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Editors Letter

Feeling HOPEFUL!

Who doesn't love summer? It's hard not to feel a bit more hopeful when the blossom is out and daffodils are bobbing about in the breeze.

This year it's all even more precious because – fingers, toes and everything in between crossed – we are finally out of the long year of lockdown.

What better time is there to get outdoors & get physical – why not take some inspiration from our 'Head to the hills and keep fit this summer feature (pg22-23), which will keep you moving around popular British destinations like the Lake District, the Scottish Highlands, Bristol and beautiful Wales.

Rewind to page 8 to find out why we recommend the beautiful beaches of Mauritius as your overseas family holiday destination for next year.

Fast forward to page 36 – 43 and find out why Muslim Beauty Boss and Entrepreneur Huda Kattan is changing the face of beauty with her new Wishful skincare launch this year.

On page 46, there are some great strategies to get through the fasting month with Juber Ahmed who walks us through a Muslims Guide to fasting.

Page 56-57 will have you covered on those Oud gift ideas for him and her. Turn to page 58-61 to learn how to use Ramadan as an opportunity to self reflect with Ibn Daud.

The speculative nature of crypto currency has ignited flustering debate among Islamic schools over its status of being halal or haram, find out on page 88-89.

We catch up with Global brand marketing specialist of Tommy Hilfiger, Haseeb Azizi to find out more about his fashion career journey (pg 64-67) and how he was challenged due to his ethnicity.

Sticky ginger soy wings, aubergine & chickpea curry, chicken potato & piccalilli pies to Sea Bass Chilli & saffron butter & Potato Rosti's, our recipe guide will give you the inspiration your looking for this Eid.

I was super thrilled to read the children's book series, My first book about... by Best selling author Sara Khan, who we catch up with on page 84-85. Her insightful collection explores Allah swt, the Qur'an, Prophet Muhammad pbuh and Ramadan.

Ramadan Mubarak to all our readers and stay safe!

Natasha Syed
Editorial Director

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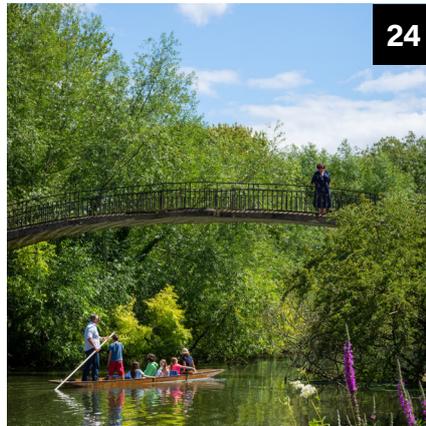
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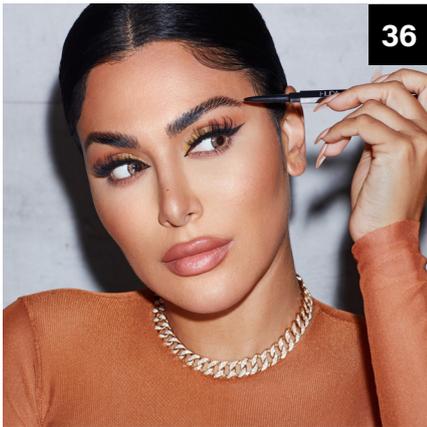


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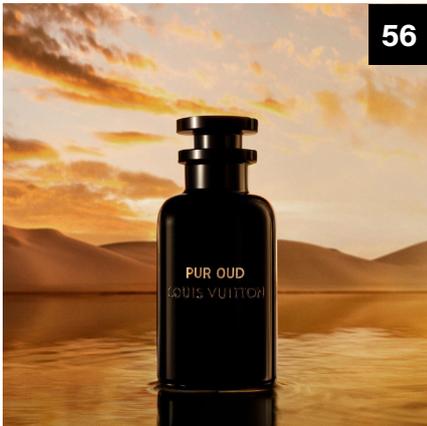
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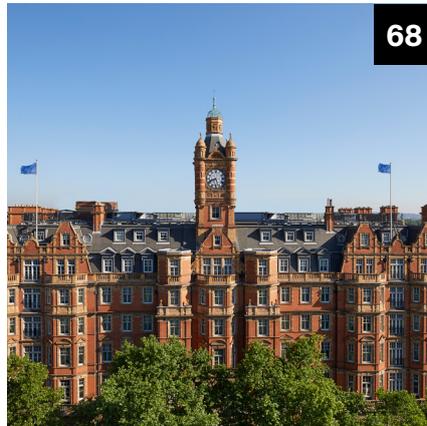
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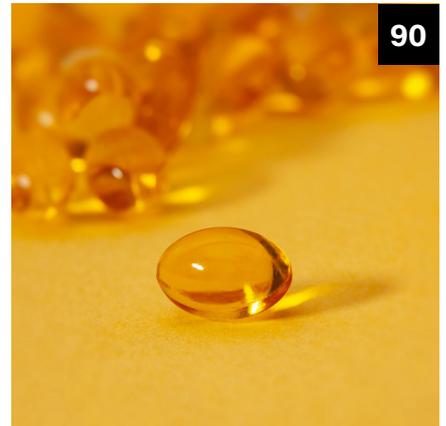
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Image credit - Natasha Ahmed

ART

Chaand Raat (Night of the Moon) in Pakistan. The night before Eid-al-Fitr is one filled with excitement and laughter. With families and friends gathering and looking out for a new moon-which indicates that it is the eve of Eid-people gather to exchange gifts, put up decorations and celebrate in the streets. The community exchanges a Chaand Raat Mubarak (Have a blessed night of the new moon) or Eid Mubarak (Blessings of the Eid day) between their loved ones and everyone in the community. Women also decorate their hands with henna, which is what I chose to showcase in the illustration. The women are laughing and enjoying each other's company as the new moon is sighted.

www.worldremit.com



Image credit @amirkingkhan

TV

Boxing legend, Amir Khan, has opened up about his retirement plans in the fifth episode of BBC's Meet The Khans: Big in Bolton. In a heartfelt discussion

with his wife, Faryal Makhdoom, Amir announced that he as "one or two" fights left in him before hanging up his boxing gloves. You can watch BBC One's Meet the Khans: Big in Bolton on Mondays at 10:45pm. Alternatively, watch the entire series on iPlayer.

ESCAPE

THE EVERYDAY

TRAVEL

Know Before You Go. The Escape the Everyday campaign encourages people to escape the unique everyday that we are currently experiencing. It will inspire consumers to book a short break across the UK by showcasing the breadth of experiences available for them to escape to. The campaign showcases both our vibrant cities and breath-taking countryside and coastal locations that make the UK a brilliant place to explore.

www.visitbritain.org/download-escape-everyday-campaign-toolkit-0



FOOD

Handmade cupcake and cake specialist Lola's Cupcakes are set to launch a brand new range of two Eid cupcakes and an Eid layer cake towards the end of the Holy month of Ramadan, on May 1st. An Eid range is a first for Lola's, who are keen to introduce novel flavour offerings to new audiences.

The range will be hand-prepared and decorated in Lola's North London bakery, and the flavours have been

developed and inspired by an array of Middle Eastern flavours.

Within the range will be a Baklava cupcake – a pistachio base, honey mascarpone icing and baklava and pistachio nibs on top, as well as a Rose buttercream and almond flake cupcake. There will also be a Baklava Layer cake is a variety of sizes, so ideal for an Eid gift or Iftar treat. Remember to use our unique code to get 10% off your order: MUSLIMMAG10 - Grab your Eid Cupcakes from May via www.lolascupcakes.co.uk

CHARITY

Ramadan Tent Project and Islamic Relief UK Team up to alleviate world hunger this Ramadan through My Open Iftar



Ramadan Tent Project will team up with faith-inspired charity Islamic Relief UK to launch My Open Iftar, an initiative, now in its second year, which will help raise money to feed vulnerable families across the world, with an aim to alleviate world hunger.

Every My Open Iftar pack purchased this year will help fight world hunger by feeding one person in need for the whole month of Ramadan. Each pack will also continue bringing the Ramadan experience to people's doorsteps, by providing everything they need to host a beautiful Iftar experience at home amidst the ongoing lockdown restrictions. A great way for people of all faiths and none to celebrate and share in the joys and festivities safely this Ramadan.

www.ramadantentproject.com/open-iftar/



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INSPIRATION

Capturing the luxurious scarlet red riding habits made for some of the most elite royal females, Royal Princess Oud is an olfactive portrait of The House of Creed's tailoring past. Celebrating glamour & strength, Olivier Creed uses rare, luxurious and bold ingredients in this iconic women's perfume to empower the wearer in just one spritz. The signature note of Oud, a historical ingredient, expensive and rare, is the perfect gift for Ramadan. www.creedfrances.co.uk



DRINK

Experiment with flavour with the latest Sultan Tea tea bundles. It's difficult to choose which tea to try next. So, they have decided to create tea bundles with a collection of different blends and flavours for you this Ramadan. Choose between tea bags and loose tea and select a bundle that best suits your taste. Saving money on your order while you do!

www.sultantea.com

WEDDING

Heavy Bridal Thaals In Emerald and Gold! These elegant thaals are 33cm and are decorated in a very detailed and timeless design. They are perfect for home decor and can be matched with your choice of tealights or pillar candles. A must on your bridal shopping list!



More colours available upon request. 1 Thaal: £25, 6 for only £130!

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Beyond the Beaches of Mauritius

By Juber Ahmed

Welcome to the 27th smallest country in the world, sitting approximately 500 miles from the coast of Madagascar. Initially discovered by the Arabs who called the Island Dina Arobi (Abandoned Island), it later was claimed by the Dutch, French, British and Portuguese.

This prominent Indian Ocean Island may be known for its stunning lagoons and pristine beaches, but that's only half the story. It's majestic lush forests, also home to the famous sugar cane fields – once home to 18th and 19th century Indian labourers - is the real source of life for this dazzling Island.

Let's get one thing clear; the options are endless when it comes to choosing the perfect beach. With over 160km-worth of coastline, it's no wonder they're known as crowd-pullers. If that's not enough, visitors will also find a calm lagoon, which is for the most part surrounded by coral reef. But veering away from the coast reveals an impressive interior. Spread across the Island, there are colourful streets, majestic mountains, nature reserves, picturesque fields, colourful dunes and a bustling capital. Make no mistake – this Island promises a lot more than snorkelling and sunbathing.





Image credit: Teodor Kuduschiev

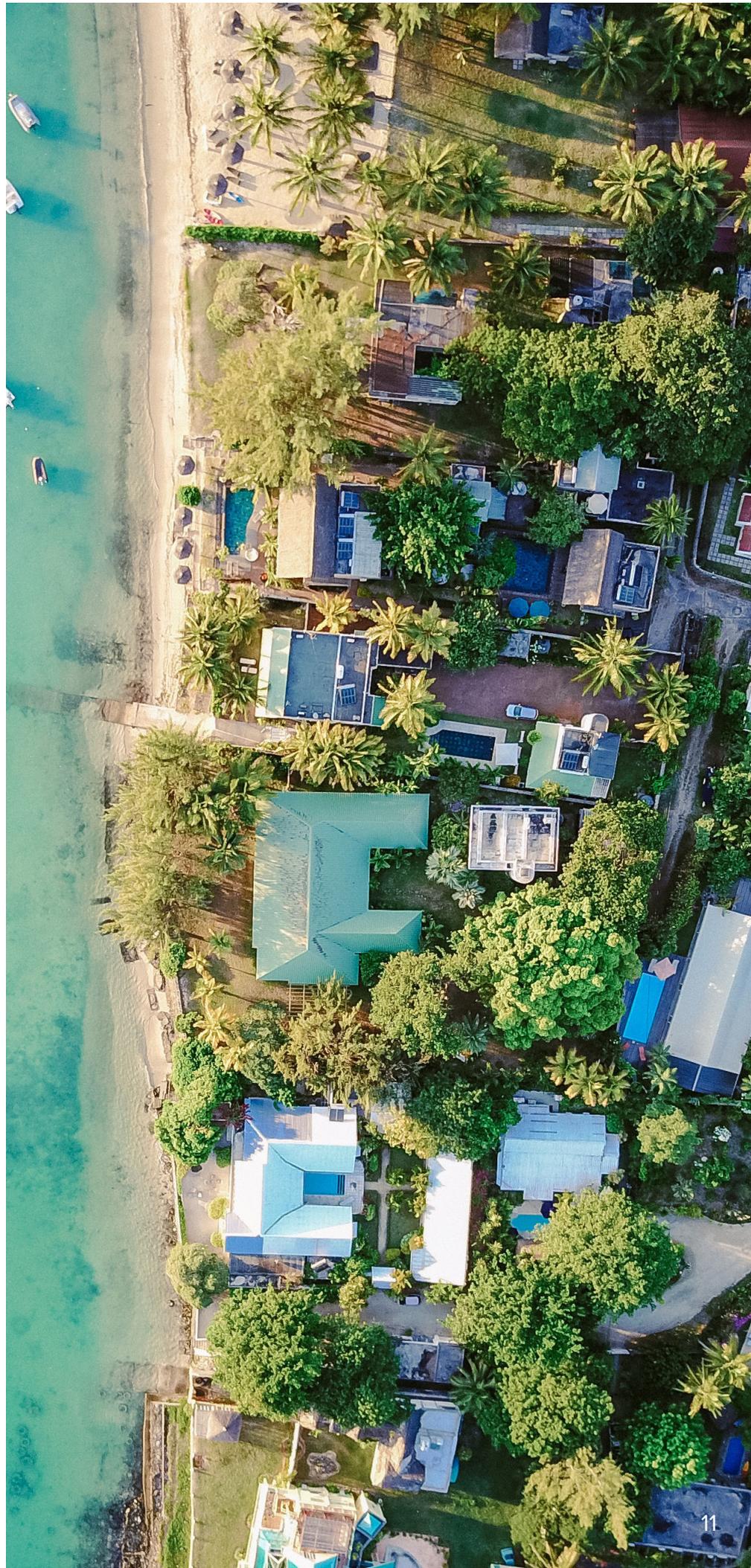
Port Louis

The Island's capital really is a melting pot of different cultures, cuisines and religions. Visiting the city is nothing short of an exhilarating experience. With sites such as China Town, the Jummah Mosque and the large central Market, it provides one with a delightful contrast to the commonly visited and tranquil beaches. If you really want to experience the true personality of the Island, Port Louis is worth at least a day trip.



Chamarel

The Island sure does have its own way of piquing our curiosity. Chamarel is a village located in the Rivière Noire District and is home to a geo park, which consists of an area known as the Seven Coloured Earths. Covering a small area of 7500 m², it is oddly located within a large and dense forest and consists of a group of sand dunes with various shades of red, brown, grey, and purple. The colours truly reveal themselves when the sun is shining down, so planning your arrival time will definitely pay off.







Le Morne Brabant

A rugged and iconic mountain, this site was once used as a refuge area by runaway slaves in the 18th and 19th century. This is not simply another mountain, but one which comes with a remarkable story. It is believed that the runaway slaves constructed temporary settlements, in an effort to abolish the Island's enforced act of slavery. The mountain therefore became a symbol of their fight for freedom. Today, visitors can either marvel at the mountain from the nearby beaches or hike up to the top to get superb views of Le Morne Beach.



Black River Gorges National Park

Established in 1994, this National Park is known to be the Island's oldest, largest and most visited. Located in one of the most remarkable corners of the Island, it holds a great deal of significance due to its contribution towards the maintenance of the Island's rich and diverse wildlife. Get away from the coast to hike across the wide expanse of highlands and dense forest, whilst taking in breath-taking views of the waterfalls and unique wildlife.

Advertisement Feature



Island life

Make all of your family's 2022 holiday dreams come true with a restorative and enriching trip to LUX* Resort Belle Mare in Mauritius

Here at your service

Slow travel, off the grid, digital detox and a selection of collective family experiences where memories are made? If these are just a few of your requirements on your next holiday checklist then a stay at the luxurious 5* Belle Mare Resort could be just the ticket for you and your loved ones in 2022.

Nestled on the wild east coast of the island country of Mauritius and tucked away among beautifully landscaped tropical gardens near the sleepy village of Belle Mare, this stylish contemporary 5* resort offers fun and downtime in bucketloads.

Guest cottages with thatched roofs dot the grounds which hug one of the longest stretches of beach on the island. Contemporary neutral interiors designed by Kelly Hoppen pop with bright colours and the un-interrupted sea views and coconut palms swaying in the breeze give the resort its relaxed, unrushed and away-from-it-all feel.



So what to book?

Lux Resort Belle Mare has some once-in-a-lifetime ideas to help create a memorable stay.



- First, there's PLAY, the hotel's kids' club but with a difference - and for all ages. There's a toddler zone designed to look like a beach; a stage; an outdoor cinema and even a science discovery lab for teens. And of course, child-friendly menus are a given.
- You can go farming en famille and choose a three-hour farming experience at the resort's very own Aubergine Farm and which includes seeding, planting and harvesting (in tune with the seasons). Or you can make your own farm-to-fork salad using freshly harvested produce followed by lunch on the farm.
- Just a few steps away from the resort Robinson Crusoe islet awaits curious explorers. After a fishing trip in the lagoon with a local fisherman and aboard a traditional wooden pirogue, step on to the island for your very own castaway picnic. Belle Mare's chef will prepare a picnic barbecue lunch using the catch of the day! Later in the evening, enjoy your own private cinema on the beach with popcorn, marshmallow roasting and not forgetting a private bar for the grown-ups.

Booking information: Price per person: £1,979 for seven nights on a meal plane half board basis for the 16-31 January 2022 season.

