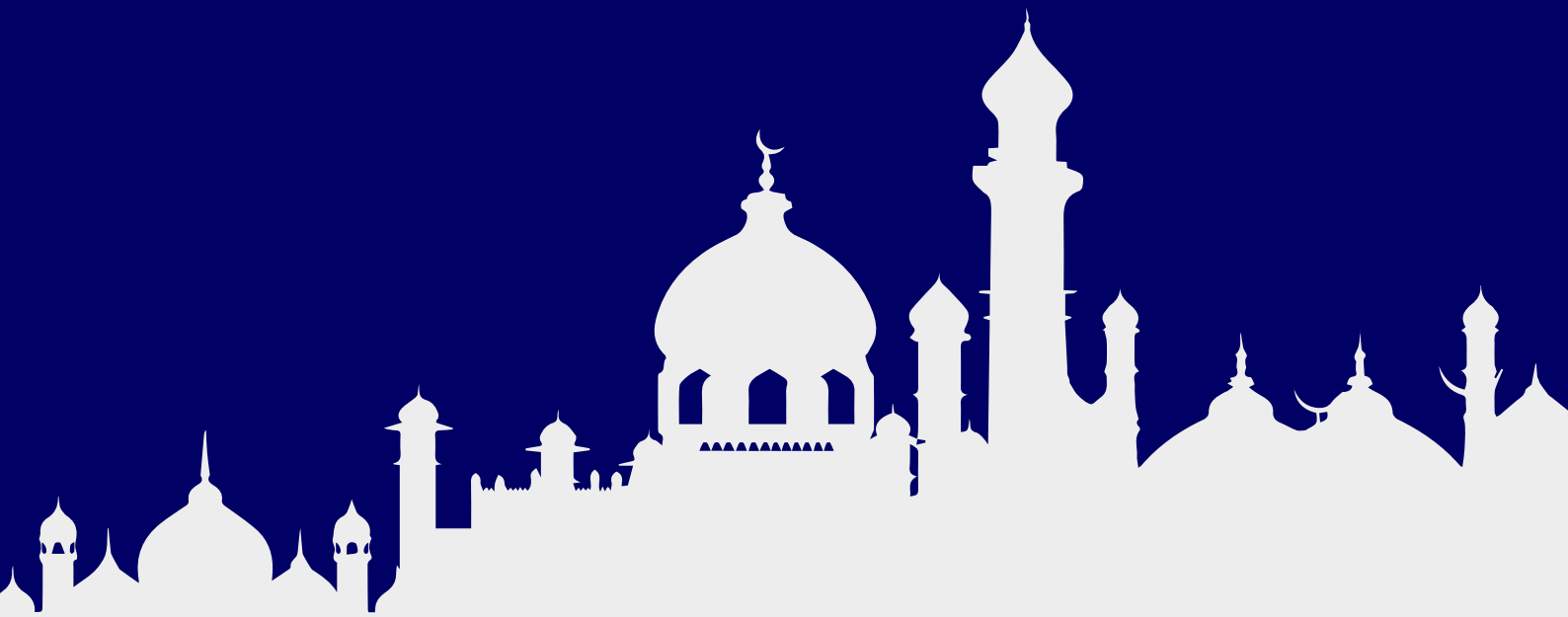
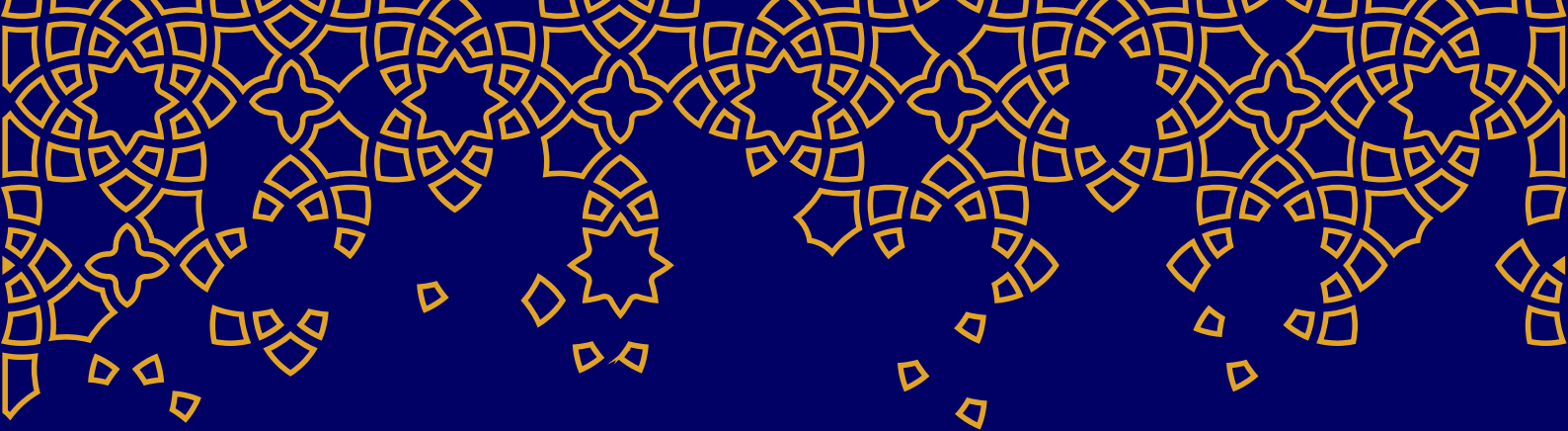


