



# Support package

October 2022 - September 2023



*You are not alone. You matter.*



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Bismillah Hirrahman Nirraheem

In the Name of Allāh, the Most Gracious, the Most Merciful



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# Meet the NHS Muslim Network team...



**Shohail Shaikh**



**Halima Dagia**

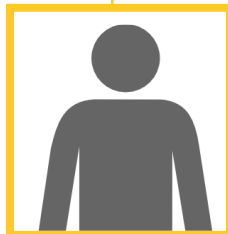


**Riyaz Patel**

**Co-Chairs of the NHS Muslim Network**



**Razia Wilson**  
General secretary



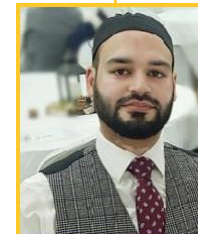
**Vacant**  
Head of  
Communications



**Terunnum Shakeel**  
Head of Health and  
Social Inequalities



**Sajjad Mushtaq**  
Head of Network  
Visibility and  
Events



**Abu Bakr Banaras**  
Head of  
Islamic Support



**Helen Campbell**  
Head of Allyship,  
Wellbeing  
and Talent  
Development



**Suleman Chothia**  
Head of  
Intelligence

# Vision, values and aims

## Vision

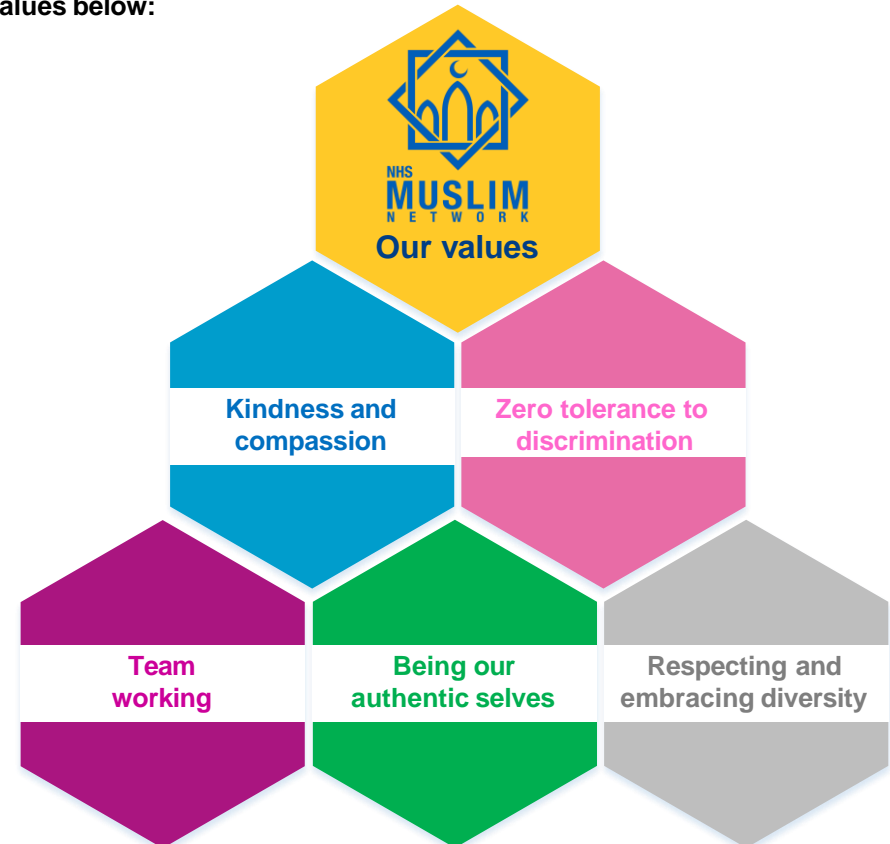
“To make the NHS a fully open and inclusive organisation for our Muslim colleagues, without any fear of discrimination, bullying or violence”.