For more information visit, luxresorts.com/en/mauritius/hotel/luxbellemare and book with www.southalltravel.co.uk Call us on 0208 843 4444



The Legacy of Sanliurfa

Birthplace of Prophet Abraham AS By Juber Ahmed

The city of Urfa is filled with an enthralling atmosphere reminiscent of the historical region of Lower Mesopotamia. The dusty atmosphere, the rustic streets, and the culture of local life all come together to make you feel like you're in a different country all together. What's more, as it's one of the oldest inhabited regions on earth, the city of Sanliurfa is increasingly becoming a place for pilgrimage for the Turkish.

The entire region of Southeast Turkey is a must see and definitely a region sadly seldom visited. But people who don't visit, have absolutely no idea what they're missing! The further east you head from the tourist spots like Istanbul, Cappadocia, Izmir and Antalya, the more the country begins to unravel itself.

The city is believed to be home to the famous lake where Nimrod launched the Prophet Ibrahim A.S. from a catapult into a fire, which miraculously transformed into water. The water in the lake which is still there today, is believed to be blessed with healing properties, with taps set up for visitors in and around the site. The two pillars from which the Prophet Ibrahim A.S. was thrown is still visible today from the Sanliurfa Castle just opposite the lake.

After taking a one minute walk from Balıklıgöl, you will arrive at the 16th century Mevlid-i Halil Mosque. The Mosque is also known by the names Mevlid-I Halil Magarasi or Dergah Camii meaning the mosque of the birth place of God's friend (referring to Prophet Ibrahim A.S).



The entire region of Southeast Turkey is a must see and definitely a region sadly seldom visited...

What's more, some historians believe that the cave within the complex of the Mosque is believed to be where the mother of Prophet Ibrahim A.S. gave birth to him.

The Mosque was initially a synagogue, which then transformed into a church and soon became a Mosque in the 16th century. Therefore, it is fair to say that walking in this place, is like walking through centuries worth of history and religion. Five times a day, the mesmerising Adhan calls out which echoes its way through the area and brings the history and place to life.

With the historic castle looming over the city, it acts as a great place to get picturesque views. If you're unable to visit the castle, another spot from where you can get breath-taking views is the Eyyubiye vantage point which is located behind the Mevlid-i Halil Mosque.



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The Ancient City of Harran

Your Gateway to The Past By Juber Ahmed

Situated around 50KM from the historic city of Sanliurfa and 25Km from the border of Syria, Harran city is steeped in history. Although this ancient city is now the size of a small village, there are sites to see here which go back thousands of years. It is believed that the city got its name from the word Har which in Arabic means 'hot' as temperatures in this part of Mesopotamia surpass 40 degrees Celsius.

As you step out of your vehicle, you'll immediately be greeted by Turkish and Syrian children all excited to see yet another visitor. Historic looking Beehive houses that once housed the locals surround the notable Harran castle. Sheep, Camels and other livestock roam the village, whilst the locals go about their lives. It really is a different world within this small ancient city.

It was from the 8th – 9th century when the city thrived as being a centre of Islamic Knowledge with renowned scholars such as Ibn Taymiyyah, Thabit Ibn Qurra and Al-Battani studying here. In fact, Ibn Taymiyyah was born and raised here and there is a Mosque not too far from the centre

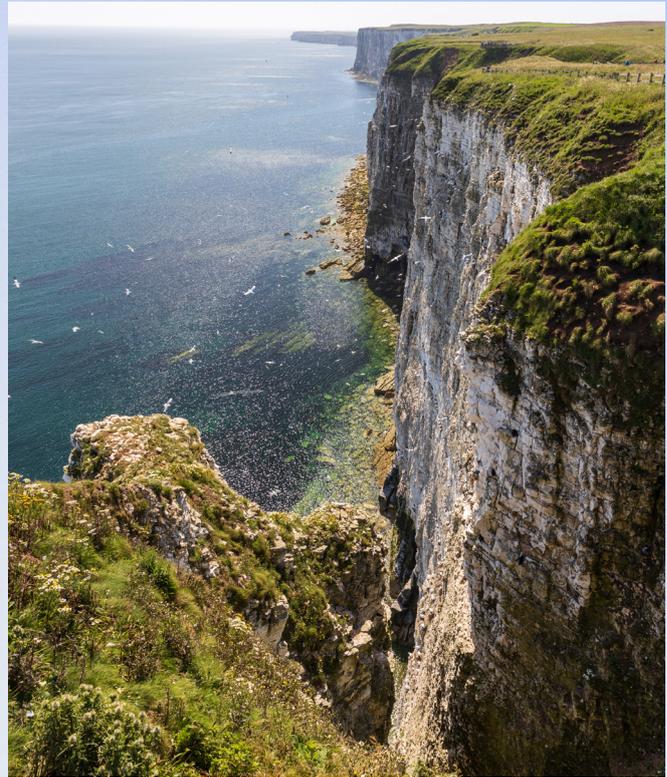
named after him. The remains of the old university can still be seen today.

When the city was invaded by the grandson of Gengis Khan, Hulagu Khan, many of the residents from within Harran had no choice but to flee to nearby Mardin and the two Syrian cities, namely Aleppo and Damascus. It was after this invasion and unfortunate patch in history that what once stood as a city, went on to survive, but only as a small village.

It is also believed that this city was once home to the Prophet Abraham AS and his wife Sara. Beginning the journey from the city of Sanliurfa to Canaan, they stopped here and called Harran home for a number of years. Ruins of their home can be witnessed today only a short walk from the residential village.

Though Harran may be a small village today with families living their lives the ancient way, it will always be referred to as the Ancient City of Harran due its significance and importance in history.

The Diving Gannet cruises offer the opportunity to watch the UK's seabird diving into the North Sea hunting for food...



British Wildlife Watching

From badgers and avocets to lions and tigers, there is a wealth of wildlife just waiting to be discovered. Some are best viewed from a distance while others can offer closer encounters. By Angela Youngman

Head out to one of the many reserves operated by The Wildlife Trusts throughout the country. Spot a rare swallowtail butterfly, discover the magic of otters playing in a river, learn to track rabbits or deer through a wood, and discover the secrets hidden in the soil. Lift up a log and find a world of beetles, grass snakes, worms and other insects.

Binoculars are definitely needed when visiting an RSPB reserve. Many of the birds can only be seen from a distance, or through the slit windows of a hide. Minsmere in Suffolk is home to the amazing colony of avocets, while Rainham Marshes is a haven for water voles and dragonflies. Between March and October, Bempton Cliffs near Bridlington in Yorkshire is home to over half a million seabirds intent on raising families within the towering chalk cliffs. To help identify the different birds, there are self-guided trails especially suitable for children and families, as well as special seabird cruises. The Diving Gannet cruises offer the opportunity to watch the UK's seabird diving into the North Sea hunting for food, while the Puffin cruises take visitors out to a seabird colony to enjoy close up views of puffins, gannets and guillemots.

Birds of prey experiences are extremely memorable activities run by numerous falconry companies such as the Hawk Conservancy Trust throughout the country. Learn to wear a falconer's glove and discover the incredible experience of having hawks take off and land from your

hand. Find out about the different types of birds and prey, and depending on the location you may be able to go for a walk with a hawk.

Birds of prey experiences are extremely memorable activities run by numerous falconry companies...

More exotic animals can be encountered at safari parks like Longleat and Woburn. Take a safari by car to see lions, tigers, monkeys and many other species roaming freely. Or take a walking safari through zoos to discover Giant Pandas in Edinburgh, tigers at Whipsnade or Polar bears at the Yorkshire Wildlife Park. Many of these sites also offer extensive camping or glamping opportunities such as the Lookout Lodges at Whipsnade, enabling visitors to find out what animals get up to at night. Be warned – it can get rather noisy when the lions start roaring!



Photographs © marcsmacaulay.com

Head to the hills and keep fit this summer

Seeking peace, tranquillity and resilience from high places has always been popular, along with the opportunity for adventure, excitement and physical challenges.

By Angela Youngman



Whether mountain climbing or taking a long walk up a steep hill, it provides time to mediate, think and reflect.

Wherever you are among mountains, the scenery is guaranteed to be stunning. A stroll through the Lake District fells highlights beautiful scenes of lakes glittering far below, of hillsides dotted with the sheep and heather as well as mountain tops rearing high above. Walking in the majestic Pennines offers superb routes along Stannage Edge, through deep valleys and across hillsides. Many of those routes have been followed by travellers for centuries, and lead through unforgettable scenery.

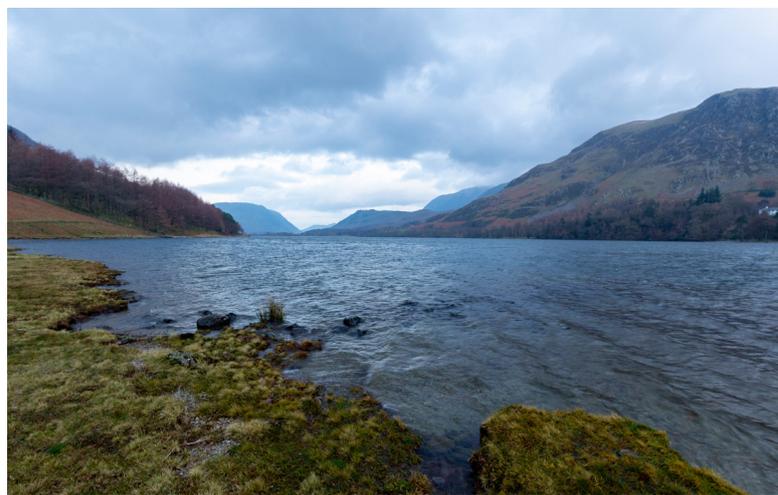
From the Scottish Highlands to the Lake District and the Welsh mountains, there are numerous opportunities for active staycations climbing and walking to suit all abilities, whether novice or expert. In South Wales, you can even combine a hilly coastal walk with an opportunity to go coasteering, and jump from rocks into a mountain lake.

It is not just these mountainous areas where you can enjoy physical challenges or seek stunning views. Equally important are the numerous hills to be found throughout the UK. Glastonbury Tor in Somerset towers above the low-lying landscape. A place of pilgrimage for centuries,





From the Scottish Highlands
to the Lake District and the
Welsh mountains....



it abounds in myths of King Arthur and his knights. Walking the circular path that leads up the Tor is not for the faint hearted – it takes a lot of effort, but at the top the views are spectacular.

Equally impressive is Dunkery Beacon on Exmoor offering views across the English Channel as well as the Bristol Channel. Even the walk itself offers something different at each turn, passing through woodland and heathland with lots of wildlife to be spotted en route. Coombe Hill, Wendover in the Chilterns is a much more gentle route through sheltered woodlands to suddenly emerging to encounter stunning panoramic views.

Whatever the location, always check the weather forecasts before starting out on a trek, especially among remote mountains – conditions can change fast with rain, drizzle and mists appearing out of nowhere. Waterproof clothing, strong footwear and energy snacks are essential, as are maps, mobile phones and GPS links so that if an emergency occurs, help can be provided quickly.

Above all, be prepared to challenge yourself mentally and physically. Reaching the top of a hill or mountain creates an immense sense of achievement which can never be forgotten.



Slow down and relax

Travelling at little more than walking pace, narrowboat holidays are the perfect way to slow down and relax. By Angela Youngman

With a top speed of around four miles an hour, you gently drift along enjoying the tranquillity of nature. Stop off in pretty villages, watch the swans swimming past and admire the scenery.

These long boats were once a traditional form of transport, operated by families carrying goods such as porcelain, pottery and coal to cities and towns nationwide. The canal network criss-crosses the country, linking up rivers and providing the opportunity to see the country from a very different viewpoint. Routes include many spectacular opportunities such as crossing the Pontcysyllte Aqueduct on the Llangollen canal. This world heritage site has been described as the 'stream in the sky', as it stands 126 feet high with 19 arches. Fed by the nearby Horseshoe Falls, it contains 15million litres of water. Another stunning route is via the Kennet & Avon canal passing through tranquil water meadows, and through a variety of locks enabling the canal to move upwards giving pretty vistas in all directions before

reaching the city of Bath. Moor up here and explore famous sights such as the Roman Baths, Jane Austen Centre, Assembly Rooms and the Royal Crescent.

Discover the countryside so familiar to William Shakespeare, the Bard of Avon by taking a romantic tour of the local canals passing Warwick's historic castle and mooring near Mary Arden's cottage, the home of Shakespeare's mother before marriage took her to Stratford upon Avon. Cross a long aqueduct to reach the Stratford Canal basin, within walking distance of his birthplace. Or how about a journey along the royal river Thames? It is possible to hire narrowboats and explore places like Hampton Court Palace, Windsor and Oxford.

Drifters and MyRiver Cruising are among the narrowboat companies offering hire facilities, together with suggested routes. A short break of just three or four nights can enable boaters to head east along the Thames to Wallingford, passing through Oxford on the way. An alternative route

Routes include many spectacular opportunities such as crossing the Pontcysyllte Aqueduct on the Llangollen canal.





might be to travel west to Lechlade on the edge of the Cotswolds, while a week's holiday gives access to Henley and Windsor. A relaxed fourteen night route could cover 191 miles over 74 hours of travelling time. Starting in Oxford with a visit to the various colleges, the route passes through the historic market towns of Abingdon and Wallingford, before heading down to Henley-on-Thames where there are several places to moor overnight in order to explore the shops and River & Rowing museum. Continuing along the River Thames leads past numerous towns and villages before reaching Windsor with its awe inspiring Castle only a few minutes walk from the river. Visit around eleven o'clock and you may be lucky enough to see the royal guard being changed in the castle courtyard, with lots of music and pageantry. St George's Chapel is worth a visit, with its magnificent architecture and flags of all the Knights of the Garter hanging proudly from the walls. It is a short bus

journey out to Legoland, or to explore the beautiful gardens at Virginia Water. Continue cruising along the Thames to visit Runnymede famous for its links with the signing of the Magna Carta or to moor up at Penton Hook marina for a visit to the Thorpe Park theme park, before heading on to Hampton Court to moor in the 'palace moorings' and explore the dramatic palace of Henry VIII.

Despite their length, they are easier to operate than you might think. The slender nature of a narrowboat can make them seem very long. In general most narrowboats are around 2.08 metres wide (6 feet), and up to 21.95 metres (72 feet) long matching the length of the longest locks on the system. Travelling through locks requires a lot of patience as well as energy opening and shutting the gates. Always check first before attempting to enter or open a lock that there are no oncoming boats. It is a slow process, waiting for the water level to match levels on the far side of the gate.



Travelling through locks requires a lot of patience as well as energy opening and shutting the gates.

Some of the locks are wide enough to take two narrowboats at a time – which is definitely useful in sharing the work manoeuvring the lock gates!

All the hire companies provide training and ensure you know exactly how to drive, moor and turn the boats before your journey starts. Advice on the unwritten boating rules should be followed carefully such as the need to check there are no other boats approaching from behind when moving out from a mooring. Boats take time to stop. It is not instant. Boats also have to be moored in official sites, and carefully secured.

Equally important is the need to wear non slip flat shoes. High heels are not recommended! Keeping luggage to a minimum is essential, as there is storage space on board is limited. Follow the advice of your hire company regarding routes. Always remember the further you go, the longer it takes you to get back especially if travelling on a tidal

river like the Thames. Maidenhead is approximately 11 hours travelling from Henley, while Windsor involves 14 hours continuous cruising from Henley and would require a minimum of 7 nights or more on board.

On board accommodation is high quality providing seclusion and comfort ideal for couples or family groups. All the boats have central heating, televisions and DVD players while some also have Wi-fi. Whatever the weather, it's always nice and cosy on board.

These are holidays meant for winding down, relaxing and taking time out from busy lives. Relax and enjoy some of the prettiest scenery in the country which often can only be seen from a boat deck.

www.myrivercruising.com
www.drifters.co.uk

1. Protect Replenishing Peptide Serum

£23.50 Nourish London - NEW self-locking smart pump, eliminating the need for a plastic cap. **Buy it from www.nourishlondon.com**

2. Beck Medium Tote bag, Honey

£245 Michael Kors - A seasonless piece for your everyday needs. **Buy it from www.johnlewis.com**

3. Yellow aviator-style sunglasses

£158 Ray-Ban - Gold tone metal sunglasses presented in a designer-stamped box, soft case & cleaning cloth.

Buy it from www.harveynicols.com

4. Teapot for one kit

£26,00 Brew Tea Co - This pot is perfect for one!

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5. Afghan Sultanabad Rug

By appointment only - This rug is 100% hand made on a vertical loom in Afghanistan.

Buy it from www.londonpersianrugcompany.co.uk

6. Tawaaf 2.2 Honeycomb

£110 Siddiq Juma - Richly textured paintings highlight the tension between the overwhelming power of the holy site and the irresistible magnetism that pulls believers towards Mecca.