Ramadan Toolkit

2025/1446



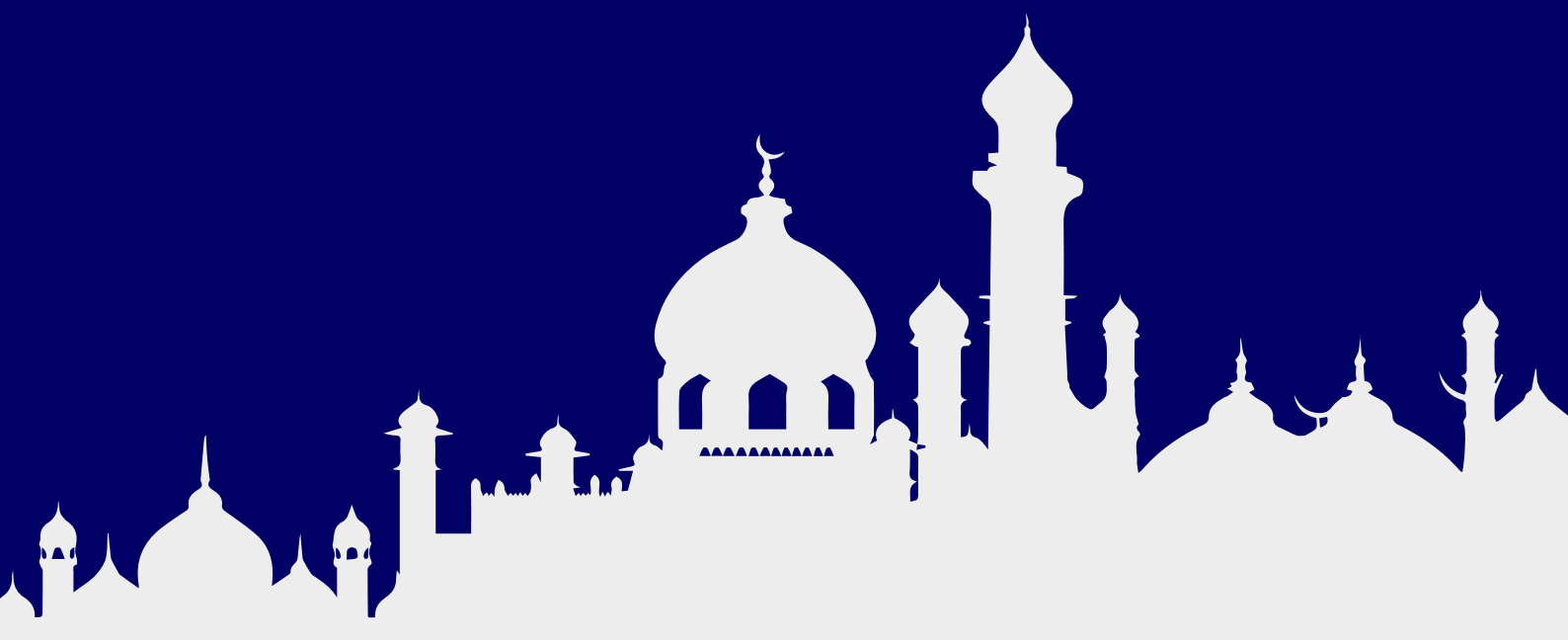


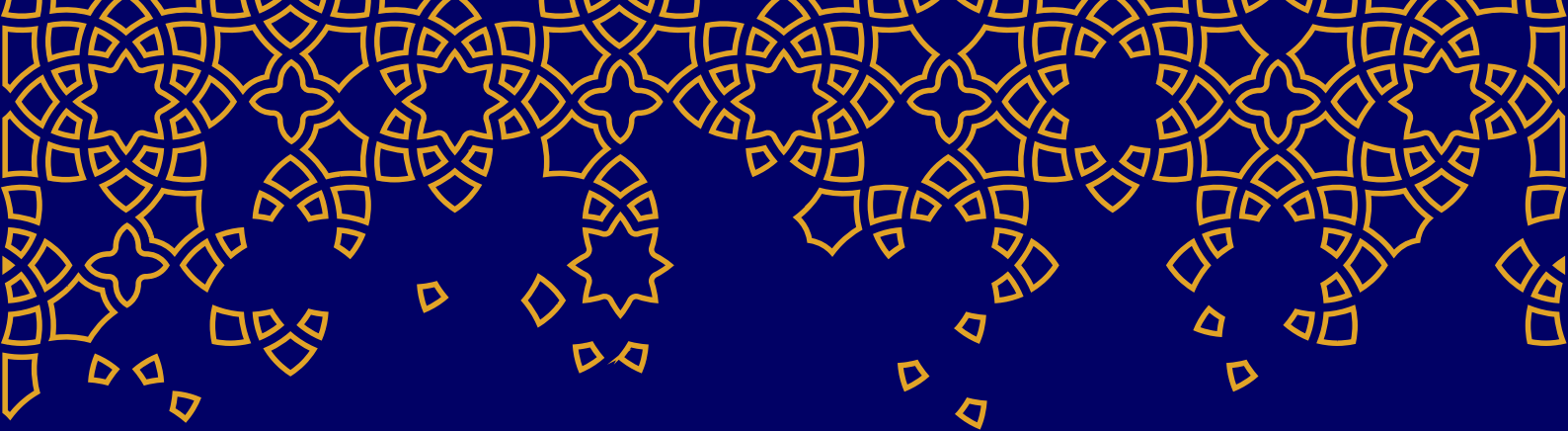
Ramadan 2025 is expected to begin on **Friday 28th February or Saturday 1st March 2025**, depending on the sighting of the moon. It will conclude with **Eid al-Fitr on 30th or 31st March 2025**.

As the Rohingya Centre UK (RCUK), we recognise Ramadan as a time of spiritual renewal, resilience, and togetherness. It is a moment to