

# RAMADAN 2016 / 1437



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

Book your next appointment online  
– Ask reception for your personal online login codes

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 one of our smoking advisors

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

Ramadan 1437	Day	Jun/Jul 2016	Fajr Fast Begins	Sunrise	Zuhr Begins	Asr Begins	Maghrib Fast Ends	Isha Begins
*☾	Sun	5	2:47	4:43	1:04	6:34	9:16	10:34
1	Mon	6	2:46	4:43	1:04	6:35	9:17	10:35
2	Tue	7	2:45	4:42	1:04	6:35	9:17	10:35
3	Wed	8	2:44	4:42	1:05	6:36	9:18	10:36
4	Thu	9	2:43	4:41	1:05	6:36	9:19	10:38
5	Fri	10	2:42	4:41	1:05	6:37	9:20	10:39
6	Sat	11	2:41	4:40	1:05	6:37	9:20	10:40
7	Sun	12	2:40	4:40	1:05	6:37	9:21	10:41
8	Mon	13	2:39	4:40	1:06	6:38	9:22	10:43
9	Tue	14	2:39	4:40	1:06	6:38	9:22	10:43
10	Wed	15	2:39	4:40	1:06	6:39	9:23	10:44
11	Thu	16	2:39	4:40	1:06	6:39	9:23	10:43
12	Fri	17	2:39	4:40	1:07	6:39	9:23	10:43
13	Sat	18	2:39	4:40	1:07	6:40	9:24	10:43
14	Sun	19	2:39	4:40	1:07	6:40	9:24	10:43
15	Mon	20	2:40	4:40	1:07	6:40	9:24	10:43
16	Tue	21	2:40	4:40	1:07	6:40	9:25	10:43
17	Wed	22	2:40	4:40	1:08	6:40	9:25	10:42
18	Thu	23	2:42	4:41	1:08	6:41	9:25	10:42
19	Fri	24	2:42	4:41	1:08	6:41	9:25	10:41
20	Sat	25	2:43	4:42	1:08	6:41	9:25	10:41
21	Sun	26	2:44	4:42	1:08	6:41	9:25	10:41
22	Mon	27	2:44	4:42	1:09	6:41	9:25	10:40
23	Tue	28	2:46	4:43	1:09	6:41	9:24	10:39
24	Wed	29	2:47	4:44	1:09	6:41	9:24	10:38
25	Thu	30	2:47	4:44	1:09	6:41	9:24	10:37
26	Fri	1	2:49	4:45	1:09	6:41	9:24	10:36
27	Sat	2	2:51	4:46	1:10	6:41	9:23	10:35
28	Sun	3	2:51	4:46	1:10	6:41	9:23	10:35
29	Mon	4	2:53	4:47	1:10	6:40	9:22	10:33
30	Tue	5	2:54	4:48	1:10	6:40	9:22	10:33
*☾	Wed	6	2:55	4:49	1:10	6:40	9:21	10:32

\* The beginning and end of Ramadan are subject to the sighting of the New Moon

Foods to cut down	Healthy / Alternative foods
Deep fried foods eg. Pakoras, Samosas, fried dumplings	Whole grains eg. chick peas, baked samosas, boiled dumplings
Indian sweets such as Ghulab Jamun, Rasgullay, Baklava	Milk-based sweets and puddings such as Rasmalai, Barfee
High fat foods eg. parhattas, oily curries, greasy pastries	Chapattis without oil, grilled meat/chicken or preferably fish
Cakes, biscuits, chocolates, sweets	Olives, dates, figs, cucumber, lentils
Tea, Coffee, Fizzy drinks eg. Cola	Plain water, juices

**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 meal which breaks the day's fast. Dates will provide a refreshing burst of much needed energy. Fruit juices will also have a similar, revitalising effect. 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)

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