



CULTURE  
HEALTH &  
WELLBEING  
ALLIANCE

# **Creativity and Wellbeing week**

10-16 June 2019

# Welcome to the North East's first Creativity and Wellbeing Week 10 – 16 June 2019

Creativity & Wellbeing Week was originally started eight years ago by London Arts and Health forum and this year sees its adoption nationally by the Culture, Health and Wellbeing Alliance.

As a founding member of the Culture, Health and Wellbeing Alliance, Tyne & Wear Archives & Museums is promoting regional events and activities happening throughout Creativity & Wellbeing Week.

The Culture, Health and Wellbeing Alliance is a new organisation that brings together arts, heritage, museums and galleries with health and wellbeing organisations, facilitators, workers and professionals.

It represents everyone who believes that cultural engagement and participation can transform our health and wellbeing.

**[creativityandwellbeing.org.uk](http://creativityandwellbeing.org.uk)**  
**[culturehealthandwellbeing.org.uk](http://culturehealthandwellbeing.org.uk)**

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We look forward to meeting everyone taking part in Creativity & Wellbeing Week and joining in the fun to transform all of our health and wellbeing.

## **Zoë Brown**

Culture, Health and Wellbeing Alliance  
North East champion (museums).

## **Kate Parkin**

Culture, Health and Wellbeing Alliance  
North East champion (arts).



# Monday 10 June

## Silver Chimes

**Monday, 2–4pm**

Sage Gateshead

£12.50 per half term (10 June – 8 July)

### Age recommendation

For people over the age of 50

The Silver Programme offers a wide variety of daytime musical activities for people over the age of 50. Rekindle, develop, learn new skills and meet people with similar interests within a relaxed, informal and supportive environment.

Classes can be booked in person at Sage Gateshead Ticket Office, by phone on 0191 443 4661 or online at [sagegateshead.com](http://sagegateshead.com)

## Art Diamonds

**Monday, 10am – 12noon**

Crawcrook Library

Free

### Age recommendation

People of retirement age in Gateshead

Pop along and try an Art Diamond challenge. Bring a friend, neighbour or relative and encourage others to get creative. Or go along by yourself and our friendly staff will get creative with you.

For more information or to register for Art Diamonds news contact Karolynne on 0191 433 8492 or email [karolynnehart@gateshead.gov.uk](mailto:karolynnehart@gateshead.gov.uk)

## Try me programme

**Monday, 3–5pm**

Bensham Grove Community Centre, Gateshead

Enrolment essential £5 per session (or free if receiving universal credit)

### Age recommendation

Over 19s only but please ask as some over 16s might be possible.

Try activities at Bensham Grove (learning Centre) at reduced cost. Afternoons 10-14 June 3-5 pm there will be a try me activity: painting and drawing, calligraphy, fused-glass, pottery and silversmithing for over 19s and a tour of the listed building afterwards. Equipment provided.

[www.benshamgrove.org](http://www.benshamgrove.org)

## Rock & Rolled Gold

Rock And Pop Band

**Monday, 1 – 2.30pm**

Sage Gateshead

£25.00 per half term (10 June – 8 July)

For singers of all abilities and intermediate to advanced instrumentalists

Sing rock & roll classics from the 50's and 60's.

**The Silver Programme offers a wide variety of daytime musical activities for people over the age of 50.**

### Age recommendation

For people over the age of 50. Classes can be booked in person at Sage Gateshead Ticket Office, by phone on 0191 443 4661 or online at [sagegateshead.com](http://sagegateshead.com)

## Silver Singers, Stanley

**Monday, 10.30 – 12noon**

Stanley Masonic Hall

Pay per session.

### Age recommendation

50 + For more information call Durham County Council. Tel: 03000 262 480.

Welcoming and sociable groups singing a wide-ranging mix of repertoire in parts to suit any level using tutors from Sage Gateshead but in venues around the region. This is a good starting point if you're not sure which singing style is for you. No experience necessary.

## Silver Uke Strummers

**Monday 11.00am - 12.30pm**

Sage Gateshead

£25 per half term (10 June – 8 July)

Develop your ukulele playing in a friendly group looking at a wide range of styles and techniques.