## Aims of the network

- To increase awareness about Islamic faith-based practices and issues.
- Provide a safe space and point of contact for our members to create a sense of belonging and community.
- Maintain and expand the membership of our network to provide a forum where Muslim colleagues, allies and friends can share lived experiences and issues affecting them.
- Ensure the talent development of our members.
- Offer a wellbeing service for our members.
- Work with other staff networks to eliminate discrimination within the NHS.
- Provide active representation and be the voice of our Muslim colleagues - raising awareness of the lived experiences of our Muslim colleagues.
- Raise the visibility and profile of our Muslim colleagues and members.
- Contribute to the development and implementation of national policies and strategy.
- Organise activities and events for Muslim colleagues, allies and friends.
- Support the physical and dietary health of our members.

## Values

Our Values represent how we treat each other in everything we do. Please see our values below:



Everything we do is underpinned by the NHS People Promise:



# Objectives and priorities for the coming year



## Talent development

- Personal development for our members.
- Equipping our members with the skills to progress their careers, should they wish to.
- Developing leadership skills.



## Increase awareness

- Raising the profile and visibility of the network.
- Signposting members to partner organisations.
- Increasing awareness about Islamic faith-based practices and issues.



## Events for our members

- Providing members with a safe space to network and to create a sense of belonging/community.
- Providing an Islamic perspective on national events.
- Providing spiritual knowledge and guidance.



## Wellbeing support

- Providing wellbeing services to our members.
- Signposting members to other internal and external support available.
- Empowering our members to put their health and wellbeing first.

# Overview - support package

## Talent development webinars

- Boost your confidence
- Understanding emotional intelligence
- Building your personal resilience
- Application writing and interview skills

## Leadership development webinars

- Compassionate leadership
- Leading through change
- Difficult conversation planning

## 'How to be a better Muslim' series

- October: How to perform Wudu and pray
- November: The personality of an ideal Muslim
- December: The Muslim and their relationship with Allah S.W.T
- January: How to treat others
- February: Lessons from the Prophet's farewell sermon
- March: How to fast during the holy month of Ramadan
- April: The importance of Eid Al Fitr and how to celebrate
- May: The importance of Hajj
- June: The importance of Eid Al Adha and how to celebrate
- July: How to be an effective member of society
- August: The importance of charity
- September: A reminder of the five pillars of Islam

## Members meetings

- Regular informal meetings for members, allies and friends

## Wellbeing support

- "Let it out" service
- REACT mental health conversation training

## Islamic support

- Revert support
- Questioning your faith support
- Introduction to Islam
- General guidance
- On-request talks/training (subject to capacity and review)

## Events\*

- October: supporting black history month
- November: supporting islamophobia month
- December: supporting national grief awareness week
- January: supporting world religion day
- February: supporting eating disorder awareness week
- March: supporting international women's day
- April: Ramadan reflections, Zakaat, Eid Al Fitr celebration event**
- May: supporting mental health awareness week
- June: supporting men's health week
- July: Eid Al Adha celebration event**
- August: supporting south asian heritage month
- September: supporting world suicide prevention day

\*Please note this list is not exhaustive and other events may occur throughout the year.

# Talent development webinars

## Boost your confidence

Understand the power of confidence with helpful tools and tips to boost your confidence and be the best version of yourself.

- 21 October 2022
- 25 January 2023
- 24 April 2023
- 26 July 2023

All sessions from 5-7pm



## Understanding emotional intelligence

Understand the concept of emotional intelligence (EI) and its benefits, whilst expanding your knowledge of emotional patterns in yourself and others.

- 30 November 2022
- 22 February 2023
- 26 May 2023
- 28 August 2023

All sessions from 5-7pm



## Building your personal resilience

Understand the concept and factors which contribute towards resilience and explore tools and tips to help build your own levels of resilience.

- 8 November 2022
- 24 January 2023
- 28 March 2023
- 24 May 2023
- 25 July 2023
- 19 September 2023

All sessions from 5-7pm



## Application writing and interview skills

Understand how to enhance your application writing skills, along with tips on how to deliver a successful interview.

- 19 December 2022
- 27 March 2023
- 27 June 2023
- 27 September 2023

All sessions from 5-6pm



### How to attend

Please note the above webinars are open to NHS members of staff only. There are a limited amount of spaces.

