



# Grenfell Health and Wellbeing Service

## NHS news

14 April 2019

### Ramadan and your health

Ramadan is one of the holiest months in the Islamic calendar. It requires **healthy** adults to fast between sunrise and sunset. This means taking nothing by mouth during day light hours. In the UK, this year Ramadan will begin on the evening of Sunday 5 May and end on Tuesday 4 June.

Fasting is required for healthy adults but some people are exempt if fasting is considered to have a bad effect on their health.

“God desires ease for you: He does not want to put you into difficulties” (2:185).

Exemptions are made for:

- Young children (under the age of puberty).
- The sick
- People with mental health problems
- The elderly
- Women who are menstruating, pregnant, or breast-feeding
- If you consider the fast is having a detrimental effect on health or life threatening
- If you are compelled to break the fast or if your illness is temporary you can fast later in the year
- If you are too unwell to observe the fast the priority is given to your health and wellbeing.

#### What if I want to fast?

Just like physical health problems, people with mental health problems can become unwell if they don't or can't take medication properly.

Allah says in the Quran: “Whoever obeys God and His Messenger, stands in awe of God, and keeps his duty to Him will be triumphant. (24:52)” 2

So by not fasting when you are sick is still worshiping Allah because you are obeying His commandments and the command of the Prophet. If you are unwell enough to take medication but well enough to decide to fast, then you should consult your doctor, local imam, Sheikh, or Muslim Chaplain about your decision. Failing to do so is contrary to the Qur'an, which clearly states that you must not act in a way that harms your body. **Stopping smoking** can be a problem if you stop completely as it can increase the amount of some drugs such as clozapine in your blood. If you just stop smoking between sunset and dawn it may not be a problem, but if you stop completely you must seek expert advice and you may need to have your dosage adjusted.

For more information on managing your health during Ramadan see our leaflet by visiting our website [www.cnwl.nhs.uk](http://www.cnwl.nhs.uk) and searching Ramadan.

### What to do if you're worried about your health

The NHS is here to help if you have any worries about your health. We encourage you to **see your GP** for an enhanced health check, and if needed, your GP will refer you for more specialist help. Enhanced health checks



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include checking for breathing difficulties, physical checks, monitoring and managing long term conditions, and emotional health screening.

If you are troubled by difficult feelings you can also talk to us at the Grenfell Health and Wellbeing Service. You might be feeling anxious and get panic attacks which can be experienced like physical pain.

If you were affected by the fire and now live in another borough you can still access these services. Please talk to your GP in the first instance.

### **Grenfell Health and Wellbeing Service**

We offer a free and confidential service for children, adults and families affected by the Grenfell Tower fire. We offer tailored support to give you the help you want, at the pace you need it.

Phone us on: 020 8962 4393.

Website: [grenfellwellbeing.com](http://grenfellwellbeing.com)

### **If you need need urgent help**

If you or someone you know need out of hours support because you're feeling anxious, upset or thinking about ending your life you can contact us 24 hours a day. | **Telephone:** 0800 0234 650 | **Email:** [cnw-tr.SPA@nhs.net](mailto:cnw-tr.SPA@nhs.net)

The service is confidential and you do not have to give us your personal information. The person who answers the phone will make sure you get the right support from the right service. You can also call the Samaritans on 116 123.

This is a free, confidential 24 hour service.

### **Coping with everyday life**

Strong emotions are normal and there is no right or wrong way to feel. There are things you can do to help yourself and those around you.

- Do things that make you happy
- Spend time with family and friends
- Get exercise, eat well and do nice things for yourself
- Keep a routine if it helps
- Manage how much time you spend online as some things may trigger bad feelings

### **Workshop for community leaders–Working with the Grenfell community**

We will be running this workshop to support people who are working with members of the Grenfell community, particularly around trauma and mental health awareness. It will look at identifying signs and symptoms and need (including suicidal ideation, PTSD, depression etc) and how and where to get help (referral pathways, agencies and contacts).

There is some content that people may find triggering if they themselves are experiencing PTSD symptoms. Please discuss any concerns with the team before the workshop.

Register online by visiting: [kcsc.org.uk](http://kcsc.org.uk) and search 'events' or speak to a member of our team in green t-shirts.

**When:** 30 April 2019, 10am to 12noon

**Where:** Sobus, 196 Freston Road, North Kensington, London, W10 6TT