## Silver Rock & Pop Ukulele

**Monday, 3.15 - 4.45pm**

Sage Gateshead

£25 per half term (10 June – 8 July)

A ukulele band with a rock edge, learn to play arrangements of classic rock and pop hits from the 60s through to modern day. Accompanied by drums and bass guitar.

## Steel Pan Band

Steel Stars, Steel Pan Band

**Monday**

Sage Gateshead

Cost: £25 per half term (10 June – 8 July)

We currently have seven established Steel Pan Bands. Each group plays its own set of popular repertoire. You may need to catch up with old repertoire as well as learning new tunes. Please contact the Silver Programme to find out more about which group would be best for you [silver@sagegateshead.com](mailto:silver@sagegateshead.com)

**Silver Sax****Monday, 3.30 – 4.45pm**Sage Gateshead  
£25 per half term  
(10 June – 8 July)

Improve and develop your saxophone skills whilst covering a broad range of exciting repertoire.

**Silver Sax And The City****Monday, 10 – 11.30am**Sage Gateshead  
£25 per half term  
(10 June – 8 July)

Study jazz, funk &amp; soul repertoire in this group and experience playing in parts.

**Silver Rock Singers****Monday, 11am – 12.30pm**Sage Gateshead  
£25 per half term  
(10 June – 8 July)

This singing group looks at harmony arrangements of classic and contemporary rock songs.

**Silver Breves****Monday, 11am – 12.30pm**Sage Gateshead  
£25 per half term  
(10 June – 8 July)

A classical choir with more complicated and challenging sacred and secular work.

**Dance classes**

Dance City

All Dance City classes below are held at Dance City Newcastle.

**Tap**

Dance class

**Monday, 11.15am – 12.15pm**

£7 (for concessions and offers see website)

**Age recommendation**

55+ Level - Advanced

**Ballet**

Dance class

**Monday, 12.15 – 1.15pm**

£7 (for concessions and offers see website)

**Age recommendation**

55+ Level - Beginners

**In Motion**

Dance class

**Monday, 1.30 – 2.30pm**

£7 (for concessions and offers see website)

**Age recommendation**

16+ Admits parent/carer

**Ballet**

Dance class

**Monday, 5 – 6pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Beginners

**Contemporary**

Dance class

**Monday, 5 – 6pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Beginners

**Contemporary****Floor Work**

Dance class

**Monday, 6 – 7pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - All

**Vinyasa Flow Yoga**

Dance class

**Monday, 5.30 – 6.30pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Beginners

**Vinyasa Flow Yoga**

Dance class

**Monday, 6.30 – 7.30pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Beginners

**Street**

Dance class

**Monday, 6.30 – 7.30pm**

£7 (for concessions and offers see website)

**Age recommendation** -

Adult Level - All

**Salsa**

Dance class

**Monday, 7 – 8pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Improvers

**Salsa**

Dance class

**Monday, 8 – 9pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Beginners

**Ashtanga Yoga**

Dance class

**Monday, 7.30 – 8.30pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Primary Series

**Contemporary**

Dance class

**Monday, 7.30 – 9pm**

£10 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Intermediate

**Pilates**

Dance class

**Monday, 6 – 7pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - All

**Pilates**

Dance class

**Monday, 7 – 8pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - All

**Ballet**

Dance class

**Monday, 8 – 9pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult

Level - Improver

**Slow Museums****South****Tyneside launch**Monday, 2 – 4  
South Shields Museum  
Free

Slow Museums Afternoons support visitors who live with visible, invisible, intellectual or cognitive disability as well as their families and carers.

[twmuseums.org.uk/adult-health-and-wellbeing](http://twmuseums.org.uk/adult-health-and-wellbeing)  
[slowshopping.org.uk](http://slowshopping.org.uk)

Joanne.Charlton@twmuseums.org.uk

**Silver Singers, North Shields****Monday, 11am - 12.30pm**St Columba's United Reformed Church Hall,  
North Shields

Cost: £25 per half term (10 June – 8 July)

**Age recommendation** - 50+

Welcoming and sociable groups singing a wide-ranging mix of repertoire in parts to suit any level using tutors from Sage Gateshead but in venues around the region. This is a good starting point if you're not sure which singing style is for you. No experience necessary.

