



EQUI

# Ramadan: Breaking Fast, Building Britain

---

March 2026

Dr Mary Hunter  
Dr Mamnun Khan

# Contents

---

<b>Introduction</b> .....	<b>3</b>
<b>Celebrating Multifaith Britain: How Ramadan Media Coverage Strengthens Cohesion</b> .....	<b>4</b>
<b>When Faith Promotes Prosperity: How the UK Benefits from the Ramadan Economy</b> .....	<b>6</b>
<b>Keeping the Nation Healthy: What We Can Learn from Faith Communities</b> .....	<b>8</b>
<b>Working Together for a United Britain: Making the Most of Ramadan in Schools, Universities and Workplaces</b> .....	<b>10</b>
<b>A Source of Strength and Inspiration for All: Ramadan in British Sports</b> .....	<b>12</b>
<b>The Opportunities of Ramadan</b> .....	<b>14</b>
<b>Endnotes</b> .....	<b>15</b>
<b>Bibliography</b> .....	<b>18</b>
<b>About the Authors and Equi</b> .....	<b>21</b>

# Introduction

Ramadan is observed by millions of British Muslims each year, yet its positive impact extends far beyond those who fast. It is a month that strengthens communities, boosts local economies, and encourages healthier lifestyles. For policymakers, Ramadan offers a clear and often under-recognised opportunity to support social cohesion, civic participation and national wellbeing.

Across the country, people of all faiths and none come together at community iftars, where shared meals help break the fast, and at Eid celebrations. These gatherings have become important civic spaces where neighbours meet, public services engage with residents and local leaders build trust with communities that are too often overlooked. Increasingly, schools, universities, employers and public bodies are recognising that simple, practical support for Muslim staff and students during Ramadan fosters inclusion, strengthens relationships and improves outcomes.

The economic contribution of Ramadan is also significant. The UK's Ramadan economy is now valued at £1.3 billion a year, reflecting increased retail activity, hospitality spending, charitable giving and community events. At a time when the country continues to grapple with the long-term effects of austerity and the cost-of-living crisis, this seasonal economic uplift represents a meaningful and reliable contribution to local and national prosperity.

Ramadan is also a catalyst for positive behavioural change. It has become a period associated with unique patterns of participation in sport and physical activity, with clubs, gyms and governing bodies adapting their programmes to be more inclusive. The month's emphasis on wellbeing, moderation and

community support provides a platform to promote healthier lifestyles for all Britons, regardless of faith or background. It is an overlooked moment of potential for public health strategies.

Despite its growing visibility, the full breadth of Ramadan's contribution to British society still remains under-appreciated. Its impact spans media representation, economic activity, public health, education, workplaces and sport, amongst other things. This report brings these benefits into focus, highlighting how Ramadan strengthens the social fabric of the nation and demonstrating why recognising and supporting this month is not only a matter of inclusion, but a strategic opportunity to build a more connected, confident and cohesive Britain.



Eid in Trafalgar Square, London

# Celebrating Multifaith Britain: How Ramadan Media Coverage Strengthens Cohesion



Celebrating key events in the religious calendar, such as Ramadan, has become a staple in the British media cycle. Media coverage of different faiths should be encouraged, as it can help promote social cohesion, which is much needed in the current climate of division and polarisation.

Research shows that learning about other religions can help improve an appreciation of diverse viewpoints.<sup>1</sup> Mutual respect and tolerance of those with different faiths and beliefs, and for those without faith, are key values that provide the foundation of

a fair and socially cohesive society. The media plays a key role in this context, as it can help promote understanding and counter misinformation that risks fuelling division.

Every year, British broadcasters and media outlets produce engaging programmes and articles about festivals from many different faith traditions, such as Christmas, Diwali,<sup>2</sup> Passover and Ramadan.<sup>3</sup> Faith-specific media content, including online content,<sup>4</sup> has now become a key aspect of acknowledging and celebrating multifaith Britain.



This acknowledgement and celebration of different worldviews and religious practices in the media is an asset for multicultural Britain. Content on Ramadan benefits both Muslims, who see their faith represented in the mainstream media, and those of other (or no) faith, as it allows everyone to better understand and jointly celebrate the multicultural character of British society.

Celebrating our shared multifaith heritage is made all the more imperative by growing racism and anti-Muslim hostility in public and political discourse, often fuelled by misinformation. Equi research has shown the significant cost of this hostility and the risk it poses to social cohesion,<sup>5</sup> community relations and the economic prosperity of this country.<sup>6</sup>

British media produces diverse articles and shows during Ramadan. No one is left out of this equation, with media outlets tailoring Ramadan-specific programmes to both children and adults. The introduction of children to the significance of Ramadan not only allows young British Muslims to relate positively to their faith identity, but it also fosters interfaith understanding and tolerance in the minds of all children.

The BBC has a particularly impressive record of reaching children. Through Newsround, it provides explainers to children about what Ramadan is and what happens during the holy month,<sup>7</sup> as well as, for example, how Physical Education lessons can be adapted while Muslim students are fasting.<sup>8</sup> These materials are not solely informational but interactive: children can quiz themselves on how much they know about Ramadan and Eid al-Fitr on CBeebies.<sup>9</sup> BBC Bitesize even provides teaching resources for primary schools for around the time of Ramadan.<sup>10</sup>

A commitment to cultivating social cohesion should not end with adulthood, and so the way that the media communicates to adults about faith-based

festivals is also important. For adults, entire series are dedicated to Ramadan each year. Channel 4's '4Ramadan' includes a guide to the month,<sup>11</sup> daily sermons and Ramadan diaries containing personal reflections, while the BBC Asian Network commissions Ultimate Playlists and podcast series for Ramadan.<sup>12</sup> ITV also released a documentary presented by Shehab Khan called 'Ramadan: A Journey Across Britain',<sup>13</sup> which won the 2025 Radio Times Readers' Award for its portrayal of how British Muslims observe Ramadan.<sup>14</sup>

These programmes reflect how Muslim identities in the UK are shaped by diverse religious and cultural influences from around the world, but also how they have taken on a quintessential British nature. In 2025, Jason Mohammad introduced Eid al-Fitr prayers live from Bradford Central Mosque on the BBC,<sup>15</sup> a first for a UK terrestrial broadcaster, allowing Britons from all faith backgrounds and none to participate in this key event in the British faith calendar.

