

ARCHITECTURAL HERITAGE

TRADITIONAL: Siyadi Majlis in Muharraq reflecting the style



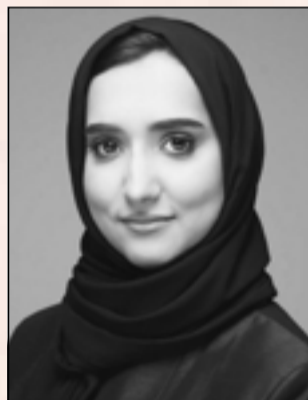
LATTICE: The geometric design on the roof of Louvre Abu Dhabi

CULTURE REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

WHILE mashrabiya is finding its rightful place in modern architecture, the lattice woodwork was originally intended as a natural cooling system to battle brutal Middle Eastern summers.

Today, air conditioners make life easy but back then, people depended on vernacular architectural elements, like the badgir or wind tower, mashrabiya or oriel windows, sikka or narrow alleyways and baraha or courtyards for ventilation.

These designs were made to respond directly to environmental conditions and social values, offering functionality and cultural appeal. Mashrabiya, which features intricate wood latticework, filtered harsh sunlight. The intricate patterns provided privacy, honouring the modest aesthetic of traditional homes.



CREATIVE: Haleema

Derived from the Arabic root word 'sharaba', which means 'to drink', the design tells the tale of how people placed porous clay jars directly behind their windows. Evaporation then helped cool the water in the pots as well as the living area.

Some historians trace mashrabiya's origins to Coptic churches and ancient Egyptian wood carving techniques. However, the design gained prominence in the Islamic world around the 12th century.

In Islamic art, geometric patterns with repeating motifs symbolise the infinite nature of the universe and divine harmony. Architects in the Arab world commonly

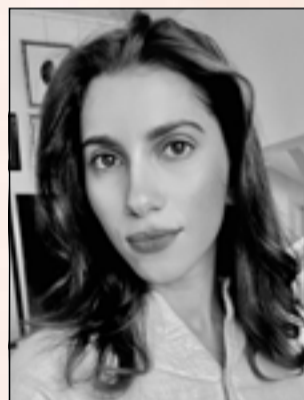
employ the concept in their designs.

Bahrain is home to iconic structures that exhibit mashrabiya, including mosques and traditional houses especially those on the Pearling Path in Muharraq.

"At its core, Arab architecture is about creating spaces that are comfortable, connected and responsive to both people and their environment," Bahraini interior designer Haleema Almulla told *GulfWeekly*.

The Galali resident recently staged a mashrabiya workshop at Maison Jamsheer in Muharraq, in collaboration with Bahrain-based Egyptian creative Salma ElShamy. The event was organised by Art Concept – a specialised art consultancy and gallery in the kingdom.

"Our workshop celebrated the beauty of traditional Bahraini houses through mood boards inspired by Muharraq's rich architectural heritage. What made the workshop special was how every participant blended their own childhood



TALENT: Salma

memories and personal experiences with this heritage, resulting in mood boards that felt authentic, emotional and uniquely their own," added Ms Almulla, whose work combines cultural heritage with contemporary design.

Talking about the distinct patterns that are unique to each country, Ms ElShamy from Zinj revealed that every Arab region tells its own story.

"Egyptian designs are often highly intricate and decorative, while Bahraini and Gulf versions tend to be simpler, reflecting the local climate and way of life. It is a beautiful reminder of how architecture is shaped by culture," said the interior and

3D designer, who has been living in the kingdom for 22 years but has extensive experience straddling both countries.

While modern spaces employ advanced architectural designs to help with cooling and lighting, many architects continue to draw inspiration from the traditional style. In the kingdom, Al Dana Amphitheatre in Sakhir is fitted with aluminium frames cut out to resemble the geometric patterns. Bahrain National Museum in Manama also features the style, creating striking patterns of filtered sunlight in the foyer.

"Arab architecture has had a profound influence on global design. In Bahrain, this balance of tradition and innovation is reflected in projects like the RAK Art Foundation (in Riffa) and Burj AlSaya (residential towers in Muharraq)," Ms Almulla noted.

Other popular modern structures with mashrabiya influences are Louvre Abu Dhabi, Institut du Monde Arabe in France and Doha Tower in Qatar.



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Experts speak
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Al Riwaq exhibition
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TV, music & more
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Battling bullying

COMMUNITY REPORT
By LEYNA HAMDI

THE summer break is ongoing, making it the perfect time to take a step back and ponder the impact of bullying on mental wellbeing, as we await the new school term.

While it is important to protect our children from bullies, it is equally important to ensure that our young ones are not the oppressors.