Buy it now www.siddiqjuma.co.uk

7. Great Yellow Bumblebee Dress Pendant in Sterling Silver

£98 Sheila Fleet - This Great Yellow Bumblebee dress pendant in sterling silver features a cheerful bee in vivid enamel colourways, beautifully framed by polished silver wings. **Buy it from www.sheilafleet.com**

8. Yellow Deckchairs | Wooden Folding Deck Chairs Handball Stripes

£115 The Stripes Company - Deckchair with Sling - Handball Stripe **Buy it from www.thestripescompany.com**

9. Double Optical Mustard by Lo Décor

£77 Wolf & Badger - The geometrical shape of this elegant cushion is adorned with a stunning cover that is sophisticated and fresh, adding a delicate decorative accent to a modern living room. **Buy it from www.wolfandbadger.com**

10. The Rae hand tied flowers

£55 Bloom and Wild - 30 stems including sunflowers, roses, dianthus solomio, snapdragons, campanulas, eucalyptus and larkspur. **Buy it from www.bloomandwild.com**



HELLO Sunshine

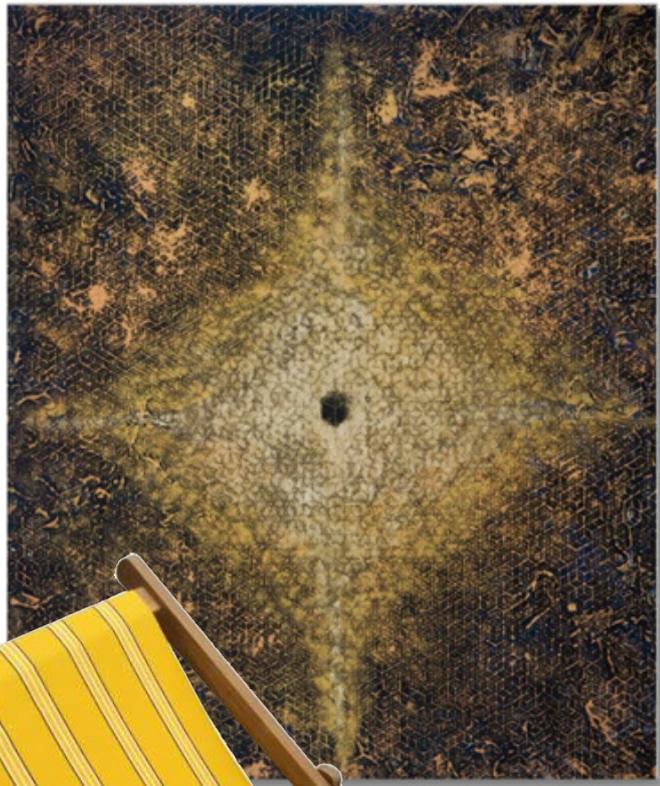
A pop of colour to lift the spirits, whatever the weather By Natasha Syed



5



6



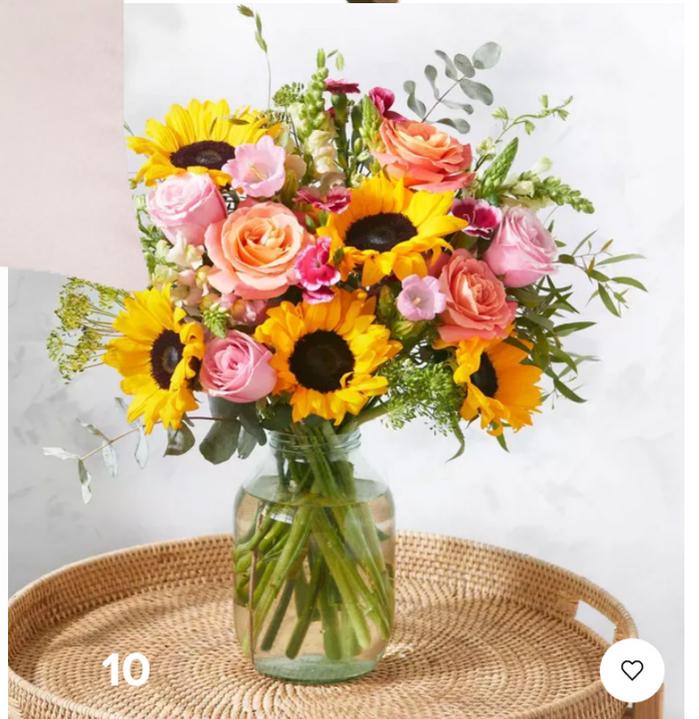
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9



7



10



Next year, in 2022, the celebrations are set to be even bigger as it will mark her Platinum Anniversary, seventy years since she became Queen in 1952.

QUEEN ELIZABETH II

Her majesty may rule over Britain and beyond, yet at heart she is a born and bred Londoner with a very longstanding love for her home city

By Angela Youngman

As a 21 year old, Princess Elizabeth made a memorable vow: “I declare before you all that my whole life, whether it be long or short shall be devoted to your service.” It is a vow she has kept, becoming the UK – and the world’s – longest reigning monarch celebrating her 95th birthday in June.



Covid permitting, plans are already being laid for her to attend the spectacular Trooping of the Colour ceremony in London. With over 1400 parading soldiers wearing the characteristic red Guards uniforms and black bearskins, together with 400 musicians and 200 members of the Household Cavalry, it is an event that attracts huge audiences watching the pageantry at Horse Guards Parade or the

colourful procession to and from Buckingham Palace along The Mall. The massed ranks of troops and military bands march past the Queen escorting the Regimental Colour (flag). She then rides back to Buckingham Palace and takes the salute again, before watching a flypast by the RAF. At midday precisely, a forty one gun salute is fired in Hyde Park.

Next year, in 2022, the celebrations are set to be even bigger as it will mark her Platinum Anniversary, seventy years since she became Queen in 1952. An extra bank holiday has already been announced creating a four day Bank holiday weekend starting on Thursday 2nd June. Work is now underway preparing for an extensive programme of ceremonial splendour, pageantry, events, plus artistic and technological displays throughout the UK and the Commonwealth.

There can be little doubt that she is a remarkable, and much respected, person, possessing in depth knowledge of state leaders around the world, many of whom she has met in person during official visits either to the UK or overseas. Queen Elizabeth is the most widely travelled head of state in history, visiting the majority of countries worldwide. There have been several official tours of the Middle East including Kuwait, Bahrain, Saudi Arabia, Qatar, United Arab Emirates, Oman and Turkey. As head of the Commonwealth, she is patron of many Commonwealth institutions including the Commonwealth Games Federation, The Royal Commonwealth Society and the





Queen's Commonwealth Trust encouraging young people to make sustainable differences within their local communities.

She has met most of the royal families of the Middle East during these tours, or during official meetings at Buckingham Palace and Windsor. There are also frequent social events reflecting a shared interest in horse racing. Sheikh Mohammed bin Rashid Al Maktoum owns the Godolphin Racing stud in Newmarket, home to many winning race horses.

The Queen is reported to have terrified the late King Abdullah of Saudi Arabia when he visited her at Balmoral Castle, Scotland in 2003. She drove him on a tour around the area – having originally learned to drive while serving in the Army during World War II, she is apparently a very fast driver on winding roads. Diplomat Sir Sherard Cowper-Coles later told the Sunday Times that throughout the drive, the Queen was talking continuously to King Abdullah even when he asked her to pay attention to the road!

Apart from joining in the festivities as spectators during the Trooping of the Colour celebrations in London, there are numerous places, which can be visited to discover royal links around the country. It is even possible to take a holiday on some of the royal estates such as Sandringham

or Balmoral as some of the buildings within the grounds have been turned into holiday cottages although access is not possible when the Queen is in residence.

Throughout the summer, the Queen's London home – Buckingham Palace – is open to visitors via guided tours. These need to be booked well in advance as they are very popular. Visitors explore the gorgeously decorated state rooms such as the Ballroom, the White Drawing Room and Throne, walking up the beautiful Grand Staircase as well as exploring the stunning gardens complete with flower beds, woodland, lake and rose garden. These gardens are also the venue for the Queen's garden parties usually held in July. While at Buckingham Palace, it is possible to visit the Royal Mews to see the state carriages as well as the Queen's Gallery housing countless art treasures.

The Changing of the Guard ceremony always attracts huge crowds. During the summer it is held daily, and alternate days in winter. Colourful and entertaining, it marks the arrival of a new guard to take over sentry duty. The Guards march to and from the nearby Wellington Barracks to the sound of military bands – and have been known to play 'Happy Birthday to You' on the Queen's birthday!

Head over to Westminster Abbey to see the historic



Image credit: Anthony Bressy



©VisitBritain/ Simon W

The Changing of the Guard ceremony always attracts huge crowds.



Image credit: Elena Zieg

throne on which the Queen was crowned 69 years ago or book a tour of the Houses of Parliament which includes a visit to the House of Lords where you can see the much more ornate golden throne from which she officially opens Parliament by outlining the Government's plans for the forthcoming year.

Until quite recently, she used to wear the Imperial State Crown during this event. Due to its extreme weight, the Crown is now carried before her in procession and she wears a much more lightweight crown or tiara. To see the spectacular Crown Jewels, visit The Tower of London. On display are all the Crown regalia – the sword, sceptre and orb given to the Queen as part of the Coronation ceremony along with St Edward's Crown with its solid gold framework weighing 2.23 kg which is used only at the moment of crowning. Also on display are crowns of royal consorts over the centuries, as well as various royal robes.

Outside London, Windsor Castle is one of the Queen's favourite homes and if she is not in residence, visitors can visit the State Rooms, St George's Chapel (the venue for various royal weddings and events such as ceremonies relating to the Order of the Garter), Queen Mary's Dolls House and explore the extensive parkland. Just seven miles

away is Ascot Racecourse, the venue for the annual Royal Ascot horse races attended by the Queen.

During the summer, the Queen generally moves to Balmoral in Scotland staying initially at the Palace of Holyroodhouse, Edinburgh to undertake official engagements. Balmoral is a private home but it is possible to visit the grounds and formal gardens when the Queen is not in residence. Special safari tours can be booked to see the scenery and wildlife of the area. During her stay at Balmoral, the Queen usually attends the nearby Braemar Highland Games.

Equally worth visiting is Sandringham in Norfolk, the focus of the Queen's Christmas celebrations. Tours of the state rooms can be booked, while visitors can explore the pretty gardens at leisure. The adjacent woodland offers lots of opportunities for extensive walks together with a popular playground for the kids including an eight metre tall replica of the Appleton Water Tower to be seen in the grounds. As the November night draw in, the woodland turns into a winter wonderland with illuminated pathways, fairy groves and light displays set to music.



Remembering Prince Philip Duke of Edinburgh

By Angela Youngman

At the Queen's coronation in 1952, Prince Philip Duke of Edinburgh swore to be her 'liege man of life and limb'. It was a vow he never broke. For over 70 years, he was her loyal consort and constant support as the Queen herself recognised at their golden wedding anniversary in 1997. She commented "He (Philip) has, quite simply, been my strength and stay all these years, and I, and his whole family, in this and many other countries, owe him a debt greater than he would ever claim, or we shall ever know.'

Born into the Greek royal family, destiny had a very different role for the young prince Philip. Within months of his birth, his family went into exile and his parent's marriage soon disintegrated. The young prince spent much of his early life being passed from relative to relative, school to school, finally ending his school career at Gordonstoun, in Scotland.

Duty dominated his life from the moment he left school. In 1939, he became an officer in the Royal Navy and served with distinction in the Mediterranean and Pacific fleets. He had already met his future wife, as teenagers Philip and Elizabeth quickly became friends. As they grew older, this developed into a love match. In 1947, he gave up his Greek titles and became a naturalised British citizen, taking his grandparent's name of Mountbatten. On 20 November 1947, he married Princess Elizabeth and was granted the title of Duke of Edinburgh. Philip continued to serve in the Royal Navy, at one point living in Malta with the Princess Elizabeth.

After her accession to the throne in 1952, he worked

tirelessly as her consort accompanying her on her travels around the world.

He had a passion for Wildlife Conservation and was closely involved with numerous organisations such as the World Wildlife Fund and ZSL London Zoo, stating, "If nature doesn't survive, neither will man."

One of his biggest achievements was the creation of the Duke of Edinburgh Award Scheme, designed to develop leadership, confidence and character among young people aged 14 – 24.

Sport was another passion, and he was a keen polo player. He also helped develop the sport of carriage driving, participating in many major competitions.

Prince Philip could also be acerbic, plain speaking, controversial and impatient famously saying "it's part of my style ...(like it or) lump it." His most famous comments include:

'If you stay here much longer, you'll all be slitty-eyed.' (*British students in China, during the 1986 state visit*).

"Your country is one of the most notorious centres of trading in endangered species in the world." (*Thailand, 1991*)

But above all, he was the mainstay of the Royal Family, the patriarch and the only person who could yell to the Queen "Yak, yak, yak; come on. Get a move on," when she held everyone up chatting to her hosts on the quayside in Belize.

Prince Philip, Duke of Edinburgh died peacefully at Windsor Castle 9th April 2021.

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CHANGING THE FACE OF BEAUTY

British Muslim Magazine caught up with Kattan, 38, to talk about everything from the realities of running your own brand, life, failures and Ramadan. by Natasha Syed

With more than 2.2 million followers on Instagram and 4.2 million-plus subscribers on YouTube, a makeup artist and founder of billion-dollar cosmetics brand Huda Beauty, Huda Kattan has transformed a beauty blog and YouTube channel into a thriving career and successful business. Kattan has been declared as one of the “10 most powerful influencers in the world of beauty” by Forbes and she’s only getting more powerful.

Tell us about your failures and success?

Huda: When we were just starting, we weren’t taken as a serious brand for a long time. There was a lot of frustration because retailers and distributors didn’t take us seriously. I am so proud that my sisters and I stayed true to our vision and were able to take Huda Beauty from an idea to what it

is today. One of the biggest rewards has been succeeding in a space where it isn’t common for an individual or a family-owned business to do so.

Success for me is about creating authentic beauty products and content that might help and inspire others, to help break down current beauty standards by being inclusive for all and empowering people as much as possible. We have an incredible community who constantly make me feel proud and humbled by all that we have created, the relationships that I have built with my followers and the trust that I have gained is far more valuable than any business setbacks.

There is a lot of quality make up out there in the industry, why are your products better and what benefits do your products serve?

We start developing our products long before they are

Beauty was something I really wanted to make me feel different as I just didn't fit any of the beauty standards that are out there....



actually released, sometimes we don't release products as they don't make the cut and, in some cases, it takes several years before our products actually come to life. We only want to create great products that we believe are missing from the market, that offer something different. That's the same for WISHFUL as well as Huda Beauty and why we launched the brand with our Yo Glow Enzyme Scrub, which, is an incredible product and our best seller of the collection. There is nothing like it out there.

Ultimately, we want to create products that offer something new, that our community love, that inspire as much as possible and people enjoy using.

You are known as the “Ultimate Beauty Boss” in the makeup industry - what advice would you give those who are still seeking their dream?

Trust your gut! Your intuition is the strongest tool and best guide to making the decisions that are the best for you!

How will your future advertisements differ from other campaigns?

For me personally, creating WISHFUL truly made me realise I had to walk the walk, as there needs to be some realness and transparency in the beauty industry. When we shot the WISHFUL campaign, I was adamant about not



WISHFUL
Yo-Glow,
RRP £18



Wishful
Yo Glow
Tropical
Fruits
Enzyme
Scrub 40ml
- £18

wearing makeup in it, about not photoshopping, and it was a really vulnerable moment for me. And I felt extremely exposed, extremely sensitive. I felt unconfident. I had to go deeper into that, but I've never been the same since.

I have always battled with feeling ugly, from a young age. A combination of criticism from my extended family for being “too dark” on the one side and being the only family of Middle Eastern Arabic descent background in my home town in Tennessee. I felt unaccepted on every front. I felt worthless. Beauty was something I really wanted to make me feel different as I just didn't fit any of the beauty standards that are were out there.

And this narrative of having a monolithic standard for beauty has to stop now. We need to democratise beauty. We

need for everyone to own their own standard of beauty. We have to all be held accountable and be authentic. I'm a mom, I worry about my daughter and the beauty industry that we are shaping for her future. I want to stand up more where I can, I posted recently about driving a campaign for people to sign a petition to get the beauty industry to own up and be honest when they optimise photos, so that we stop pervading the impossible beauty standards.

How do you define beautiful?

Beauty is both external and internal. Being empowered, being kind and believing in yourself is beautiful.



Ramadan Mubarak my loves. This year has been tough for so many of us and Ramadan may look different this year, but I am sending you so much love and prayers. I wish you all nothing but the best and I hope this Ramadan brings you peace.



You filmed your wishful campaign with no makeup – how did you feel? Why did you do this if makeup is your passion?

Shooting our WISHFUL campaign was a really emotional for me. I've always struggled with self-confidence and there I was facing it head on. While we were shooting, I had to stop and have a pep talk with myself and say, 'Look at that girl, she is good enough, she is worthy and she is beautiful.' In the past, I have used Photoshop and makeup as my armour. For the longest time, I was covering myself up with makeup because I thought I wasn't good enough. I thought, 'I don't fit into this idea of what the world thinks is beautiful.' And through a lot of therapy, life coaching and growth I've come to understand that makeup is just a tool. Makeup is just a vehicle to express who you truly are. So it was so important for me not to have unrealistic imagery in our campaigns for WISHFUL, to show my support to. I'm an influencer in addition to having my own brand and if I am not honest, then I'm part of a problem. I love makeup and always will. I love doing a 'cake face' makeup application from time to time, but I also love wearing minimal or no makeup now. The joy of makeup is to enjoy it and how it can make you feel but to not be owned or defined by it.

How do you self love?

2020 has been such a self-love journey for me and probably everyone around the world! Balance in life is SO important – work hard but enjoy life and all that life has to offer! I enjoy spending time with my family the most, watching movies eating fried chicken and just laughing and be silly together. It's so important to have that time to switch off and not be so serious! That's why you'll always seeing me goofing around on social media – dancing, singing and just being carefree!

Why are Wishful products good to use through Ramadan?

Wishful Thirst Trap Juice was made because of the lack of hydration in my face while I was fasting during Ramadan. When you're fasting and not drinking water your skin can also become dehydrated and dry, so a great way to combat this is by using super moisturizing products that work at different layers of the skin.

