

## Health and Wellbeing during Ramadan – resource compilation

### **Supporting the health and wellbeing of Muslim staff in the workplace during Ramadan**

[NHS Muslim Network Ramadan and Eid Guidance](#)

[Useful resources under Equality and Diversity - Ramadan](#)

[Mental Health Concern - The Month of Ramadan](#)

### **Supporting the health of Muslim communities during Ramadan**

[Ramadan 2022 | Muslim Council of Britain \(mcb.org.uk\)](#)

[WHO Ramadan and Health Campaign](#)

[Ramadan and your health :: Central and North West London NHS Foundation Trust \(cnwl.nhs.uk\)](#)

[A guide to healthy fasting \(NHS\)](#)

British Islamic Medical Association advice on [fasting and Covid-19 vaccinations](#)

[Diabetes UK - managing your diabetes during Ramadan](#)

British Islamic Medical Association and Muslim Council of Britain [Ramadan Safety Guidance](#)

Top Tips for a healthy Ramadan <https://www.youtube.com/watch?v=6ACgrnBkuz4>

[Young minds blog - Navigating Ramadan with a mental illness](#)

[North East London - Ramadan and the Covid Vaccine](#)

### **Resources for NHS staff to support Muslim communities during Ramadan**

[Range of resources under Equality and Diversity - Ramadan](#)

[How pharmacists can support and advise patients during Ramadan - The Pharmaceutical Journal \(pharmaceutical-journal.com\)](#)

[British Islamic Medical Association - Ramadan Compendium](#)

[North East London - Ramadan and the Covid Vaccine](#)