

رمضان

# RAMADAN

A Month of Reflection and Devotion

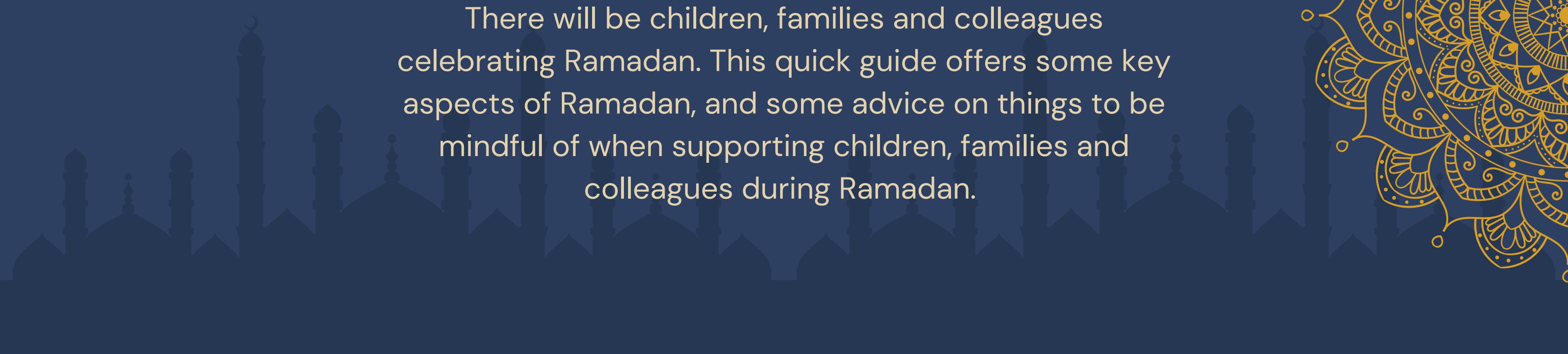
Evening of Friday 28th February 2025 – Sunday 30th March 2025  
(Dates may vary)



# INTRODUCTION

Ramadan is a special time of year celebrated by close to **1.8 billion** people across the world. It is a month of fasting, it is also a month of much celebration, joyfulness and togetherness for families and communities.

There will be children, families and colleagues celebrating Ramadan. This quick guide offers some key aspects of Ramadan, and some advice on things to be mindful of when supporting children, families and colleagues during Ramadan.



# WHAT IS RAMADAN?

Ramadan is a special time for Muslim's across the world, Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad.

Ramadan occurs in the 9th month of the Islamic calendar and begins with the sighting of the new moon. This year Ramadan is due to begin on the 28th February and is due to end of the 30th March, however Ramadan start and end dates vary for Muslims from different sects.

Ramadan is followed by 'Eid' celebrations where family and friends gather to celebrate the end of Ramadan.





# KEY PRACTICES DURING RAMADAN

## Fasting

Fasting is one of the 5 pillars of Islam.

During Ramadan from sunrise called 'Fajr' until sunset called 'Maghrib' Muslims do not eat or drink during this time.

## Prayer

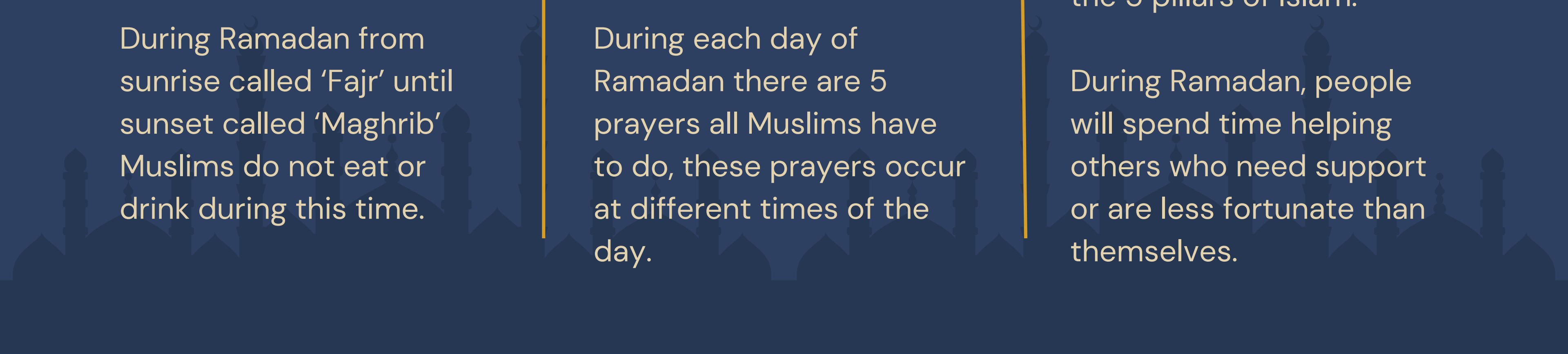
Prayer is one of the 5 pillars of Islam.

