

ANNOUNCEMENTS

We hope you had a joyful and restful Eid Al Adha break with family and friends. As we step into the heart of June, the pace is already beginning to shift. With the school year winding down and summer plans taking shape, we're reaching out with a few final opportunities to connect before the seasonal slowdown. Here's what's happening this month, whether you're staying local or preparing to travel, there's something here for you. Share your suggestions or queries at outpost.uaeiraq@shell.com.

UAE EVENTS

MEURTRE SUR LE NIL – AGATHA CHRISTIE CLASSIC



Step aboard a gripping murder on the high seas in this French adaptation of Christie's famed murder on the Nile. Presented by Culture Emulsion Theatre Academy the production unfolds aboard a luxurious honeymoon journey gone horribly wrong. It is a suspenseful and elegant theatrical experience, ideal for Francophiles, theatre lovers and classic mystery enthusiasts. Get tickets [here](#).

WHEN: 10 & 11 June

WHERE: The Junction, Alserkal Avenue, Dubai.

CIRCUS 1903 – A VINTAGE SPECTACLE



Bringing the magic of a 1900s big-top show to modern Dubai, Circus 1903 dazzles with jaw-dropping acrobats, knife throwers, contortionists, and majestic elephant puppets by the team behind *War Horse*. This award-winning production blends nostalgia with high-end theatrical flair in a 90-minute no-interval performance. Perfect for families and thrill seekers, it offers a rare chance to enjoy classic circus artistry indoors. With only five shows over one weekend, entry booking is a must. Tickets available [here](#).

WHEN: 20 - 22 June 2025

WHERE: Coca-Cola Arena, Dubai

ARTE MAKERS' MARKET – HANDCRAFTED FINDS



Discover local creativity at the ARTE Makers' market, where UAE-based artisans showcase handmade jewelry, candles, artwork, skincare, and more. Head to Times Square Centre (10AM – 7PM) for a family-friendly vibe with kids' workshops and creative crafts or visit Mercato Mall (10AM-10PM) for a boutique style browsing experience near VOX cinemas. A lovely way to shop small and stay cool indoors this summer. (ARTE: An Acronym for 'Artisans of the Emirates')

WHEN: 13 & 27 June 2025

WHERE: (Two locations) Times Square Centre and Mercato Mall

JEEVESHU AHLUWALIA LIVE AT ZABEEL THEATRE



Comedy sensation Jeeveshu Ahluwalia is bringing his hilarious act to your city! Renowned for his quick wit, sharp punchlines, and amusing takes on everyday life, Jeeveshu is set to dazzle the stage with his unique humor. From family drama and Indian moms to food obsessions and his own experiences as a short, bald Punjabi guy, Jeeveshu covers it all, ensuring no topic is left untouched and no audience member leaves without a smile. Having performed at comedy clubs across India and on international stages, Jeeveshu has charmed audiences worldwide. Now, he's coming to Dubai for a night of stand-up comedy that promises to be unforgettable!

WHEN: Sunday, 29 June 2025. 8:00PM

WHERE: Zabeel Theatre, Jumeirah Zabeel Saray. Get tickets [here](#).

JUNE COFFEE MORNING

Join us for our last coffee morning before the summer break. Coming up on **Wednesday, 25 June**, more details can be found on the next page.



LYRA WELLBEING WEBINAR



The monthly complimentary webinar comes up on June 18. (More details on page 3).

MEN: MENTAL HEALTH MATTERS

June is Men's Health Month - a time to encourage open conversations about mental and physical well-being. Whether it's booking a long-postponed check-up or simply asking "How are you, really?" this is your reminder: health includes mental health. (See page 3 for resources)

Contact us at

outpost.uaeiraq@shell.com

OUTPOST COFFEE GET-TOGETHER FOR PARTNERS – JUNE 2025

We are excited to invite all partners to our Coffee Get Together at **Arrows and Sparrows, The Greens**, on **Wednesday, 25 June**, from **10:00 am to 12:00pm**. Come connect, unwind and catch up with fellow community members before the holidays begin.