By celebrating British Muslim identities and their place in UK society, Ramadan programmes highlight the multicultural nature of our society and stress the fact that Britons of all faiths and none belong. In making space for Ramadan in the media, we tell a powerful story: Britain is a multicultural, multifaith society – and it is stronger for it.

# When Faith Promotes Prosperity: How the UK Benefits from the Ramadan Economy

Ramadan is widely known for fasting, prayer and reciting the Qur'an. But in a diverse and multicultural Britain, many people also see first-hand how Ramadan strengthens community bonds and brings people together. What is less well understood is the scale of its economic impact and how much the UK would lose without Muslim spending during this period.

For the UK's 4 million Muslims, Ramadan is a central moment in the spiritual year. It is a time for reflection,

charity and community. It is also a major economic driver. In fact, the total economic impact of Ramadan is estimated at £1.3 billion a year,<sup>16</sup> a figure that will continue to grow as the Muslim population increases.

A significant share of this, around £350 million,<sup>17</sup> comes from charitable and community activity. This includes volunteering, interfaith iftars and donations that support people both in the UK and overseas. Much like Christian-led initiatives at Christmas, these



efforts reduce poverty, strengthen social ties and improve lives. Encouraging interfaith charitable work during major religious festivals can play a powerful role in building community harmony and reducing hardship.

Ramadan is also a period of increased household spending. Families host larger gatherings to break their fasts, buy new clothes for Eid and exchange gifts with loved ones. This activity generates an estimated £640 million in retail spending,<sup>18</sup> driving economic growth, investment and jobs across the country.

There is also growing potential for brands to build meaningful partnerships with Muslim consumers, not only during Ramadan but throughout the year. Ethical, sustainable and community-focused brands in particular stand to benefit, aligning with wider shifts towards slow fashion and responsible sourcing. Many mainstream companies have already recognised this opportunity and now offer products tailored to Muslim customers during Ramadan and beyond.

For government, the Ramadan economy presents a valuable opportunity to strengthen relationships with communities while supporting national prosperity. The creation of the Office for the Impact Economy is

a positive step,<sup>19</sup> helping connect impact investors, philanthropic organisations and purpose-driven businesses. By placing community-based enterprises at the centre of its work, the government can help build a fairer society and unlock further resources for social good. But more research is needed to fully understand Muslim spending patterns and their year-round contribution to the UK economy.

Muslim economic participation benefits the whole country, but it cannot be taken for granted. Rising anti-Muslim hostility and racism mean that more Muslims are considering leaving the UK. High-earning Muslim professionals are 65% more likely than the average Briton to have thought about emigrating.<sup>20</sup> Losing this talent and investment would create a serious gap in the public finances and weaken the UK's economic prospects.

If the UK wants to retain this contribution, government must tackle rising Islamophobia and develop smart, forward-looking policies that support Muslim communities. The Ramadan economy shows what is possible when faith, community and prosperity work together. Protecting and strengthening that contribution is in everyone's interest.



# Keeping the Nation Healthy: What We Can Learn from Faith Communities

Ramadan is a month of spirituality, prayer and reflection. For many Muslims, it's also a time centred around food. Evening meals to break the fast bring families, friends and neighbours together, often featuring generous portions and sweet treats after a long day without food or drink. In recent years, concerns about overeating have led health organisations and community groups to publish guidance on healthier eating during Ramadan.<sup>21</sup> As a result, more Muslims are now trying to balance

enjoying their favourite dishes with looking after their health.

Most healthy eating advice for Ramadan is written specifically for Muslims. But major moments in the British faith calendar, including Ramadan, offer a wider opportunity. They can be used to promote healthier habits across the whole population. With nearly 6 million people in the UK living with diabetes and around 7 million affected by heart disease,<sup>22</sup> these



moments could help prevent thousands of deaths, ease pressure on the NHS and save significant public money. Obesity alone is linked to more than 30,000 deaths a year and costs the NHS £6.5 billion.<sup>23</sup>

Ramadan provides a natural opening for health professionals and educators to talk to the wider public about portion control and the benefits of fasting. A growing body of research shows that fasting can help improve blood sugar levels,<sup>24</sup> reduce blood pressure and lower cholesterol – lessons that apply far beyond the Muslim community.

There are also financial benefits linked to faith-based practices. Equi's report on alcohol misuse found that British Muslims save the government £1.62 billion a year simply by abstaining from alcohol.<sup>25</sup> The NHS already encourages Muslim smokers to use Ramadan as a chance to quit.<sup>26</sup> Expanding these campaigns to reach the wider population, including messages about reducing alcohol consumption, could help cut the £5.89 billion annual cost of alcohol misuse.<sup>27</sup> Savings like these could be reinvested to strengthen the health service.

Other religious traditions offer similar opportunities. During Lent, many Christians give up meat, dairy

or alcohol, creating a natural moment to promote discipline, self-control and mindful eating. Buddhist festivals can help highlight the benefits of plant-based diets. Most health experts agree that fruit, vegetables, nuts and seeds are essential for good health, yet fewer than 20% of UK adults meet the recommended five portions of fruit and veg a day.<sup>28</sup> Faith traditions contain powerful tools for encouraging healthier choices.