Visit
www.hudabeauty.com
www.cultbeauty.co.uk

A scenic view of a Cornish beach. In the foreground, a woman and two children are playing in the shallow water. The middle ground shows the ocean with gentle waves. In the background, there are high, rugged cliffs and a grassy hill under a clear blue sky.

beach

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SKIN DEEP

What's the deal with Niacinamide?

What Is Niacinamide

Many Vitamins are essential in helping your body function at its best and there are also a few that, when applied topically, work wonders for your skin. Few “miracle” ingredients ever stand up to the hype, but this water-soluble version of vitamin B3 is a beauty cabinet wonder we should all be using, thanks to its ability to minimize wrinkles, fight acne and even out skin tone. It's a fountain of youth.

What Does Niacinamide Do?

A lot of good things! Firstly, it helps slow down the aging process by increasing cell turnover, it boosts various functions of the skin. Microcirculation, and antioxidant

protection is given, as well as stimulating fibroblasts which make collagen. It strengthens our skin's barrier, boosting its first line of defence against things like pollution, UV rays, chemicals, and other environmental aggressors. Studies suggest it may play a role in reducing fine wrinkles.

Niacinamide also prevents water loss, so our skin stays hydrated. Its a powerful antioxidant with impressive anti-inflammatory properties – it soothes redness, calms breakouts and banishes blemishes, which is great news if you suffer from acne.

It improves uneven skin tone and reduces hyperpigmentation. It even minimizes the appearance of pores while balancing oil production, for a shine-free complexion – a dream come true for oily skin.

How do I know if it'll work for me?

Those who have acne prone skin, redness or hyperpigmentation are like to see the most benefit from this product, as this is where niacinamide really shines. As niacinamide has anti-inflammatory properties, this will help reduce sensitivity caused by retinol and over time, increase the skin's ability to tolerate it.

How do I use it?

If your skin's on the more oilier side, opt for a serum or mask. Look for products that contain at least 5% for best results, and make sure it features high up on the ingredients list. It can be used part of your morning skincare regime or at night. Paid it with hyaluronic acid and hydration levels skyrocket. If used with zinc then blemishes don't stand a chance. Consistency is key. We recommend to use it for upto 6 weeks to reap the benefits.



FOUR WAYS TO ADD NIACINAMIDE TO YOUR ROUTINE

WISHFUL Honey Balm Jelly Moisturiser 50ml - £43

A game changer from day one. This enriched Moisturising Gel Balm locks in moisture for up to 24 hours and soothes skin. Honeyed texture

locks in moisture while a powerful blend of honey, turmeric and niacinamide soothes the skin & boosts luminosity.

Glossier Super Pure £24

This super-absorbent formula harnesses the power of niacinamide and zinc (a match made in skincare heaven), to calm breakouts and flush out impurities without over-drying.



The Ordinary Niacinamide 10% + Zinc 1% £5

The Ordinary is the stripped back premium skin care brand without the eye-watering price tag. Ingredients are the star of this not-so-ordinary show so you can tackle your skin concerns with confidence.



THE GOOD SKIN DIET

Five foods to include in any dermis-boosting diet

SALMON

Packed with omega-3 fatty acids, found naturally in the skin and serving a key role in immune function. They've also been shown to make the skin more resilient to sunburn. Swap for seeds, nuts and flaxseed oil if you're plant based.

TOMATOES

As well as delivering on vitamin C, they're rich in carotenoid antioxidants – mainly lycopene. You will gain protection against free radicals and help with skin maintenance. Since fat increases your absorption of carotenoids, pair with olive oil for maximum gain.

GREEN TEA

The polyphenols found in green tea have an antioxidant and anti-inflammatory effect on skin, say experts. They've also been found to help protect your skin from sun damage.

BRAZIL NUTS

Selenium is an important antioxidant, as is Vitamin E, both of which can be found in Brazil nuts. The mineral protects skin cell membranes against sun damage, inflammation and pigmentation.

RED PEPPERS

A great source of vitamin C, more than oranges. Helps to produce collagen, the main protein that gives your skin its structure.



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It can be argued that staying hydrated is far more important than the amount of food you consume during this month.

A Muslims Guide to Fasting

By Juber Ahmed

Ever wonder why many of our plans fail? Well, aside from setting unrealistic goals, the common mistake many of us make is failing to prepare. With Ramadhan being a month filled with significance, joy, hardship and rectification, it's befitting that we prepare ourselves in as many ways as possible. Preparing mentally, physically and spiritually will go a long way and allow one to reap maximum benefits throughout this blessed month.

Learn About Ramadan

The most superior way of preparing for Ramadhan is by learning about it. Ramadhan is a reward reaping month, and by learning how to spend your time wisely one can feel fully charged to take advantage. Whilst there are many books, articles and videos one could read or watch on Ramadhan, look out for events in your local Mosque, giving you the chance to ask any questions you may have.

Reduce the Intake of Food

As a large part of Ramadhan is focused around abstinence from food and drink, it's wise to start cutting down on food from now. What's more, once we're in the month, it becomes even more important to hold back from overeating at meal times. By doing this, you'll find that the entire fasting experience will be a lot easier and effective, and it'll allow you to be more focused and energetic throughout the night.

Spiritual Preparation and Your Mind-set

Ramadhan is a big deal! It can be daunting for many and a huge challenge for the ill-prepared. Commencing certain activities from now such as Qur'an recitation, Tahajjud, frequenting the Masjid, and spending in charity, will allow one to transition into the month of

Ramadhan effortlessly. Your mind is something that also needs to be equipped, so it's a good idea to start thinking about preventing yourself from unnecessary acts such as backbiting, getting angry and idle talk, as these actions will only increase your hunger and thirst.

Stay Hydrated

It can be argued that staying hydrated is far more important than the amount of food you consume during this month. This will prevent headaches and a loss of energy. Keep a bottle close by during the evening and take small sips every so often to stay hydrated and focused.

Take it Easy & Take a Break

This is probably the most important point. My advice is, and always has been, find what you're good at and keep excelling in that. Ramadhan is a month about increasing your good deeds and spending more time with your acts of obedience. But you may find it overwhelming to juggle multiple acts. For that reason, try to find even one act you can do every day and persist. What's more, if you get tired, it's completely fine to take a break by taking a nap, reading a book, or going for a walk.

Take Part in Suhoor & Futoor

This should be at the top of the list, but I've added it to the end so that it's the last thing you leave with. These two meals make Ramadhan what it is and are hugely significant for us to take part in, not to mention acts of Sunnah. The only thing to keep in mind is that Suhoor (pre-dawn meal) should be delayed until just before the Fajr prayer whilst one should hasten to take part in the Futoor (breakfast).





How to Decorate Your Home for Eid

Have you thought about how you'll decorate your space for Eid 2021? If not yet, we've got great ideas for you! By Leila Amber

Statement Lighting

Brightening up your space is a super-easy way to make your home festive.

Dazzle up your outdoors with string lights and illuminate your interiors with statement lighting. Eid lamps come in so many designs and materials. Of course, star and moon-shaped lamps are classic choices. They are a must-have for Eid decoration because they symbolize the Muslim religion.

Hang "falling stars" in your window and install a crescent

moon lamp on your door or wall. You can also decorate with candles and festive bulbs.

Spread the Sweet Fragrance

Another reason why you want to decorate with candles is fragrance.

The festive spirit is not just about what we see. It's also about what we smell and hear that brings out the nostalgic feeling of Eid.

HAPPY EID





JULIA DONALDSON • AXEL SCHEFFLER

THE GRUFFALO

My

Eid



Combining scents is a skill that takes practice. Fortunately, you don't have to spare time on that. Here are some amazing combinations that will make your home festive and welcoming on Eid:

- **Peppermint and lemon - these scents are energizing. They set you in a mood for laughter, play, and non-stop joy.**
- **Chocolate and vanilla - that's the kind of festive smell you'd want.**
- **Cinnamon and apple - make you enjoy Eid treats more.**
- **Rose and bergamot - a happiness-promoting scent.**

Traditional Setup

It's always fun to decorate a home with traditional items like fancy carpets and rugs. They provide warmth and divinity to your home - the essence of Ramadan and Eid.

Check out beautiful carpets online that match the theme and color of your decorations.

Play with Color

Splash your home with colors! Install colorful lanterns, lights, and Eid garlands on the main walls of the house. Use colorful decorative pieces for setting up the table. Make a beautiful floral arrangement. The more colorful, the livelier your home will be!

But if you're not a fan of too colorful interiors, a few colored statement pieces is the way to go.

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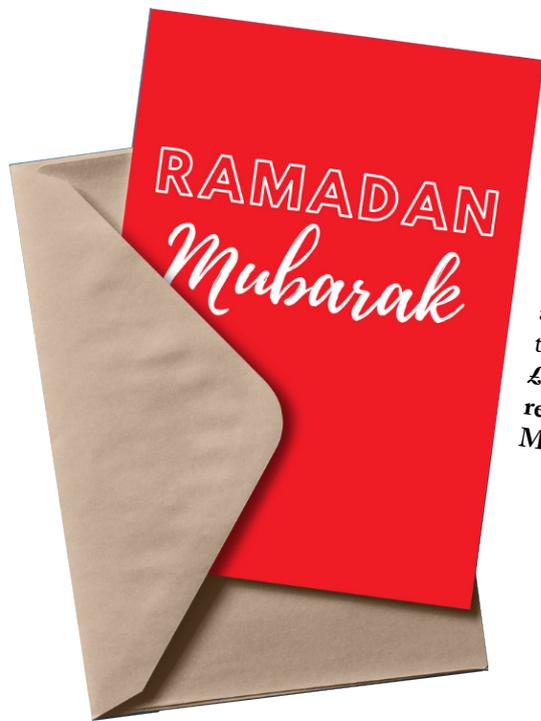


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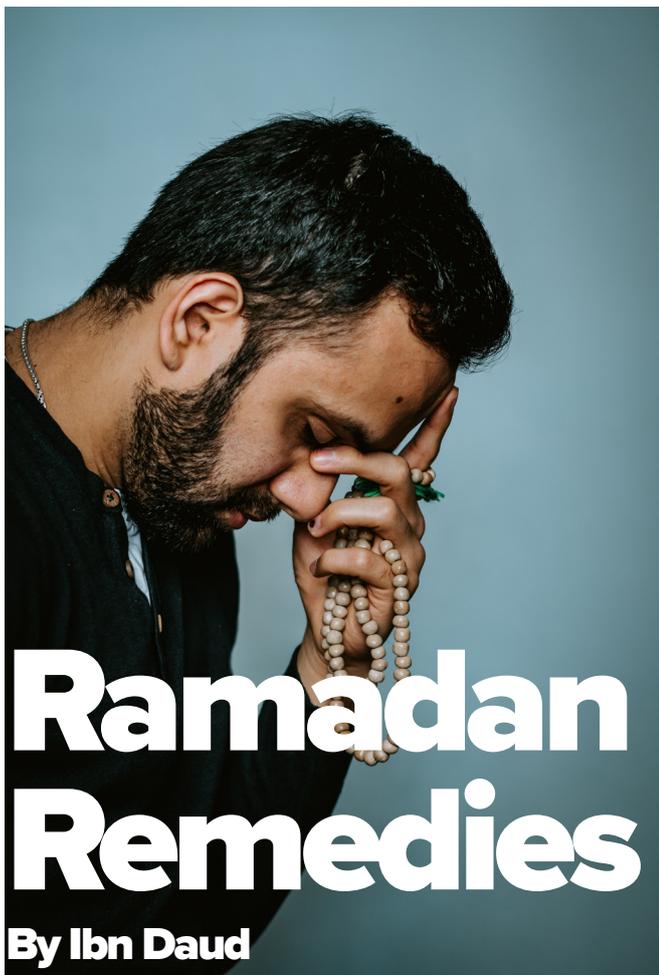
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Ramadan Remedies

By Ibn Daud

“O believers! Fasting is prescribed for you - as it was for those before you - so perhaps you will become mindful (of Allāh).” [Al-Baqarah 2:183]

Many of us eagerly look forward to the impending celebratory meals and visits with family and friends, breaking fast at the Masjid and, of course, the Eid celebration that ends this great month. We rush about making careful preparations by cleaning our homes from top to bottom. Some may even decorate them for an added festive effect. We go from market to market purchasing ingredients used to create elaborate delicacies that are so special and which we enjoy only a couple of times during the year. We shop around trying to purchase the right gifts for our family and friends.

“The Day when neither wealth nor children will be of any benefit. Only those who come before Allāh with a pure heart (will be saved)” [Qur’ān: As-Shu’arā’ 26: 88-89]

With all of our preparation for the blessed month of Ramadan, we should also take the time to reflect upon where we are regarding our duties to Allāh (swt) compared with where we were this time last year.

Ideally, we should be striving to be better each year. In order to do so, we must take an honest assessment of our shortcomings. Ramadan is a great time to really take stock of ourselves and admit any shortcomings we may have when it comes to our worship.

Perhaps at the close of Ramadan last year, we successfully completed reciting the entire Quran. Maybe we were able to maintain an even disposition during the entire fast, taking extreme care in being patient with others. But what has happened in between that time and today, as we have awaited the arrival of this blessed month? Did we continue reading the Quran daily? Did we remain mindful and in control of our temper observing taqwa (a state of God-consciousness and nobility in character) in our daily interactions?

The Importance of Spiritual Wellbeing

Just as we seek the best medical treatment to avoid illnesses and improve our physical health and wellbeing, whether that be paracetamol to treat a mere headache or something more substantial like chemotherapy to treat cancer, our soul can also suffer from spiritual illnesses such as riyā (showing off), takabbur (pride and arrogance), hasad (envy), lack of shukr (ingratitude), hubb al-jāh (love of fame), hubb al-māl (love of wealth), and the like.

Ramadan: An Opportunity to Self-reflect

The Prophet (pbuh) said, **“Faith wears out in the heart of one of you just as clothes wear out, so ask Allāh to renew the faith in your hearts.** [Al-Hākim 5]

On the Day of Judgement, we will be presented ‘inside out’, so to speak. The people who have taken the greatest care to preserve their soul will be the most beautiful, regardless of their physical appearance on Earth.

Contrastingly, those who have neglected to follow His (swt) instructions will turn up as ugly as the hearts and souls they harboured on Earth. Then only good beings will enter Paradise, while the perverse will not.

The Prophet (pbuh) said, **“In the body there is a morsel of flesh, if it is sound, the whole body is sound. If it is corrupted, the whole body is corrupted. Indeed, it is the heart.”** [Sahih Al-Bukhārī 52, Sahih Muslim 1599:107]

Ramadan is an opportunity to self-reflect, looking at where such characteristics are present in our own inner and outer behaviour (i.e. the signs and symptoms), and striving to apply some practical remedies in an effort so seek the good pleasure (ridwan) of Allāh.

ANGER

Definition: Anger can be compared to a chained, restless beast imprisoned in the heat of the midday sun: near-impossible to restrain once it breaks its chains, and doubtless of no benefit to its owner once unleashed. Intense anger or wrath is known as ‘ghadab’.

Symptom: Rising Tempers & Evils of the Tongue

Due to your anger, and that of another, a quarrel is stirred and heated to the point of conflict. As is the nature of all things heated, you are both given to stand, rising with feelings of fury.

Remedy: Recognise Others’ Rights (including Social Media)



Ramadan is an opportunity to self-reflect, looking at where such characteristics are present in our own inner and outer behaviour...

You consider how you would like Allāh (swt) to deal with you and therefore you lean toward a more compassionate approach in dealing with the person with whom you are angry.

Allāh (swt) says, “And hasten towards forgiveness from your Lord and a Paradise as vast as the heavens and the earth, prepared for those mindful (of Allāh). (They are) those who donate in prosperity and adversity, control their anger, and pardon others. And Allāh loves the good-doers.” [Āli ‘Imrān 3: 133-134]

BOASTING, ARROGANCE & PRIDE

Definition: In a nutshell, tafākḥur (boasting) and kibr (arrogance) are to willingly and consciously regard oneself superior to others in religious or worldly matters in a way which creates contempt in the heart for others. What is suggested here is unhealthy glorification of the self. For the person practising Islām, this ‘I am better than you’ mentality is forbidden. Ironically - and perhaps fittingly - the person who allows arrogance into their heart usually finds that other people come to dislike him or her.

Symptom: Boasting on Social Media

You use social media to ‘post and boast’ your latest achievement or experience.

Remedy: Silence on Social Media

You remind yourself that these bounties you are tempted to flaunt via social media may prompt jealousy and envy among others, so you preserve and protect them.

The Qur’ān teaches us to seek refuge in Allāh (swt), “Say (O Prophet), “I seek refuge in the Lord of the daybreak from the evil of whatever He has created, and from the evil of the night when it grows dark, and from the evil of those (witches casting spells by) blowing onto knots, and from the evil of an envier when they envy.” [Al-Falaq 113: 1-5]

ENVY

Definition: Envy is when you identify a blessing (or perceived blessing) bestowed on someone else, and then desire, through some trick or deception, that the blessing be extinguished. It has 3 stages:

1. Envy as a human quality: in this degree of envy, man is excused and is not at fault.
2. Acting according to the demands of envy: in this degree, man is a sinner.
3. Opposing the demands of envy: in this degree, man deserves praise and will be rewarded.

Symptom: Envious of Others’ Possessions

You think or say that Allāh (swt) should not have given another person a blessing or, that He (swt) was wrong to do so ‘because you deserve it more’ (you desire to have what is in possession of another person).

Remedy: Acting Contrary to Caprice (Hawā)

You act contrary to your impulse of envy, by being

beneficent to a person when it seems appealing to harm him (there is no hypocrisy in this); this will incline that person towards you (when you show them good).