During each day of Ramadan there are 5 prayers all Muslims have to do, these prayers occur at different times of the day.

## Charity

Giving to charity also known as 'Zakat' is one of the 5 pillars of Islam.

During Ramadan, people will spend time helping others who need support or are less fortunate than themselves.



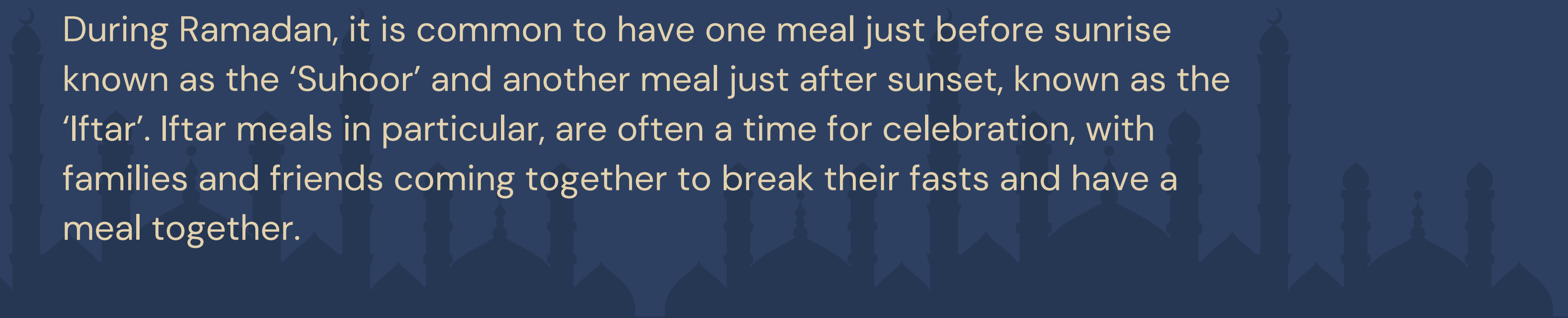


# FASTING

Fasting is one of the 5 pillars of Islam. During Ramadan from sunrise called 'Fajr' until sunset called 'Maghrib' Muslims do not eat or drink during this time.

Fasting allows Muslims to devote themselves to their faith, increase their closeness to God, increase their sense of gratitude for what they have and build compassion to those who are less fortunate.

During Ramadan, it is common to have one meal just before sunrise known as the 'Suhoor' and another meal just after sunset, known as the 'Iftar'. Iftar meals in particular, are often a time for celebration, with families and friends coming together to break their fasts and have a meal together.

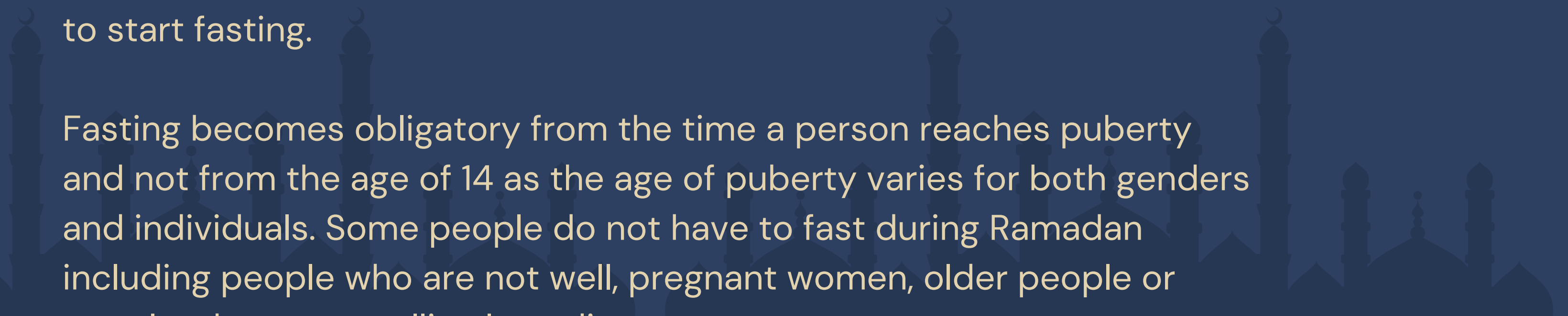


# FASTING

Children are not expected to fast until they reach puberty, however some parents encourage children to start fasting from a younger age, some as young as 7. It is common for Muslim children to keep 'mini' fasts (e.g. 2hrs a day) from the age of 5 then increasing the fasting times and frequency as the child gets older.