Mental health professionals and teachers in the kingdom, who have tackled this issue closely, have come forward and highlighted some reasons why bullies behave the way they do. Additionally, they have shared tips on how we – at home, at school and in the community – can help them navigate their emotions and make better choices.

“Bullies are often dominating by nature and will humiliate or make fun of their victim while downplaying their own actions,” French International School of Bahrain teacher Odile M told *GulfWeekly*.

“They may multiply the channels of harassment, often doing it at school and online at the same time,” noted the educator, who heads the school’s anti-bullying ambassadors club – *Ambassadeurs Contre le Harcèlement*.

The student-led initiative trains young minds to advocate for a safe campus environment and mentor their peers. It stages programmes, including peer mediation, awareness campaigns and creative workshops.

According to the UNESCO Institute for Statistics’ latest report, almost one in three teenagers worldwide has experienced bullying. Furthermore, 36 per cent of learners experience a physical fight with their peers and almost one in three has been physically attacked at least once in a year.

In the digital age, cyberbullying has emerged as a growing problem, affecting as many as one in ten children worldwide. Bullies often



PSYCHOLOGIST: Dr Anne

Hotlines to report cybercrimes or cyberbullying:

- General Directorate of Anti-Corruption and Economic and Electronic Security hotline – 992
- Cyber Protection and Child Care Unit (CPCU) via WhatsApp at +973 17108108 or by email at cpcu@interior.gov.bh
- The national Child Helpline – 998



tend to be meaner online, reports suggest, as they are ‘protected’ by a screen and enjoy anonymity.

Bahrain has staged numerous programmes to tackle the issue of bullying and Internet safety specifically for children and teenagers. Platforms like Safe Surf that advocate online safety and legislative initiatives calling for strict punishment for offenders on the Internet, as well as events like anti-bullying conferences are steps in the right direction.

While it is important to teach victims how to defend themselves, it is equally



ACTION: While it is important to teach victims how to defend themselves, it is equally important to teach bullies accountability

important to teach bullies accountability and address the root cause of this behaviour.

Studies show that bullies are often insecure and tend to oppress people to make themselves feel superior to the detriment of others. By attacking others, the aggressor displaces negative feelings and experiences a sense of power. In some cases, they may want to make people feel as bad as they do.

“We often observe a lack of empathy in bullies. It can be the result of personality disorders or lack of emotional maturity, commonly observed in teens,” Bahrain-based psychologist Dr Anne-Laure Renard noted.

“This inability to understand or share the

victim’s feelings allows them to inflict harm without moral distress,” she added.

Peer pressure is another usual cause. People are willing to do the same things as their friends to ‘fit in’ and maintain their ‘social status’. Dr Anne explained this is more common among female groups where there is a ‘leader’ and ‘followers’ who are willing to do anything to be part of the group.

“Boys bully in a more direct and physical way, unlike girls who would act verbally most of the time,” she added.

The expert noted that childhood experiences can deeply influence personality, deciding whether an individual becomes a bully or a victim. Children mimic their parents instead of listening to what they say, which is why a toxic environment at home can lead to bullying behaviour in children. When children witness someone bullying others repeatedly, they may grow up thinking it is the norm – either to bully or be bullied.

Dr Anne further revealed that young oppressors tend to choose victims who are ‘different’ in terms of their personality or traits, underpinning the importance of accountability and professional intervention.

Echoing her views, Odile highlighted that physical looks, personality, any perceived weakness, or behaviour that seems different often leads to bullying. She

reinforced the important role that school’s play in such situations, encouraging authorities to act fast.

“Inform the parents and meet them while continuing to monitoring the situation and

protect the identity of those involved,” Odile advised.

The author interned with GulfWeekly and GDNOnline and is a student member of Ambassadeurs Contre le Harcèlement.

BRAIN-BUSTERS

Quizmaster and Radio Bahrain host Shannon Crockett, who has been entertaining people across the island with his brain-teasing quiz night sessions, has offered to put *GulfWeekly* readers’ general knowledge to the test. Join in the fun every Thursday with Shannon’s seven brain-busters.



- 1) What number is considered as unlucky in China?
- 2) K9 was a robot dog in which TV series?
- 3) Which popular style of cuisine other than Cajun originates in the New Orleans area of Louisiana?
- 4) What is the surname of John, Michael and Wendy in *The Peter Pan* story?
- 5) Which company popularised the term ‘Tablet PC’ in 2001?

- 6) The artwork arrangement in Grey and Black is more commonly known as what name?
- 7) Which F1 Grand Prix has the longest track?