reflect, strengthen our communities, and uphold the values of **compassion, generosity, and unity**.

This booklet provides **guidance, advice, and key resources** to support Muslims in observing Ramadan meaningfully. It also serves as a helpful reference for **communities, and colleagues**, fostering greater understanding and inclusivity.

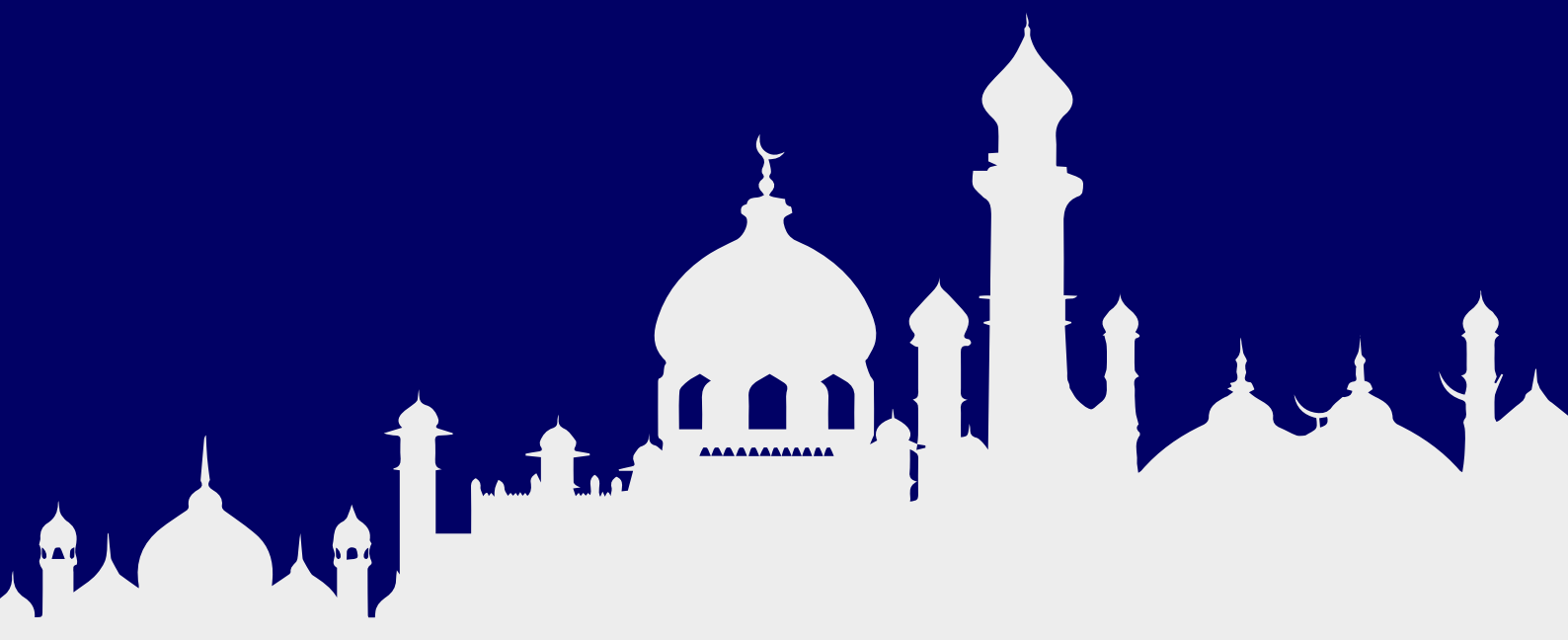
Ramadan Kareem!
RCUK wishes everyone a blessed and fulfilling Ramadan.