To attend any of the above talent development webinars please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).



# Leadership development webinars

## Compassionate leadership

Learn how to lead with compassion, which is about paying attention to, understanding, being empathetic and helping your teams and services.

- 28 October 2022
- 27 January 2023
- 28 April 2023
- 31 July 2023



All sessions from 5-6pm

## Leading through change

As a leader, it is important to help and support staff through change. Learn about the change model and its application, and how to manage resistance.

- 23 December 2022
- 31 March 2023
- 30 June 2023
- 29 September 2023



All sessions from 5-6pm

## Difficult conversation planning

As a leader you often need to deliver unwelcome or unexpected messages. Learn how to deliver these messages whilst maintaining positive and productive relationships.

- 28 November 2022
- 27 February 2023
- 30 May 2023
- 30 August 2023



All sessions from 5-6pm

### How to attend

Please note the above webinars are open to NHS members of staff only. There are a limited amount of spaces.

To attend any of the above leadership support webinars please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# ‘How to be a better Muslim’ series

The ‘How to be a better Muslim’ series is targeted at Muslim colleagues who would like to build on their technical knowledge of Islam.

## October: How to perform Wudu and pray

Date: 31 October 2022  
Time: 5-6pm

## November: The personality of an ideal Muslim

Date: 16 November 2022  
Time: 5-6pm

## December: The Muslim and their relationship with Allah S.W.T

Date: 21 December 2022  
Time: 5-6pm

## January: How to treat others

Date: 11 January 2023  
Time: 5-6pm

## February: Lessons from the Prophet’s farewell sermon

Date: 8 February 2023  
Time: 5-6pm

## March: How to fast during the holy month of Ramadan

Date: 22 March 2023  
Time: 5-6pm

## April: The importance of Eid Al Fitr and how to celebrate

Date: 18 April 2023  
Time: 5-6pm

## May: The importance of Hajj

Date: 31 May 2023  
Time: 5-6pm

## June: The importance of Eid Al Adha and how to celebrate

Date: 21 June 2023  
Time: 5-6pm

## July: How to be an effective member of society

Date: 19 July 2023  
Time: 5-6pm

## August: The importance of charity

Date: 23 August 2023  
Time: 5-6pm

## September: A reminder of the five pillars of Islam

Date: 20 September 2023  
Time: 5-6pm

### How to attend

To attend the ‘How to be a better Muslim’ series, please sign up to become a member of the NHS Muslim Network. Calendar invites will be sent prior to each meeting to all members.

For more information or for further support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Members meetings

Our members meetings are integral to the objectives of the NHS Muslim Network. It provides a platform for our members to voice their opinions, provide feedback, share their lived experience and create a sense of belonging/community.

Our members meetings are held bi-monthly, as shown below:

## October 2022

Date: 5 October 2022  
Time: 12-1pm

## December 2022

Date: 14 December 2022  
Time: 12-1pm

## February 2023

Date: 15 February 2023  
Time: 12-1pm

## April 2023

Date: 6 April 2023  
Time: 12-1pm

## June 2023

Date: 7 June 2023  
Time: 12-1pm

## August 2023

Date: 2 August 2023  
Time: 12-1pm



## How to attend

To attend the members meetings, please sign up to become a member of the NHS Muslim Network. Calendar invites will be sent prior to each meeting to all members.

For more information or for further support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Wellbeing support



## “Let it out” service



### “Let it out” service

The number one tip for looking after your mental health is to talk about your feelings, according to the Mental Health Foundation (MHF).

The “*Let it out*” service is a proven intervention, which allows individuals to process their thoughts, emotions, and feelings, along with exploring coping mechanisms.

The service also allows staff to have valuable conversations and avoid bottling up their thoughts, emotions and feelings or possibly becoming desensitised.

This is facilitated in a safe, compassionate and confidential space, allowing staff to reflect and have an outlet with a trained facilitator.

### REACT mental health conversation training

REACTMH is a tool that you can use to support your colleagues by having open and honest conversations about their mental health and wellbeing.

