

SUPPORTING ORGS:



BRITISH ISLAMIC
MEDICAL ASSOCIATION



CSMN
CIVIL SERVICE
MUSLIM NETWORK



Muslim
Doctors
Association



The Muslim Council of Britain



Many of our Muslim healthcare colleagues are fasting while supporting on the frontline against COVID-19 across the NHS and social care. In recognition of this, and in support of all clinicians and care workers regardless of faith (or none), who have lost their lives serving others on the frontline, let us show our support by fasting one day and donating towards a noble cause. This year the Network will be supporting the amazing NHS staff and volunteers who continue to risk their lives caring for COVID-19 patients

1 KEEP A FAST

Fast a full day (dawn-sunset or as much as you can)

2 DONATE £1 - £5

Donate to our chosen charity, NHS Charities Together on the following just giving page:

www.justgiving.com/fundraising/fastathon2020-challenge

3 SHARE

Share an optional photo of your Iftar (meal to break fast) using the hashtag **#fastathon2020** on social media or by email the network on nhsi.muslimnetwork@nhs.net

4 NOMINATE

Nominate five other colleagues/neighbours/friends to do the same!

**COVID-19
URGENT APPEAL**

**NHS
CHARITIES
TOGETHER**

**CLICK
HERE TO
DONATE
NOW**