

RAMADAN 2019 / 1440



Are you aged over 40?
Book your health check at the surgery with our nurses

New Mobile Phone Number?
Let us know and we can text you your appointment details

Consult your GP online – Visit our website or download the NHS App. Ask reception for your login codes to view your medical information

Please allow 48 hours for your repeat prescriptions – or request your medications online

Do you have diabetes?
Speak to your doctor or nurse for advice on adjusting the timings of your medications

Ramadan – the ideal time to quit smoking – book an appointment with a local smoking advisor

The following do NOT have to fast:

- All those who are ill (physical or mental illness) or frail
- Pregnant and menstruating women
- Lactating women who have concerns about their own, or their child's health
- Insulin treated diabetics
- Travellers

Things that do NOT break the fast

- Injections (intravenous, intramuscular or subcutaneous)
- Bloods taken (thumb prick or intravenous)
- Eye / ear drops or inhalers
- Eating and drinking out of forgetfulness

Do you want to exercise? A great tip is to go for a walk before Iftar!

Ramadan 1440	Day	May/Jun 2019	Fajr Fast Begins	Sunrise	Zuhr Begins	Asr Begins	Maghrib Fast Ends	Isha Begins
1 *☾	Mon	6	3:41	5:21	1:02	6:09	8:34	9:45
2	Tue	7	3:38	5:19	1:02	6:10	8:36	9:47
3	Wed	8	3:37	5:18	1:02	6:11	8:38	9:49
4	Thu	9	3:34	5:16	1:02	6:12	8:39	9:50
5	Fri	10	3:32	5:14	1:02	6:13	8:41	9:52
6	Sat	11	3:30	5:13	1:02	6:14	8:42	9:53
7	Sun	12	3:28	5:11	1:02	6:15	8:44	9:55
8	Mon	13	3:25	5:09	1:02	6:16	8:45	9:55
9	Tue	14	3:24	5:08	1:02	6:17	8:47	9:57
10	Wed	15	3:21	5:06	1:02	6:18	8:48	9:58
11	Thu	16	3:20	5:05	1:02	6:19	8:50	10:01
12	Fri	17	3:17	5:03	1:02	6:20	8:51	10:02
13	Sat	18	3:16	5:02	1:02	6:20	8:53	10:04
14	Sun	19	3:14	5:01	1:02	6:21	8:54	10:06
15	Mon	20	3:12	4:59	1:02	6:22	8:56	10:08
16	Tue	21	3:10	4:58	1:02	6:23	8:57	10:09
17	Wed	22	3:09	4:57	1:02	6:24	8:59	10:12
18	Thu	23	3:06	4:55	1:02	6:25	9:00	10:13
19	Fri	24	3:04	4:54	1:02	6:25	9:01	10:14
20	Sat	25	3:02	4:53	1:02	6:26	9:03	10:17
21	Sun	26	3:01	4:52	1:03	6:27	9:04	10:18
22	Mon	27	2:59	4:51	1:03	6:28	9:05	10:19
23	Tue	28	2:58	4:50	1:03	6:28	9:06	10:21
24	Wed	29	2:56	4:49	1:03	6:29	9:07	10:22
25	Thu	30	2:55	4:48	1:03	6:30	9:09	10:24
26	Fri	31	2:53	4:47	1:03	6:30	9:10	10:26
27	Sat	1	2:52	4:46	1:03	6:31	9:11	10:27
28	Sun	2	2:51	4:46	1:03	6:32	9:12	10:29
29	Mon	3	2:50	4:45	1:04	6:32	9:13	10:30
30 *☾	Tue	4	2:48	4:44	1:04	6:33	9:14	10:31

*☾ The beginning and end of Ramadan are subject to the sighting of the Moon – Timings based on the London Unified Prayer Timetable

Suhoor (Pre-Dawn Meal)		Iftar (Evening Meal)	
HAVE THESE!	INSTEAD OF THESE!	HAVE THESE!	INSTEAD OF THESE!
Plain Water	Tea, Coffee, Fizzy drinks	Plain Water. Coconut Water	Tea, Coffee, Fizzy drinks
Oats (eg porridge)	Sugary cereals	Vegetables	Fried samosas / pakoras
Protein (eg eggs)	Fried or oily foods	Protein (eg meat, fish, lentils)	Pizza / Fried Chicken / Chips
Dates	Sugary sweets or chocolates	Dates	Sugary sweets or chocolates
Fruit	Biscuits	Couscous / brown rice	Rice / Bread
Brown rice / bread	Pasta	Fruit	Biscuits
Water (again!)	Dehydrating!	Water (again!)	Overeating!

Suhoor, the pre-dawn meal, should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods in the Suhoor.

Iftar is the evening meal which breaks the day's fast. Dates will provide a refreshing burst of much needed energy. The meal should remain a meal and not become a feast!

“Eat of the good and wholesome things that We have provided for your sustenance, but indulge in no excess therein.” Qur’ān (20:81)

CHRISP STREET HEALTH CENTRE

100 CHRISP STREET, LONDON E14 6PG

Tel: 020 7515 4860

www.ChrispStreet.org

Twitter @ChripStreet