



Press Release

13/06/2016

Fast-a-thon: Are you up for the Challenge?

Rethink Rebuild Society is dedicating the month of Ramadan to breaking the sieges in Syria, and is inviting those who do not observe Ramadan to fast one day for Syria in our 1 July [Fast-a-thon](#).

Participants will observe a fast (no eating, drinking and smoking from sunrise to sunset -3:18 am to 9:41 pm) in order to raise awareness of the daily trauma of the people of Syria who are under siege, and also to get sponsorships from family, friends and colleagues to support efforts to #BreaktheSiege.

Rethink Rebuild Society will offer a dinner of breaking the fast at its office on the day of this challenge.

Over a million Syrian civilians remain under siege in Syria by the Assad regime as the international community continues to turn a blind eye. What better time to remember the hungry than during Ramadan, during which Muslims refrain from eating and drinking from sunrise to sunset and thus gain empathy for those who are less fortunate.

Sarah Ayub, Campaigns and Communications Coordinator at Rethink Rebuild Society, who is overseeing this campaign, says:

"We have people from different backgrounds, faiths and no faith, already signed up to take part. It is positive to see the wider community getting involved in this initiative which reflects the spirit of Ramadan, one of which is to make people aware of those less fortunate and come together as a community to create positive change. And this is what we want to happen from this campaign - positive change."

George Morris, History graduate from Cambridge University, is one of the individuals who will be participating in the Fast-a-thon. He says:

"I'm fasting to raise awareness of the suffering of people in besieged areas in Syria. The UK government has a duty to fulfil its promises to airdrop aid to starving civilians. I hope that my fast will be a small gesture of solidarity with Syria, and will raise awareness of the humanitarian crisis facing the country."

Helen Swarbrick, Master's student in International Development at Manchester University, also taking part in the Fast-a-thon, says:

"I'm participating because there is not enough awareness of the day to day struggles experienced by the Syrian people who are in the midst of the conflict. I hope that the Fast-a-thon can help to combat this incomprehension".

More information about the event can be found at <https://www.facebook.com/events/1035219363233557/>

Individuals can register their participation through filling out the following form:

<http://goo.gl/forms/els7dWwFv1wigN0G2>

ENDS

For further information and press enquiries, please contact 07769704656, or email: advocacy@rrsoc.org

Rethink Rebuild Society has established itself as a non-profit organisation that acts as an umbrella for the Syrian community in Manchester, and endeavours to clarify the Syrian cause to its audience in the UK and the wider public.