- 25 October 2022
- 13 December 2022
- 21 February 2023
- 19 April 2023
- 28 June 2023
- 16 August 2023

All sessions from 5-7pm



#### How to attend

To book the “*Let it out*” service please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

Please note the above webinar is open to NHS members of staff only. There are a limited amount of spaces.

To attend the REACT mental health conversation training please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Islamic support

We offer a range of Islamic support, guidance and advice to our members, allies and friends.

See below for more information:

## Revert support

If you are new to Islam and require advice, guidance and support as new Muslims (reverts), we strive to remove some of the early challenges faced by reverts such as loneliness, a lack of direction, companionship and well-informed knowledge about Islam.

## Questioning your faith support

We all have times where we question our faith and need a safe and compassionate space to reflect on our thinking. This offer allows you to speak to our learned colleague and ascertain the answers to the questions you may have from an Islamic perspective.

## Introduction to Islam

This service allows you to learn more about Islam, and its practices. You will be able to have a conversation with a learned colleague to gain an understanding of the faith and be provided with an overview of Islam.

## General guidance

This service is open to individuals and organisations that want to know more about being inclusive to Muslim colleagues.

## On-request talks/training (subject to capacity and review)

We provide on-request talks and training to NHS organisations on the Islamic faith and issues that impact Muslim colleagues.



## How to get support

If you require any Islamic support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

# Events\*

## October: supporting black history month

Date: 26 October 2022  
Time: 5-6pm

## November: supporting islamophobia month

Date: 23 November 2022  
Time: 5-6pm

## December: supporting national grief awareness week

Date: 7 December 2022  
Time: 5-6pm

## January: supporting world religion day

Date: 16 January 2023  
Time: 5-6pm

## February: supporting eating disorder awareness week

Date: 28 February 2023  
Time: 5-6pm

## March: supporting international women's day

Date: 8 March 2023  
Time: 5-6pm

## April: Ramadan reflections, Zakaat, Eid Al Fitr celebration event

### Zakaat workshop

Date: 3 April 2023  
Time: 5-6pm

### Ramadan reflections

Date: 20 April 2023  
Time: 5-6pm

### Eid Al Fitr celebration

Date: 27 April 2023  
Time: 5-6pm

## May: supporting mental health awareness week

Date: 10 May 2023  
Time: 5-6pm

## June: supporting men's health week

Date: 14 June 2023  
Time: 5-6pm

## July: Eid Al Adha celebration event

Date: 5 July 2023  
Time: 5-6pm

## August: supporting south asian heritage month

Date: 9 August 2023  
Time: 5-6pm

## September: supporting world suicide prevention day

Date: 8 September 2023  
Time: 5-6pm



EVENTS

### How to attend

To attend the above events, please sign up to become a member of the NHS Muslim Network. Calendar invites will be sent prior to each event to all members.

For more information or for further support, please contact us via email - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net).

