



For precautionary measures end sehri 5 mins before
Sehri Time ends

Ramadan 1446

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

All Islamic dates are subject to the visibility of the moon.

Safe Fasting and Managing Diabetes

Do

- ✓ See your doctor or healthcare team for diabetes advice before fasting.
- ✓ Drink lots of water before and after fasting. If you become dehydrated, end your fast immediately and drink some water
- ✓ At both Suhoor and Iftar, eat foods such as: a handful of basmati rice, some daal, or 1-2 small wholemeal chapattis to give you slow-release energy.
- ✓ If you test your blood sugars, it's important to increase blood sugar monitoring during this time. Testing your blood sugar will not break your fast.
- ✓ Break your fast if you feel 'hypo' (dizzy, hungry, sweaty, tired, blurred vision) 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 advised not to by your healthcare professional for health reasons. People can be exempt from fasting if they: are children (under the age of puberty); are elderly; are sick or have a certain health condition; have learning difficulties; are travelling; are pregnant, breastfeeding or menstruating.
- ✗ Fast if you are not able to get hold of your GP or diabetes team.
- ✗ Eat large amounts of sugary snacks, such as samosas, dates, milkshakes and oily rice. Only eat 1 date 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 282 3867.

Connected Voice Haref

We work with ethnically marginalised communities to tackle health inequalities and improve access to health services. Learn more about our work at www.connectedvoice.org.uk/haref

Diabetes UK

Diabetes UK has [Diabetes and Ramadan](#) information for people living with diabetes who are thinking about fasting with tips, videos and stories. Their Facebook group [Diabetes UK chat: Your Friends in the North](#) is for supporters and people touched by diabetes across the North of England. Contact the Diabetes UK Helpline on 0345 123 2399



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: www.glaucoma.uk/ramadan