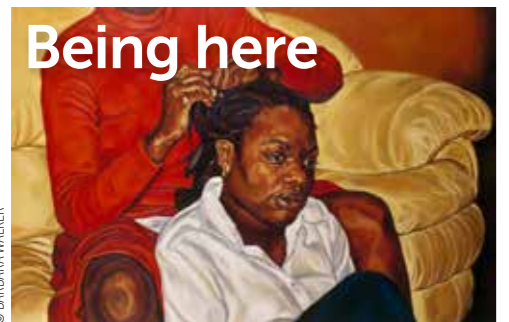


What's on

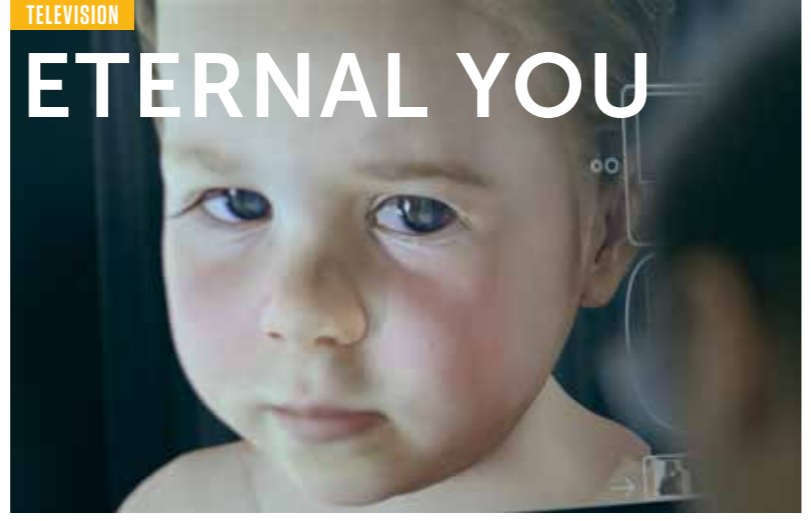
Mental wellbeing in the arts and media

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ART
BARBARA WALKER: THE SITTER, 2002
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There's still time to catch 'Being Here', a major survey exhibition of the work of British artist Barbara Walker. Walker's work centres on the black British experience, from her vivid paintings of family life in 1990s and 2000s Birmingham to her more recent drawings and embossing that use white space to draw out black figures from the Old Masters, and use portraiture to connect audiences with the individual experience of the Windrush scandal. 'Being Here' includes Walker's latest commission, *Soft Power*, a wallpaper that digs into The Whitworth's collection to answer back to colonial artefacts with 21st-century subject matter. At Manchester's The Whitworth until 26 January 2025. whitworth.manchester.ac.uk/whats-on/exhibitions/upcomingexhibitions/barbarawalker



Eternal You takes a clear-eyed and nuanced approach to questions of grief, loss and memory within the context of artificial intelligence. Directors Hans Block and Moritz Riesebeck return to BBC's *Storyville* documentary slot after their acclaimed 2018 debut about social media moderators, *The Cleaners*, to investigate start-ups meeting a growing demand for digital avatars of dead loved ones. Developers who resurrect voices and even likenesses of the dead might well intend to provide comfort to surviving friends, partners and family, but the dilemmas faced by this emerging industry raise universal questions about loss, bereavement, grief and memory in the internet age. First aired on BBC Four, it's available to stream now on BBC iPlayer.

What lies beneath

BOOKS

Keon West's *The Science of Racism: everything you need to know but probably don't* – yet slices through the rhetoric and debate with an incisive review of the evidence. Exploring how biases show up in everything from job interviews to selling items online, Professor West draws on dozens of studies to demonstrate the problem. The book raises questions around the effectiveness of diversity initiatives and the misuse of the concept of unconscious bias. (Picador, out 23 January)

In *Uneven: nine lives that redefined bisexuality*, Sam Mills takes aim at the stereotyping and discrimination of bisexual people through the stories of nine pioneering artists, writers and musicians who inspired social change. Authors like Colette and Anaïs Nin faced scrutiny and sexism for having relationships with men and women, while singer Bessie Smith and artist Jean-Michel Basquiat had to contend with racism as well as biphobia when their private lives became public. (Atlantic Books, out 23 January)

Mark Lilla's latest non-fiction book, *Ignorance and Bliss: on wanting not to know*, looks at the powerful desire to maintain our innocence – and ignorance – in the face of overwhelming feelings. Professor of Humanities at Columbia University as well as an acclaimed essayist, Lilla's understanding of the subconscious pays tender attention to the threat of loss, the client's committed resistance in the face of it, and the therapist's role in accompanying them through doubt. (Hurst, out 12 December)



War and the Mind

From a baby's mitten carried as a lucky charm by a flying officer to a booklet on protecting your home from a nuclear bomb, the Imperial War Museum's free 'War and the Mind' exhibition explores the psychological impact of conflict from all sides. Exhibits cover the political motivations for warmaking, the civilian experience of preparing, enduring and surviving hostilities in the 20th century, and the experiences of soldiers in conflicts such as the Falklands War. As well as looking back to world wars and the nuclear threat, curators also speculate on how future technologies such as drone warfare affect our collective consciousness and our efforts towards peacekeeping. At London's Imperial War Museum until 27 April 2025. iwm.org.uk/events/war-and-the-mind

PODCASTS



On relating

What's it like to train as a therapist when you come from a marginalised identity? In episodes one and two of *Increasing Affect: a therapy school podcast*, host Johanna interviews trainee Ray about the differences between individual and collective healing, struggling to be understood in personal therapy, and the role of politics in the consulting room. spoti.fi/4eLMPgb

Generation Alpha – those born from the early 2010s onward – emerged from the pandemic with a heap of questions about school, family and identity. In *AlphaBites*, hosts Kate Pattison, a former teacher, and Lucy Sutton, still teaching, invite coaches onto the show to dig deep on key parenting issues for those raising Gen A. pod.link/1747251099

Psychologists Paul Eastwick and Eli Finkel put romantic comedies under the microscope in their new podcast, *Love Factually*. From the kinky newcomer *Challengers* to classics like *Before Sunrise*, films offer the hosts an easy way in to perennial topics such as attachment, competition and desire, and the science around them. lovefactuallypod.com

THEATRE

Oedipus and Elektra

Oedipus starring Mark Strong and Lesley Manville was 2024's must-see ticket, but if you missed it don't worry – the West End's obsession with Sophoclean tragedies continues in 2025. Rami Malek (*Bohemian Rhapsody*) and Indira Varma (*Game of Thrones*) star in a new adaptation of *Oedipus* by Ella Hickson. Meanwhile Oscar-winning Brie Larson (left) makes her West End debut in *Elektra*, Anne Carson's poetic translation about a woman grieving her father after his murder. Freud was famously influenced by Sophocles' ideas, but you don't have to be a Freud fan to find something to discuss in the connection between classical drama and 21st-century ideas of fate, power and revenge. *Oedipus* is at The Old Vic from 21 January to 29 March 2025 (oldvictheatre.com/stage/event/oedipus); *Elektra* is at The Duke of York's Theatre from 24 January to 12 April 2025 (elektraplay.com).



IN THE KNOW