

AMWAJ islander

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مبارك عليكم الشهر Ramadan Kareem

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Letter from the Editor

Dear Islanders,

On the occasion of the Holy month of Ramadhan, we wish you and your families a blessed month. By now, a week of this Holy month has already passed, and without a doubt it is a different Ramadan than previous years. In fact, the world is a very different place to what it was at the beginning of March.

If COVID-19 has taught us anything, it has taught us to be patient; as the saying goes 'every cloud has a silver lining' and although the cloud of COVID-19 is certainly a dismal one, it is no exception. It is vital that we continue to adhere to the rules put in place by the Government of the Kingdom of Bahrain, so that we can combat this virus. Together we can beat this thing, and hopefully by next Ramadhan we will

all be observing it in the way we are accustomed to.

Until then please maintain the social distancing, keep wearing your face masks and protective gloves, and please stick to the maximum 5-person gathering rule.

For up-to-date info on COVID-19 please make sure you are following @mohbahrain, and for Amwaj updates please follow us on @Amwaj_Islands on Instagram.

Have a blessed month Islanders. 'This too shall pass', until then, stay home, stay healthy, stay safe.

Sincerely,
The Amwaj Team

Ramadan during COVID-19

We are one week into the holy month of Ramadan, and although this month of fasting, family and 'togetherness' will be experienced in a different way this year, we hope that the principles of what Ramadan stands for brings us peace and gratitude.

Muslims globally will experience Ramadan under COVID-19 pandemic conditions and although prayer won't be in group settings, prayers will happen in the blessings of our homes. Although we won't see many of our family and friends, we are lucky enough to be able to connect in so many ways through digital platforms today. While we may not be able to hug people we love now, we are protecting them and will be able to hug them over and over once things are safe again. If anything, this virus has humbled us and taught us that nothing should be taken for granted.

Please give to charities that you believe in this Ramadan, embodying its true essence of giving to those that need support. People from all walks of life have been affected by COVID and need your help. May this month guide us to better ourselves in ways we would have never thought possible, and may we leave it better than we enter it.

"This virus knows no barriers. It does not discriminate. Please protect yourself and your loved ones by following the guidelines established by authorities for your protection. This Ramadan, stay indoors and stay safe."

- Tariq A. Al Maeena, Saudi commentator

60 seconds with...

VINEET KUMAR

CEO of Gulf Union Insurance & Reinsurance Co BSC, Bahrain



How long have you worked at Gulf Union Insurance & Reinsurance Co.?

I have been in the insurance industry for more than 33 years, serving in Hong Kong, China, India and now Bahrain, where I have been working since 2011. I have been heading Gulf Union Co for the last three years. Gulf Union has been in operation in Bahrain last 25 years and are the market leaders in Motor and Health insurance besides doing other lines of business like Property, Transit, Projects and Yacht.

What services does it offer? The company is licensed by CBB to underwrite all types of insurance business, like Motor, Fire, Liability, Projects, Boat, Travel, and Health Insurance for retail as well as corporate customers. The policies can be bought physically from our offices. Motor and travel can be purchased online.

Where are you currently located?

We have opened a new branch near Amwaj in Galali and have other branches at Manama, and East Riffa. The Galali branch was opened to cater to the needs of residents in Amwaj, Galali and neighboring areas which was unrepresented by

any insurance branch.

How can our Amwaj residents benefit from your services? The Galali branch is open on Saturdays and have extended service hours on normal days.

The Galali branch provides:

- Motor insurance to meet every need and model immediately on Cash/Card basis.
- No need to obtain No Claims confirmation from other insurers while renewing.
- 24X7 Road Side assistance & Car Replacement facility on motor.
- Provide detailed quotes for Fire, Home, Health insurance and other lines of business in a day.
- Connect to the main office for large corporate enquiries for Factory, Health and other businesses and visit by our market supervisor.
- Our Amwaj contact no is +973-3210 7080.

Do you have any special offers specifically catered to our Amwaj Residents?

- Amwaj residents can enjoy a special discount of 10% on New Motor Comprehensive Policies.
- Amwaj residents need not take 'No Claim Certificate' from other insurers for renewal with us.
- Special discounted rates on RERA approved Homeowners Fire and Contents (Excl. Valuable & Jewellery) policy.
- Special discount rates on Boat/Yacht, Insurance + Liability Insurance.
- New Customers from Amwaj taking Comprehensive Policies will

get a Limited period surprise gift.

What advice do you have to give regarding insurance?