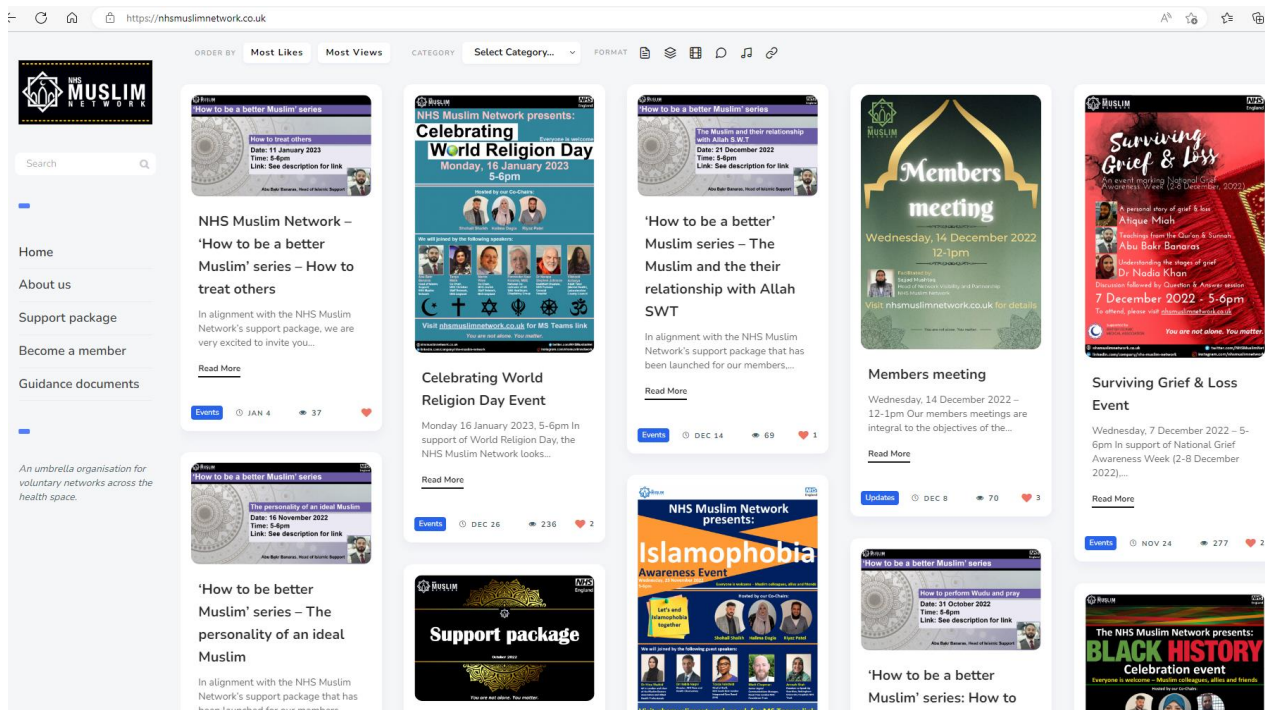
\*Please note this list is not exhaustive and other events may occur throughout the year

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# Further information

## Our website

For more information and support, please visit our website [here](https://nhsmuslimnetwork.co.uk).



## Support for our people

For immediate support available for our people, please click [here](#).



### NHS support for our people

#### NHS Staff Support Line

For staff that have had a tough day, are feeling worried or overwhelmed, or need to talk.

Text FRONTLINE to 85258 for support 24/7 via text.

#### NHS Urgent Mental Health Helpline

For staff that require urgent mental health advice or support.

See [NHS Website here](#).

#### Suicide Support

For staff experiencing suicidal thoughts or have made clear plans to end their life.

Call Samaritans **116 123**, for free 24 hours a day. If you or someone else is in **immediate danger** please call **999** and ask for the for an ambulance or go straight to A&E.

#### Financial Wellbeing

For staff that require support with financial wellbeing.

Call **0800 448 0826** or WhatsApp **+44 7701 342 744**. See [NHS Website here](#).

#### Substance Misuse Support

For staff that require support with substance misuse.

➤ Alcohol misuse: See [NHS Website here](#).

➤ Getting help with drug addiction: See [NHS Website here](#).

#### Domestic Abuse Support

For staff experiencing Domestic Abuse.

➤ Women and children call the 24 hour National Domestic Abuse Helpline on **0808 2000 247**.

➤ Men call Men's Advice Line **0808 801 0327**, Mon-Fri 10am-8pm.

#### Staff mental health and wellbeing hubs

For staff that require rapid access to local evidence-based mental health services and support where needed.

See [NHS Website here](#).

#### National Support

For staff that require further support on a range of issues.

See [NHS Website here](#).