Classes can be booked in person at Sage Gateshead Ticket Office, by phone on 0191 443 4661 or online at [sagegateshead.com](http://sagegateshead.com)

**Tour of Tyne & Wear Archives****Monday, 11am and 1pm**

Discovery Museum Reception Desk

45 - 60 minutes

£4 per person, booking essential

Explore the Archives on a guided tour of the 12 miles of shelving - home to some important documents including a charter which dates back to AD 1183.

You'll also learn about the history of Blandford House where the Archives are based, see the Co-operative director's executive loos and have a brief introduction to using archives.

Please book your place online [twarchives.org.uk](http://twarchives.org.uk)

Or email [archives@twmuseums.org.uk](mailto:archives@twmuseums.org.uk) or phone (0191) 277 2248. Or book in the public search room Tuesday - Friday, 10am to 4pm.

**Tuesday 11 June****Art Diamonds****Tuesday, 2 - 4 pm**

Chopwell and Pelaw Libraries

Free

**Age recommendation** - People of retirement age in Gateshead

Pop along and try an Art Diamond challenge. Bring a friend, neighbour or relative and encourage others to get creative. Or go along by yourself and our friendly staff will get creative with you.

For more information or to register for our Art Diamonds news contact Karolynne on 0191 433 8492 or email [karolynnehart@gateshead.gov.uk](mailto:karolynnehart@gateshead.gov.uk)

**Art Diamonds****Tuesday, 10 - 11.30am**

Gateshead Central Library

Free

**Age recommendation** - People of retirement age in Gateshead

Pop along and try an Art Diamond challenge. Bring a friend, neighbour or relative and encourage others to get creative. Or go along by yourself and our friendly staff will get creative with you.

For more information or to register for our Art Diamonds news contact Karolynne on 0191 433 8492 or email [karolynnehart@gateshead.gov.uk](mailto:karolynnehart@gateshead.gov.uk)

**Art Diamonds****Tuesday, 10 - 12 noon**

Leam Lane &amp; Birtley Libraries

Free

**Age recommendation** - People of retirement age in Gateshead

Pop along and try an Art Diamond challenge. Bring a friend, neighbour or relative and encourage others to get creative. Or go along by yourself and our friendly staff will get creative with you.

For more information or to register for our Art Diamonds news contact Karolynne on 0191 433 8492 or email [karolynnehart@gateshead.gov.uk](mailto:karolynnehart@gateshead.gov.uk)

**Try me programme****Tuesday, 3 – 5pm enrol for a daily workshop**

Bensham Grove Community Centre  
Sidney Grove, Gateshead Council NE10 8HD

Enrolment essential £5 per session  
(or free if receiving universal credit)

**Age recommendation** - Over 19s only  
but please ask as some over 16s might  
be possible.

Try activities at Bensham Grove (learning  
Centre) at reduced cost. Afternoon's 10-14th  
June 3-5 pm there will be a try me activity:  
painting and drawing, calligraphy, fused-  
glass, pottery and silversmithing for over 19's  
and tour of this listed building afterwards.

Equipment provided.

**Loud & Clear Adoptive Family Music Making****Tuesday afternoons 1pm – 2.30pm**

Sage Gateshead  
£3 per family.

**Age recommendation** (if needed) – Children  
aged 0-5 years and their parents.

Sage Gateshead has a programme of work  
for Foster and Adoptive families. These  
early Years sessions are designed to support  
parents and foster carers with pre-school and  
KS1 children using music as inspiration.

NOTE\*\*This is a closed group so we will not  
be able to accept families arriving who have  
not been referred by their LEA social workers.