Health professionals say it is not harmful for children to take part in fasting. It is up to parents to decide when the right time is for their child to start fasting.

Fasting becomes obligatory from the time a person reaches puberty and not from the age of 14 as the age of puberty varies for both genders and individuals. Some people do not have to fast during Ramadan including people who are not well, pregnant women, older people or people who are travelling long distances.



# PRAYER

During each day of Ramadan there are 5 prayers all Muslims have to do, these prayers occur at different times of the day:

The 1st prayer is called the '**Fajr**' which occurs in the morning before sunrise.

The 2nd prayer is called the '**Zuhr**' which occurs after mid day.

The 3rd prayer is called the '**Asar**' which occurs late afternoon

The 4th prayer is called the '**Maghrib**' which occurs after dusk/sunset, where Muslims break the fast.

The 5th prayer is called '**Isha**' which occurs at night.



# PRAYER

Muslims are encouraged to do extra prayers, they also perform additional special prayers called the Taraweeh prayers which are long prayers at night. During Ramadan Muslims are encouraged to go to the mosque to pray in congregation.

The '**Night of Power**' also known as '**Laylat Al Qadr**' is the holiest night of the year. Muslims try to stay awake for the whole night to pray and study the Qur'an. The Night of Power occurs during the last 10 days of Ramadan and during this time some Muslims pray extensively.

During Ramadan many Muslims will make time to read the Qur'an and some will attempt to read all of the Qur'an at least once during Ramadan.





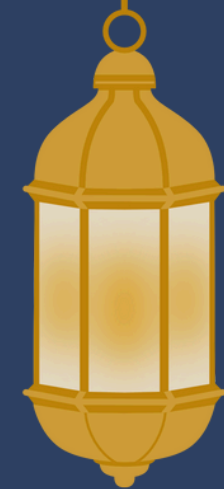
# CHARITY

Giving to charity also known as 'Zakat' is one of the five pillars of Islam.

During Ramadan, people will spend time helping others who need support or are less fortunate than themselves.

This could include giving money to charity, helping out neighbours or family members who need support or devoting time to help out with any good causes.

A smile or a kind gesture to anyone is also considered a form of charity or good deed during Ramadan.



# EID AL-FITR

The end of Ramadan is marked by a big celebration called 'Eid al-Fitr' (the festival of the Breaking of the Fast). Eid-al-Fitr is a very important day of celebration for Muslims across the world.

During Eid al-Fitr many Muslims dress in their finest clothes and give gifts to children. They spend time with family and friends, celebrating and enjoying meals together.

Many Muslims will attend Eid prayers at their mosque. Before Eid prayers every Muslim is obliged to give a donation to charity called 'Zakat al-Fitr' so as to help those in need.

Just as we say 'Merry Christmas' to those celebrating Christmas, it is common to greet others or wish others well by saying 'Eid Mubarak'

# REFLECTIONS FOR PRACTICE

During Ramadan if children and families are fasting, they will often get up very early before sunrise to have their 'Suhoor' meal. Which means some families may be getting up at around 4 am (maybe earlier if they are preparing the meal). Some go back to bed after their Suhoor meal to get some extra rest, while others are up for the day especially those families with young children.

The effects of fasting could be felt more strongly at the end of the day, especially if someone has been up since the early of the morning. It can be helpful to use the earlier parts of the day for meetings and more challenging work.

(See below timetable for prayer times, please note most scholars agree that Suhoor can be eaten until the beginning of 'first light' of dawn which is up until the point that sunlight first becomes visible. Suhoor is eaten before Fajr time).





