



University Campus  
North Lincolnshire



**UNITED:** *strength in diversity* Interfaith Group presents:

# **The Fast and the Curious...** **FAST-A-THON** followed by **IFTAR IN THE PARK**

## **Thursday 30th March 2023**

The month of Ramadan is approaching, and Muslims around the world will be fasting from Dawn to Dusk. In the spirit of community:

*This is an open invitation to businesses and the people of Scunthorpe to fast with the Muslim community.*

Everyone is welcome to fast, learn more about Ramadan, observe prayer and to **enjoy a free Iftar (breaking of the fast) dinner.**

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**Please contact:** UCNL Information & Advice Office, Ashby Road, Scunthorpe, N. Lincs DN16 1BU  
Tel: (01724) 294125 Email: [enquiries@ucnl.ac.uk](mailto:enquiries@ucnl.ac.uk)



# The Fast and the Curious...

## **FAST-A-THON** followed by **IFTAR IN THE PARK**

### Thursday 30th March 2023

If you would like to join us, and go hungry for a day so someone else won't have to, please follow the steps below:

#### STEP 1

##### **KEEP A FAST**

**No food, no drink, NOT EVEN WATER!** (From dawn 4.36am to sunset 7.30pm or as much as you can, you may decide to fast from 7.30am-7.30pm). Follow the QR Code for more information on how to fast. Please note the restrictions to fasting.



#### STEP 2

##### **DONATE**

Once you have decided to fast. Go hungry for a day so someone else won't have to! Pledge your lunch money (or as little or as much as you can afford) to our chosen charity **Scunthorpe Food Bank** by following the QR Code.



#### STEP 3

##### **NOMINATE**

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

#### STEP 4

##### **BOOK YOUR FREE IFTAR DINNER TICKET**

Book your ticket for your free Iftar (breaking of the fast) meal. Food will be provided by the Muslim Community in Scunthorpe. To ensure we cater for all, please book before **Friday 17th March** via the QR Code. **Iftar will start in Central Park in front of UCNL at 7.30pm**



#### STEP 5

##### **SHARE**

Following the event, share an optional photo of your Iftar using the hashtag **#UCNLfastathon2023** on social media.

This event is organised in collaboration with **Imaam Sayful Ahmed** (Scunthorpe Islamic Centre) and **Imaam Naveed Sardar** (Scunthorpe Central Mosque)