Contents

1. What Is Ramadan?
2. Why do Muslims fast?
3. Is fasting solely about giving up food and drink?
4. Is fasting beneficial for health?
5. Tips for fasting and maintaining good health
6. Maintaining mental health and well-being during Ramadan
7. Ramadan activities for families and children
8. Ramadan in Bradford: Resources and services available
9. Charity and community support
10. Planning ahead for Ramadan & Eid
11. Eid Ul Fitr





What is Ramadan?

Ramadan is considered the holiest month in the Islamic calendar, marking the revelation of the Qur'an to the Prophet Muhammad (peace be upon him).

During this month, Muslims around the world fast from dawn until sunset, refraining from eating, drinking, and engaging in intimate relations during daylight hours. Certain groups, such as young children, the elderly, the sick, travelers, and women who are menstruating or breastfeeding, are exempt from fasting.

Beyond the physical fast, Ramadan is a time for spiritual growth. Muslims devote themselves more intensely to acts of worship, such as prayer, charity, and enhancing relationships with family and friends. It is a time to foster a sense of community and solidarity, with Muslims encouraged to share meals with loved ones, neighbors, and those who may be fasting alone.

Suhur: is the pre-dawn meal consumed before the fast begins at sunrise. It helps to provide energy and hydration for the day ahead.

Iftar: is the meal enjoyed at sunset to break the fast, traditionally done with dates and water, followed by a larger meal with family and friends.

Tarawih: refers to the special night prayers performed during Ramadan, offering a chance for Muslims to engage in lengthy supplications and recite large portions of the Qur'an. These prayers are typically held at the mosque after the 'Isha' prayer.

Itikaf: is a form of worship where individuals spend time in seclusion at the mosque, dedicating themselves solely to prayer and reflection. This practice is commonly observed during the last ten days and nights of Ramadan, as it is believed to bring great spiritual rewards.

Zakat al-Fitr: is a charitable donation given by all Muslims who are financially able, typically before the Eid prayer. It is an important practice that helps those in need, ensuring they can also partake in the joy of Eid.

Eid al-Fitr: marks the end of Ramadan, celebrating the conclusion of this spiritual month and is a joyous occasion for Muslims worldwide.



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا
كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

**“O you who believe! Fasting
has been prescribed to you as
it was prescribed to those
before you so that you may be
mindful of God”**

[Quran 2:183]

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Why do Muslims Fast?

Fasting holds significant importance across many of the world's major religions, particularly within the Abrahamic faiths of Judaism, Christianity, and Islam.

In Islam, fasting during the month of Ramadan is an obligation for Muslims who are able, and it is also encouraged at other times throughout the year. Fasting is considered one of the Five Pillars of Islam, which are central practices to a Muslim's faith and devotion.

The primary aim of fasting is to strengthen taqwa (consciousness of Allah), fostering spiritual growth, self-discipline, and a deeper sense of gratitude. It also serves as a means of self-improvement both on a personal and community level.

By fasting, Muslims are reminded of their connection to those who are less fortunate, those who go without food on a daily basis, and are inspired to empathise with their struggles. Scientifically, fasting has been shown to offer various health benefits, and intermittent fasting has become a common approach in many popular dieting regimens.

On a communal level, the shared tradition of breaking the fast at sunset (iftar) brings families and communities together to share meals, reinforcing unity and solidarity. Charity work also tends to rise during Ramadan, as Muslims strive to give back to those in need.

The Prophet Muhammad (peace be upon him) would increase his devotion to worship during Ramadan, especially in the last ten nights, which he dedicated even more intensely to spiritual reflection and prayer compared to the rest of the month.

(Sahih Muslim).

Is fasting solely about giving up food and drink?