# REFLECTIONS FOR PRACTICE

March 2025			Ramadhan/Shawwal 1446 AH									
Beginning Times								Jamat Times				
		Sehri End										
Mar	Day	Ramadhan	Fajar	Sunrise	Zohar	Asar	Isha	Fajar	Zohar	Asar	Magrib	Isha
1	SAT	1	5:21	6:54	12:24	3:43	7:07	5:41	1:00	4:30	5:44	7:45
2	SUN	2	5:18	6:52	12:24	3:45	7:09	5:38	-	-	5:46	-
3	MON	3	5:16	6:49	12:23	3:47	7:11	5:36	-	-	5:48	-
4	TUE	4	5:14	6:47	12:23	3:49	7:12	5:34	-	-	5:50	-
5	WED	5	5:11	6:45	12:23	3:50	7:14	5:31	-	-	5:52	-
6	THR	6	5:09	6:42	12:23	3:52	7:16	5:29	-	-	5:54	-
7	FRI	7	5:07	6:40	12:23	3:54	7:18	5:27	-	4:45	5:56	-
8	SAT	8	5:04	6:37	12:22	3:56	7:19	5:24	-	-	5:58	8:00
9	SUN	9	5:02	6:35	12:22	3:57	7:21	5:22	-	-	6:00	-
10	MON	10	4:59	6:32	12:22	3:59	7:23	5:19	-	-	6:02	-
11	TUE	11	4:57	6:30	12:22	4:01	7:25	5:17	-	-	6:04	-
12	WED	12	4:55	6:27	12:21	4:02	7:26	5:15	-	-	6:06	-
13	THR	13	4:52	6:25	12:21	4:04	7:28	5:12	-	-	6:08	-
14	FRI	14	4:50	6:22	12:21	4:06	7:30	5:10	-	-	6:10	-
15	SAT	15	4:47	6:20	12:20	4:07	7:31	5:07	-	-	6:12	8:15
16	SUN	16	4:45	6:17	12:20	4:09	7:33	5:05	-	-	6:14	-
17	MON	17	4:43	6:14	12:20	4:11	7:35	5:03	-	-	6:16	-
18	TUE	18	4:40	6:12	12:20	4:12	7:37	5:00	-	-	6:18	-
19	WED	19	4:38	6:09	12:19	4:14	7:38	4:58	-	-	6:20	-
20	THR	20	4:35	6:07	12:19	4:15	7:40	4:55	-	-	6:22	-
21	FRI	21	4:33	6:04	12:19	4:17	7:42	4:53	-	5:15	6:24	-
22	SAT	22	4:30	6:02	12:18	4:18	7:43	4:50	-	-	6:26	-
23	SUN	23	4:27	5:59	12:18	4:20	7:45	4:47	-	-	6:28	-
24	MON	24	4:25	5:57	12:18	4:22	7:47	4:45	-	-	6:30	-
25	TUE	25	4:22	5:54	12:18	4:23	7:49	4:42	-	-	6:32	-
26	WED	26	4:19	5:52	12:17	4:25	7:50	4:39	-	-	6:34	-
27	THR	27	4:16	5:49	12:17	4:26	7:52	4:36	-	-	6:36	-
28	FRI	28	4:13	5:46	12:17	4:28	7:54	4:33	-	-	6:38	-
29	SAT	29	4:10	5:44	12:16	4:29	7:55	4:30	-	-	6:40	-
30	SUN	Shawwal	5:07	6:41	1:16	5:30	8:57	5:45	1:30	6:30	7:42	9:30
31	MON	2	5:05	6:39	1:16	5:32	8:59	-			7:44	

The effects of fasting could be felt more strongly at the end of the day, especially if someone has been up since the early of the morning. It can be helpful to use the earlier parts of the day for meetings and more challenging work. Carefully considering what time to visit families or have meetings where difficult or challenging aspects need to be discussed.

This is to ensure that the family get the most out of the meeting or visit rather than the meeting or visit happening at a time when the person / family might be feeling the effects of fasting and less able to concentrate or focus etc.



# REFLECTIONS FOR PRACTICE

People react differently to fasting so where possible it is always best to ask the person or family when they prefer to have a meeting or visit where any challenging or difficult issues may need to be discussed.

Ramadan is sometimes a busier month for many Muslim families due to the religious activities and extra prayers, therefore there is need to be mindful that timing for events, visit or meetings may clash with a time when the family may need to do an activity such as having one of the 5 prayers a day which happen at different times throughout the day (see timetable).