1. Four
2. Dr Who
3. Creole
4. Darling
5. Microsoft
6. Whistler’s Mother
7. Belgium

ANSWERS

Effective strategies for improved emotional regulation:

- **Teach accountability:** Warn your child about the consequences of his/her behaviour in a safe environment.
- **Professional help:** If the behaviour persists, it is best to see a specialist.
- **Model empathy:** Model good behaviour. Other ways include role-playing and open conversations placing bullies in the victim’s shoes.
- **Anger management:** Simple exercises like pausing before reacting, taking deep breaths or counting to 10 help.
- **Identify the root cause:** Anger is often rooted in deeper issues so discover the underlying issue.
- **Provide creative outlets:** Pent up energy or frustration can be channeled through positive activities like sport or art

Sharing a safe space



OPENING: Maram explains the project to a visitor during the unveiling of the group exhibition



NOTES: The capsules also feature poems, maps and handwritten letters

“As a person, the project helped me process my own emotions and transformed feelings of isolation into a sense of connection and community.”

SAUDI artist and cultural researcher Maram Al Suliman's latest project now on display in Bahrain is more than an art installation - it's a safe space to talk about the intimate yet ubiquitous nature of grief.

The 28-year-old artist's installation *For You* featuring clay time capsules, capturing the ways we process grief is part of Al Riwaq Art Space's *Residual Spaces* group exhibition running until July 23.

"Grief is a deeply personal experience, and at the same time a shared human condition," Maram told *GulfWeekly*.

"Despite the uniqueness of each loss, grief reveals similar practices of remembrance - the stories we retell, objects we keep, and traces left by those who have passed within our lives.

"The piece was developed through encounters and conversations with individuals who shared memories of loved ones they have lost, where grief is understood not as a final event, but as an ongoing relationship with absence. "Rather than focusing on death itself, it reflects on what remains: fragments of language, inherited habits, sensory memories, and moments that persist across time.

"Through individual and collective narratives, it creates a space for reflection on how loss is carried and



ART REPORT
By NAMAN ARORA
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transformed, and how those we love continue to exist within memory, its invocation, and everyday life."

For You is dedicated to the memory of Maram's father Mubarak Albakhait, who passed away in October last year, just 10 days after her birthday.

She began this project while experiencing grief after losing him, wanting to express difficult-to-articulate emotions and create a space where others could share their own experiences of loss.

"In our region, grief is often publicly acknowledged during the days immediately following a loss, but the experience itself continues long after the rituals have ended," she explained.

"I wanted to explore the idea that grief does not have an expiration date and that it is not a linear process. Initially, I imagined the

project as a reflection of my own experience.

"However, through conversations with others, it evolved into a collective work that brought together multiple stories and perspectives."

For You features nine clay time capsules arranged in a circular fashion, creating a 'safe space' at the centre, where visitors can walk around the outside or the inside to take a closer look at the 'grief artefacts' decal-printed on each of the cylinders.

On the wall beside the installation is an enlarged impression of a poem that Maram's father Mubarak wrote about loss.

"Creating this work was emotionally demanding because I was navigating my own grief while also holding space for the emotions and stories of others," she added.

"Listening to people's experiences of loss was both difficult and deeply human. It required vulnerability, empathy, and care.

"As an artist, I became more comfortable with vulnerability and with creating work that emerges directly from lived experience.

"As a person, the project helped me process my own emotions and transformed feelings of isolation into a sense of connection and community."

Friends, fellow art residents and members of the wider community shared their own stories with Maram throughout the residency, with the contributors featured in the work representing different experiences of grief and loss, ranging from objects to symbols, poems, songs, or imprints connected to a loved one they had lost.

Inspired by the idea of time capsules and archaeological artefacts, Maram was drawn to clay because ceramics have been central to her practice and the symbolic qualities of the material itself.

"Across many traditions,

we are said to come from clay and eventually return to it," she explained.

"Ceramics also undergo a long process of transformation through shaping, drying, firing, and change. In many ways, grief follows a similar process: it reshapes us over time."

Born and raised in Jeddah, Maram graduated from the University of Jeddah's art and design college, and since exhibited her work at numerous group exhibitions across the region.

Her practice draws deeply from cultural traditions, reinterpreting them through a contemporary lens.

Working across mixed media, ceramics, printmaking, digital technologies, and immersive experiences, she explores themes of memory, nostalgia, cultural identity, human connection, everyday life, and the evolving relationship between heritage and contemporary society.

She is the recipient of the

MEMORY: Photographs and objects are decal-printed on the cylinders



Young Saudi Artists grant and in addition to her artistic practice, she is a cultural heritage researcher who seeks to document, preserve, and reimagine the richness of Saudi culture while fostering dialogue between past and present.

For more details, follow @maram.alsuliman and @alriwaq on Instagram.