During Ramadan, fasting is more than just abstaining from food and drink; it is an opportunity for Muslims to cultivate better character. The focus shifts to the importance of embodying strong moral principles, which involves not only doing good deeds but also steering clear of harmful and immoral actions. This period encourages self-reflection and a commitment to ethical conduct, helping individuals grow spiritually and morally. As emphasised in the following narration.

The Prophet Muhammad (ﷺ) said, "Whoever does not give up false statements (i.e. telling lies), and evil deeds, and speaking bad words to others, Allah is not in need of his (fasting) leaving his food and drink."

(Sahih Bukhari)



Is fasting beneficial for health?

Fasting is generally considered safe for healthy individuals, provided they stay adequately hydrated during the non-fasting hours.

The health effects of Ramadan fasting have been studied, but the results can vary. These differences may be due to the length of the fast and the seasonal weather conditions, which can differ depending on the country and the time of year.

Recent umbrella reviews and analyses have shown that Ramadan fasting could have moderate benefits for metabolic health. It may help with managing factors such as **body weight, blood pressure, glucose levels, and lipid profiles**, which are key components of metabolic syndrome. However, the full extent of these benefits can depend on individual health, lifestyle, and how the fasting is practiced.



Tips for fasting and maintaining good health

Hydrate Well – Drink plenty of water between Iftar and Suhoor to prevent dehydration.

Eat a Balanced Suhoor – Choose slow-digesting foods like oats, whole grains, and proteins to sustain energy.

Avoid Sugary & Processed Foods – They cause energy crashes and hunger spikes.

Break Your Fast Lightly – Start with dates and water, then have a nutrient-dense meal with more greens leafy vegetables.

Prioritize Protein & Healthy Fats such as chicken breast, lamb, beef, olive oil, avocado – Helps maintain muscle and keeps you full longer.

Stay Active (Lightly) – Avoid intense workouts; opt for walking in the park or stretching.

Get Enough Sleep – Rest is crucial for energy and overall well-being.

Listen to Your Body – If you feel weak or dizzy, adjust your food and water intake.



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Maintaining mental health and well-being during Ramadan

Ramadan is a time for spiritual and emotional renewal—prioritise inner peace and well-being. Here is how you can do it.

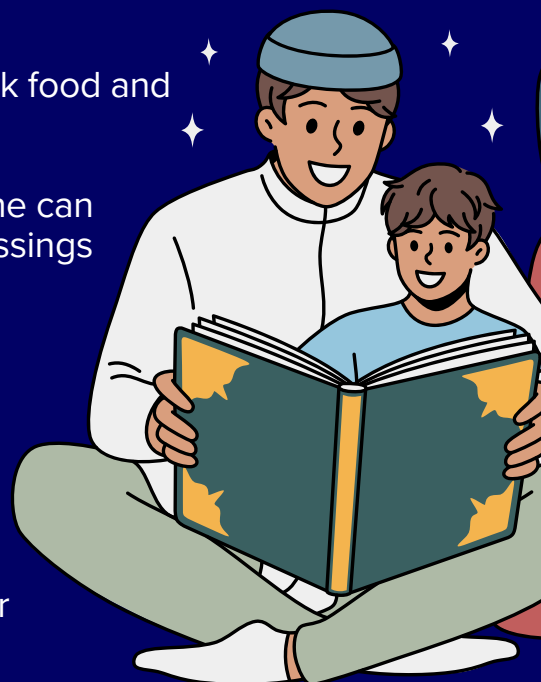
- 1. Prioritise Rest & Sleep** – Maintain a healthy sleep schedule to avoid fatigue and stress.
- 2. Practice Mindfulness & Gratitude** – Reflect, pray, and engage in dhikr to strengthen inner peace.
- 3. Manage Stress** – Keep expectations realistic and avoid overcommitting to activities.
- 4. Eat Nutritious High Protein Foods** – A balanced diet supports mood and mental clarity.
- 5. Stay Hydrated** – Dehydration can lead to headaches and irritability.
- 6. Connect with Loved Ones** – Spend quality time with family and engage in acts of kindness.
- 7. Limit Social Media & News** – Protect your mental space from negativity and distractions.
- 8. Make Time for Self-Care** – Recite Quran, read Islamic books, journal, or take short walks to relax and reset.



Ramadan activities for families & children

Here is how you can make Ramadan meaningful, fun, and educational for the whole family.