Allāh (swt) praises those who resist the impulses of their souls and promises Paradise, “And as for those who were in awe of standing before their Lord and restrained themselves from (evil) desires, Paradise will certainly be (their) home.” [An-Nāzi’at 79:40-41]

LOVE OF THE WORLD

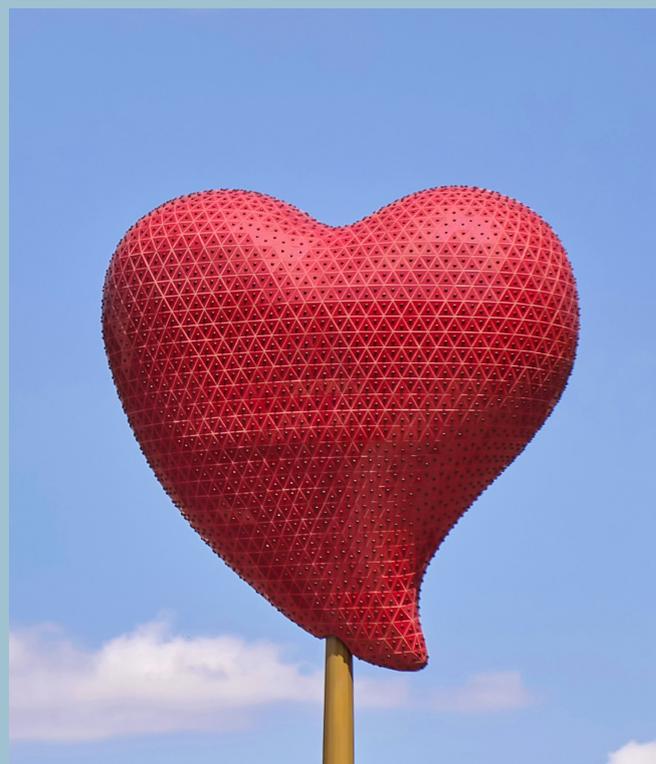
Definition: Indeed, love of the world is praised if it leads to spiritual elevation and healing of the heart, or if attaining wealth and position are for the benefit of the needy. However, what scholars have traditionally warned against, with regard to attaining wealth, is the danger of transgression. The more wealth one acquires, the higher the probability one will become preoccupied with other than Allāh (swt). It is the action of clinging to the world’s ‘glittering distractions’, paying excessive attention to the ‘things’ that benefit the lower self, that ties somebody to blameworthy love of the world (hub al-dunyā).

Symptom: Vain & Sinful Pursuits

You earn wealth for the purpose of vainglorious competition, competing for the things of the world and trying to gain superiority over others through them.

Remedy: Seeking the Hereafter

You remind yourself that this worldly life is mere play and amusement, which spawns most of the evil spiritual traits and characteristics (pride, hatred, jealousy, boasting, greed, etc.) and that your true objective of this life is to make sufficient arrangements for your travels to the Hereafter.



Allah (swt) says, “Whatever (pleasure) you have been given is (no more than a fleeting) enjoyment of this worldly life. But what is with Allāh is far better and more lasting for those who believe and put their trust in their Lord.” [Ash-Shūrā 42:36]

NEGATIVE FEELINGS

Definition: Negative feelings are those that a person harbours toward someone behaving in a righteous way. One has become bothered by the positive words or deeds of another, and has judged that person based on the heart’s suspicions (zann) without proof. By far the most likely root cause of these negative feelings is jealousy, fed by pride of course, but there are a variety of accessories to this disease: weakness of faith and a lack of consciousness of Allāh ; the frustrated venting of anger; unfounded dislike and unjustified animosity towards the other person; and the desire to elevate oneself by declaring the faults of others.

Symptom: Backbiting of the Limbs, Tongue, Mind & Heart (Ghibah)

You communicate about another by means of backbiting (ghibah), often finding yourself saying: ‘Brother, but it’s the truth’, ‘I would say it to his face, it doesn’t matter’, ‘I’m not backbiting but...’ and then you mention a weakness of that someone else, ‘Sister, what do you think about so and so?’, ‘This is what he is like...’, ‘Did you hear about this person, he’s involved in such and such an action’.

Remedy: Avoiding Potential Harm on Social Media

You realise that though negative thoughts are very easy to have, they are harmful to brotherhood and injurious to your own spiritual growth, so you take steps to:

- Ensure you never help further any type of split between two people.
- Try to develop an ability to see in people signs of goodness.
- Never despise anyone no matter how bad their actions may seem, as you never know who is more beloved than you in the eyes of Allāh (swt).

Allāh (swt) says, “Not a word does a person utter without having a (vigilant) observer ready (to write it down).” [Qāf 50:18]

VANITY

Definition: Vanity is to attribute one’s excellence to oneself while forgetting that it came from Allāh (swt) and being oblivious of the possibility of such excellence being snatched away by Allāh (swt) . The vain person labours under the notion that these bounties they have accrued are everlasting and noteworthy. The word ‘vanity’ comes from the Latin word ‘vanus’, which means ‘empty’, implying that the source of our vanity is devoid of substance, and will vanish.

Symptom: Vanity on Social Media

You spend an inordinate amount of time on social media because you feel a need to project a positive image at all times, using social media to promote the highlights of your life, focusing on parties, holidays, times with family and friends etc.

Remedy: Inner Character, Not Outward Appearance

You understand that it is the garment of taqwā that will help you adorn your inner self with the fadā’il (i.e. the praiseworthy traits of the heart), such as humility and generosity, which will ultimately beautify your character.

The Prophet (pbuh) said, “Allāh does not look at your outward appearance and your wealth, rather He looks at your hearts and deeds.” [Sahih Muslim 2564:33]

The Ultimate Objective of Ramadan

The ultimate objective of fasting in Ramadan is a means of attaining taqwa, and taqwa means doing that which Allāh (pbuh) has enjoined and avoiding that which He (swt) has forbidden.

The Prophet (pbuh) said, “The one who strives in the way of Allāh the Exalted is he who strives against his soul in the obedience of Allāh.” [Musnad Ahmad 23967]

The only way to achieve the station of taqwa is through spiritual struggle (mujāhadah). However spiritual struggle is not something that miraculously comes into one’s life. It is a move of one’s heart that begins to affect the limbs and then results in sincere repentance (tawbah), in which we seek to purify ourselves of prior wrongs and remove them from our present activities and make a strong commitment during Ramadan to a future free of the mistakes of the past.

Ramadan can be a real turning point in our life. Self-reflection and purification are to seek the divine pleasure (ridwān) of Allāh (swt), by undergoing a spiritual struggle to adorn our hearts with the lofty attributes of perseverance, gratitude, fear of Allāh (swt), hope, abstention, unity, trust, love, truthfulness, remorse, reflection, reckoning, contemplation, and so on.

Allāh (swt) says, “Indeed, Allāh would never change a people’s state (of favour) until they change their own state (of faith).” [Ar-Ra’ad13:11]

A man came to the Prophet (pbuh) and asked, “What is tazkiyatun-nafs (purification of the soul)?” The Prophet (pbuh) replied, “That a person knows Allāh is with him wherever he is.” [Al-Mu’jam As-Saghīr At-Tabrānī 555]

If we work on our hearts by steadily and consistently implementing what is suggested here, we will begin to see real change in sha’ Allāh.

Extracts from ‘A Handbook of Spiritual Medicine’ by Ibn Daud

www.ibndaudbooks.com
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Understand Eating Disorders through Ramadan

An eating disorder is a serious, complex, mental health disorder where food is used as a means to control and cope with feelings and other situations. Unhelpful behaviours designed to influence weight, body shape and size will develop. Anyone can get an eating disorder, it's an invisible condition which does not discriminate regardless of age, gender, sexuality, race or economic background.

Some signs to look out for are:

- spending a lot of time worrying about weight and body shape
- avoiding socialising when food will be involved
- eating very little food
- vomiting or laxative misuse
- exercising too much
- feeling cold, tired or dizzy

Early intervention is important and with treatment, most people can recover from an eating disorder.

Ramadan and Eating Disorders

If you are suffering with an eating disorder Ramadan may result in feelings of fear and confusion over whether to fast. It's important to talk with a medical professional and someone close to you such as a trusted family member or friend who can offer you support during this time. It's also

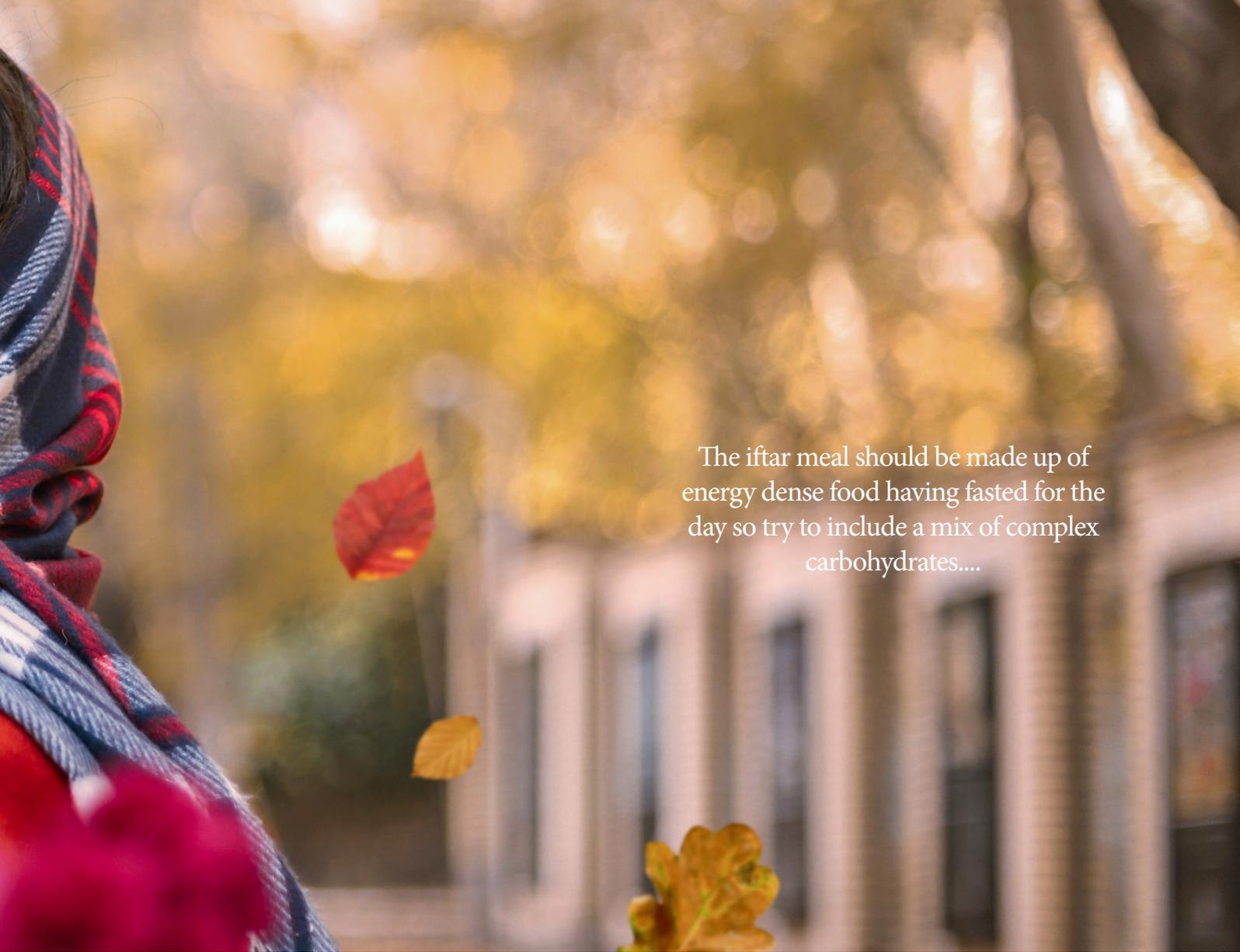
important to address any feelings of shame which may arise and understand that fasting is not obligatory for those who will experience detrimental effects to their health by participating which includes mental health. You can participate in Ramadan in other ways.

For those in the early stages of an eating disorder, this would be a vulnerable time to introduce fasting. There is increased risk involved if a person is underweight, losing weight, has had recent significant weight loss or unhealthy electrolyte levels. Ramadan may be a challenging time for those in recovery and treatment and may trigger a relapse. It is important to seek medical advice from a health professional and remember fasting during Ramadan is not intended to harm one's health.

Should I fast with an eating disorder?

Another way to reflect on whether fasting is appropriate for you is to reflect on the intention behind why you are fasting. Fasting during Ramadan is rooted in spiritual practice. An eating disorder may skew your mindset away from faith and more towards fasting for the eating disorder (e.g. to lose weight). It may feel appropriate to seek advice from an Imam, trusted community leader or a health professional (who is culturally aware) If you decide to Fast.

If you have decided to fast after seeking medical advice, please speak with your therapist/clinician regarding how to best structure your sehri and iftar meals. Your energy



The iftar meal should be made up of energy dense food having fasted for the day so try to include a mix of complex carbohydrates....

requirements will be individual to you so planning with your clinician/therapist is important to help gain support with this.

Preparing meal ideas beforehand and sharing these with your support system will help. Having a meal at sehri is a part of the practice so do not be tempted to omit this meal and try to include energy providing foods consisting of complex carbohydrates. Some ideas are: barley, oats, cereal, breads, yoghurt, paratha, eggs or dates.

Aim to break your fast with dates and water (as is the Sunnah) which allows your blood sugar levels to gradually rise. If feeling overwhelmed ask for someone to help you put a small plate together and help with portion sizes. This will help you have a better idea of what you are eating and minimise confusion around portion sizes and manage feelings of distress around large amounts of food.

Start with a small meal such as yoghurt with fruit, soup or starters and take a break. You can use this time to pray maghrib. This will allow for slower and easier digestion and avoid the crash that can often occur when having a large meal straightaway. This will also help to protect against overeating or binging.

After maghrib return and have a main meal and eat with others if possible to help with portion control and pace and to enjoy the experience of sharing iftar together.

The iftar meal should be made up of energy dense food having fasted for the day so try to include a mix of complex carbohydrates (such as potatoes, rice, bread) and protein

such as chicken, fish or meat and fibre in the form of lentils, beans or fruit to aid with digestion.

Due to the short window of time between sehri and iftar meals having dessert would be suggested in order to help ensure you have enough energy required for the next day's fast. It is common place to have a milk based desserts or even a yoghurt based drink to help settle the stomach.

Hydration is key to ensure a safe and healthy fast. Aim to drink a gradual amount of water from iftar to sehri and dates to help prevent dehydration. The change in eating pattern will present challenges and take time to get used to so please remember to ask for support from those close to you during meal times and in general through Ramadan.

After maghrib return and have a main meal and eat with others if possible to help with portion control and pace and to enjoy the experience of sharing iftar together.

For more detailed advice and guidance please download the free guide in my bio via Instagram [eating_disorders_therapy](#). I wish everyone Ramadan Kareem and Eid Mubarak for when it comes.

Dr.OmaraNaseem
EATING DISORDER
PSYCHOLOGIST

In conversation with Haseeb Azizi,

Global Brand Marketing Specialist at Tommy Hilfiger.

I was browsing through my LinkedIn as you do, when Haseeb's (27) profile caught my eye. I was immediately impressed with his career history and reached out to him to inspire more young Muslim audiences to follow his footsteps. Lets find out more about how Haseeb started his career, the challenges he faced and if ethnicity played a big role in finding that perfect career?

Haseeb, what university did you go to and what did you study?

Like a lot of my peers, back when I just finished high school, I didn't really know what I wanted to study. I had spent a year in London a few years prior so I was eager for more international experience. I ended up studying International Business for my bachelor's degree at AMSIB in Amsterdam and soon discovered that I liked the creative/storytelling aspect of marketing. I decided to do a specialization in International Marketing and after I had done some mandatory courses in economics during my exchange semester at UQAM in Montréal, I knew for sure that I wanted to stay within marketing. Once I graduated, I got some work experience and ended up doing a masters in fashion marketing at London College of Fashion.

Has your degree helped you throughout your career?

To a certain extend.... My degrees definitely helped me to open the formal doors at the big corporates and has allowed me to gain a strong theoretical foundation in my specialisation, yet I think the "life competencies" that my studies brought me have helped me far more throughout my career.

When did you realise fashion was a passion?

It started out with an interest in sneakers. I'd wake up early in the morning to be the first in line for exclusive sneaker releases at these small sneaker boutiques and I would spend hours on the internet searching through obscure webshops to find sneakers I couldn't buy locally. This eventually merged with my interest in street culture and I started getting into streetwear brands who would embody this merger. Brands like Stüssy, The Hundreds, Patta and of course Nike were definitely big for me back then. I'd spend hours on Highsnobiety and Complex reading up on everything that had to do with streetwear, youth culture, music and sneakers. For me fashion is a carrier of all of these interests. It is a mean of self-expression, an embodiment of culture, and a vehicle through which stories are told.

How did you start your career?

My professional career definitely had a rough start. I wasn't getting hired by any fashion brand, so I started doing an internship with the intent of getting some experience and with the hopes of landing a full-time paid job somewhere. I barely made ends meet at the time and I borrowed my friend's student transport card as I couldn't afford public transportation. I'd worry every morning about getting caught by the ticket controller, yet fortunately for me, they'd just see a brown guy in the train and a brown guy on the card. Meanwhile, I was getting back-to-back rejections and I had at this point lost count on the amount of cover letters I had written. It was a very difficult time in my professional career and at times it would feel that I had lost my perspective on how to move forward.