IN PROGRESS: Maram at work



DISPLAY: For You by Maram

Leisure Scene

What's on guide by
Julia Cassano



GAME: Matches are aired on large screens in the Football Fanzone



FOOTBALL CHEER AT RITZ-CARLTON

ELEVATE your summer with extraordinary culinary experiences and vibrant evenings at the Ritz-Carlton, Bahrain.

Football fans can catch every moment of the action at La Med's Football Fanzone, transformed into a vibrant destination for match-days. Live games will be shown across multiple large screens, complemented by a specially curated à la carte menu featuring casual bites and breakfast classics inspired by the flavours of Mexico, Canada and the US. Guests seeking a more exclusive experience can reserve a private viewing area at La Table Krug, ideal for groups of 10 or more.

Treat yourself to a touch of indulgence at Café Gourmandise with the Golden

Créma Trilogy, paired with a selection of artisanal sweets crafted to add warmth and sweetness to every sip. Available daily from 8am to 11pm, the experience is offered à la carte.

On Tuesdays, savour the rich flavours of India at Nirvana with authentic vegetarian and non-vegetarian tandoori platters, accompanied by freshly baked Indian breads, signature sides and a selection of house beverages. The dining experience is available from 7pm to 10.30pm.

Kick off the weekend with the ultimate Brunch Fiesta at Cantina Kahlo, featuring a Mexican set menu served family-style to create a social way of dining. From authentic dishes to elevated favourites, each plate is crafted with fresh ingredients.

It is available tomorrow and Saturday from 1pm to 4pm and costs BD35 per person, including soft beverages and BD45 with selected beverages.

Round off the weekend with Unlabeled Sushi Sundays at Thai Lounge, with an extensive selection of uramaki rolls and freshly prepared Japanese bites available. Priced at BD18.500, the experience is available every Sunday from 6pm to 9pm.

Complete your evening at Primavera with an elegant pairing of handcrafted beverages and exquisite cakes. Available from Sunday to Friday between 7pm and 10.30pm, the experience is priced at BD12.

For more information or booking, call 17580000 or email rc.bahrz.restaur.reservations@ritzcarlton.com.

TEA PARTY: Flavourful sips and light bites at the hotel



FUN AND GAMES

INTERCONTINENTAL Bahrain is serving up a season of flavour and football, combining curated dining experiences with summer promotions and live tournament screenings.

Football fans can soak up the FIFA World Cup excitement at Elements Pool and Lounge, where every match will be screened live on giant displays throughout the tournament final on July 19.

Guests can submit their predictions for the winning team and final score before kick-off for a chance to win exciting prizes, adding an extra layer of excitement to every fixture.

Legendz SteakHouse invites guests to its Brunch Affair, a lavish dining experience showcasing signature dishes such as teriyaki-glazed duck leg with

sweet potato purée and slow-cooked BBQ Angus beef brisket. Guests can also enjoy an extensive buffet featuring seafood, barbecue and burrata stations. It costs BD28net with soft beverages or BD38net with unlimited selected beverages. Children under six dine free, while those aged six to 12 receive a 50 per cent discount on July 10, 24 and 31 from noon to 4pm.

On July 17, Legendz turns its attention to French gastronomy with a special Bastille Day Brunch celebrating the country's rich culinary heritage. The menu features classic French favourites including galettes, croque monsieur, charcuterie and a selection of traditional savoury dishes.

The brunch is served from noon to 4pm. It costs BD28net with soft

beverages and BD38net with unlimited selected beverages.

For lighter indulgences, Noor Lounge is serving up a Summer Sips Collection throughout July and August. Priced at BD4.500 each, the seasonal trio includes a Coconut Affogato presented in a fresh coconut shell, the Avocadoria, which combines avocado with sweet mango, and a Coffee Jelly Float topped with vanilla ice cream. The beverages are available daily from 8am to 11pm.

Ladies can also make Mondays their day to unwind at Noor Lounge, where a 50pc discount is offered on all food and beverages from the à la carte menu. The promotion runs every Monday from 8am to 11pm.

For more information or bookings, call 17227777 or 36967701.



SUPPORT: Cheer for your favourite team

ESCAPE the everyday with a relaxing summer stay at Grand Swiss-Belhotel Waterfront, where a selection of seasonal packages promises the perfect getaway.

Guests can enjoy a bed and breakfast package from BD55net per room, per night, or opt for a half-board stay from BD65 per room, per night. Every summer package also includes a complimentary room upgrade.

For those seeking added luxury, Executive Suite packages come with a complimentary upgrade to a G-Club Suite with a balcony. Rates start from BD75 per room, per night for bed and breakfast, while the half-board

SUMMER SIPS



option is available from BD75 per night.