For more information contact carol.bowden@  
sagegateshead.com

**Silver Plainsong****Tuesday, 1.30 – 3pm****Sage Gateshead**

£12.50 per half term (10 June – 8 July)  
Rock And Pop Bands For singers of all  
abilities and intermediate to advanced  
instrumentalists

Peer led. Single, unaccompanied melodic lines  
of chant learnt by ear. This is religious music,  
but people of any faith or none are welcome.

**Music Spark activities****Tuesday 11 June, 11am****Sage Gateshead**

45 minute  
Free

**Age recommendation** – 15 and over

Music Spark is a training and work experience  
programme at Sage Gateshead.

There are three sessions to choose from  
during creativity and wellbeing week and  
content will vary from session to session,  
but expect a fun and interactive musical  
experience.

[www.sagegateshead.com/get-involved/  
children-young-people/comusica/music-  
spark/](http://www.sagegateshead.com/get-involved/children-young-people/comusica/music-spark/)

[www.musicspark.bandcamp.com/](http://www.musicspark.bandcamp.com/)

**The Silver Programme offers a wide variety of daytime musical activities for people over the age of 50.****Age recommendation**

For people over the age of 50. Classes can  
be booked in person at Sage Gateshead  
Ticket Office, by phone on 0191 443 4661  
or online at [sagegateshead.com](http://sagegateshead.com)

**Silver Improver Mandolin****Tuesday, 1 – 2.30pm**

£25 per half term  
(4 June – 2 July)

**Age recommendation** – over 50

Hone your skills and experience in this  
improver group.

**Silver Bluegrass Band****Tuesday, 11.00am – 12.30pm Sage Gateshead**

£25 per half term  
(4 June – 2 July)

**Age recommendation** – over 50

For singers and instrumentalists who are  
keen to learn Appalachian and American  
roots music. Guitar, ukulele, banjo and  
mandolin players all welcome.

**Silver Rock & Pop Ukulele 2****Tuesday, 3.15 – 4.45pm**

Sage Gateshead  
£25.00 per half term  
(4 June – 2 July)

**Age recommendation** – over 50

A ukulele band with a rock edge, learn to  
play arrangements of classic rock and pop  
hits from the 60s through to modern day.  
Accompanied by drums and bass guitar.

**Silver Wind Band****Tuesday, 10.30am – 12.30pm Sage Gateshead**

£25.00 per half term  
(4 June – 2 July)

**Age recommendation** – over 50

For brass and woodwind instruments  
covering a broad range of repertoire.

**Silver Madrigals****Tuesday, 11am – 12.30pm**

Sage Gateshead  
£25.00 per half term  
(4 June – 2 July)

**Age recommendation** – over 50

Madrigals were written around the time of  
Queen Elizabeth 1st to be sung for fun in  
mixed voice parts. Experience in part-singing  
and ability to follow written music required.

**Active Voices****Tuesday, 11 June 2.30pm**

Great North Museum: Hancock  
2 hours  
Free

**Age recommendation** – 50 +

Creating a noise about the environment and  
ageing. A banner-making and song writing  
workshop to help older people respond to  
the big environmental themes we are all  
facing.

[www.wea.org.uk](http://www.wea.org.uk)

[www.elderscouncil.org.uk](http://www.elderscouncil.org.uk)