Even as the UK becomes more secular, faith still plays a meaningful role in many people's lives. And many who do not follow a religion are open to learning from practices such as fasting, moderation and mindful living. Working with faith communities can help reach a wide cross section of society, people of faith and no faith, with messages about healthy eating. These partnerships give health professionals access to trusted networks, community spaces and cultural insight, all of which are invaluable at a time when the NHS is under growing strain.

Faith communities have a great deal to offer when it comes to promoting healthier lifestyles. Learning from them, and working alongside them, can help shape smarter public health policies, and support a healthier Britain for everyone.



# Working Together for a United Britain: Making the Most of Ramadan in Schools, Universities and Workplaces

With four million Muslims living in the UK,<sup>29</sup> Ramadan now plays a visible and meaningful role in schools, colleges, universities and workplaces. When these settings acknowledge Ramadan proactively, it helps create a sense of belonging for Muslim students and staff, strengthening social cohesion for everyone.

British Muslims already make a major contribution to education and the workplace. Equi's research highlights the immense cost savings provided by independent Islamic faith schools, many of which

consistently outperform national averages while strengthening civic values and social cohesion. Equi's report found that it would cost the government £20 million to educate the children of the ten schools featured in the research alone.<sup>30</sup> And in the workforce, British Muslims contribute an estimated £70 billion a year to the UK economy.<sup>31</sup>

Recognising a person's background, including their faith, is essential to helping them reach their full potential. Whether in a classroom, lecture hall or



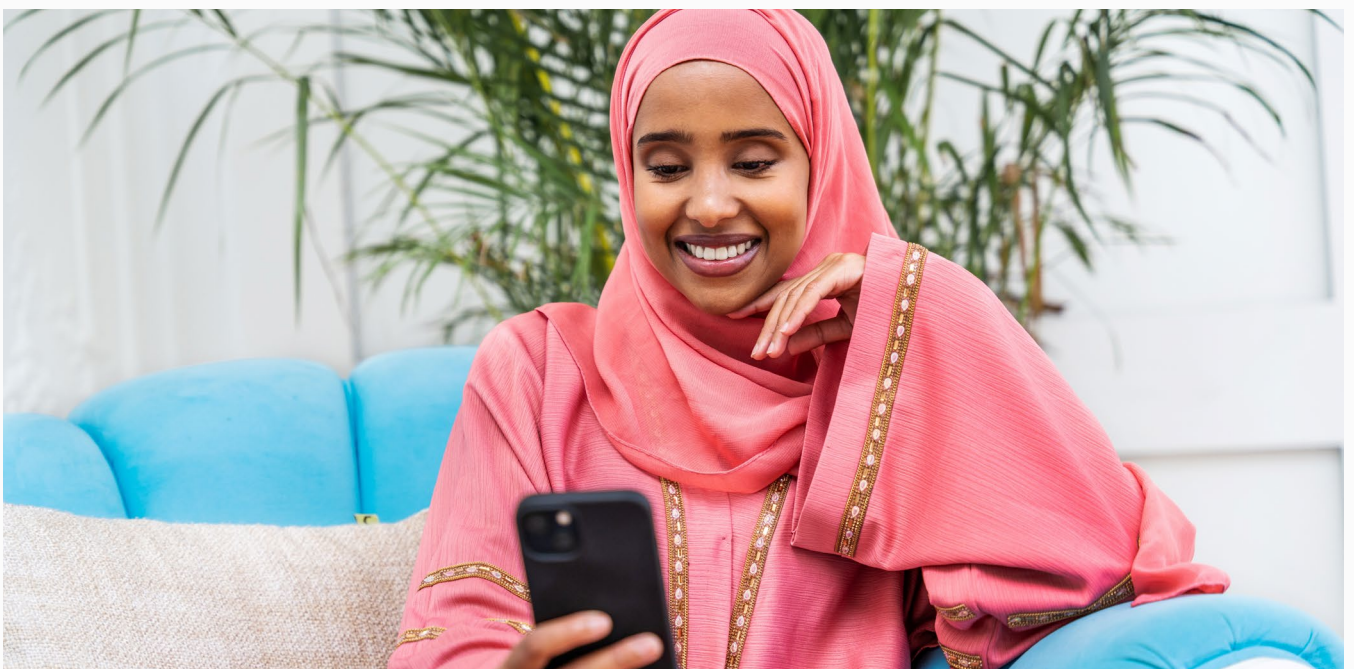
office, support during Ramadan signals that religious diversity is respected and valued. In recent years, many local councils and universities have published practical guidance on how to create inclusive environments during Ramadan,<sup>32</sup> making it easier for institutions to respond thoughtfully.

But the value of Ramadan in education and at work goes far beyond inclusion. It also offers a powerful opportunity to strengthen community relationships. Research shows that social cohesion grows when people have safe spaces to learn about each other's cultures and beliefs.<sup>33</sup> Hosting iftars in schools or workplaces can bring colleagues and classmates together in a relaxed, meaningful way. And drawing on the strong tradition of Muslim charitable giving,<sup>34</sup> Ramadan events can also raise funds for local causes.<sup>35</sup>

For those wanting to take engagement further, science-focused initiatives offer a creative way to blend learning with cultural understanding. Each year, the New Crescent Society partners with the Royal

Observatory Greenwich to host an online astronomy show that tracks the new crescent moon marking the start of Ramadan.<sup>36</sup> These events, which began in 2017 and often sell out,<sup>37</sup> explore the historic role of astronomy in determining prayer times and the direction of prayer. Some sessions are designed specifically for children, helping spark interest in STEM subjects among students of all backgrounds. These initiatives also highlight an important truth: science and faith are not opposites, but often deeply connected.

