

The Good Deed Ramadan Calendar

During Ramadan, the Muslim month of fasting, Al-Mizan Charitable Trust will launch the 'Charity Begins at Home' appeal to raise funds for our work with poor people across the UK.

You can help us with that by signing up for The Good Deed Ramadan Calendar, doing one good deed every day during Ramadan, and asking your friends and family to sponsor you!

Date	Ramadan	Good Deed of the Day
Monday, 6 June	1	Research about the work of Al-Mizan Charitable Trust
Tuesday, 7 June	2	Research three facts about poverty in the UK
Wednesday, 8 June	3	Help your parents with some housework
Thursday, 9 June	4	Research three facts about food poverty in the UK
Friday, 10 June	5	Find a verse in the Qur'an about charity or helping poor people
Saturday, 11 June	6	Help your parents to cook iftar or prepare some snacks to share with other people for iftar
Sunday, 12 June	7	Visit your neighbour to tell them about Ramadan and the importance of fasting and charity in Islam
Monday, 13 June	8	Find a verse from the Torah or Jewish scriptures that is about charity
Tuesday, 14 June	9	Research three facts about asylum seekers and refugees in the UK
Wednesday, 15 June	10	Help your parents with some housework
Thursday, 16 June	11	Research three facts about homelessness in the UK
Friday, 17 June	12	Find a verse in the Qur'an about charity or helping poor people
Saturday, 18 June	13	Help your parents to cook iftar or prepare some snacks to share with other people for iftar
Sunday, 19 June	14	Visit an elderly relative and help them with some housework
Monday, 20 June	15	Find a verse from the Bible or Christian scriptures that is about charity
Tuesday, 21 June	16	Ask a local food bank what food they need and how people can donate
Wednesday, 22 June	17	Help your parents with some housework
Thursday, 23 June	18	Let your local family members and friends know what the local food bank needs and how they can donate those food items
Friday, 24 June	19	Find a verse in the Qur'an about charity or helping poor people
Saturday, 25 June	20	Help your parents to cook iftar or prepare some snacks to share with other people for iftar
Sunday, 26 June	21	Ask an elderly relative to tell you a story from when they were young
Monday, 27 June	22	Find a verse from the Torah or Jewish scriptures that is about charity
Tuesday, 28 June	23	Research three facts about child poverty in the UK
Wednesday, 29 June	24	Help your parents with some housework
Thursday, 30 June	25	Research three facts about fuel poverty in the UK
Friday, 1 July	26	Find a verse in the Qur'an about charity or helping poor people
Saturday, 2 July	27	Help your parents to cook iftar or prepare some snacks to share with other people for iftar
Sunday, 3 July	28	Visit an elderly relative and help them with some housework
Monday, 4 July	29	Find a verse from the Bible or Christian scriptures that is about charity
Tuesday, 5 July	30	Make an Eid Gift for your parents made from recycled materials