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Ramadan 2021 Calendar

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

Ramadan 1442

	Date Apr/May	Day	Fajr Sehri End		Sunrise	Zuhur		Asar		Iftari Magrib	Isha	
			Start	Jamat		Start	Jamat	Start	Jamat		Start	Jamat
1	13	TUE	4:28	4:45	6:06	1:12	1:30	5:50	-	8:09	9:21	9:45
2	14	WED	4:25	-	6:04	1:12	-	5:51	-	8:11	9:22	-
3	15	THU	4:22	-	6:01	1:12	-	5:53	-	8:13	9:24	-
4	16	FRI	4:20	4:30	5:59	1:11	1:30	5:54	7:00	8:15	9:26	10:00
5	17	SAT	4:17	-	5:57	1:11	-	5:55	-	8:17	9:28	-
6	18	SUN	4:14	-	5:54	1:11	-	5:57	-	8:19	9:29	-
7	19	MON	4:12	-	5:52	1:11	-	5:58	-	8:21	9:31	-
8	20	TUE	4:09	-	5:49	1:10	-	5:59	-	8:23	9:33	-
9	21	WED	4:06	-	5:47	1:10	-	6:01	-	8:25	9:34	-
10	22	THU	4:04	-	5:45	1:10	-	6:02	-	8:26	9:36	-
11	23	FRI	4:01	4:15	5:42	1:10	1:30	6:03	7:15	8:28	9:38	10:00
12	24	SAT	3:58	-	5:40	1:10	-	6:04	-	8:30	9:39	-
13	25	SUN	3:56	-	5:38	1:09	-	6:06	-	8:32	9:41	-
14	26	MON	3:53	-	5:35	1:09	-	6:07	-	8:34	9:43	-
15	27	TUE	3:51	-	5:33	1:09	-	6:08	-	8:36	9:45	-
16	28	WED	3:48	-	5:31	1:09	-	6:09	-	8:38	9:46	-
17	29	THU	3:45	-	5:29	1:09	-	6:11	-	8:40	9:48	-
18	30	FRI	3:43	4:00	5:26	1:09	1:30	6:12	7:30	8:42	9:50	10:15
19	1	SAT	3:40	-	5:24	1:09	-	6:13	-	8:44	9:51	-
20	2	SUN	3:38	-	5:22	1:08	-	6:14	-	8:46	9:53	-
21	3	MON	3:35	-	5:20	1:08	-	6:15	-	8:48	9:55	-
22	4	TUE	3:33	-	5:18	1:08	-	6:16	-	8:50	9:56	-
23	5	WED	3:31	-	5:16	1:08	-	6:18	-	8:52	9:58	-
24	6	THU	3:28	-	5:14	1:08	-	6:19	-	8:53	10:00	-
25	7	FRI	3:26	3:45	5:12	1:08	1:30	6:20	7:30	8:55	10:01	10:30
26	8	SAT	3:24	-	5:10	1:08	-	6:21	-	8:57	10:03	-
27	9	SUN	3:21	-	5:08	1:08	-	6:22	-	8:59	10:06	-
28	10	MON	3:19	-	5:06	1:08	-	6:23	-	9:01	10:08	-
29	11	TUE	3:17	-	5:04	1:08	-	6:24	-	9:03	10:10	-
30	12	WED	3:15	-	5:02	1:08	-	6:25	-	9:05	10:12	-

NOTE: Please close fast 10 minutes before starting time

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

Safe fasting and managing your diabetes

Do

- ✓ See your doctor or healthcare team for diabetes advice before fasting
- ✓ Drink lots of water in the non-fasting hours
- ✓ Get time outdoors to increase vitamin D levels
- ✓ Both at Suhoor and Iftar, eat foods such as a handful of basmati rice, daal or 1-2 small wholemeal chapattis to give you slow-release energy. Include some lean protein and lots of vegetables. A small handful of nuts won't affect your blood sugar.
- ✓ If you have a blood glucose meter check your sugar levels 3-4 times through the day, whether your diabetes is treated with tablets or injections
- ✓ 'Having a hypo' when your blood glucose levels are too low, and you've become hypoglycaemic - common symptoms include: dizziness, hungry, sweaty, tired, blurred vision
- ✓ Break your fast if you feel 'hypo' and your blood sugar level is less than 4.0 mmol/L - this is especially important if you get a low blood glucose result in the early stages of your fast

Don't

- ✗ Fast if you are pregnant without 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, dates, milkshakes and oily rice. Only eat a few dates to break your fast

If you need advice from a health professional, contact your GP. If you are a Newcastle Diabetes Centre patient, call 0191 2823867. Contact the Diabetes UK Helpline on 0345 123 2399.

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

Diabetes UK

Diabetes UK have a Facebook group for supporters and people touched by diabetes across the north of England. Connect with others and keep up to date with the latest news from Diabetes UK, including updates on Covid-19: [Diabetes UK chat: Your Friends in the North | Facebook](#)



COVID-19 Vaccination

The vaccine is proven to be safe and effective. Having the vaccine does not invalidate your fast - it is supported by Islamic scholars and the British Islamic Medical Association. If you receive an invitation for vaccination please do not delay due to Ramadan. Visit: britishima.org/operation-vaccination/

Manage your Glaucoma during Ramadan

If you've been prescribed eye drops for your glaucoma, it is essential you continue to use them to prevent damage to your sight. The charity Glaucoma UK can help you manage your glaucoma while fasting this Ramadan. Visit: glaucoma.uk/ramadan

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