Ramadan presents a valuable opportunity to promote interfaith learning and social cohesion across the UK's educational institutions and workplaces.<sup>38</sup> Innovative teaching and engagement, including science-based projects delivered with faith communities and civil society organisations, can help build a more confident, cohesive Britain. When schools, universities and employers treat faith as an asset rather than a challenge, they help create environments where respect, belonging and togetherness are part of everyday life, not just in Ramadan.



# A Source of Strength and Inspiration For All: Ramadan in British Sports



When we think about British sport, Muslim athletes are front and centre. Mo Salah in his Liverpool red, Moeen Ali representing England in cricket or Sir Mo Farah winning Olympic gold – Muslims have helped define some of the UK's greatest sporting moments. Their achievements push boundaries, inspire millions and reflect the pride we take in being a multicultural, multi-faith nation.

While Muslim athletes inspire throughout the year, Ramadan offers a special moment to talk about

getting active. The month's focus on discipline, self-control and working towards a bigger purpose resonates with people of all backgrounds, including athletes. It's a powerful reminder of how physical activity can improve wellbeing at a time when obesity, loneliness and poor mental health are rising. Encouraging more people to get moving can transform lives and ease pressure on the NHS.

The resilience shown by Muslim players during Ramadan, when they are fasting from dawn until dusk,



also sends an important message to young people. Their stories demonstrate that faith and culture can be sources of strength, motivation and pride. The journeys of athletes who overcome obstacles to become national icons can inspire the next generation of footballers, swimmers, cricketers and more.

Encouragingly, more British sports teams are taking steps to better support their Muslim players. Clubs such as Burnley FC and the Bradford Bulls have signed the Muslim Athlete Charter,<sup>39</sup> which provides guidance on tackling inequalities in sport. Prioritising inclusion doesn't just benefit Muslim athletes but also signals that everyone belongs on the pitch, regardless of faith, gender or background. From working-class kids to elite athletes, from Muslims to Hindus to Jews, sport becomes a place where everyone can be part of something bigger.

A landmark moment came in 2021, when football's Premier League formally allowed breaks for Muslim players to open their fast during matches.<sup>40</sup> Since then, when there's a natural pause in play, players can briefly step aside to eat or drink. The first example took place in April 2021 in a Leicester City versus Crystal Palace match.

More recently, leading up to Ramadan 2025, Manchester United joined the growing numbers of

football clubs to launch a new prayer room at Old Trafford stadium for fans to utilise, in collaboration with the club's first officially recognised Muslim Supporters Club (MUMSC).<sup>41</sup> These examples mark a quiet but powerful shift: a recognition that faith has a place in sport. It's a simple act of inclusion that sends a clear message: there is room for everyone on the pitch and in the fan ranks.

Ramadan also creates opportunities for interfaith connection. Community iftars bring people together through one of the most universal languages: food. Sports clubs have embraced this by hosting open iftars in their stadiums. The first Premier League open iftar took place at Chelsea's Stamford Bridge in 2023, organised by the Ramadan Tent Project.<sup>42</sup> It now forms part of Chelsea's "No to Hate" campaign, which tackles racism and discrimination.<sup>43</sup> Hundreds attend these events across the UK, turning stadiums into spaces of unity and shared experience.<sup>44</sup>

Ramadan has become a meaningful moment in the British sporting calendar, strengthening social cohesion and deepening community ties. Too often, faith is treated as a barrier. But the success of British Muslim athletes and the inclusive practices emerging across sport show the opposite. Faith is an asset. Inclusion lifts us all.

# The Opportunities of Ramadan

Ramadan already shapes Britain for the better. Its social, economic and health benefits strengthen the foundations of a unified, confident and fair society. With the right support, these gains can grow even further, deepening social cohesion, improving wellbeing and contributing to shared prosperity.

At its heart, Ramadan brings people together. It showcases the very best of a modern, multi-faith Britain: generosity, community spirit and a willingness to look out for one another. In a climate where division can too easily dominate public debate, Ramadan offers a powerful counter-narrative and one that is rooted in connection, dignity and shared values.

Its impact is felt by millions, whether through community iftars, increased charitable giving,

healthier habits or the £1.3 billion Ramadan economy. These are not marginal contributions; they are national assets. With thoughtful engagement from policymakers, the positive effects of Ramadan can be amplified, supporting inclusion in schools and workplaces, strengthening local partnerships and unlocking wider social and economic value.

Ramadan is more than a month of observance. It is a catalyst for a better Britain. Harnessing its full potential means recognising the contribution of British Muslims not as a seasonal footnote, but as a vital part of our national story – one that benefits everyone.