- Insurance keeps commerce moving as it provides financial protection to parties affected.
- Banks require insurance for loans for cars, houses mortgages and this acts as a collateral security for the bank.
- Insurance is compulsory for motor vehicles (third party).
- Insurance ensures family and business stability and provides a safety net for when there is a big health scare, major operation costs or death or property damage due to fire or car damage due to road accident.
- Insurance protects the small business. If a risk goes wrong, the big businesses will be able to survive as they have deep pockets.
- Insurance is the right thing to do always. It is the best policy.
- Insure and be secure.
- Insurance Provides social security.

Do you have any special offers specifically catered to our Amwaj Residents?

- The Galali branch is just across the highway and with a friendly local staff well versed in Arabic and English, the residents will have a good personalized experience they would like to share and continue.
- The office is open on Saturdays, and all week days, Saturdays to Wednesdays (9 am to 5 pm).
- Residents who prefer doing business on the go can log on to our website www.gulfunion.com.bh and do motor and travel insurance online.
- Customers will get timely reminders on SMS on their policy renewal dates with a link for Quick Pay.
- Customers who have fleet vehicles can expect further discounts
- With Gulf Union, you are in safe hands. We promise to settle any compliant or grievance within 2-3 days.

May 2020

12pm - 10pm **"Rosso's Ramadan Family Offer"** Order your favourite pizza from Rosso TO GO by calling 33580044 to place your order. Chef Enrico has prepared a wide selection of all your favourite pizzas to take home and enjoy it with your family members from the comfort of your home. Available every day from 12pm to 10pm. Rotana Colleagues F&B Discount is applicable. Form must be filled & signed.

4pm - 11pm **"Ramadan Take Away – Set Menu"** Enjoy a selection of oriental dishes made by our Chef Mohammed for only 19BD Net for 5 person or for 5 BD for individual, you can order by calling 33580044 or 33580048. Chef Mohammed has prepared a Ramadan take away- set menu for you to enjoy with your family at the comfort of your home.

All Day **"Ramadan Suite Staycation at ART Rotana"** Spend quality time with your loved ones by booking a luxurious staycation in a spacious suite with its own private terrace and Jacuzzi while overlooking the mesmerizing Marina area. ART Rotana team are looking to welcome you. The stay is inclusive of Iftar & Suhoor for 2. All of that for only BD79 Net. Call +973 16000111 for more information or reservations. Net for 2 adults & 2 kids up to 6 years old.

All Day **"50% off Your Stay at ART Rotana "** ART Rotana is bringing you an exciting opportunity to pack your bags for a local getaway. Book your stay for a minimum of 2 nights at our resort and get 50% off your room rates and an incredible discount of 15% off dining and 20% off laundry services. Call +973 16000111 for more information or reservations.

All Day **"Royal Suite Stay for Only BD199 "** For only BD199, relax in our luxurious 3-bedroom Royal Suite including a delicious breakfast or Suhoor for 6 and access to our private Beach! Indulge yourself this month with expansive views across the Arabian Gulf Through floor to ceiling windows of our most luxurious and elegant suite. 3- Bedrooms await plus a large living room perfect for relaxing together after a long and enjoyable day on our private beach.

All Day

"Classic Room Stay for Only BD49" Make the most of your extra free time this month with Luxurious staycation in our Classic Rooms for only BD49net per night inclusive of breakfast or Suhoor and access to our private beach. Along with early Check in and late checkout!

For more information on the above events, contact ART Rotana via email at fb.art@rotana.com or call 16000111.



LIFE ELEMENT INC. – PSYCHOLOGY CLINIC

Life Element Inc. is an NHRA licensed psychology and psychiatry clinic in Meritas House, Amwaj Islands. The clinic first opened its doors close to 4 years ago and has been serving residents of Amwaj and far beyond ever since. Life Element Inc. offers one-on-one sessions for a range of psychological conditions including depression, anxiety, mood disorders, and many others. The clinic also offers marital and couples counselling, as well as family counselling.

Life Element Inc. works with several schools and families to address issues related to schooling and education like bullying, learning difficulties, attention deficit disorder, and others. A range of psychological testing is available to aid with the diagnosis and treatment of many psychological issues. We are now available on several online platforms to enable those who prefer to stay at home to begin or continue their treatment with us during this time.