Yet, throughout this period, I'd always be having this mindset that I didn't want to stand still during my efforts of trying to move forward. I'd help out friends with their projects and slowly get myself involved in bigger projects and ultimately got more and more opportunities in front of me. Alhamdulillah things worked out for me as the ball really started rolling at a certain moment. If there is key learning out this start, it is that perseverance is key and life is a marathon, not a sprint.

What challenges have you faced during your career?

There is a lot of Eurocentricity in the fashion industry. In general, the fashion industry still has a long way to go to become a truly diverse and multicultural space. I've had lots of situation where I would be the only Muslim person of colour in the room and where I'd struggle to convey what the importance and definition of representation is in the context of fashion.

It is interesting though, because this is not only happening in the professional fashion context. At London College of Fashion, with their campus being located just off of Oxford Circus, the student body would primarily consist of white European people, whereas when you exit the building, you'd walk right into this multicultural immensity called London.

Have you ever been refused jobs because of your ethnicity, look or experience and how have you overcome that?

I have definitely had instances where it was very apparent that I didn't fit a company's Eurocentric profile. I've had an occurrence where a company bluntly told me that they had invited me for an interview as I was the only brown



looking guy who applied (instead of inviting me for my qualifications). During another instance, the HR contact person gave me the feedback that they loved everything about my profile but that they would rather go for a European girl in the team as that would fit the team better.

In the end, I'm grateful I didn't get these jobs as I would not have been happy being in an environment where an inclusive culture is not the norm. It's "kismet" as my parents would say. Yet, as an ambitious Muslim in Europe, it saddens me that the creative industry and particularly the fashion industry is not as accessible as it should be.

Tell us more about your day-to-day life as a Global Brand Marketing Specialist at Tommy Hilfiger?

Working at Tommy is great. Together with my team, I work directly with all the other marketing function in the business and am in touch with local teams from across the world. Every day is different. From working on our seasonal global brand campaigns and capsules/collaboration with exciting partners, to spending my day on a shoot and brainstorming about strategic ideas for the marketing department.

How important is Digital & social media to a brand like Tommy Hilfiger and how do you help to push the business more digitally?

Digital is key for the entire fashion industry. It's where our consumers are, especially during the pandemic, it's the most important touchpoint to bring across our brand values, product messaging and foster the relationship with our audience. That said, digital also allows for new ways we can have our audience interact with our brand. A great example for instance is digital fashion in gaming. We've experimented with this by introducing digital fashion in Animal Crossing during the end of last year.

What makes the digital/social media space exciting for the fashion industry is that it is continuously changing in

a fast phase. Platforms such as Instagram are continuously updating their algorithm and features, NFT is the hottest topic at the moment, gaming and fashion are merging, and consumers expect more and more integration and consistency across all online and offline touchpoints.

Brands and professionals, in any business really, should always be actively on the lookout for new ways digital innovations can push their business forward.

What kind of qualifications do you need, to do your job?

Having a fast understanding of the marketing, consumers, business at large and just being up to date on the latest of what's going on in the world is an absolute must.

Yet, interpersonal communication skills and having a genuine interest in fashion and street culture at large is what sets one apart as a marketer. Having a creative out of the box mindset doesn't hurt either.

Tell us what you're currently working on?

Apart from our seasonal Tommy Jeans brand campaign for later this year and some other exciting projects in the pipeline for TJ, I'm also working on dropping some items for my own brand Amis Étrangers. We were supposed to drop some newness last year, yet the pandemic had shut down manufacturing in Portugal significantly. Alhamdulillah however, things have been moving again and together with friends in Portugal, London and Amsterdam, we have been working hard on a campaign to celebrate the multiculturalism of places such as Amsterdam and London.

What advice could you give young wannabes; who want to follow your career path?

Don't be afraid to commit to a career path. It is also okay to take a step back if that helps you to take a step forward. Ultimately, no one will be just handing you an opportunity.

Be vocal about what you want to achieve and don't be afraid to ask for advice or help.

Where do you find your daily inspiration and knowledge in marketing?

It really varies, I get inspired and learn new things every day. I'm one of those people who actually watches YouTube commercials as I am always intrigued how other brands and businesses go on about their marketing. I can spend hours on LinkedIn reading and clicking through marketing related case studies and articles and Instagram is an absolute must.

That said, Highsnobiety, Complex and Business of Fashion are definitely my go-to news platforms for anything related with street culture and fashion at large.

On the other hand, I love to watch YouTube channels such as 'The Casual', where they break down the business side of things in the fashion industry and podcasts such as Business of Hype by Jeff Staple (waiting for season 9) are my go to - long car ride - shows to listen to.

Tell us about a marketing tip you live by?

Marketing is a bespoke effort. What works for others doesn't mean it will work for you. It's always easy to look at other brands and industries for best practices, yet marketing should be about how you can stay true to yourselves and the relationship you have with your consumers.

Too often I get generic marketing related questions from people asking me if they should do the same thing as another person is doing. My answer is always to reflect on your business/brand and to ask yourself, is this the right thing for my consumers and is it aligned with my business values?

How do you celebrate Ramadan?

Ramadan is such an amazing month. It is the month of the year during which I reflect on my progress of the past year and find a sense of peace. Living in Amsterdam, I have Muslim friends from across the world. Somalia, Morocco, Turkey, Indonesia, Suriname, the list goes on. Yet, during Ramadan it's all about the kinship of fasting and going through it all together. I'll have some occasional get-togethers with friends for iftar yet I'm also trying to be careful about that considering the current situation. That said, it's this same situation that has made me realize more than ever how privileged I am to have this degree of stability in my life. Hence, I'm actually chatting with friends to explore how we can do something for those in our community who have been hit the hardest during the pandemic.

Pandemic or not, Ramadan will always be a very special month.

How do you keep a work, life balance?

I'd like to say that I have a perfect work life balance, but people close to me know that I can do much better. Working from home since the pandemic definitely has blurred the lines between work and home. I try to keep my work phone and laptop away as much as possible during the weekends and force myself to plan in pandemic friendly catchups with friends during the evenings, so I have a reason to get out of the house. Also, whenever possible, I try to work from either our office or a co-working space to also have that physical separation between work and my private life. It's definitely not as easy as prior to the pandemic.

What advice would you give your younger self today?

Find yourself a mentor who is a couple of steps ahead of you.

Travel & Lifestyle

Has your job allowed you to travel abroad? If so, where?

Recently I haven't really been able to travel much at all for my job. The pandemic has put a stop to all of this and has made everything become digital. Before however, I was living in London and would always be on the go. I'd travel to Amsterdam every few weeks and would be often times in Paris and Portugal for PFW and clothing production respectively. Occasionally, I'd had the luxury to travel to other European destinations for shoots or projects.

It sounds all fancy, but I'd be searching endlessly for cheap flights on Skyscanner or Eurostar and can recall an instance that I ended up in sleeping with 7 people in an Airbnb that was meant for 2 people in Paris.

Nonetheless, I've always been grateful for all the places that I have been able to visit and hope that after the pandemic I can start travelling again inshAllah!

I love travelling. I've had the privilege to have lived in four countries so travelling has always been a huge part of my life. It has therefore been frustrating to not have been in an airplane for over a year now.

From all the places I have visited, Pakistan is without a doubt the most amazing place I have ever visited. The diversity, hospitality, culture, landscape... I haven't been back since 2008, so inshAllah I'll be able to visit after the pandemic calms down a bit.

What kind of music do you listen to?

Travis Scott, Kid Cudi, A\$AP Rocky are definitely on my repeat list. Yet I also listen to a lot of British and Dutch hip-hop.

How do you balance your life?

Praying is definitely helping me a lot. The fortunate thing about working from home is that praying timely has become much easier. I walk around my area with a cup of coffee and just think about how to tackle the day's topic. Having that physical break out of the house during the middle of the day is a must for me. Also, an early morning or late-night run is another important activity for me!

What's your favourite food?

Neopolitan Margharita Pizza - Don't come to me with your Domino's or Pizza Hut pizzas.

Dream car?

Porsche 964 Carrera 4 - Not a practical car, pure fun.

What's your aim for the next 5 years?

To keep on doing bolder, meaningful projects within the fashion industry and help foster it to become a much more inclusive and representative place.

I'd like to say that I have a perfect work
life balance, but people close to me know
that I can do much better.





A London Landmark

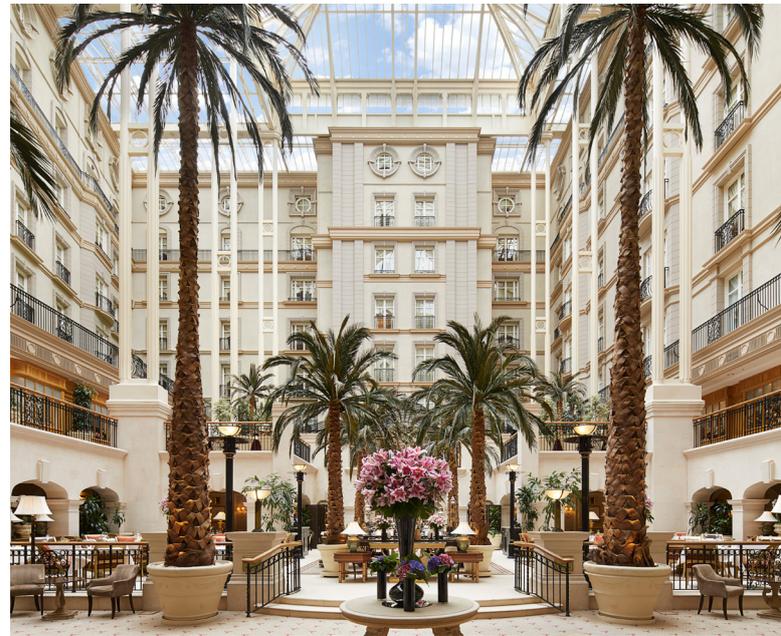
A stay at this elegant opulent hotel could be just the ticket if you're looking to enjoy the bright lights and buzz of the capital city.

The Landmark's location right opposite Marylebone Station is a nod to its illustrious past as a grand hotel of the railway-era that hails back to Victorian times. As well as being in walking distance of London Zoo in nearby Regent's Park, tourist attractions such as Madame Tussaud's and the Sherlock Holmes Museum on Baker Street are a mere 10-minute walk away.

As you walk through its imposing doors, its red brick exterior leads into an oak panelled reception area. This in turn opens out on to the Winter Garden, a huge glass-roofed courtyard that is at the heart of the hotel. Filled with giant

palm trees that stretch up eight floors, street-style lamp posts and lush green planting which all give the hotel its indoor-outdoor feel, the courtyard is buzzing with guests: some enjoying afternoon tea, others indulging in an late afternoon dessert or an early dinner before heading off to a West End theatre. Echoes of its past as a The Grand Central Hotel can be seen in the preserved stain glass windows, framed vintage black-and-white photographs plus a themed suite.

The five-star hotel has 300 rooms, including 51 suites – and these are among the largest in the capital. The rooms are, as befitting a grand hotel, grand. Most carry a similar



Filled with giant palm trees that stretch up eight floors...



theme with a warm and welcoming feel: gold curtains and crystal lamps, soft, delicate grey-hued painted walls with white marble bathrooms with baths and double sinks.

The two AA Rosette menu is traditional British with a twist – smoked Scottish Salmon and fine tart of goat’s cheese were two of the entrees on the starter menu. For mains, stand out dishes were the seared filled of Seabass with fennel and crushed potatoes, risotto of seasonal mushrooms or chicken which is halal however please do ask the venue before ordering. If you have room, make sure you order the chocolate caramel mousse, with stem ginger and pear sorbet.

It’s Britishness turned up a notch and made all the more refined with the tinkling piano accompaniment.

For some unadulterated me time, the hotel’s spa and wellness club is worth a visit. You can swim or exercise to your heart’s content or book yourself a treatment for the ultimate in relaxation and enjoyment.

For booking information: 222 Marylebone Road, Marylebone, London NW1 6JQ, England. 020 7631 8000, landmarklondon.co.uk

Food from around the world for Eid al-Fitr

By Natasha Syed

Muslims around the world will be celebrating Eid al Fitr after Ramadan this May and then Eid Al Adha in July. Food is a huge staple of Eid celebrations as families and friends come together to enjoy and be grateful to prepare feasts in each other's company. Many Muslim's also give a lot of charity during these months as a good will gesture and a obligatory measure.



Morocco – Tagine

In Morocco Eid is celebrated with a breakfast of Laasida, a dish that looks similar to rice pudding but consists of couscous, butter, honey and seasoning. The simple Laasida start's the day but the day finishes with a traditional tagine. Popular throughout all of North Africa, tagines most commonly use chicken, although its not unusual to see mutton-meat tagines with dried fruits eaten as an alternative.

India & Pakistan – Seviyan

In Pakistan, Bangladesh and India it's typical to indulge in a creamy dish known as Seviyan (Shemai) or Sheer Khurma. The milky dish, made of toasted vermicelli noodles is sometimes topped with almonds, raisins or dried dates and fruit. Eid isn't Eid without this dish!



Malaysia – Rendang

Did you know Eid al-Fitr is actually known as Hari Raya in Malaysia, where plenty of traditional dishes associated with the celebration include spicy coconut curry known as Rendang. Beef is the main ingredient in Malaysia's popular Eid dish, also enjoyed in Indonesia and the rest of the Malay diaspora, which includes Singapore, Brunei, parts of the Philippines and, of course, Malaysia.





Middle East - Ghraybeh

A favourite in Palestine, Syria and Lebanon is Ghraybeh, a middle eastern shortbread with lots of butter goodness which includes pine nuts or almonds. In Lebanon and Syria, they are called mamoul and they are usually filled with dates, pistachio or walnuts. In Iraq they enjoy klaicha, which has a more doughy texture to it while in Egypt its similar to a cookie, called kahk, which usually looks white in colour and is filled with a honey-based stuffing or Turkish delight. Is your mouth watering yet?



Afghanistan – Bolani

Eid in Afghanistan is all about the children. It's a time when more emphasis is given to children, where families host special festivities specifically designed for the youngest members of the household. One of the most traditional Afghan dishes is Bolani, a flatbread stuffed with leafy greens, such as spinach, potatoes, pumpkin or lentils. Although Bolani is a savoury dish, it's enjoyed heavily within the Afghan community.



UK – Biryani

In Britain, one of the most popular Eid dishes is easily a classic tasty biryani, which brings together meat and rice in a highly flavourful, heavily spiced dish. While chicken is typical, it's not uncommon to see a whole spectrum of meats used for Eid biryani, from mutton and lamb to goat. Served with raita (cucumber, mint and yoghurt dip), salad and pickles on the side, it's easy to see why this is a year-round favourite in Britain.



Recommended treats for this Eid

Lola's Cup Cakes - Handmade cupcake and cake specialist Lola's Cupcakes are set to launch a brand new range of two Eid cupcakes and an Eid layer cake towards the end of the Holy month of Ramadan, on May 1st. An Eid range is a first for Lola's, who are keen to introduce novel flavour offerings to new audiences.

Yumtaz's Salted Caramel and Quinoa stuffed Medjool dates - These delicious Medjool dates stuffed with quinoa, cocoa nibs, lotus seeds and cashews and made crunchy with coconut nectar are sure to leave a magical taste in your mouths...Buy your taster pack today - £2.50 www.lotusbites.co.uk



Subhani Apricot Lamb Curry

Rub the garlic and ginger into the cubed lamb and allow to rest in the fridge for 30 minutes. Meanwhile, melt the ghee or butter in a large heavy-based pan. Add the onions and fry over a medium heat for 5–10 minutes, or until they are a deep golden brown. Add the cubed lamb to the onions together with the turmeric, garam masala and cumin. Stir well until the meat is brown, taking care not to let the spices catch.

Put the tomatoes into a food processor or blender with the chilli flakes and blitz to a purée. Add the puréed tomatoes to the lamb with the measured water and bring to the boil. Reduce the heat and simmer, uncovered, over a low-medium heat for about 45 minutes, or until the lamb is meltingly soft. Most of the liquid will have evaporated from the pan and oil will start bubbling up to the surface but if you find that the lamb is not yet completely soft, add a little more warm water and continue to cook for another 15 minutes (the varying age of the lamb affects the cooking time, with spring lamb cooking much faster).

When the time is nearly up on the curry, cut the potato into thin slices and then cut each slice into long thin strips to form potato matchsticks. Heat vegetable oil in a pan until sizzling hot and deep-fry the matchsticks for a minute or two until they are golden and crisp. Drain on kitchen paper and sprinkle with salt.

To finish the curry, add the dried apricots and simmer for a final 4–5 minutes. Season to taste with salt. Add the fresh apricot slices and remove from the heat, allowing the raw fruit to soften in the residual heat of the pan. Serve the apricot curry in large spoonful's with the fried potato matchsticks.

SERVES 4

- 1 garlic clove, finely grated
- 1 teaspoon grated ginger
- 600g boneless spring lamb, cut into small cubes
- 3 onions, thinly sliced
- 75–100g ghee or butter
- 1/2 teaspoon ground turmeric
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 3 large ripe tomatoes, roughly chopped
- 1 teaspoon chilli flakes
- 350ml warm water
- 1 waxy potato, peeled
- Vegetable oil, for frying
- 100g dried apricots, finely chopped
- 3 fresh apricots, stoned and thickly sliced
- Salt, to taste

**Follow Dr Saliha Ahmed
via Instagram @salihacooks
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Sea Bass, Chilli & Saffron Butter

Lavash is an incredibly versatile Persian flatbread that is usually used to make light wraps and rolls. I wrap fillets of sea bass in it and roast the bread parcels until they are golden on the outside and crunchy in texture. This is a really quick and easy supper for the family or guests.