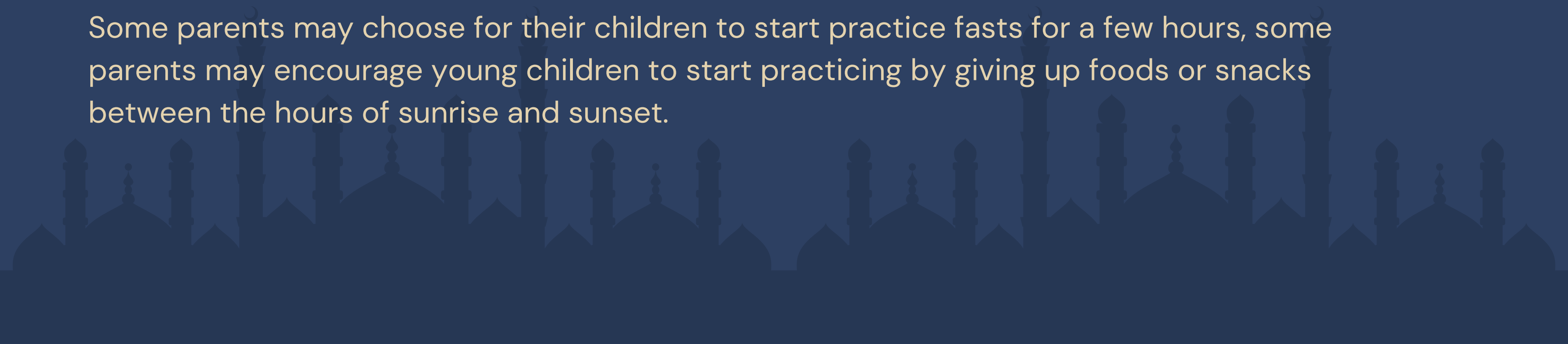
It is also important to be mindful that in the UK although 'Eid al Fitr' is not a public holiday, a lot of families may take time off to have celebrations and gathering with family members and friends. Workers may need to be mindful especially if the day 'Eid al Fitr' occurs during the work week (this year it is March 30th which is a weekend, however dates may vary for different sects).



# PARENTAL CHOICE AND POTENTIAL EFFECTS OF FAST:

It is up to parents to decide if they want their child to start fasting, some children as young as 7 years old are encouraged to start fasting.

Some parents may choose for their children to start practice fasts for a few hours, some parents may encourage young children to start practicing by giving up foods or snacks between the hours of sunrise and sunset.



# PARENTAL CHOICE AND POTENTIAL EFFECTS OF FAST:

It would be good for the worker supporting the family to ask parents if their child will be fasting during Ramadan or doing practice fasts. Workers need to be aware that some of the effects of prolonged fasting on young children can include sleepiness, mood swings and headaches, such effects can be more pronounced in very young children.

For children who are cared for it is important to ensure they have access to a prayer mat and the Quran. It is important that their carers support them getting up for early morning prayers and also supporting them if they want to go to the Mosque for prayers.





# COST OF LIVING

We know that the cost of living has been increasing with the price for food and other general expenses increasing. We know that this increased cost in living will be impacting some families ability to have enough food, with some families relying on support from foodbanks etc.

Be mindful to check out with the families you are supporting if they need any additional help with getting food.

Gifts will be given to children for Eid al Fitr.





# SUPPORTING COLLEAGUES DURING RAMADAN:

It is important to show solidarity and support for colleagues during Ramadan, this could mean asking them about Ramadan, you may wish to show solidarity by spending a day or a few days fasting also.

You may wish to show solidarity by making plans within teams to take time celebrating 'Eid al Fitr' this could be by having a get together for lunch, just as many teams take time to have celebratory team Christmas lunches during Christmas time.

Those who are not fasting shouldn't feel nervous about making a cup of tea or having their lunch, however, to be mindful and respectful of colleagues who may be fasting to avoid offering a cup of tea or any food being shared around the team to colleagues who are fasting.

# SUPPORTING COLLEAGUES DURING RAMADAN:

For managers it is important to check in with staff to see how things are going during Ramadan. Where possible managers should meet staff before Ramadan begins to discuss any support or adjustments needed, and to check in throughout Ramadan.

People have different preferences for how they want to work during Ramadan, some people will want to start work soon after their Suhoor meal where possible. As such, if possible, it may be good to consider being flexible for when staff will start and finish work during Ramadan.

The last 10 days of Ramadan are considered the most sacred of the month, there are special nights where people may spend praying throughout the night, it may also be important to check in with staff during this time and where possible to be flexible supporting staff.




# FURTHER READING

To help better support Muslim families and their children during Ramadan please see further reading:

Jiva, T (2020) Supporting Vulnerable and Looked After Children Through Ramadan: Islamic Guide with Social Work and Medical Perspectives

‘Royal Borough of Kensington and Chelsea’ in collaboration with ‘Discover Islam’: Ramadan (Fasting) – A guide for Primary Schools and Secondary Schools

Muslim Council of Britain (2014) Ramadan Health Guide: A Guide to Healthy Fasting – Supported by the NHS.



THANK  
YOU