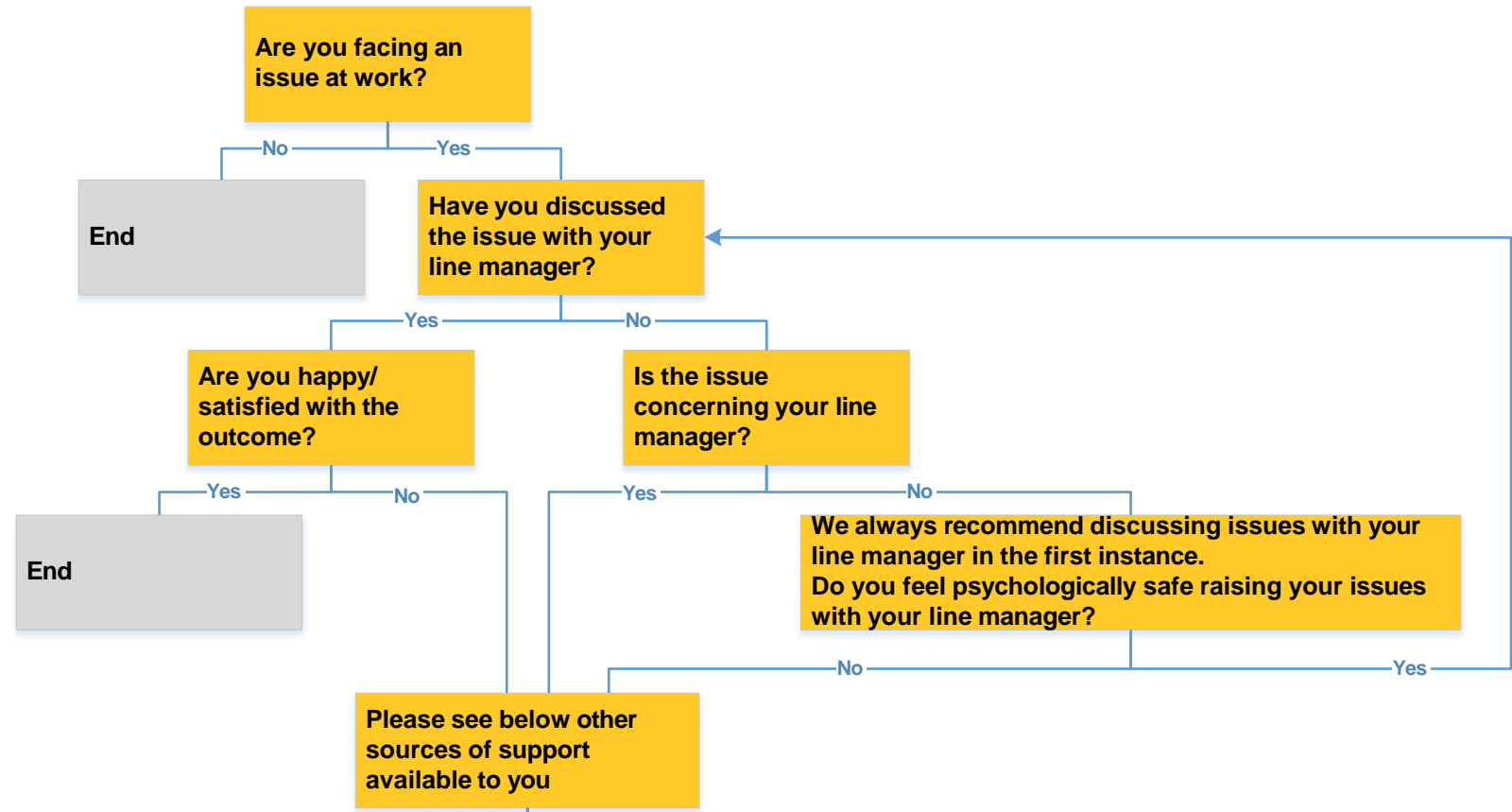
[nhsmuslimnetwork.co.uk](https://nhsmuslimnetwork.co.uk)

[linkedin.com/company/nhs-muslim-network](https://www.linkedin.com/company/nhs-muslim-network)

[twitter.com/NHSMuslimNet](https://twitter.com/NHSMuslimNet)

[instagram.com/nhsmuslimnetwork](https://www.instagram.com/nhsmuslimnetwork)

# Guidance - if you are facing issues at work



- Chaplaincy services
- Human Resources (HR) Business Partner or HR team
- Freedom to speak up guardian
- The Guardian service
- Head of Department or Director
- Equality, Diversity and Inclusion team
- Staff side/union representative
- Organisational Development team
- Local Staff Network

If you have explored the above and still remain dissatisfied, or to feedback any learning from your issue, please contact the NHS Muslim Network - [england.muslim1@nhs.net](mailto:england.muslim1@nhs.net)



# How to join the NHS Muslim Network

The NHS Muslim Network is a national staff network, and we welcome all Muslim colleagues, allies and friends across the NHS.