# Endnotes

- 1 Hannah J. Visser, Anke I. Liefbroer and Linda J. Schoonmade, "Evaluating the Learning Outcomes of Interfaith Initiatives: A Systematic Literature Review," *Journal of Beliefs & Values* 45, 4 (2024): 689–712.
- 2 "My First Festivals," BBC iPlayer, accessed 10 January, 2026, <https://www.bbc.co.uk/iplayer/episode/m0009wsf/my-first-festivals-series-1-2-diwali>.
- 3 "Passover UK: A Jewish Journey," ITVX, accessed 10 January, 2026, <https://www.itv.com/watch/passover-uk-a-jewish-journey/10a5745a0001B/10a5745a0001>.
- 4 Khadijah Elshayyal and Laura Jones, "How Online Ramadan Content Has Brought Muslim Ideas Around Faith, Worship and Community into the Mainstream," *The Conversation*, 4 April, 2024, <https://theconversation.com/how-online-ramadan-content-has-brought-muslim-ideas-around-faith-worship-and-community-into-the-mainstream-227076>.
- 5 Mohammed Sinan Siyech, *Britain United: Tackling Anti-Muslim Hatred is Part of the Solution* (Equi: June 2025).
- 6 Mohammed Sinan Siyech and Sofiah Laila Shah, *The Economic Contribution of British Muslims to the UK's Growth and Prosperity, and the Risk of Exodus* (Equi: September 2024).
- 7 "Ramadan 2025: Everything You Need to Know About the Holy Month," *Newsround*, 27 February, 2025, <https://www.bbc.co.uk/newsround/articles/c0mwvg74gg8o>.
- 8 "Ramadan: How PE Lessons Can Change During Muslim Holy Month," *Newsround*, 2 March, 2024, <https://www.bbc.co.uk/newsround/68283032>.
- 9 "How Much Do You Know about Ramadan?," CBeebies, accessed 10 January 2026, <https://www.bbc.co.uk/cbeebies/puzzles/my-first-festivals-ramadan-quiz>.
- "How Much Do You Know about Eid al-Fitr?," CBeebies, accessed 10 January, 2026, <https://www.bbc.co.uk/cbeebies/puzzles/eid-al-fitr-quiz>.
- 10 "Ramadan – Teaching Resources," BITESIZE, accessed 10 January, 2026, <https://www.bbc.co.uk/teach/articles/z7c7qfr>.
- 11 "4Ramadan," Channel 4, accessed 10 January, 2026, <https://www.channel4.com/press/news/4ramadan>.
- 12 "The Ultimate Playlist," BBC Asian Network, accessed 10 January, 2026, <https://www.bbc.co.uk/programmes/p0hj4zx3/episodes/guide>.
- "Not Even Water," BBC SOUNDS, accessed 10 January, 2026, <https://www.bbc.co.uk/sounds/brand/p0f5xdf3>.
- 13 "Ramadan: A Journey Across Britain," ITVX, accessed 10 January, 2026, <https://www.itv.com/watch/ramadan-a-journey-across-britain/10a5684a0001B/10a5684a0001>.
- 14 "Sandford St Martin 2025 Award Winners," The Sandford St Martin Trust, accessed 10 January, 2026, <https://sandfordawards.org.uk/sandford-st-martin-2025-award-winners/>.
- 15 "Eid Live," BBC One, accessed 10 January, 2026, <https://www.bbc.co.uk/programmes/m0029lfq>.
- 16 Mamnun Khan, *Ramadan: Its Value to British Society and the Economy* (Equi: March 2025), 6.
- 17 Mamnun Khan, *Ramadan: Its Value to British Society and the Economy* (Equi: March 2025), 5.
- 18 Mamnun Khan, *Ramadan: Its Value to British Society and the Economy* (Equi: March 2025), 6.
- 19 "Office for the Impact Economy," GOV.UK, accessed 10 January, 2026, <https://www.gov.uk/government/groups/office-for-the-impact-economy>.
- 20 Mohammed Sinan Siyech and Sofiah Laila Shah, *The Economic Contribution of British Muslims to the UK's Growth and Prosperity, and the Risk of Exodus* (Equi: September 2024), 7.
- 21 "A Healthy Ramadan," Nutrition, accessed 10 January, 2026, <https://www.nutrition.org.uk/creating-a-healthy-diet/a-healthy-ramadan/>.
- Ramadan Health Guide* (Muslim Council of Britain: 2007).
- 22 "How Many People in the UK Have Diabetes?," Diabetes UK,

accessed 11 January, 2026, <https://www.diabetes.org.uk/about-us/about-the-charity/our-strategy/statistics>.

"Cardiovascular Disease (CVD)," NHS England, accessed 11 January, 2026, <https://www.england.nhs.uk/ourwork/clinical-policy/cvd/>.

**23** "Health Matters: Obesity and the Food Environment," GOV.UK, accessed 11 January, 2026, <https://www.gov.uk/government/publications/health-matters-obesity-and-the-food-environment/health-matters-obesity-and-the-food-environment-2>.

"Government Plans to Tackle Obesity in England," GOV.UK, accessed 11 January, 2026, <https://healthmedia.blog.gov.uk/2023/06/07/government-plans-to-tackle-obesity-in-england/>.

**24** "To Fast or Not to Fast: Does When You Eat Matter?," *News in Health*, December, 2019, <https://newsinhealth.nih.gov/2019/12/fast-or-not-fast>.

Mohammad Hossein Rouhani and Leila Azadbakht, "Is Ramadan Fasting Related to Health Outcomes? A Review on the Related Evidence," *Journal of Research in Medical Sciences*, 19, 10 (2014): 987-992.

**25** Mohammed Sinan Siyech, Shmailish Anwar and Mary Hunter, *A Teetotal Britain? Learning from Faith Communities* (Equi: November 2025), 10.

**26** "Get Help to Stop Smoking This Ramadan," NHS Race & Health Observatory, accessed 11 January, 2026, <https://nhsrho.org/resources/get-help-to-stop-smoking-this-ramadan/>.

**27** Mohammed Sinan Siyech, Shmailish Anwar and Mary Hunter, *A Teetotal Britain? Learning from Faith Communities* (Equi: November 2025), 20.

**28** "National Diet and Nutrition Survey 2019 to 2023: Report," GOV.UK, accessed 11 January, 2026, <https://www.gov.uk/government/statistics/national-diet-and-nutrition-survey-2019-to-2023/national-diet-and-nutrition-survey-2019-to-2023-report>.

**29** "Muslims Living in the UK," Office for National Statistics, accessed 12 January, 2026, <https://www.ons.gov.uk/aboutus/transparencyandgovernance/freedomofinformationfoi/muslimslivingintheuk>.

**30** Sofiah Shah and Mary Hunter, *Faith-Led, Results-Driven: Unlocking the Potential of Islamic Schools* (Equi: January 2026), 12.

