



Ramadan Kareem

Dear esteemed Tell MAMA readers and supporters,

Ramadan Kareem,

As we begin the glorious month of Ramadan in 2025, I wanted to take the time to wish Muslim communities across the UK and beyond a reflective, safe and peaceful month in which we find comfort in the spirit month: in acts of charity, care for ourselves and others, and of great religious fulfilment and reward.

I extend my best wishes to Christian communities across the UK and beyond as Lent begins on Wednesday. May you all have a blessed and reflective Lent.

We will continue delivering tailored training sessions throughout the month on our work and findings from our major report, "The New Norm of anti-Muslim Hate," [published](#) last month.

Our outreach team will attend events and iftars as we continue to make your voices heard.

Tell MAMA has an updated resources section for this blessed month, with tailored advice for employers, employees, and schools. Safety advice includes [tips](#) for individuals in public areas or on public transport and [security](#)

[advice for mosques](#). The free Ramadan guide also includes advice for the public to encourage safe interventions and not be bystanders.

Download our Ramadan Guide 2025 [here](#).

To download our safety tips, please press on the images listed below.



In schools and other places of education, we urge them [to engage](#) with our toolkits and advice about Ramadan. We also urge compassion and understanding and urge staff to reflect on how the month can help build bridges and learn more about Islam and the lives of Muslim staff and students.

Our website also contains safety tips for [children](#) and young people and advice when travelling on [trains](#).

There are lots of supportive services for those needing mental health assistance during Ramadan (and beyond) – from the Muslim Counsellor and Psychotherapist Network ([MCAPN](#)), [Muslim Community Helpline](#), [Inspired Minds](#), Campaign Against Living Miserably ([CALM](#)), [Samaritans](#), and [AMINA](#).

For those living with conditions like diabetes, the national charity Diabetes UK [has guidance](#) and advice in Arabic, Urdu, Bengali and English.

There are also [health tips](#) and [advice](#) from NHS services.

Let us champion compassion, mercy, and care for ourselves and those around us, those deserving and those with whom we have yet to forge bonds.

With best wishes,
Iman Atta, Director - Tell MAMA



iPhone and iPad users can download the free Tell MAMA app. You can report incidents in confidence and catch up on our latest news.



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