The offers are available



REFRESHING: Delicious matcha

SO

SO... 44th-floor spectacular skyline.

This high-rise food, international entertaining, experiential style atmosphere, lock down goal, past of World

The very weekly themed hospitality hours of from 4pm with an c for another

Leisure Scene

Weekly Entertainment

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UMAMI: Sushi rolls to savour



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SEASONAL DINING DELIGHTS

REDEFINE your summer with exceptional dining and restorative wellness experiences at Four Seasons Hotel Bahrain Bay.

A one-day culinary collaboration takes centre stage on July 18 as CUT executive chef Brian Becher joins ORLA Hospitality co-founder and executive chef Bahadır Abul to present a bespoke à la carte menu. Drawing inspiration from Türkiye's rich gastronomic heritage while reflecting CUT's bold, contemporary style, the menu celebrates premium ingredients and Mediterranean flavours. The experience is available during lunch from 12.30pm to 3.30pm and dinner from 7pm to 11.30pm.

Those looking to elevate their weekend can head down every Friday for the Bubbly Brunch at CUT by Wolfgang Puck. Running from 12.30pm to 3.30pm, the afternoon features DJ beats and a trolley pouring bubbly tableside to accompany a menu of iconic favourites like Yellowtail Hamachi Ceviche, Beef Sliders, and Line-Caught Black Bass. The package is priced at BD70 inclusive of free-flow bubbly beverages.

Your sweet tooth can then be thoroughly satisfied at Bay View Lounge, which transforms World Chocolate Day into a

TREAT: Dessert for World Chocolate Day



week-long celebration of pure indulgence until July 11. Available throughout the day from midday to 11.30pm, the exclusive à la carte menu features handcrafted desserts alongside speciality beverages infused with notes of coffee, caramel, and ripe fruits.

Bay View lounge is also running its Gelato and Affogato Experiences until October 31. Available daily from 11am to midnight, this menu features artisanal gelatos inspired by the four seasons paired with unexpected textures, alongside sophisticated affogatos featuring Espresso, Karak, or Matcha. Affogatos are priced at BD4.500 each, and gelatos at BD5.900 each.

To restore total inner calm, the hotel invites guests to experience its Moon Yoga series. It will take place on July 14, followed by a Full Moon Session on July 29. Both guided movement and breath-work classes run from 6.30pm to 7.30pm, priced at BD6 per person for hotel guests and members, and BD12 for outside guests.

For more information or bookings, call 17115500.



DYNAMIC DUO: Chef Brian, right, and chef Bahadır join forces



ENJOY some of the English language films being screened at Cineco Seef this weekend.



MINIONS AND MONSTERS (PG)

This is the rambunctious and totally true story of how the Minions conquered Hollywood, became movie stars, lost everything, unleashed monsters onto the world and then banded together to try and save the planet from the mayhem they created.

Actors: Allison Janney, Christoph Waltz, Jeff Bridges

Timings: 11.15am, 1.15pm, 3.15pm, 5.15pm, 7.15pm, 9.15pm, 11.15pm

LOCKBOX (18+)

A woman puts everything on the line to defend her enigmatic cousin from a dangerous otherworldly entity determined to track him down.

Actors: Carla Gugino, Lou Pucci

Timings: 2.30pm, 7pm, 11.30pm

KEEPER (2026) (18+)

A wife becomes isolated in a secluded cabin and has to fend off an unspeakable evil. When her husband unexpectedly leaves, she is left completely alone, surrounded by dense woods and eerie silence.

Actors: Tatiana Maslany, Rossif Sutherland, Tess Degenstein

Timings: 5pm, 11.15pm

MIND TRAP (18+)

Two couples unknowingly double-book a countryside mansion, leading to strange occurrences and intense psychological games.

Actors: James MacAvoy, Kristen Zakala, Aisling Franciosi

Timings: 1pm, 7.15pm

STAYCATION AWAITS



MODERN: Room with a gorgeous view

om BD90 per room, time. Terms and conditions apply. For more information or bookings, call 17177333.

WAK UP THE WORLD CUP EXCITEMENT

CLAW BBQ, at Hilton Bahrain, the ultimate social hub framing spectacular views of the Bahrain

high-energy spot fuses hearty interactive gaming, and live entertainment into unforgettable experiences. It is the ultimate stadium-sphere to gather your friends, on a prime table, and view every play, and heart-stopping moment as the Cup action unfold.

The venue also anchors a packed schedule of promotions and happenings. On Sundays, sports professionals can enjoy two hours of unlimited selected beverages from 7pm to 9pm for BD12.500. Option to extend the experience for two hours for BD10.

Early birds can dive into Happy Hour running from opening time until 8pm every Saturday through Thursday, with select beverages starting at just BD2.