**31** Mohammed Sinan Siyech and Sofiah Laila Shah, *The Economic Contribution of British Muslims to the UK's Growth and Prosperity, and the Risk of Exodus* (Equi: September 2024), 4.

**32** "Suggestions for Supporting Students During Ramadan," Devon County Council, accessed 12 January, 2026, <https://www.devon.gov.uk/support-schools-settings/inclusion/ethnically-diverse-education-achievement-service/refugees-and-asylum-children/suggestions-for-supporting-students-during-ramadan/>.

"Ramadan 2025 – Guidance for Schools," Birmingham City Council, accessed 12 January 2026, [https://www.birmingham.gov.uk/download/downloads/id/30131/ramadan\\_2025\\_guidance\\_for\\_schools.pdf](https://www.birmingham.gov.uk/download/downloads/id/30131/ramadan_2025_guidance_for_schools.pdf).

**33** Chiara Manzoni and Heather Rolfe, *Promoting Ethnic and Religious Integration in Schools: A Review of Evidence* (National Institute of Economic and Social Research: April 2019).

**34** Taibah Al-Fagih and Mohammed Sinan Siyech, *Building Britain: British Muslims Giving Back* (Equi: December 2025).

**35** "Let's Eat Together," Luton Foodbank, accessed 12 January, 2026, <https://lutonfoodbank.org.uk/event/lets-eat-together-ickniel-high-school/>.

**36** "Ramadan Moonsighting LIVE," Royal Museums Greenwich, accessed 12 January, 2026, <https://www.rmg.co.uk/whats-on/online/ramadan-moonsighting-live-18-february-2026>.

**37** Aisha Rimi, "Islam and the Wonder of the Night Sky," *Hyphen*, 23 April, 2025, <https://hyphenonline.com/2025/04/23/greenwich-royal-observatory-islam-astronomy-events/>.

**38** D.A. Nguyen and Michelle Cavallaro Sciortino, "Faith, Community and Uni Life: Muslim Students on Ramadan at King's," *King's College London*, 3 March, 2025, <https://www.kcl.ac.uk/students/faith-community-and-uni-life-muslim-students-on-ramadan-at-kings>.

"Supporting and Celebrating Ramadan: A Guide for Everyone," Bournemouth University, accessed 12 January, 2026,

<https://www.bournemouth.ac.uk/news/2025-02-24/supporting-celebrating-ramadan-guide-everyone>.

"The GDS Fast-a-Thon: How Our Muslim Community Shared Ramadan," GOV.UK, accessed 12 January, 2026, <https://gds.blog.gov.uk/2022/06/08/the-gds-fast-a-thon-how-our-muslim-community-shared-ramadan/>.

**39** "Clarets Sign Muslim Athlete Charter," *Burnley Football Club*, 15 September, 2023, <https://burnleyfootballclub.com/content/clarets-sign-muslim-athlete-charter>.

"Bradford Bulls Sign the Muslim Athlete Charter," *Rugby League*, 18 January, 2023, <https://www.rugby-league.com/article/61341/bradford-bulls-sign-the-muslim-athlete-charter>.

"Muslim Athlete Charter," NUJUM, accessed 12 January, 2026, <https://nujumsports.co.uk/muslim-athlete-charter/>.

**40** "How Players Observe Ramadan in the Premier League," *Premier League*, 28 February, 2025, <https://www.premierleague.com/en/news/3118537>.

**41** "Additional Multi-Faith Room Opens for Fans," *Man United*, 29 January, 2025, <https://www.manutd.com/en/news/detail/additional-multi-faith-room-opens-for-fans-on-matchday>.

**42** "Chelsea FC Hosts First Ever Open Iftar in a Premier League Stadium," *Chelsea FC*, 27 March, 2023, <https://www.chelseafc.com/en/news/article/chelsea-fc-hosts-first-ever-open-iftar-in-a-premier-league-stadium>.

**43** "No To Hate," *Chelsea FC*, accessed 12 January, 2026, <https://www.chelseafc.com/en/no-to-hate>.

**44** "World Cup Winner Among 300 Guests at Stadium Event," *AFC Wimbledon*, 18 March, 2025, <https://www.afcwimbledon.co.uk/news/2025/march/18/world-cup-winner-among-300-guests-at-stadium-event/>.

Shehnaz Khan, "Hundreds Attend Community Iftar at Football Stadium," *BBC News*, 22 March, 2025, <https://www.bbc.co.uk/news/articles/c1d411geee5o>.

