



UNITED: *strength in diversity* Interfaith Group presents:

The Fast and the Curious... **FAST-A-THON** followed by **IFTAR** **at North Lindsey College**

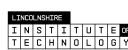
Wednesday 11th March 2026

The month of Ramadan is approaching, and Muslims around the world will be fasting from Dawn to Dusk. At the same time our Christian sisters and brothers are observing Lent. In the spirit of community:

This is an open invitation to businesses and the people of North Lincolnshire to fast with the Muslim and Christian community.

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

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



The Fast and the Curious...

FAST-A-THON followed by **IFTAR** at **North Lindsey College** **Wednesday 11th March 2026**

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 or OBSERVE LENT

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. There will be a collection box at the Iftar, if you prefer to make a donation on the evening.



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 of North Lincolnshire. To ensure we cater for all, please book before Monday 2nd March via the QR Code. **Please arrive at North Lindsey College for 5:30pm ready for Iftar.**



STEP 5

SHARE

Following the event, share an optional photo of your Iftar using the hashtag #UCNLfastathon2026 on social media.