SERVES 4

4 pieces of lavash bread 50g softened butter Good pinch of saffron threads 1 garlic clove, finely grated

1 red chilli, finely chopped 4 x 120g skinless sea bass fillets, about 1cm thick 2 sliced spring onions, thinly sliced 4 teaspoons finely chopped fresh coriander Olive oil Salt, to taste

Preheat the oven to 200°C (180°C fan), gas mark 6.

Trim each piece of lavash bread to create four squares around 20 x 20cm. Use a fork to mix the saffron, garlic and red chilli into the softened butter.

Season the sea bass fillets with salt and place each one onto a square of lavash bread. Spread the saffron-chilli butter over the sea bass fillets and sprinkle with a few spring onions and some coriander. Carefully bring each side of the lavash over the sea bass so that the fish is completely enclosed inside the flatbread.

Place the prepared fish parcels onto a baking tray and rub olive oil all over them. Bake for about 12 minutes, or until the fish is cooked through and the bread is golden. Open out the fish parcel to reveal the herb and saffron baked fish and crispy lavash bread. Serve immediately.



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Aubergine & chickpea curry

You will need:

- 1 large aubergine, cut into 2cm cubes (i removed the skin but you can leave the skin on if you prefer)
- 1 can chickpeas, drained
- 1 medium onion diced
- 3 cloves of garlic, chopped
- 2 green chillies roughly chopped
- 1 tbsp oil
- 1 tsp salt
- 1 tsp curry powder
- 1/2 tsp cumin powder
- 1/2 tsp turmeric powder
- 1/2 tsp chilli powder
- 1/2 cup passata
- water as needed
- coriander to garnish

Method:

1. Heat 1 tbsp oil in a large pan, once hot add the diced onion, garlic + green chillies and 1 tsp salt. Allow the onion and garlic to develop some colour before adding the spices.
2. Next add 1 tsp curry powder, 1/2 tsp cumin, 1/2 tsp turmeric + 1/2 tsp chilli powder to the onions. Saute for a few mins and add a splash of water to prevent the spices burning.
3. Once the oil has separated add the cubed aubergine and allow to cook through until soft. Next add the chickpeas and 1/2 cup passata. Mix well and cover, simmer over a medium heat for a few minutes.
4. Lastly add 1.5 cup of water (use less or more depending on what consistency you prefer). Bring to a boil and boil for 5 - 8 minutes. Remove from heat, garnish with coriander, serve as desired and enjoy!

Just wondered whether this is going into an online only publication or a magazine print too? Thanks, let me know if this is ok.



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Sticky Ginger Soy Wings

You will need:

- 1kg chicken wings/niblets
- 3 tbsp dark soy sauce
- 2 rounded tbsp dark brown sugar
- 1 rounded tsp minced gingerw
- 1/2 tsp minced garlic
- 1 tsp corn flour

For garnishing:

- Spring onions, finely sliced
- Sesame seeds

Method:

1. Add all of the ingredients to a mixing bowl along with the chicken wings. Note, if you replace the dark soy sauce with light soy sauce you may want to use a little less as light soy sauce is saltier than dark soy sauce. Marinate the wings for at least 30 minutes.
2. Fry the wings in a hot pan with a little cooking oil; fry them uncovered for 3 – 4 minutes each side, then cover and allow to fully cook through to the middle over a medium/low flame for a further 8 – 10 minutes. When you cook the wings in a pan covered you will notice they release some liquid, uncover them and keep frying until the liquid reduces slightly. Add a splash of water if the bottom of the pan is sticky from frying the wings;

use the water to loosen all of the caramelised bits in the pan. Also add in the remaining marinade and allow the juices to reduce until slightly thick and sticky, then remove from the heat. Alternatively bake the wings on an oven tray, uncovered for 25 – 30 minutes at gas mark 7, 220°C, turn halfway through cooking.

3. Arrange the wings in a dish along with any juices from the pan or oven tray, garnish with finely sliced spring onions and sesame seeds. Serve hot and enjoy!

Like this finger licking recipe? Follow Afia on Instagram @afeliaskitchen





Potato Rosti

Ingredients

- 2/3 large potatoes
- 2 tbsp of cornflour
- 2 tbsp of oil for frying
- 2 tbsp of spring onions.
- Spices; just under 1tsp of salt, pepper, harissa, cayenne pepper, ground cumin powder. Smoked paprika
- 1 tbsp of harissa paste
- Handful of coriander

Method

1. Chop the sprouts off, and wash and grate the potatoes.
2. Squeeze the water out and place it in a bowl.
3. Add all the ingredients and mix well.
4. In a hot small skillet pan add the oil and spoon the mixture in. Press down with the back of the spoon.
5. Cook on one side until golden brown and flip this over.
6. Serve with seasoned yogurt
7. I topped with pickled carrot, cucumbers, salad, radish.
8. Chimmichurri

Makes - 3 rosti, 1 large potato per serving.

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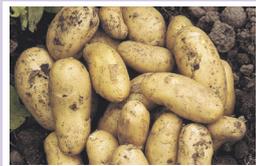
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Smoky Spiced Aubergine & Pomegranate Vol-Au-Vents

My relationship with aubergines is nothing short of a full-blown love affair. They are a complete textural delight and are the most incredible sponge for flavour. I adore this dish – it makes an incredible vegetarian main course or starter. The combination of aubergine, sweet pomegranate molasses and chilli heat is so pleasing against the flaky butter-enriched puff pastry.

SERVES 4

- 2 large aubergines (about 800g total weight)
- 2 tablespoons olive oil, plus extra for drizzling 1 onion, thinly sliced
- 1 teaspoon hot paprika
- 1/2 teaspoon chilli powder
- 1 heaped teaspoon cumin seeds, dry-roasted
- 1 heaped tablespoon pomegranate molasses
- Flour, for dusting
- 1 x 320g sheet of puff pastry
- 1 beaten egg
- 3 tablespoons sour cream
- Handful of pomegranate seeds
- Handful of chopped fresh flat-leaf parsley
- 20g toasted pistachios
- Preheat the oven to 200°C (180°C fan), gas mark 6.

Cut the aubergines in half lengthways, drizzle with a small amount of olive oil and bake for about 30 minutes, or until the aubergine has softened completely. Allow the aubergines to cool, scoop out the flesh and put to one side.

Drizzle 2 tablespoons of olive oil into a pan, place over a medium heat and add the onion. Fry the onion for 15–20 minutes until it turns a deep golden brown, then add the paprika, chilli powder and cumin seeds. Cook gently for 1 minute until the spices release their aroma. Add the aubergine flesh to the pan along with the pomegranate molasses and mix thoroughly. Cook the mixture for a few minutes until the oil starts rising to the surface of the aubergines. Season to taste with salt and allow the mixture to cool.

To make the vol-au-vent cases, remove the pastry from the fridge and unroll onto a lightly floured worktop. Working quickly while the pastry is still cool, cut it into four 8cm squares. Carefully place the pastry squares onto a baking tray lined with baking parchment. Use a knife to score a shallow border about 1.5cm from the edge, taking care to not cut the whole way through. Prick the inner part with a fork and brush the border with the beaten egg. Chill in the fridge for at least 30 minutes.

Increase the oven temperature to 220°C (200°C fan), gas mark 6 and bake the vol-au-vents for 12–15 minutes, or until the pastry is golden and puffed up. Remove from the oven and allow the vol-au-vents to cool.

Scoop out the top layer of the pastry from the centre of the vol-au-vents to create a 'nest' and fill the vol-au-vents with the aubergine mixture. Dollop over the sour cream and scatter with the pomegranate seeds, chopped parsley and toasted pistachios. Serve immediately.



Follow Dr Saliha Ahmed
via Instagram @salihacooks
to learn more!

Chicken, Potato & Piccalilli Pies

Ingredients

- 500 grams boneless chicken pieces
- 1 potato cut into small chunks
- Small can of sweetcorn
- 200g Grated Cheese
- 2 tbs butter
- 1 chopped onion
- 1 tsp green chilli paste add more if you want spicy
- 1 tsp garlic/ginger paste
- 2 heaped tbs piccalilli sauce, more if you want tangy
- 1 heaped tbs tomato ketchup
- 1 tbs sweet chilli sauce
- 1 tsp black pepper
- Salt to taste
- Fresh Coriander
- Egg wash
- Sesame seeds
- Puff Pastry
- Flour paste to seal Puff Pastry edges

Method

1. Preheat oven on 190 degrees.
2. Soften Onions in melted Butter.
3. Add Chicken Pieces, Potatoes & Sweet corn.
4. When nearly cooked, add Green Chilli Paste, Ginger Garlic Paste, Black Pepper, Sweet Chilli Sauce, Tomato Ketchup. Blitz Piccalilli and add that too.
5. Stir and cook for about a minute, then set aside.
6. When mixture is cool, sprinkle Grated Cheese and chopped Coriander then fill your pastry.
7. Seal edges with flour paste, egg wash and sprinkle over Sesame Seeds.
8. Bake for 20 minutes or until golden.
9. Enjoy with your favourite sauce!

**Cook with Anisa via instagram
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Buttermilk, Saffron & Orange Blossom Panna Cotta

You will not be able to resist this one. The slight lactic acidity of buttermilk is particularly special with the earthy notes of saffron and heady perfume of orange blossom water. SERVES 4

- 50ml double cream
- 120g caster sugar
- 1/2 teaspoon saffron threads, soaked in a few tablespoons of warm water
- 3 tablespoons orange blossom water
- 1/2 teaspoon ground cardamom
- 2 1/2 sheets of platinum-strength leaf gelatine
- 250ml buttermilk For the Candied Pistachios
- 100g granulated sugar
- 100g shelled pistachios V
- vegetable oil, for greasing

NB You can of course replace the orange blossom water with rose water, or use a combination of floral scents if you prefer.

1. Heat the double cream and sugar in a pan until it just comes to boiling point. Take the cream off the heat and add the saffron and its soaking water, orange blossom water and ground cardamom. Allow the cream to cool slightly.
2. Soften the gelatine by soaking it in some warm water. When the gelatine is very soft, squeeze out the moisture and drop it into the warm cream mixture. The gelatine should dissolve immediately into the cream. Working quickly, combine the buttermilk with the cream mixture. Give the mixture a final taste; you can add more orange blossom water, saffron or cardamom at this point, if you like. Pour the panna cotta mixture into four individual ramekins. Transfer to the fridge to set for at least 4 hours, ideally overnight.
3. Meanwhile, make the candied pistachios. Melt the sugar in a pan over a medium heat until it turns to a deep brown-coloured caramel, swirling the pan occasionally to melt it evenly. Quickly add the pistachios to the caramel, stir once to ensure the pistachios are all coated and pour the whole mixture onto a piece of greased baking parchment and set aside to cool.
4. Roughly chop the caramelised pistachios and sprinkle over the smooth, wobbly panna cotta as a crunchy accompaniment.

**Follow Dr Saliha via
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In conversation with Bestselling Author Sara Khan

Sara Khan – Bestselling Author and Translator based in the UK.



How did you start your career as an author? And what challenges did you face?

My vision to be an author really started during my masters programme in Translation and Interpreting Studies at the University of Manchester in 2012. For my end of year postgraduate research project, I chose to focus on the translation of sacred texts, and more specifically, the translation of the Qur'an for children. When I was looking into the products that existed in this field it became apparent that there was a real lack of suitable books for the 0-5-year age group.

When my daughter Raya was born a couple of years later, reading aloud to her was one of the first things highly recommended to us by healthcare professionals. Before we were even discharged from the hospital, Raya had been gifted her very first picture book. It felt like a natural step for me at that stage to use my academic and linguistic expertise to develop a good quality board book about the most basic concepts of Islam brought to life with beautiful imagery that would capture the attention of its intended target readership.

Alhamdulillah, I did not face any challenges with regards to starting my career as an author, as I sent my manuscript to two suitable publishers, out of which my preferred one - Kube Publishing- accepted my submission. There were some minor, initial challenges around agreeing what the final product should look like and what I felt would resonate most with my target audience. However, between us I feel we have been able to achieve the right compromise. Not being able to depict the main subject

matters like Allah and the Prophet Muhammad (Peace be upon him) in the artwork for religious reasons was also a little challenging. However, finding ways around this by focusing on the things we can illustrate turned out to be one of my favourite aspects of the journey.

How many books have you published, and which one is your favourite?

I have published five books so far – one academic book covering my postgraduate research in the field of Qur'an translation for children, followed by four children's books introducing the fundamental principles of Islam for toddlers and young children. They all have a special place in my heart for different reasons, but my current favourite based on how much I enjoyed working on it, my increased involvement with the illustrations and the incredible response to the final product from everyone so far would be the latest release 'My First Book About Ramadan'.

What do you want to achieve with your children's book series?

My overall aim of the 'My First' Islamic Board Book series is to simplify the essential components of Islam to a level where they really resonate with toddlers, young children, and their families. This would support parents in promoting a sound understanding and love for the core principles of Islam in their children right from the start.

Your 'My First Book' series is a fantastic way to educate children about Islam - how many books are in this series and what age range are they for?

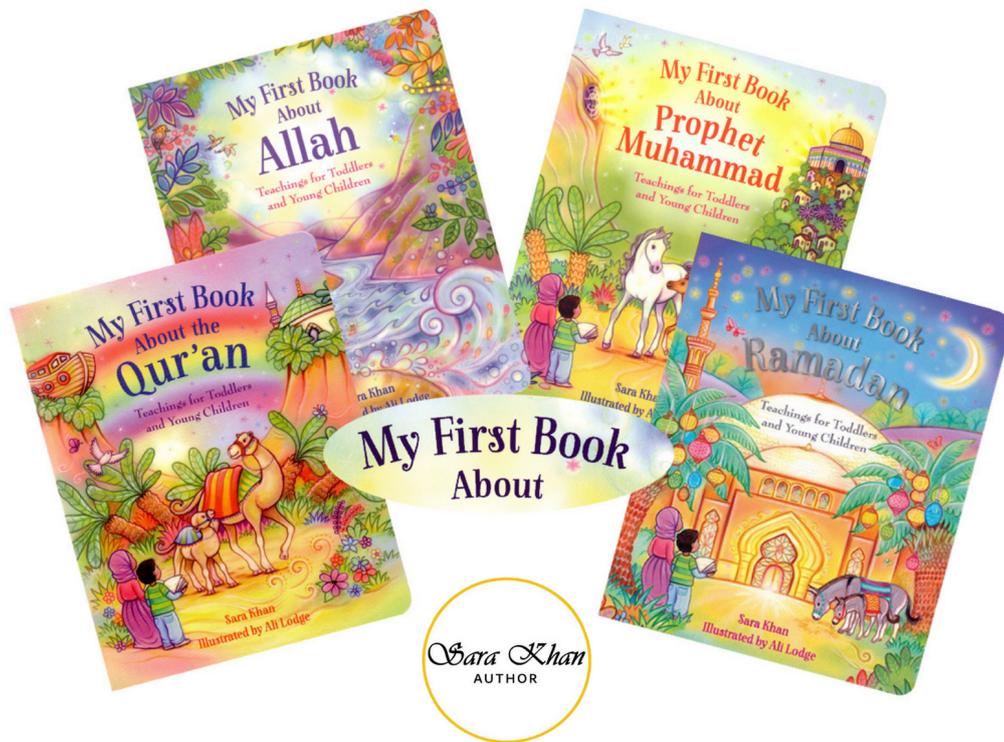
Thank you! So far, there are four books in the series.

1. My First Book About the Qur'an
2. My First Book About the Prophet Muhammad (Peace be upon him)
3. My First Book About Allah
4. My First Book About Ramadan

The books are often gifted to newborns and recommended for the 0-5 age group due to the simple text and colourful illustrations in board book format. However, they are also suitable for older children who are starting to be able to read independently and those with minimal or no knowledge of Islam.

Where has your motivation for the latest My First Book About Ramadan come from and why now?

My First Book About Ramadan introduces children to a very special month of the Islamic calendar observed by Muslims worldwide and the concept of fasting which is one of the five pillars of Islam. It links in perfectly with my overall aim of the series - to simplify the core components of Islam for young children.



The book launched in March 2021 just a few weeks before the start of Ramadan 2021. It features diverse Muslim families of different backgrounds and different levels of practice from all over the world looking forward to the special month of Ramadan. At its core, the book presents parents and children with carefully written text and beautiful references to the Qur'an and Sahih al-Bukhari, brought to life with Ali Lodge's signature style illustrations featuring lots of detail and a magical, endearing vibe just as I had envisaged.

With my own daughter now being a few years older, exposed to the seasonal magic and fun festivities around occasions such as Christmas and Easter here in the UK, both the text and illustrations were inspired by our own attempts to make Muslim holidays and practices as joyous and engaging for her as possible, so that she grows up with positive memories associated with Ramadan and Islam more generally. I hope it does the same for thousands of other children across the world.

What does Islam mean to you?

Islam for me means there is a greater purpose behind everything I do. It is a framework that motivates me to strive to be the best version of myself, benefitting others as much as possible and encouraging those around me to do the same, focusing on Love and the Mercy of Allah, rather than fear and punishments. Focusing on the beliefs and practices that unite us all rather than those that divide us. The sweetness of intentions, thoughts and actions purely to please our Lord and a rather simple way of life that shapes and defines our own moral compass. And a strong sense of belonging to a huge community spread across the world who share these same values. Whilst my Islamic Board Books were written for toddlers and young children, they are really a reflection of my own understanding of what Islam means to me and what I hope it will mean to everyone else reading them.

Why would you recommend all mums and dads to buy your books for their children?

My books are the product of years of academic research and my own travels and journey of learning about Islam whilst living within a variety of diverse Muslim and Non-Muslim communities in different countries across the globe.