Mondays belong to the ladies, who receive four free drinks from 8pm to 11pm, alongside a curated sharing platter for BD15. Ladies can also enjoy a 30 per cent discount on all standard-priced food and beverages all night.

Taco Tuesdays serve up a Mexican-style feast, delivering bottomless tacos and selected beverages from 6pm until midnight for BD16. Guests can upgrade their package for BD3.500 to secure unlimited selected beverages.

Midweek brings Wednesday Madness, treating patrons to a fast-paced two hours of free-flowing select beverages from 7pm to 9pm for BD12.500.

And then ease straight into the weekend with the infamous Friday

Brunch, from 12.30pm to 4pm, followed by an immediate after-party Happy Hour continuing until 6pm. Packages start from BD24.

Elsewhere at Hilton Bahrain, Origin Kitchen and Culture invites you to fuel your day with an extensive breakfast buffet. The morning spread is available Saturday to Friday from 6.30am to 10.30am, and extends until 11.30am on Saturdays for BD13net.

Seafood lovers can also book a table on Thursday evenings for their premium seafood night, from 7pm to 10pm, showcasing a variety of fresh ocean catches for BD30 inclusive of soft drinks.

And finally, don't miss their green menu, featuring premium, vibrant matcha lattes starting from BD3.500.

For more information or bookings, call 33692013.

JUICY: Burger at CLAW BBQ



Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY RIMA ALHADDAD

THE third season of Emmy-nominated sci-fi dystopian drama *Silo* is now streaming on Apple TV, with an ongoing release schedule until September 4.

Based on the *Silo* trilogy of novels *Wool*, *Shift* and *Dust* by author Hugh Howey, the show takes place in an underground silo. It comprises 144 levels, where 10,000 people live in a society bound by regulations they believe are meant to protect them.

It stars Rebecca Ferguson as Juliette Nichols, an engineer who becomes embroiled in the mysteries of its past and present.

Season two tackled Juliette as she left home and discovered life-changing revelations about the system. However, memory loss has robbed her of the truth upon her return. The new season will see the engineer fighting to recover the facts, while also diving into why the silo was created through thrilling flashbacks.

In an interview, actress Rebecca, who also serves as one of the executive

MYSTERY: Rebecca portraying Juliette



Drama underground

producers, explained how the expansion of timelines changes the storytelling for the ten episodes.

“Suddenly we are looking

back. Way back. At a time that more resembles our own,” she said.

“But where, for some reason, underground silos

are being built and filled. Finding out why becomes the real focus. It’s so fun watching the merging of the two worlds,” she added.

She also spoke about how the latest season is her character’s ‘gloves-off moment’, after spending a majority of the series

reacting to systems that were already in place, and will also tackle both internal and external conflicts caused by her memory loss.

“Past systems are out. Any belief in the past order is over. Actively shaping the future. Juliette’s still fighting the here and now. There is an enormous conflict within herself as she battles with trying to remember the past. And then, separate from her, there is a very real conflict between the people trying to fight to bring her back and the powerful few benefiting from Juliette’s memory loss.”

The first season of *Silo* premiered in 2023 and received critical acclaim as it earned an 88 per cent score on *Rotten Tomatoes*, and received two Emmy nominations for outstanding title design and outstanding music composition for a series in 2024.

That same year, the series was also won two British Academy Television Craft awards for best original music and best production design, a British Society of Cinematographers award and a British Film Designers Guild award.



Fragile hope

CREATIVES: The Temper Trap

AUSTRALIAN indie rock band The Temper Trap drop their new album *Sungazer* tomorrow.

The upcoming release comes after the group’s hiatus from 2018 until 2022, when they returned to live performances.

In a joint statement, the members expressed how the break saw them personally grow and face burnout, having them return to the studio with greater artistic focus.

A part of the statement read: ‘*Sungazer* feels like it’s captured the most pure collection of music we’ve ever made. We had more fun making this record and in the writing room than on any of the previous records we’ve done. We’re in a great place creatively and in our friendships, we’re closer than ever. Being back in the studio together really felt like coming home.

The 11 songs are expected to tackle

themes of grief, resilience, fragile hope and parenthood. As on the title track, released in April, written by frontman Dougy Mandagi to his son Ziggy before he was born, promises to be with him throughout his life.

The Temper Trap is best known for their 2008 hit *Sweet Disposition*, which was described by critics as an indie anthem. In Australia, it peaked at number 14 on the *ARIA* singles chart, and entered the top ten of the charts in Belgium (Flanders), Ireland and the UK.

The song saw renewed interest the following year after its inclusion in the film *500 Days of Summer*, eventually peaking at number nine on the *Billboard* alternative songs chart in the US.