To join our network and access a range of resources, newsletters, services and events, please see below:

SCAN ME

or

1. Go to our website - [nhsmuslimnetwork.co.uk](https://nhsmuslimnetwork.co.uk)
2. Click on 'Become a member'
3. Enter your name and email address
4. Click on subscribe!



# Calendar summary

October	November	December	January	February	March	April	May	June	July	August	September
Members meeting - 5 October 22	Building your personal resilience - 8 November 22	National Grief Awareness Week (2-8 December) 7 December 22	'How to be a better Muslim' series - 11 January 23	'How to be a better Muslim' series - 8 February 23	International Women's Day (8 March) - 8 March 23	Zakaat Workshop 3 April 23	Mental Health Awareness Week (8-14 May) - 10 May 23	Members meeting - 7 June 23	Eid Al Adha event - 5 July 23	Members meeting - 2 August 23	World Suicide Prevention Day (10 September 2023) - 8 September 23
Boost your confidence - 21 October 22	'How to be a better Muslim' series - 16 November 22	REACT mental health conversation training 13 December 22	World Religion Day (15 January) - 16 January 23	Members meeting - 15 February 23	'How to be a better Muslim' series - 22 March 23	Members meeting - 6 April 23	Building your personal resilience - 24 May 23	Men's Health Week (12-18 June) - 14 June 23	'How to be a better Muslim' series - 19 July 23	South Asian Heritage Month Celebration (18 July - 17 August) - 9 August 23	Building your personal resilience - 19 September 23
REACT mental health conversation training - 25 October 22	Islamophobia Month - 23 November 22	Members meeting - 14 December 22	Building your personal resilience 24 January 23	REACT mental health conversation training 21 February 23	Application writing and interview skills - 27 March 23	'How to be a better Muslim' series - 18 April 23	Understanding emotional intelligence - 26 May 23	'How to be a better Muslim' series - 21 June 23	Building your personal resilience - 25 July 23	REACT mental health conversation training 16 August 23	'How to be a better Muslim' series - 20 September 23
Black History Month - 26 October 22	Difficult conversation planning - 28 November 22	Application writing and interview skills - 19 December 22	Boost your confidence - 25 January 23	Understanding emotional intelligence - 22 February 23	Building your personal resilience - 28 March 23	REACT mental health conversation training 19 April 23	Difficult conversation planning - 30 May 23	Application writing and interview skills - 27 June 23	Boost your confidence - 26 July 23	'How to be a better Muslim' series - 23 August 23	Application writing and interview skills - 27 September 23
Compassionate Leadership - 28 October 22	Understanding emotional intelligence - 30 November 22	'How to be a better Muslim' series - 21 December 22	Compassionate Leadership - 27 January 23	Eating Disorder Awareness Week (27 Feb - 5 March) - 28 February 23	Leading through change - 31 March 23	Ramadan reflections - 20 April 23	'How to be a better Muslim' series - 31 May 23	REACT mental health conversation training - 28 June 23	Compassionate Leadership - 31 July 23	Understanding emotional intelligence - 28 August 23	Leading through change - 29 September 23
'How to be a better Muslim' series - 31 October 22		Leading through change - 23 December 22		Difficult conversation planning - 27 February 23		Boost your confidence - 24 April 23		Leading through change - 30 June 23		Difficult conversation planning - 30 August 23	
						Eid Al Fitr event - 27 April 23					
						Compassionate Leadership - 28 April 23					

## "Let it out" service

## Islamic support

Code:	
Members meeting	'How to be a better Muslim' series
Events	Talent development webinars
Leadership development webinars	Wellbeing support



# Thank you

## JazakAllah Khair

For more information please contact the NHS Muslim Network –  
[england.muslim1@nhs.net](mailto:england.muslim1@nhs.net)

*You are not alone. You matter.*

