

Tyne & Wear Archives & Museums (TWAM) is a major regional museum, art gallery and archives service.

We manage nine museums and galleries across Tyneside and the Archives for Tyne and Wear.

Live Well

We have been working in partnership with National Museums Northern Ireland on the Big Lottery funded project 'Live Well', engaging older adults with museums and cultural services. The aim of this project is to increase quality of life through the 5 ways to wellbeing and to encourage friendship, independence and learning.

TWAM Vision

For everyone to have access to museum and archive provision in Tyne & Wear, to use this access and to value it for the significant and positive impact that it makes upon their lives.



Five Ways to Wellbeing

- 1 Connect**
To your community and surroundings
- 2 Be Active**
Exercise and frequent activity improves physical and mental well being.
- 3 Take Notice**
Be aware of your surroundings and your place within it.
- 4 Learn**
To improve mental wellbeing and build skills.
- 5 Give**
Be generous to others and spend time talking to a friend. Loneliness is one of the biggest disadvantages in the UK and a simple conversation can help someone who feels alone.



- Five minutes' walk from Newcastle Central station, and well signposted
- Entrance paved/tarmac
- Seating Available
- Wheelchair available (advance booking recommended)
- Public telephone
- Large print guides available

For full access information contact the museum or visit discoverymuseum.org.uk

Discovery Museum,
Blandford Square, Newcastle upon Tyne, NE1 4JA
Open: Monday-Friday 10am-4pm, Saturday and Sunday 11am-4pm
Free entry, donations welcome
Tel: (0191) 232 6789 • Email: info@discoverymuseum.org.uk



- Five minute walk from Monument Metro station
- Ten minutes' walk from Haymarket Metro and Bus station
- Drop off points on John Dobson street and Oxford street
- Entrance gravel and glass tiles (Blue Carpet art installation)
- Seating available
- Wheelchair available (advance booking recommended)
- Large print guides available

For full access information contact the gallery or visit laingartgallery.org.uk

Laing Art Gallery
New Bridge Street, Newcastle upon Tyne, NE1 8AG
Open: Tuesday-Saturday 10am-5pm, Sunday 2pm-5pm
Free entry, donations welcome.
Admission charges apply for some exhibitions
Tel: (0191) 278 1611 • Email: info@laingartgallery.org.uk



- Five minute walk from Haymarket Metro and Bus station
- Entrance tarmac, paving and resin bonded gravel on paths
- Seating available
- Wheelchair available (advance booking recommended)
- Large print guides available

For full access information contact the museum or visit greatnorthmuseum.org.uk

Great North Museum: Hancock
Barras Bridge, Newcastle upon Tyne, NE2 4PT
Open: Monday - Friday 10am-5pm,
Saturday 10am-4pm, Sunday 11am-4pm
Free entry, donations welcome
Tel: (0191) 208 6765 • Email: info@greatnorthmuseum.org.uk



- Twenty minute walk from Gateshead Interchange
- 21 Bus from Haymarket bus station stops on Durham Road, just 2 minutes' walk from the gallery
- Q1 or Q2 from Newcastle Central Station, the Quay-side and Gateshead Interchange. Stops directly opposite the gallery on Prince Consort Road.
- Entrance via paved steps or paved ramp
- Seating available
- Wheelchair available (advance booking recommended)

For full access information contact the gallery or visit shipleartgallery.org.uk

Shiple Art Gallery
Prince Consort Road, Gateshead, NE8 4JB
Open: Tuesday-Friday 10am-4pm, Saturday 10am-5pm
Free entry, donations welcome
Tel: (0191) 477 1495 • Email: info@shipleartgallery.org.uk



Visiting our Museums, Galleries & Archives

twmuseums.org.uk





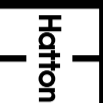
- Five minute walk from Haymarket Metro and Bus station
- Located on Newcastle University main campus
- Entrance tarmac and paving
- Seating available
- Wheelchair available (advance booking required)