- 1. Daily Quran Reading Together** – Read and discuss short verses with children.
- 2. Ramadan Good Deeds Chart** – Plan acts of kindness, like helping neighbors, giving to the needy, or volunteering.
- 3. DIY Ramadan Decorations** – Make crescent moon and star crafts to decorate the home.
- 4. Storytime About Prophets & Islamic History** – Engage children with inspiring stories of faith.
- 5. Cooking Iftar Together** – Involve children in preparing simple meals or setting the table.
- 6. Create & Distribute Ramadan Care Packages** – Pack food and essentials for those in need.
- 7. Organise family gatherings for Iftar** - where everyone can come together to share the meal and reflect on the blessings of Ramadan.
- 8. Moon & Star Gazing** – Teach kids about the Islamic calendar and sighting the moon.
- 9. Ramadan Gratitude Journal** – Have children write or draw something they are grateful for daily.
- 10. Eid Card Making** – Make and decorate Eid cards for friends and family.





Ramadan in Bradford: Resources and services available

As Ramadan 2025 is here, Bradford offers a variety of resources and services to support the community during this holy month. Here are some key events and initiatives:

1. Ramadan Festival 2025

Bradford 2025, in partnership with the Ramadan Tent Project, is hosting a month-long Ramadan Festival. The festival aims to unite people from all backgrounds through various cultural and community events. Highlights include the Ramadan Pavilion, a specially commissioned structure celebrating the holy month, and Open Iftar events on **March 21 and 22 at One City Park**, inviting everyone to break the fast together.

2. Health and Well-being Support

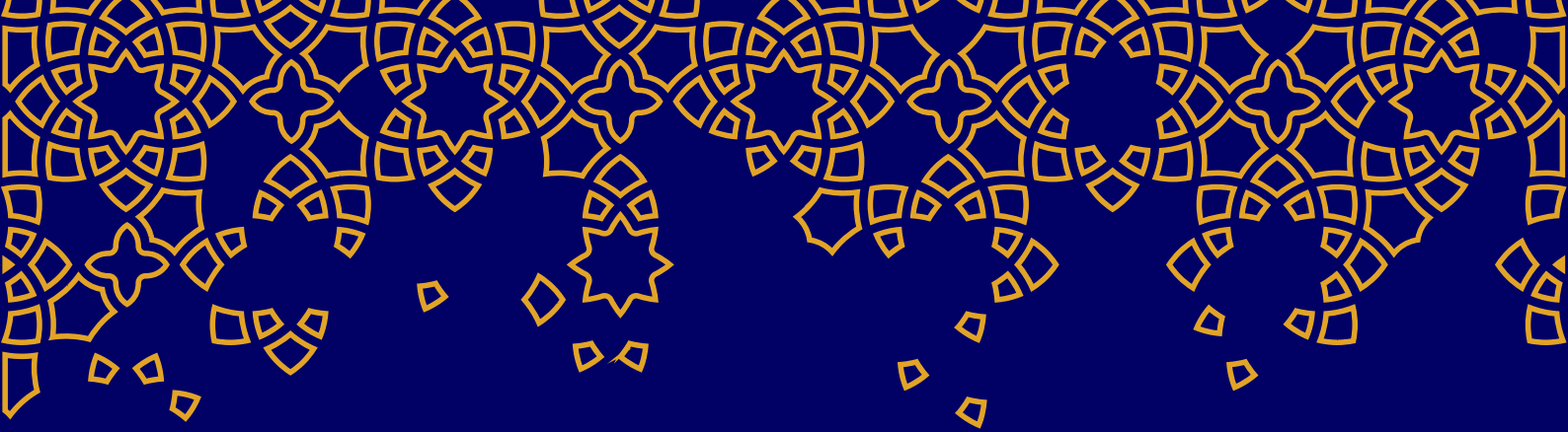
The Bradford District and Craven Health and Care Partnership, in collaboration with the British Islamic Medical Association, provides guidance on maintaining health during Ramadan. They offer tips on nutrition, hydration, and managing long fasting hours to ensure the well-being of those observing the fast.

3. Community Initiatives

Local organisations are organising community Iftar events to foster unity and support charitable causes. For instance, the Team Bradford and Halifax Community Iftar 1000 aims to provide meals to those in need during Ramadan, encouraging communal participation and generosity.

4. Support for Healthcare Workers

Bradford Teaching Hospitals NHS Foundation Trust is implementing initiatives to support Muslim staff during Ramadan. This includes 'Ramadan Allies'—managers trained to create a Ramadan-friendly workplace—and 'PROP Packs' (Pop-up Prayer Room Operational Packs) to facilitate convenient prayer spaces within hospital premises.



“The month of Ramadan in which was revealed the Quran, a guidance for the people and clear proofs of guidance and criterion.”

[Quran 2:185]

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Charity and community support

Prophet Muhammad (PBUH) said: “Charity does not decrease wealth, no one forgives another except that Allah increases his honour, and no one humbles himself for the sake of Allah except that Allah raises his status.” (Muslim)

Ramadan is also a month of generosity, whether through financial contributions to charity or acts of service to others. Giving can take many forms, from supporting local initiatives such as food banks run by mosques and community centres to contributing to international efforts that alleviate poverty and hardship. Charity is not a loss—it enriches both the giver and the receiver.

