**Celebrating Ramadan at home**

This year, Ramadan and Eid al Fitr will be very different for Muslims across the world as a result of the coronavirus pandemic and the restrictions set out by public health guidelines.

With congregational acts of worship outside the home suspended to enable social distancing, many families right here in Aberdeenshire are currently adjusting their daily lives and observing Ramadan in their homes.

We know staying at home isn’t always easy, but there are some things you can consider to help you and your family adapt Ramadan activities and celebrations for Eid al Fitr to the changing circumstances.

You can stay connected with others during Ramadan by streaming Islamic lectures or prayers and arranging virtual Iftars using online video calling platforms such as Zoom and FaceTime.

Planning your meals will help you limit shopping trips and follow social distancing guidelines. Consider high-energy, slow-burn food for suhoor and remember to hydrate well to avoid tiredness and headaches.

If you are working, remember to stop for regular breaks as it is vital to take time to reflect and look after yourself.

The Muslim Council of Britain (MCB) has created guidance to help families observe Ramadan and Eid at home. For more useful information, available in a number of languages, visit [www.mcb.org.uk/resources/ramadan](http://www.mcb.org.uk/resources/ramadan)

Several social and spiritual events are being hosted on the MCB’s Facebook and Twitter channels at [www.facebook.com/muslimcouncil.uk](http://www.facebook.com/muslimcouncil.uk) and

@MuslimCouncil

You can also find engaging live and recorded content for children, teenagers and families on the iSyllabus Ramadan Virtual Hub at [www.isyllabus.org/ramadan-2020](http://www.isyllabus.org/ramadan-2020)

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