Alongside Dougy, current members include Toby Dundas on drums and, occasionally, on rhythm guitar, Jonathon Aherne on bass and percussion and Joseph Greer on keyboards.

FORMER Bahrain resident, author and publisher Robin Barratt’s new anthology *My Mental Health* has hit the shelves.

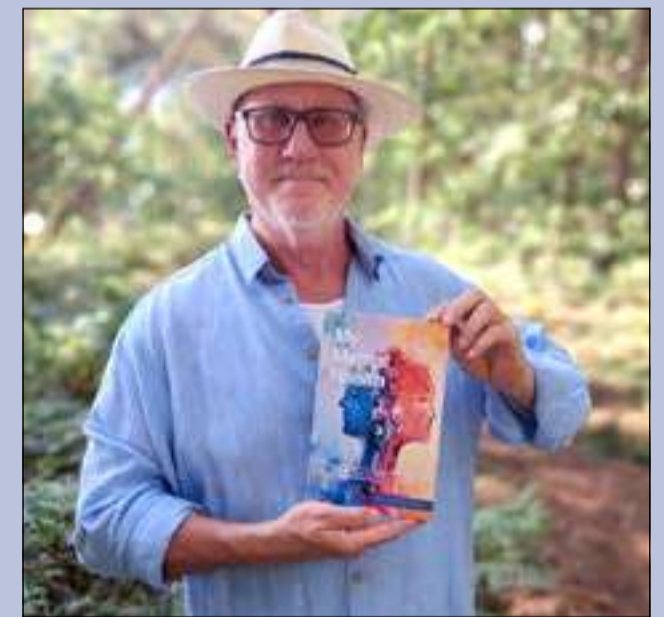
The non-fiction compilation features the words of 66 writers and poets from around the world, openly talking about their personal journeys with mental health.

The striking book cover is illustrated by Bahrain-based visual artist Anju Kapoor, who said that it allowed her to express her own ‘vulnerability’.

“The two faces in my painting are not opposites; they are parts of the same soul,” the Manama resident told *GulfWeekly*.

“One holds the burden of invisible battles, while the other turns gently towards hope. The colours flow into one another to remind us that healing is not the absence of darkness but the inner courage to let light find its way through it,”

Mind matters



CHAMPION: Robin with the new book

explained the 54-year-old.

Being on the autistic spectrum, Robin has had many mental health challenges throughout his life. Presently living in Norwich, he has published more than 60 titles so far, including six non-fiction, true crime titles and three anthologies about Bahrain.



ARTISTIC: Anju



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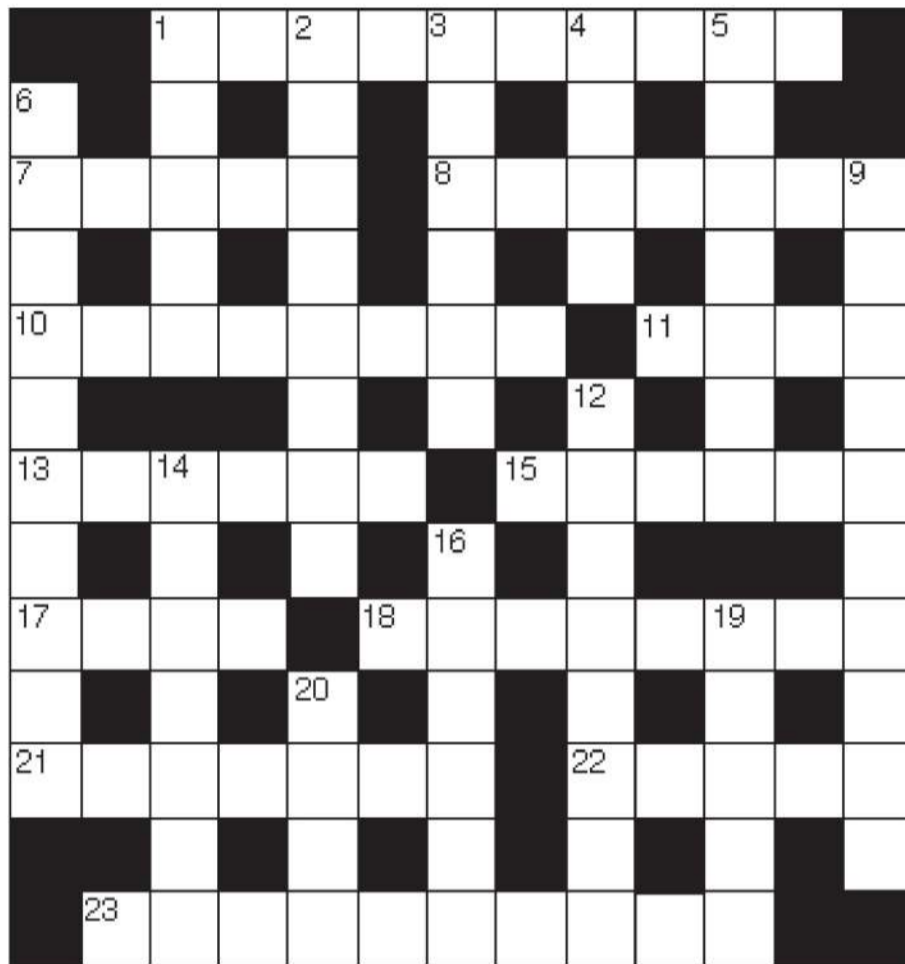
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Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 1. Basic (10)
- 7. Erect (3,2)
- 8. Tetanus (7)
- 10. Patriot (8)
- 11. Cultivate (4)
- 13. Attic (6)
- 15. Stick (6)
- 17. Trial (4)
- 18. Sample (8)
- 21. Weather (7)
- 22. The Ram (5)
- 23. Amelioration (10)