1. Donating Safely

When donating, it is essential to ensure that your chosen charity is reputable and legitimate. With online donations becoming more common, particularly since the COVID-19 pandemic, it is important to stay vigilant against fraudulent websites, scams, and suspicious emails seeking donations. Always verify the authenticity of the organisation before making a contribution.

2. Ways to Contribute

You can contribute to RCUK’s ongoing efforts to support the Rohingya community through various donation options. Your contribution helps provide food, healthcare, and education for refugees and displaced families.

Consider supporting other organisations that provide aid during Ramadan, such as local mosques, food banks, and refugee support groups.

3. Volunteering

Helping those in need is a fundamental aspect of Ramadan. It provides an opportunity to actively support the most vulnerable members of society, making a tangible difference in their lives.



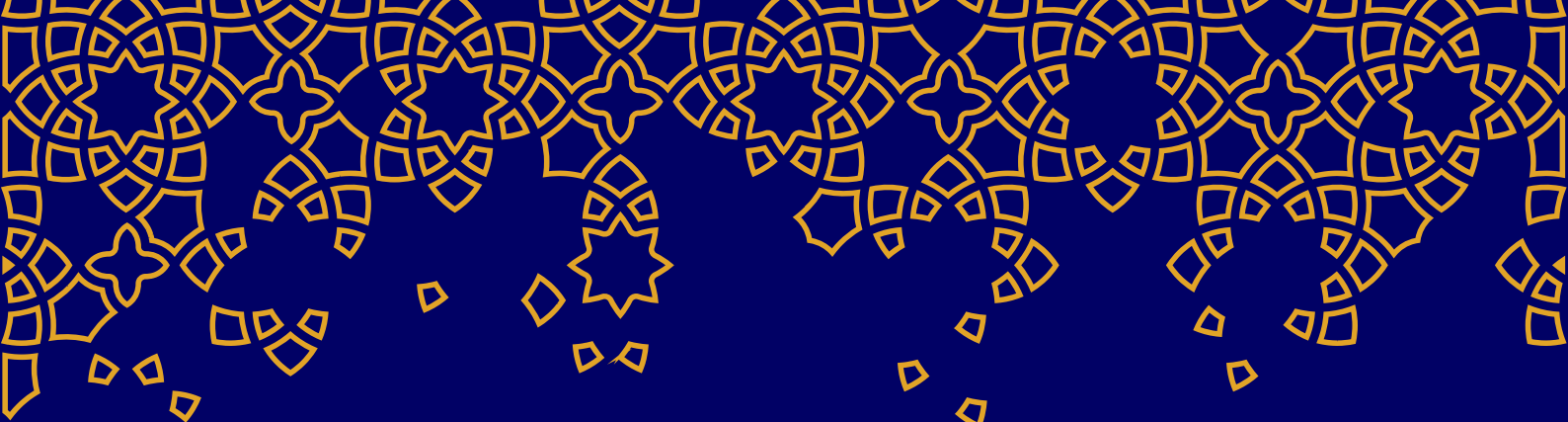
...and not forgetting Rohingya



Recognising the ongoing struggles faced by the Rohingya people due to decades of systematic persecution, forced displacement, and humanitarian and political crises, it is vital to extend support to Rohingya communities.

Providing pastoral care and fostering a compassionate and inclusive environment is essential for those who may be deeply affected by the suffering of Rohingya communities, both in refugee camps and in the diaspora.

This advice aims to promote empathy and understanding of the Rohingya within host communities, fostering a collective effort to support and stand in solidarity with them during these challenging times.

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**“Indeed, We sent the Qur’an
down during the Night of
Decree. And what can make
you know what is the Night of
Decree? The Night of Decree is
better than a thousand
months.**

**The angels and the Spirit
descend therein by permission
of their Lord for every matter.
Peace it is until the emergence
of dawn.”**

[Quran 97:1-5]

Planning ahead for Ramadan & Eid



Ramadan is a month-long observance lasting 29 to 30 days, culminating in the celebration of Eid ul-Fitr. In areas with a significant Rohingya population, it can be helpful for schools and workplaces to consider flexibility around this period. Planning ahead and being aware of potential dates can support schools in accommodating students and enable employers to assist staff in managing their annual leave during this important time.