A NOTE FROM LIFE ELEMENT INC. TO YOU ALL

You try to do some exercise, you call or text your friends, you try to stick with some form of daily routine. And yet something still does not feel right. You feel restless, maybe you face a tough time sleeping. It feels like the coronavirus crisis is like a large wave engulfing everything around you. Maybe you're not worried so much about you, maybe there is a family member who you think is more at risk than you. No matter what you spend your time doing, the thoughts are a constant background noise, your unwanted companion as you try to live your life as normal as possible. You switch the news off, but silence can sometimes be deafening too.

You are not alone - with 2.6 billion people around the world now in some form of lockdown or quarantine, we are all fighting a microscopic enemy that most of us did not see coming. This is a test of our collective resilience in the face of uncertainty – uncertainty from all fronts. Uncertainty of the future of our health and that of our family members and friends, financial uncertainty, uncertainty of how we will navigate

our own mental health and that of our loved ones.

A research review published by the Lancet documenting the effects of quarantine on mental wellbeing found that people who are quarantined are very likely to develop a wide range of symptoms of psychological stress, including low mood, insomnia, stress, anxiety, anger, irritability, emotional exhaustion, depression and post-traumatic stress symptoms. Being confined, loss of usual routine, and reduced social and physical contact with others were frequently shown to cause boredom, frustration, and a sense of isolation from the rest of the world. The first research papers published in China after the lockdown showed that parents who are quarantined with their children showed a larger decline of their mental health: 28% of quarantined parents warranted a diagnosis of “trauma-related mental health disorder”.

As the world scrambles to build more hospital facilities and make more ventilators, we unfortunately are not setting up systematic psychological support for those who need it. More and more members of our population are becoming vulnerable and in need of treatment and support to help them continue efficiently with their daily lives. We just want to let you know that the way you are feeling makes sense. We are all treading difficult waters, in many ways alone, and in many ways together. Let's all be here for each other.

Please do not hesitate to seek help for you or your loved ones in this difficult time.



COVID-19 (Coronavirus) Safety Precautions

For the safety of you and your loved ones, please try to practice self-quarantine whenever possible. Should you have any questions, or if you suspect you have symptoms of Coronavirus, please call 444.

The Kingdom of Bahrain have launched the 'Be Aware' app, which aims to support efforts to contain the Coronavirus (COVID-19) by advancing contact tracing efforts, and raising awareness of active cases within the Kingdom, and maintain accurate figures provided by the Ministry of Health. Please download the app, free of charge, for both iOS and Android from apps.bahrain.bh

AMWAJ NOTICE BOARD

The Amwaj Security and Maintenance team are responsible for the below. For leaks or blockage in a common area, contact Kamel on 3666 6007. Beach and road cleaning, damage on roads or pavements, fallen signboards or flags and garbage bins request, contact Niaz on 3315 6871. For construction site issues contact Roger on 3909 4842. For workers' gate pass, contact Mohammed on 3943 4809. For pest control issues contact Pest Control on 1781 1233. Traffic accidents can be reported to police on 199, medical emergency, ambulance or fire can be directed to 999, with the assistance of the Amwaj Security team.

SAFETY & SECURITY

Security Solutions W.L.L. company are responsible for all safety and security around the islands. Security Solutions have developed a respectable reputation in the field of security, and the management looks forward to the improvement of security of the common areas around the islands.



Site Team Supervisor: 3604 6147

Emergency Hotline: 3986 6952

Email: security@amwaj.bh

Security Team: 6639 8857 (working hours, Sunday to Thursday 8am-5pm)

FOR RENTAL/SALES PROPERTIES

For properties on Tala Island, Amwaj Islands, which are good value for money, contact Anastasia on:

Mobile / WhatsApp : +973 3877 7555

Instagram: [amwaj_tala_property_anastasia](https://www.instagram.com/amwaj_tala_property_anastasia)

Facebook: [AmwajPropertiesAnastasia](https://www.facebook.com/AmwajPropertiesAnastasia)





KEY

- Waterside residential
- Inland residential
- Residential & Commercial
- Hotel
- Commercial
- Educational
- Amwaj Marina

Directory

WWW.AMWAJ.BH

Amwaj Islands' Security

Working Hours: 24 hrs
Location: Amwaj Islands entrance
M 66 398 857
M 39 866 952 (24hrs)
E security@amwaj.bh

Amwaj Islands Main Office

Working hours: 8am – 5pm,
Sunday - Thursday
Location: Meritas House
T 16 033 100
E info@amwaj.bh
W www.amwaj.bh