DOWN

- 1. Way in (5)
- 2. Banished (8)
- 3. Join up (6)
- 4. Fold (4)
- 5. Delight (7)
- 6. Regretful (10)
- 9. Desert (10)
- 12. Assembly (8)
- 14. Pause (7)
- 16. Seem (6)
- 19. Damp (5)
- 20. Role (4)

who, what, where, when

- WHO ... is the editor of the UK's *Private Eye* magazine?
- WHAT ... type of creature was Lancelot Link in a 1970s US children's television series?
- WHERE ... in Europe is the Svinesund Bridge?
- WHEN ... did golfer Gay Brewer win the Masters?
- WHO ... wrote the novel *Virgin Soil Upturned*?
- WHAT ... political party did former UK MP George Galloway represent?
- WHERE ... was Fat-Man detonated on August 9, 1945?
- WHEN ... did Captain Matthew Webb become the first man to swim the English Channel unaided?

just so

— — **ON**



4 4

no BELUGA no

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

6	2	8	5	4	1	7	3	9
7	3	1	2	6	9	5	4	8
4	5	9	8	7	3	2	6	1
9	8	5	6	2	7	3	1	4
1	4	7	9	3	8	6	5	2
3	6	2	1	5	4	9	8	7
5	9	4	3	1	2	8	7	6
2	1	3	7	8	6	4	9	5
8	7	6	4	9	5	1	2	3

7	8	5	4	3	1	2	9	6
2	6	3	9	8	7	4	5	1
1	4	9	6	5	2	3	8	7
4	1	7	8	6	3	9	2	5
5	3	2	1	4	9	7	6	8
8	9	6	2	7	5	1	4	3
3	7	8	5	9	4	6	1	2
9	5	1	7	2	6	8	3	4
6	2	4	3	1	8	5	7	9

darn tough sudoku

8	1	6	7	3	4	5	2	9
3	9	4	6	2	5	7	1	8
7	5	2	9	8	1	3	6	4
1	7	9	5	6	2	8	4	3
5	4	3	8	1	9	6	7	2
6	2	8	4	7	3	9	5	1
9	6	5	1	4	8	2	3	7
2	8	1	3	5	7	4	9	6
4	3	7	2	9	6	1	8	5

Sudoku

8								
1	6	8				4	5	
7		4			5	8	3	
		5	7		4		1	
				1				
7		3		2	9		4	
5	8	6			2			
2	3				8	1	7	
				3			5	

Sudoku

8				9	1		7	
9			3	5			8	
	4		8		6			
5			7					
	2	5		6	8	7		
4			9				1	
	3		6					5
7			3				4	
6	5	8	4					3

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 6 Careful; 7 Jaunt; 9 Pit; 10 Repugnant; 12 Considerate; 15 Beastliness; 17 Reprimand; 19 Coy; 21 Quick; 22 Stealth.

Down: 1 Mania; 2 New; 3 Ruse; 4 Laundress; 5 Inanity; 8 Sudden; 11 Construct; 13 Solemn; 14 Revenue; 16 Worth; 18 Note; 20 Gay.

JUST SO:

A bottomless pit, Double agent, Little Italy, Times Square

WHO, WHAT, WHERE, WHEN:

Kim Clijsters; Murmur; Gibraltar; 1984; Leigh Hunt; Italian; Netherlands; 1700.

Darn Tough Sudoku

				6	7	4		
1								7
		2	3		4			
		8			5			9
	3		1		6		5	
7			4				3	
			8		3	5		
8								1
		5	6	9				