For full access information contact the gallery or visit hattongallery.org.uk

Hatton Gallery

Kings Road Newcastle University
Newcastle upon Tyne NE1 7RU

Open: Monday-Saturday 10am-5pm
Free entry, donations welcome
Tel: (0191) 277 8877
Email: info@hattongallery.org.uk



- Three minute walk away from Wallsend Metro Station.
- Segedunum is on the bus route for Stagecoach service 22 (stops on Clayton Street, Grainger Street and Market Street) to Wallsend Metro Station.
- Entrance via paved ramp
- Seating available
- Wheelchair available (advance booking required)

For full access information contact the fort or visit segedunumromanfort.org.uk

Segedunum Roman Fort

Buddle Street, Wallsend, NE28 6HR

Open: Seasonal, please contact the fort or check the website for full details
Admission charge applies (under 16s free entry)
Tel: (0191) 278 4217



- The museum is less than a five minute walk from South Shields metro and bus station and a five to ten minute walk from the Shields ferry landing
- Entrance tarmac and paving
- Seating available
- Wheelchair available (advance booking required)
- Large print guides available

For full access information contact the fort or visit southshieldsmuseum.org.uk

South Shields Museum & Art Gallery

Ocean Road, South Shields NE33 2JA

Open: Monday-Friday 10am-5pm, Saturday 11am-4pm
Free entry, donations welcome
Tel: (0191) 211 5599 • Email: info@southshieldsmuseum.org.uk



- From Chichester Metro Station take the 900, 12, 26 or 50 bus to Arbeia, for timetables and full details see nexus and Go North East travel websites www.nexus.org.uk/metro | www.gonortheast.co.uk/
- Entrance is flat tarmac and concrete
- The surface around the Fort is generally flat but uneven and can vary from grass to gravel.
- Seating available
- Wheelchair available (advance booking required)

For full access information contact the fort or visit arbeiaromanfort.org.uk

Arbeia, South Shields Roman Fort

Baring Street, South Shields NE33 2BB

Open: Seasonal, please contact the fort or check the website for full details. Free entry, donations welcome
Telephone: (0191) 277 1410
Email: info@arbeiaromanfort.org.uk



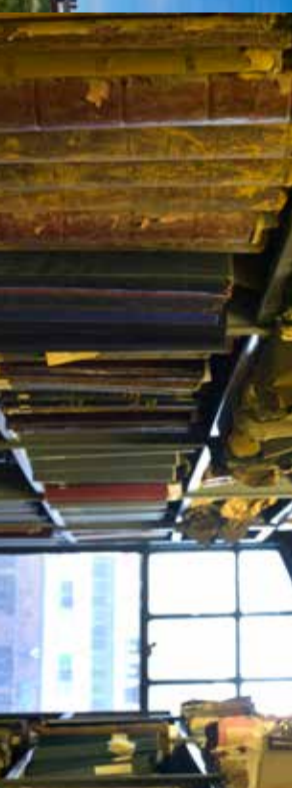
- Nearest Metro station is Percy Main. If travelling from Percy Main, please take the number 19 bus. From Wallsend, please take the number 42 bus. The 310 bus starts from the Haymarket Bus Station in Newcastle and stops outside the museum.
- Entrance is tarmac
- Seating available
- Wheelchair available (advance booking required)

For full access information contact the museum or visit stephensonrailwaymuseum.org.uk

Stephenson Railway Museum

Middle Engine Lane, North Shields, Tyne & Wear, NE29 8DX

Open: Seasonal, please contact the museum or check the website for full details
Free entry, donations welcome. Charges apply for train rides.
Tel: (0191) 200 7146
Email: info@stephensonrailwaymuseum.org.uk



- Located on the Ground floor of Discovery Museum
- Five minutes' walk from Newcastle Central station, we are well signposted from the station
- Entrance paved/tarmac
- Seating Available
- Wheelchair available (advance booking recommended)
- Public telephone
- Large print guides available

For full access information contact the archive or visit twarchives.org.uk

Tyne & Wear Archives

Discovery Museum, Blandford Square,

Newcastle Upon Tyne NE1 4JA
Open: Tuesday- Friday 10am-4pm
Website: twarchives.org.uk
Email: info@twarchives.org.uk