Tala Island Security

T 16 060 033

Nuetel Communications

Working Hours: 8am – 5pm,
Sunday -Thursday, 8am - 2pm on
Saturdays
T 16 033 000

International School of Choueifat

T 16 033 333

Amwaj Marina

T 16 011 160

Bahrain International Airport

T 17 339 339

Amwaj Hotels

ART Rotana

T 16 000 111

Gulf Suites Hotel

T 16 030 001

Ramada Hotel and Suites Amwaj Islands

T 16 000 099

The Dragon Beach Hotel & Resort

T 16 031 111

The Grove Hotel

T 16 030 303

The Grove Resort

T 16 000 022

The Sea Loft Boutique Chalets

T 16 033 833

Amwaj Outlets

Alforsal Real Estate, Reef Tower, Amwaj Waves

T 38 821 400

Al Osra Supermarket

T 16 033 773
Working Hours
Everyday 7am - 11pm

Balance Fitness & Dance Studio

M 34 688 880

Bavaria Motors

T 16 010 737

Bennigan's

T 16 030 104 / 05

Black & White Laundry

T 17 532 268
M 36 308 889

Carlton Real Estate, Zawia 3

T 16 006 000

Life Element Inc. Psychology Clinic

T 16 030 527

Guinness Smokehouse and Lounge

M 33 180 001

Jet Pet Global

Pet Relocation & Transport
M 36 464 586

Lantern's Restaurant

T 77 770 055

La Blanche Salon, Amwaj Waves

T 16 006 060

Maya Beach Resort & Fitness, Meena 7

T 16 030 070
Working Hours: 6.30am - 10pm
Saturday - Thursday, 8am - 10pm
on Fridays

My Cuddle Buddy

Pet sitting & Dog Walking
M 36 464 586

Muju Lounge & Restaurant

T 16 039 800

Park & Shop Supermarket, Zawia 2

T 77 115 121

Pet Arabia

T 16 010 501

Quest Realty, Meritas House

T 1607 8378

ScubaLife

T 17 003 636
M 66 753 636

Sea Star Marine

T 16 034 487
M 37775711

Smart Boating Center

T 17 003 838

Solyamar Beach

T 17 221 166
M 35 094 777

Speed Rent a Car

T 16 010 131

Universal Music

T 16 010 491

Virtual Reality Solutions

T 16 010 333

Yara Beauty Lounge, Zawia 1

T 16 010 999

24-Hours Supermarket, NOC

T 16 034 498

Emergency Numbers

Emergency line

T 999

Al Hidd Police Station

T 17 671 212

Samaheej Police Station

T 17 334 401

Coast Guard

T 17 700 000

Traffic Police

T 199

Nearest Hospitals to Amwaj

American Mission Hospital, Amwaj Medical & Wellness Center

T 17 248 100

Bahrain Specialist Hospital

T 17 812 000

Al Hilal Hospital

T 17 344 199

King Hamad Hospital

T 17 351 450

Closest Pet Services to Amwaj

Dr Mohammed Hussain

T 17 292 125

Fur and Feathers Pet Sitting, Transfer and Relocation

M 36 464 586
E contact@jetpetglobal.com

House Veterinary Center

T 17 200 075
M 33 994 709
(Emergency) 33 094 999

Pet Land

T 13 107 474
M 33 311 122

Closest Pharmacies to Amwaj

Al Quds Pharmacy

T 17 470 080

Ibn Sina Pharmacy

T 17 677 207

Nasser Pharmacy

T 16 010 505

Taxi Services

Arabian Taxi

T 17 461 746

Bahrain Limo

T 17 266 266

Bahrain Taxi

T 17 682 999

Travel Services

Aradous Travel and Tour

T 17 234 417

Customised Services

M 38 816 065
stefan@customisedservicespc.com

Car Washing Services

Ecowash

T 17 490 565

MASY

T 17 822 404

Closest Removal & Storage to Amwaj

Takhzeen Self Storage

M 69 990 999
M 39 767 977

IT Home Services

TechnoServ

M 39 609 876

Cargo Services

Baz Cargo Services

T 17 771 132

Gulf Agency Co. Bahrain W.L.L. (GAC)

T 17 339 777

Closest Post Office to Amwaj

Al Hidd Post Office

T 17 673 157
Working Hours: 7am - 2pm
Saturday to Thursday

Shopping Malls

Aali Mall

T 17 581 000

Bahrain City Center

T 17 179 779

Moda Mall

T 17 533 140

Seef Mall Muharraq

T 77 911 116

The Avenues Bahrain

T 17 151 060