ABOUT THE LOCATION:

Arrows and Sparrows Café is a cozy gem in The Greens. Known for its delicious food, exceptional coffee, and vibrant atmosphere, it's the perfect spot for our community coffee morning. Enjoy freshly roasted coffee, nutritious salads, and comforting dishes while making meaningful connections in a relaxed and friendly setting. Join us to make this coffee morning a delightful experience for everyone!

EVENT DETAILS

WHEN: 10 am to 12pm, Wednesday, 25 June 2025

WHERE: Arrows and Sparrows, G04, Emaar Business Park, Building 4, The Greens, Dubai. Find on Maps [here](#).

Closest metro station is Dubai Internet City (with a 6-minute walk to the Café)

COST: Based on Individual consumption

RSVP: outpost.uaeiraq@shell.com

ABOUT OUR COFFEE MORNINGS:

Our coffee get togethers are all about connection. Whether you're new to the UAE or have been here a while, these casual get-togethers are a wonderful way to meet others, share stories, and feel part of the community. It's also the perfect time for us at Outpost to hear what matters to you – your questions, your ideas, your needs. We meet at centrally located cafés in Dubai where great coffee (or your favorite drink) and good company come together naturally.

Curious, find out more about Outpost coffee mornings [here](#).

Looking forward to seeing you there!

Best wishes,
Outpost UAE Iraq

MEN'S HEALTH MONTH – JUNE 2025

With June marked as **Men's Health Month**, and Mental Health Awareness Week beginning today, 9th June, it's a powerful opportunity to shine a light on the importance of emotional and mental well-being of men in our community. Whether it's finding a safe space to talk, seeking support, or simply taking time for yourself, this month is a call to prioritize emotional health as much as physical strength. Remember, confidential help is always close at hand through the **Employee Assistance Programme** (Lyra Wellbeing) available to all employees and their families (see flyer below).

Looking for something more active? **Menathon DXB** is a free, weekly, men-only fitness and support tribe where physical workouts meet real connection. It is designed to help men stay mentally sharp, emotionally grounded, and physically strong, all in the company of others who understand the journey. Simply show up as you are, and leave stronger.

When? Sundays, 6:30 AM

Where? Kite Beach, Dubai

Instagram: @MENATHONDXB

LYRA WELLBEING WEBINAR – JUNE 2025

The Lyra Wellbeing Webinar in **June** comes up on the **18th** by **11:00 AM**. In this insightful webinar, participants will explore how embracing diverse thinking styles leads to stronger collaboration, innovative solutions, and a truly inclusive workplace. Attendees will learn strategies for supporting neurodiverse talent and creating an environment where everyone's unique strengths contribute to powerful results. Register [here](#).


lyra wellbeing

How to get in touch

Your Employee Assistance Programme helpline is available 24 hours a day, 365 days a year.

Call us anytime

Bahrain: 800 810 48
Egypt: 0150 169 2155
Jordan: 0800 22193
KSA: 800 844 7840

Kuwait: +96522212977
Morocco: 0800 092 509
Oman: 800 77 179
Pakistan: 0080090044081

Qatar: 00 800 100 250
UAE: 8000 120 120
Other: +44 203 006 6217

Request a callback

youmenawellbeing@lyrahealth.com

visit us online

<https://app.lyrawellbeing.health/>

Your Employee Assistance Programme

When you don't know where to turn, we're here to guide you.

Free and confidential support whenever you need it!

Call. Anytime. Whatever the reason.

Scan the code to download the Lyra Wellbeing Hub app:






Company code: SHELLMENAXICAS

Anytime, anywhere - access your online health and wellbeing initiatives wherever you are. The Lyra Wellbeing Hub is full of expert articles, videos and podcasts to help you manage life's everyday challenges.



Scan the code to download the Lyra Wellbeing Hub app:




Company code: SHELLMENAXICAS