# Bibliography

- "Additional Multi-Faith Room Opens for Fans," Man United, 29 January 2025. Accessed 12 February 2026. <https://www.manutd.com/en/news/detail/additional-multi-faith-room-opens-for-fans-on-matchday>.
- Al-Fagih, Taibah and Mohammed Sinan Siyech. *Building Britain: British Muslims Giving Back*. Equi: December 2025. <https://equi.org.uk/wp-content/uploads/2025/12/09-Equi-Report-British-Muslims-Giving-Back.pdf>.
- BBC Asian Network. "The Ultimate Playlist." Accessed 10 January, 2026. <https://www.bbc.co.uk/programmes/p0hj4zx3/episodes/guide>.
- BBC iPlayer. "My First Festivals." Accessed 10 January, 2026. <https://www.bbc.co.uk/iplayer/episode/m0009wsf/my-first-festivals-series-1-2-diwali>.
- BBC One. "Eid Live." Accessed 10 January, 2026. <https://www.bbc.co.uk/programmes/m0029lfg>.
- BBC SOUNDS. "Not Even Water." Accessed 10 January, 2026. <https://www.bbc.co.uk/sounds/brand/p0f5xdf3>.
- Birmingham City Council. "Ramadan 2025 – Guidance for Schools." Accessed 12 January 2026. [https://www.birmingham.gov.uk/download/downloads/id/30131/ramadan\\_2025\\_guidance\\_for\\_schools.pdf](https://www.birmingham.gov.uk/download/downloads/id/30131/ramadan_2025_guidance_for_schools.pdf).
- BITESIZE. "Ramadan – Teaching Resources." Accessed 10 January, 2026. <https://www.bbc.co.uk/teach/articles/z7c7qfr>.
- Bournemouth University. "Supporting and Celebrating Ramadan: A Guide for Everyone." Accessed 12 January, 2026. <https://www.bournemouth.ac.uk/news/2025-02-24/supporting-celebrating-ramadan-guide-everyone>.
- "Bradford Bulls Sign the Muslim Athlete Charter." Rugby League, 18 January, 2023. <https://www.rugby-league.com/article/61341/bradford-bulls-sign-the-muslim-athlete-charter>.
- CBeebies. "How Much Do You Know about Eid al-Fitr?" Accessed 10 January, 2026. <https://www.bbc.co.uk/cbeebies/puzzles/eid-al-fitr-quiz>.
- CBeebies. "How Much Do You Know about Ramadan?" Accessed 10 January 2026. <https://www.bbc.co.uk/cbeebies/puzzles/my-first-festivals-ramadan-quiz>.
- Channel 4. "4Ramadan." Accessed 10 January, 2026. <https://www.channel4.com/press/news/4ramadan>.
- "Chelsea FC Hosts First Ever Open Iftar in a Premier League Stadium." Chelsea FC, 27 March, 2023. <https://www.chelseafc.com/en/news/article/chelsea-fc-hosts-first-ever-open-iftar-in-a-premier-league-stadium>.
- Chelsea FC. "No To Hate." Accessed 12 January, 2026. <https://www.chelseafc.com/en/no-to-hate>.
- "Clarets Sign Muslim Athlete Charter." Burnley Football Club, 15 September, 2023. <https://burnleyfootballclub.com/content/clarets-sign-muslim-athlete-charter>.
- Devon County Council. "Suggestions for Supporting Students During Ramadan." Accessed 12 January, 2026. <https://www.devon.gov.uk/support-schools-settings/inclusion/ethnically-diverse-education-achievement-service/refugees-and-asylum-children/suggestions-for-supporting-students-during-ramadan/>.
- Diabetes UK. "How Many People in the UK Have Diabetes?" Accessed 11 January, 2026. <https://www.diabetes.org.uk/about-us/about-the-charity/our-strategy/statistics>.
- Elshayyal, Khadijah and Laura Jones. "How Online Ramadan Content Has Brought Muslim Ideas Around Faith, Worship and Community into the Mainstream." *The Conversation*, 4 April, 2024. <https://theconversation.com/how-online-ramadan-content-has-brought-muslim-ideas-around-faith-worship-and-community-into-the-mainstream-227076>.
- GOV.UK. "Government Plans to Tackle Obesity in England." Accessed 11 January, 2026. <https://healthmedia.blog.gov.uk/2023/06/07/government-plans-to-tackle-obesity-in-england/>.
- GOV.UK. "Health Matters: Obesity and the Food Environment." Accessed 11 January, 2026. <https://www.gov.uk/government/>

[publications/health-matters-obesity-and-the-food-environment/health-matters-obesity-and-the-food-environment-2.](#)

GOV.UK. "National Diet and Nutrition Survey 2019 to 2023: Report." Accessed 11 January, 2026. <https://www.gov.uk/government/statistics/national-diet-and-nutrition-survey-2019-to-2023/national-diet-and-nutrition-survey-2019-to-2023-report>.

GOV.UK. "Office for the Impact Economy." Accessed 10 January, 2026. <https://www.gov.uk/government/groups/office-for-the-impact-economy>.

GOV.UK. "The GDS Fast-a-Thon: How Our Muslim Community Shared Ramadan." Accessed 12 January, 2026. <https://gds.blog.gov.uk/2022/06/08/the-gds-fast-a-thon-how-our-muslim-community-shared-ramadan/>.

"How Players Observe Ramadan in the Premier League." Premier League, 28 February, 2025. <https://www.premierleague.com/en/news/3118537>.

ITVX. "Passover UK: A Jewish Journey." Accessed 10 January, 2026. <https://www.itv.com/watch/passover-uk-a-jewish-journey/10a5745a0001B/10a5745a0001>.

ITVX. "Ramadan: A Journey Across Britain." Accessed 10 January, 2026. <https://www.itv.com/watch/ramadan-a-journey-across-britain/10a5684a0001B/10a5684a0001>.

Khan, Mamnun. *Ramadan: Its Value to British Society and the Economy*. Equi: March 2025. <https://equi.org.uk/wp-content/uploads/2025/03/EQUI-Ramadan-March-2025-Report.pdf>.

Khan, Shehnaz. "Hundreds Attend Community Iftar at Football Stadium." BBC News, 22 March, 2025. <https://www.bbc.co.uk/news/articles/c1d411geee5o>.

Luton Foodbank. "Let's Eat Together: Icknield High School." Accessed 12 January, 2026. <https://lutonfoodbank.org.uk/event/lets-eat-together-icknield-high-school/>.

Manzoni, Chiara and Heather Rolfe. *Promoting Ethnic and Religious Integration in Schools: A Review of Evidence*. National Institute of Economic and Social Research: April 2019.

Nguyen, D.A. and Michelle Cavallaro Sciortino. "Faith, Community and Uni Life: Muslim Students on Ramadan at King's." King's College London, 3 March, 2025. <https://www.kcl.ac.uk/students/faith-community-and-uni-life-muslim-students-on-ramadan-at-kings>.

NHS England. "Cardiovascular Disease (CVD)." Accessed 11 January, 2026. <https://www.england.nhs.uk/ourwork/clinical-policy/cvd/>.