Ramadan start date for the next 10 years**

1st March 2025
18th February 2026
8th February 2027
28th January 2028
16th January 2029
6th January 2030
26th December 2030
15th December 2031
4th December 2032
23rd November 2033
12th November 2034

Eid ul Fitr date for the next 10 years**

31st March 2025
20th March 2026
10th March 2027
27th February 2028
15th February 2029
5th February 2030
25th January 2031
14th January 2032
3rd January 2033 23rd
December 2033 12th December
2034



Eid Ul Fitr

Eid ul Fitr is the festival after the month of Ramadan when this blessed month comes to an end. It is a religious holiday for Muslims that takes place during the first three days of the tenth month of the Islamic calendar in the month called **Shawwal**. It is one of two festivals Muslims celebrate in the year.

It allows families and friends to come together and take part in this celebration. The exact date of Eid Ul Fitr can vary and depends on the sighting of the moon.

What happens on the first day of Eid ul Fitr

Muslims will generally visit the Mosque for Eid prayers in the morning on the first day of Eid. They will offer prayers and express gratitude to Allah whilst reflecting on the blessings of this month of Ramadan. They will ensure they have paid a small charity before offering Eid prayers to support those in need which is called Zakatul fitr. Fasting is prohibited during the day of Eid ul fitr.

Following the Eid prayers Muslims will traditionally meet one another offering the greeting of Eid Mubarak, which means Blessed Festival. During the Eid celebrations people will wear new clothes and visit family and friends and exchange gifts.



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About the RCUK

The Rohingya Centre of the United Kingdom (RCUK) is the UK's leading official Rohingya diaspora organisation, dedicated to safeguarding the rights and well-being of the Rohingya people. Forced to flee their homeland for decades, the Rohingya have faced unimaginable challenges, and we are committed to advocating for their rights, justice, and dignity.

As a Rohingya-led organisation, we work tirelessly to rebuild and empower our community through education, empowerment, and health initiatives. We provide essential humanitarian relief to those in need while protecting the unique identity of the Rohingya people. Our core focus is on both addressing the **immediate needs of our community and working toward sustainable long-term solutions** that foster self-reliance, dignity, and global solidarity.

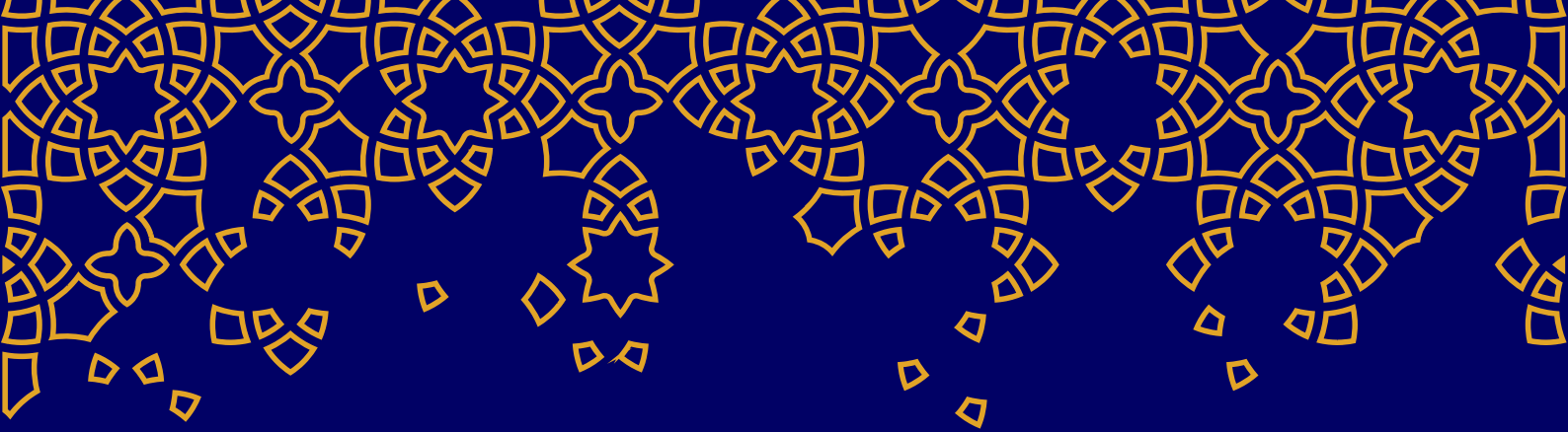
Our mission is to empowering the Rohingya community, fostering integration, and supporting them locally and globally where every Rohingya individual can enjoy fundamental human rights, achieve justice for the crimes committed against them, and contribute to the development of a productive, empowered, and healthy community.

Our vision is to see a future where the Rohingya people are no longer defined by their suffering, but by their strength, resilience, and contribution to society.

About this guide

This guidance was developed by the Rohingya Centre of the United Kingdom (RCUK). The information is accurate as of February 2025. Feedback is welcome —please email: info@rcuk.org.uk.

Keep up to date with the work of RCUK by following our social media at @WeAreRCUK and visit: rcuk.org.uk



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