They aim to help promote a good understanding and love for Islam in a way that resonates with children right from the start and are considered must-haves in every Muslim household, school and library.

They are all bestsellers with incredible reviews. And whilst there are an increasing number of fantastic children's books about Islam and Ramadan available now, I have not come across age-appropriate ones as comprehensive, yet concise as mine, in board book format, written and illustrated in a way that resonates with toddlers, young children and their families. Alhamdulillah. By buying my books, you are investing in your own children's love for Islam and also supporting that of many others around the world.

What other books can we expect from you, what does the future look like for your books in the next 5 years?

We have more titles planned for my existing children's board book series over the next couple of years and I am excited to share the next one with everyone in due course Insha'Allah.

I also plan to create additional supporting materials that will engage my target audience to further enhance understanding around the fundamental principles covered in my books and instil love for Islam in their hearts.

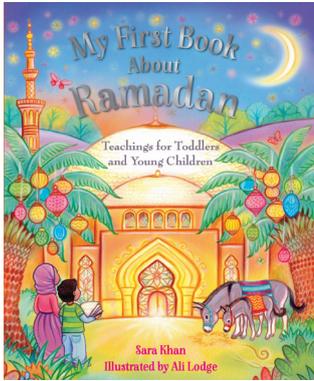
When I first started writing my books, I could not have imagined the number of homes and hearts across the world I would be able to reach by now. So, it is hard to imagine where they may be after another 5 years.

Of course, I would love to see them read in more schools (Muslim and non-Muslim), mosques and libraries across the world. I also hope to see them translated into many more languages and thereby making them accessible for as many children as possible and the perfect basis of Islamic Education for toddlers and young children around the world.

www.sarakhanauthor.com

Email: Info@sarakhanauthor.com,
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Books for Children



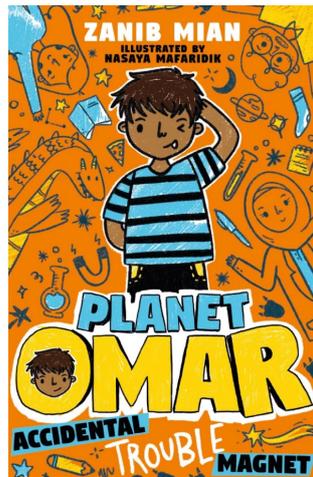
My First Book about Ramadan

“The perfect book to introduce children to the month of Ramadan”

This simple but beautiful book presents children with some of the blessings of the month of Ramadan. It introduces the concept of fasting as one of the five pillars of Islam and explains how Muslims can make the most of this special month.

It is a book to be treasured by children with large, colourful illustrations and carefully written text that children will understand and enjoy.

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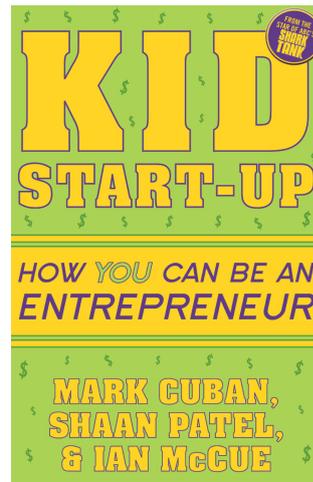


Planet Omar By Zanib Mian

My parents decided it would be a good idea to move house AND move me to a new school at the same time. As if I didn't have a hard enough time staying out of trouble at home, now I've also got to try and make new friends. What's worse, the class bully seems to think I'm the perfect target.

At least Eid's around the corner, which means a feast (YAY) and presents (DOUBLE YAY). Well, as long as I can stay in Mum and Dad's good books long enough...

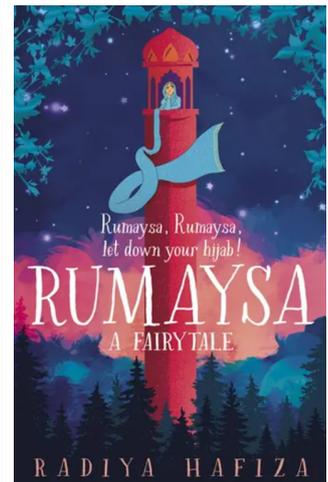
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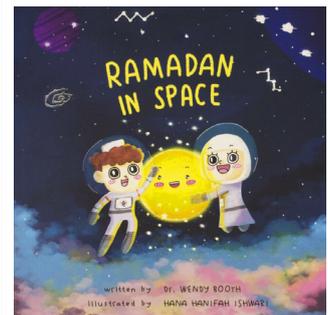
Rumaysa: A Fairytale by Radiya Hafiza

Step into a Once Upon a Time where anything is possible . . . Radiya Hafiza's enchanting and funny debut

weaves together three stories, spinning the classic fairytale to show that anyone can be a hero.

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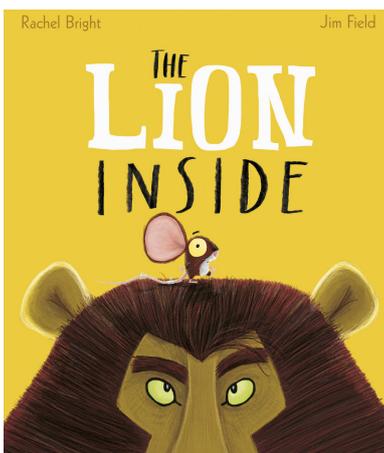
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Ramadan in Space

It's the first day of Ramadan! Hamzah and Maryam are all set to blast off into space in the rocket. Imagine that! Ramadan in Space! What will they do as they float among the stars, and will they get back in time for Eid?

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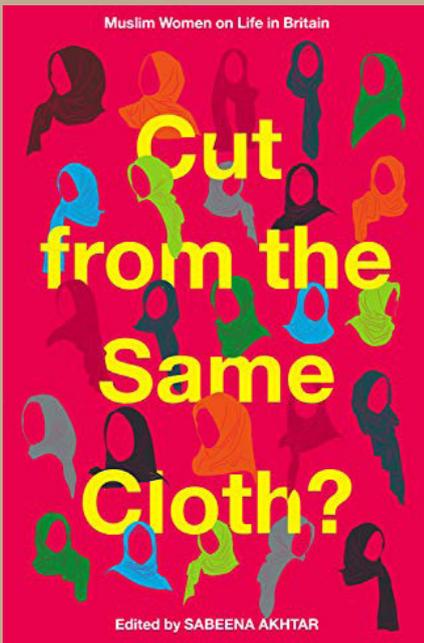
A Lion Inside by Rachel Bright & Jim Field

A bestselling story about confidence, self-esteem, and a shy little mouse who sets out on a journey to find his roar.

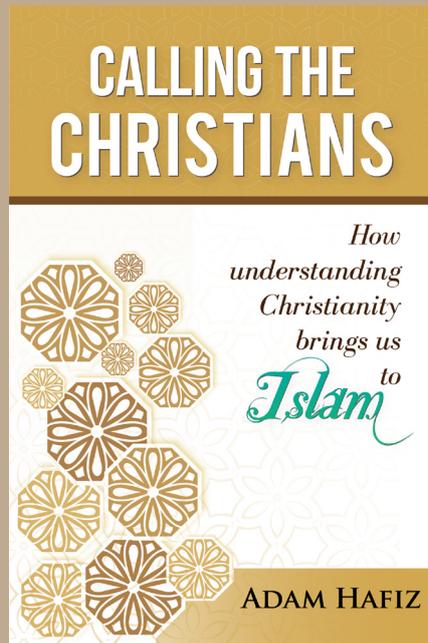
In a dry dusty place where the sand sparkled gold, stood a mighty flat rock, all craggy and old. And under that rock in a tinyful house, lived the littlest, quietest, meekest brown mouse.

£4.99 www.amazon.co.uk

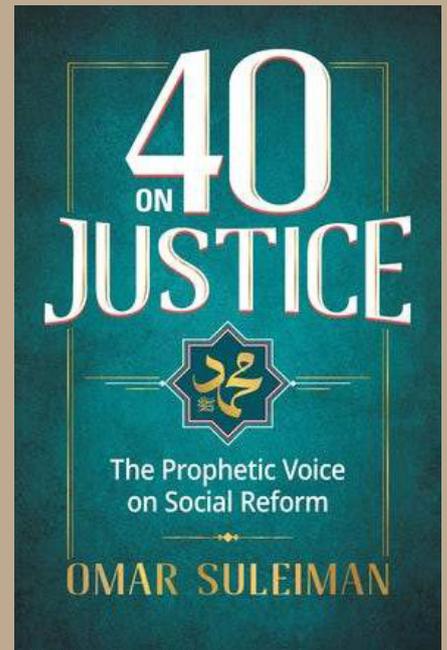
Check out our mix of positive, spiritual, motivational recommended reads by British Muslim Magazine, to get you through the summer.



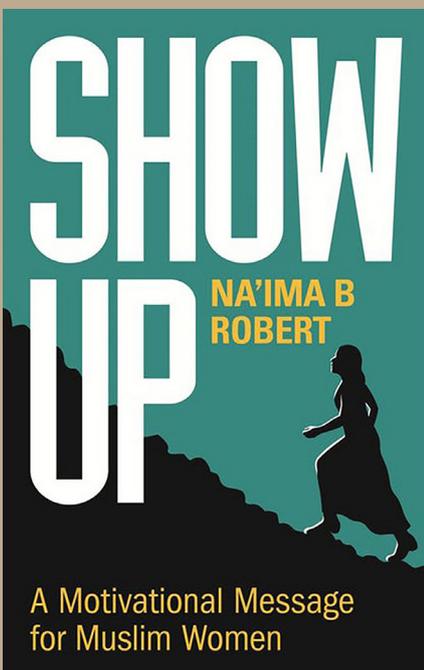
A Blessed Olive Tree - A Spiritual Journey in Twenty Short Stories' Written by Zain Hashmi. **£6.04 Amazon**



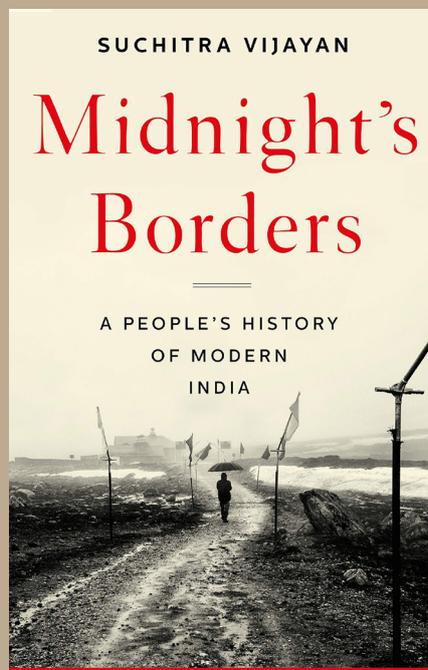
Calling the Christians - How understanding Christianity brings us to Islam by Adam Hafiz. **£4.99 Amazon**



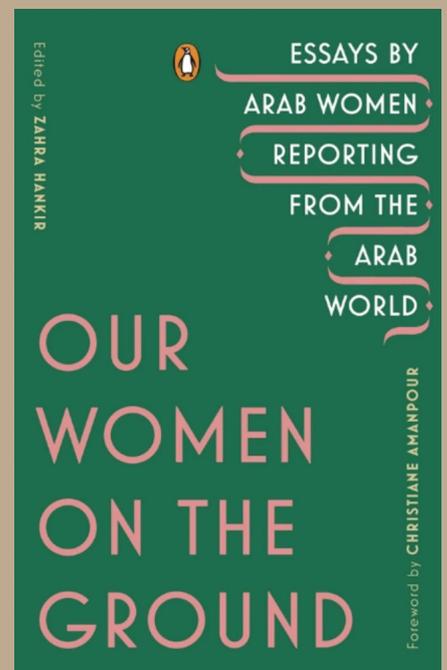
40 On Justice - Prophet Muhammad's Message To Humanity By Suleiman Omar. **£14.99 Kube Publishing**



Show Up: A Motivational Message for Muslim Women by Na'ima B. Robert. **£16.16, Kube Publishing**



Midnight's Borders A People's History Of Modern India By Suchitra Vijayan



Our Women on the Ground: Arab Women Reporting from the Arab World by Zahra Hankir and Christiane Amanpour **£9.99 Penguin**



Crypto Currencies (Bitcoin) – Halal or Haram?

Words Mubashir Qayyum

The speculative nature of cryptocurrencies has ignited flustering debate among Islamic scholars over its status of being Halal or Haram. Some Islamic states have straightaway declared it Halal and some have imposed Fatwas on the use of it. Crypto companies are seeking to sway the debate by launching instruments based on physical assets and certified as valid by Islamic advisors.

In Islamic Jurisprudence we say, “**لعلك مكره رادص! نكهمي ال**، **ءيشلا كلذل قبسم روصت ني مضت متي امدن ع ال اءيش** **ءشلا ف**” meaning “a judgment can only be passed on something when a prior conceptualization of that thing has embedded in a person”

Those who say cryptocurrencies specifically Bitcoin is Haram gives the following reasons:

- Bitcoin is not a legal tender
- Bitcoin’s issuer is unknown
- Bitcoin has no central authority or government backing it
- Bitcoin can be easily used for money laundering and illegal purposes

Arguments against these reasons are that to qualify something as ‘money’ has nothing to do with its legal tender, just voluntary acceptance by the people is enough. Does Bitcoin have any physical existence? No, it doesn’t. It’s not necessary to always have a physical presence of assets. We

breathe air that we know doesn’t even exist. We worship God that we know doesn’t have any physical existence. We just believe in things because of its consequences. Bitcoin simply is just a set of rules adopted by voluntary mutual acceptance of crypto users, and that these rules are open for criticisms and suggestions. It is mathematically impossible to manipulate the laws and rules that govern the Bitcoin mining and transaction process because the cryptographic technology that underlies the currency prevents it. Talking about its illicit/illegal use, it is an external factor that we can minimize by regulating it efficiently. In general terms, the use of something lawful for an unlawful purpose does not make the thing itself unlawful. An example from the **Hadith** can be found in that “the Prophet Muhammad (PBUH) forbade the selling of grapes to a wine merchant, since making wine is haram (impermissible), but did not forbid the production or trading of grapes for lawful purposes”. At this point, if we’ll look into the illegal use of fiat currencies then we’ll get to know that US Dollars is the most widely used currency for illegal purposes.

In Islamic Jurisprudence Bitcoin has to satisfy 3 criteria to be considered as Halal.

- Bitcoin is a Mall (property) or not?
- Does it have any legal/commercial value (Mutaqawwam)?
- Whether it is the currency or not?

Bitcoin or any digital currency is always stored in our e-wallets. We can send, receive and share it online to any other person whatsoever at any given time whatsoever around the globe in seconds. Mutaqawwam simply signals to something permissible. We cannot store something which is not permissible and consider it as a property. The third and the most debatable criteria is whether it is the currency or not? There are two opinions on it. One school of thought argues that it is an asset, Crypto asset like any other commodity e.g. oil, etc. the other group says it's a currency. Whenever Islamic scholars cannot find any judgment from texts of Shariah in explicit terms then what is derived from urf is equivalent to what is derived from the texts. The criteria for determining something as mal is not clearly defined in the texts of Shariah. Therefore, scholars have emphasized the role of custom in determining something as mal. The jurists of all four schools of Islamic law are unanimous that if something becomes valuable due to the custom and acceptability of people, then it is considered as mal. There is a famous maxim in Islamic law, "أحباب الة" "لص الة يف ت ال م ا عم لة" which means that "the original rule is permissibility in financial and business transactions". Simply, everything is permissible until it's found against the Shairah. According to this maxim, cryptocurrencies specifically Bitcoin is permissible because:

- It is treated as a valuable thing among people.
- It is accepted as a medium of exchange by all or a substantial group of people.
- It is a measure of value.
- And it serves as the unit of accounts.

The fatwa center of South African Islamic seminary, **Darul Uloom Zakariyya**, has declared **Bitcoin as Halal** because it satisfies the criteria of *Mal*.

Succinctly, trading, investing, mining of these cryptocurrencies are evolving. With time, it is a possibility that Shariah opinions will get well equipped with it and Scholars can form better judgments. Like Intellectual/ Intangible property has been legislated, one-day cryptocurrencies will also get legalized and regularized.

This whole concept of Blockchain is a boon to the Shariah requirements because crypto is an Anti-interest concept and is working Interest-free. Muslim communities should prevent themselves from scammers as they get ads saying "halal investment" opportunities using cryptocurrencies. As a rule of thumb, any person who will promise to pay a fixed amount as a profit using cryptocurrencies is Ponzi/Pyramid which is illegal and haram.

Almighty Allah knows the best!



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SPOTLIGHT ON VITAMIN D

SO, VITAMIN D...

Did you know Vitamin D isn't really a vitamin but a 'prohormone' – a precursor to a hormone, this is an inactive substance with little effect on the body on its own, until its converted into an active hormone and can get things done. It's naturally supplied by sunshine. 'UVB light within sunlight breaks down a molecule in your skin, which the liver converts into the prohormone form of vitamin D that we talk about and measure.

BONE HEALTH

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Women are at risk of osteopenia (low bone density) during menopause and while breastfeeding.

'Vitamin D can help regulate neurotransmitters adrenaline, noradrenaline, dopamine and serotonin.'

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HOW MUCH SHOULD I TAKE?

UK guidelines say 10mcg. The natural way to gain Vitamin D is sunshine. Those with darker skin tones should supplement all year round as higher melanin levels make it harder for the sun to penetrate the skin.

'Vitamin D can help regulate neurotransmitters adrenaline, noradrenaline, dopamine and serotonin.'





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