NHS Race & Health Observatory. "Get Help to Stop Smoking This Ramadan." Accessed 11 January, 2026. <https://nhsrho.org/resources/get-help-to-stop-smoking-this-ramadan/>.

NUJUM. "Muslim Athlete Charter." Accessed 12 January, 2026. <https://nujumsports.co.uk/muslim-athlete-charter/>.

Nutrition. "A Healthy Ramadan." Accessed 10 January, 2026. <https://www.nutrition.org.uk/creating-a-healthy-diet/a-healthy-ramadan/>.

Office for National Statistics. "Muslims Living in the UK." Accessed 12 January, 2026. <https://www.ons.gov.uk/aboutus/transparencyandgovernance/freedomofinformationfoi/muslimslivingintheuk>.

"Ramadan 2025: Everything You Need to Know About the Holy Month." Newsround. 27 February, 2025. <https://www.bbc.co.uk/newsround/articles/c0mwvg74gg8o>.

*Ramadan Health Guide*. Muslim Council of Britain: 2007. <https://mcb.org.uk/wp-content/uploads/2014/06/Ramadan-a-guide-to-healthy-fasting-NHS.pdf>.

"Ramadan: How PE Lessons Can Change During Muslim Holy Month." Newsround. 2 March, 2024. <https://www.bbc.co.uk/newsround/68283032>.

Rimi, Aisha. "Islam and the Wonder of the Night Sky." Hyphen, 23 April, 2025. <https://hyphenonline.com/2025/04/23/greenwich-royal-observatory-islam-astronomy-events/>.

Rouhanni, Mohammad Hossein and Leila Azadbakht. "Is Ramadan Fasting Related to Health Outcomes? A Review on the Related Evidence." *Journal of Research in Medical Sciences*, 19, 10 (2014): 987-992.

Royal Museums Greenwich. "Ramadan Moonsighting LIVE." Accessed 12 January, 2026. <https://www.rmg.co.uk/whats-on/online/ramadan-moonsighting-live-18-february-2026>.

Shah, Sofiah and Mary Hunter. *Faith-Led, Results-Driven: Unlocking the Potential of Islamic Schools*. Equi: January 2026. <https://equi.org.uk/wp-content/uploads/2026/01/10-Equi-Report-Faith-Led-Results-Driven-Schools.pdf>.

Siyech, Mohammed Sinan. *Britain United: Tackling Anti-Muslim Hatred is Part of the Solution*. Equi: June 2025. <https://equi.org.uk/wp-content/uploads/2025/06/EQUI-%E2%80%93-Britain-United-Social-Cohesion-%E2%80%93-June-2025-Short-Report.pdf>.

Siyech, Mohammed Sinan, Shmailish Anwar and Mary Hunter. *A Teetotal Britain? Learning from Faith Communities*. Equi: November 2025. <https://equi.org.uk/wp-content/uploads/2025/11/08-Equi-Report-Teetotal-Britain.pdf>.

Siyech, Mohammed Sinan and Sofiah Laila Shah. *The Economic Contribution of British Muslims to the UK's Growth and Prosperity, and the Risk of Exodus*. Equi: September 2024. <https://equi.org.uk/wp-content/uploads/2024/09/Equi-Economic-Contribution-Report.pdf>.

The Sandford St Martin Trust. "Sandford St Martin 2025 Award Winners." Accessed 10 January, 2026. <https://sandfordawards.org.uk/sandford-st-martin-2025-award-winners/>.

"To Fast or Not to Fast: Does When You Eat Matter?" News in Health. December, 2019. <https://newsinhealth.nih.gov/2019/12/fast-or-not-fast>.

Visser, Hannah J, Anke I. Liefbroer and Linda J. Schoonmade. "Evaluating the Learning Outcomes of Interfaith Initiatives: A Systematic Literature Review." *Journal of Beliefs & Values*, 45, 4 (2024): 689–712.

"World Cup Winner Among 300 Guests at Stadium Event." AFC Wimbledon, 18 March, 2025. <https://www.afcwimbledon.co.uk/news/2025/march/18/world-cup-winner-among-300-guests-at-stadium-event/>.

# About the Authors

---

**Dr Mary Hunter** is the Senior Researcher at Equi. She has worked in think tanks and most recently was Director of Research at the Policy Research Institute for South Asia (PRISA), with a focus on UK-South Asia relations. Prior to that, she spent six months as a Visiting Research Fellow at the Centre for Strategic and Contemporary Research (CSCR) in Pakistan researching cultural relations between the UK and Pakistan. Mary completed her PhD and a Master of Theology at the University of St Andrews.

**Dr Mamnun Khan** is an Equi Fellow. He is the author of *Being British Muslims: Beyond Ethnocentric Religion and Identity Politics*. He is a British Muslim thinker and writer who explores identity, Islam, and the social integration of Muslims in contemporary Britain. His work critically examines the challenges and opportunities faced by British Muslims, advocating for a balanced God-centred approach that transcends ethnocentrism and ideological extremes. In his spare time, Mamnun advises a number of UK organisations on projects and strategy. He has over twenty years of experience in corporate management and strategy in the science and tech sector.

# About Equi

---

Equi is a pioneering think tank. An independent, non-partisan organisation whose mission is to develop and promote new public policy ideas for a just and prosperous society for all. Born from a recognition that British Muslims are not included in the crucial arena of public policy formation, it has been driven by a desire to contribute more fully to the health and wellbeing of the UK, by bringing into play the values and ethics of public service. Outcomes are driven by British Muslims, but not simply for British Muslims. We work in partnership with academics and other experts and conduct studies based on empirical research. Equi is committed to an evidence-based approach to policy development and retains copyright and full editorial control over all its research.