<p><b>Dance classes</b> Dance City All Dance City classes below are held at Dance City Newcastle.</p> <p><b>Barre</b> Dance class <b>Tuesday, 9.30 – 10.30am</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - All</p> <p><b>Tap</b> Dance class <b>Tuesday, 12 – 1pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - 55+ Level - Beginners</p> <p><b>Afro Mix</b> Dance class <b>Tuesday, 5.30 – 6.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - All</p> <p><b>Fitsteps</b> Dance class <b>Tuesday, 5.30 – 6.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - All</p>	<p><b>Flamenco</b> Dance class <b>Tuesday, 5.30 – 6.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> – Adult Level – Beginners</p> <p><b>Flamenco</b> Dance class <b>Tuesday, 6.30 – 7.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> – Adult Level – Intermediate</p> <p><b>Musical Theatre</b> Musical Theatre class <b>Tuesday, 6.30 – 7.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> – Adult Level – All</p> <p><b>Ballroom</b> Dance class <b>Tuesday, 6.30 – 7.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> – Adult Level – All</p>	<p><b>Pilates</b> Dance class <b>Tuesday, 6.30 – 7.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> – Adult Level – Beginners</p> <p><b>Ballroom</b> Dance class <b>Tuesday, 7.30 – 8.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> – Adult Level – Beginners</p> <p><b>Pilates</b> Dance class <b>Tuesday, 7.30 – 8.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> – Adult Level – Intermediate</p> <p><b>Jazz</b> Dance class <b>Tuesday, 7.30 – 8.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> – Adult Level – All</p>
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<p><b>Whistler and nature, exhibitions tours</b> <b>Tuesday, 12.30 – 1.10</b> <b>Laing Art Gallery</b> <b>40 minute</b> £4 (plus booking fee) Join exhibition curator Sarah Richardson for an introduction to the exhibition themes and highlights.  Please note admission to the exhibition is not included in the ticket price and must be purchased separately on the day. For admission prices check website below.  To book visit: <a href="http://laingartgallery.org.uk">laingartgallery.org.uk</a></p>	<p><b>Meet me at the Museum – Friends of Discovery</b> <b>Tuesday, 10.30 – 11.30am</b> Meet at Discovery Museum Café Free <b>Age recommendation</b> - Adults For more information: Telephone: (0191) 277 2330 or Email: <a href="mailto:info@fodms.com">info@fodms.com</a>  The Friends of Discovery Museum are a group of kindred spirits who take a keen interest in the technical and social history of the North East of England.  The Friends are keen to encourage new members and inspire young people to take up careers in science, technology or engineering. Come and meet them at one of their regular meetings and find out how you can become actively involved, all will be welcomed</p>
<p><b>Teetotal in Victorian times</b> <b>Tuesday, 12.30 – 2.30pm</b> Location of event: George Street Social, 45–51 George Street, Newcastle upon Tyne, NE4 7JN Cost: Free, but booking required <b>Age recommendation</b> - Adults  Join Tyne &amp; Wear Archives &amp; Museums and The Road to Recovery Trust to explore the history of Lockhart's Cocoa Rooms, a chain of alcohol-free social spaces established in Victorian times.</p>	<p>Using museum objects and images, compare Lockhart's then with George Street Social now on 11 June. Get creative with ceramics on 13 June, inspired by Lockhart's crockery.  For more information and to book your place, please contact: <a href="mailto:suzanne.prak-sandilands@twmuseums.org.uk">suzanne.prak-sandilands@twmuseums.org.uk</a></p>

**Walk and Talk Nature event****Tuesday, 2pm**

Duration of event 2 hours

Cost: Free

**Age recommendation** - Any age

Enquire at any North Tyneside Library or go to: [www.my.northtyneside.gov.uk/category/146/libraries](http://www.my.northtyneside.gov.uk/category/146/libraries)

A nature walk and author talk with Karen Lloyd, author of "The Blackbird Diaries", (Lakeland Book of the Year 2018)

Booking is essential.

Meet at the Tynemouth Road entrance to Northumberland Park at 2 pm for the walk and this will be followed by a talk at North Shields Library at 3 pm.

**Empathy Day****Tuesday, anytime during opening hours.**

Location: Any North Tyneside Customer First Centre Library

Cost: Free

**Age recommendation**

Children and young people

North Tyneside Libraries are supporting Empathy Day which is a national event bringing people and communities together through the power of reading. Pop into any North Tyneside Customer First Centre and pick up an empathy-boosting read from the special book collections for children and young people.

Enquire at any North Tyneside Customer Service Centre Library or go to: [www.my.northtyneside.gov.uk/category/146/libraries](http://www.my.northtyneside.gov.uk/category/146/libraries)

**Author talk - Peter Mortimer****Tuesday, 6.30pm**

Cullercoats Library

1 – 2 hours

Free

Author, Peter Mortimer, will be giving a talk as part of the Iron Press Festival of Words and Music. He will be accompanied by a variety of writers and musicians.

Booking essential

Enquire at any North Tyneside Library or go to: [www.my.northtyneside.gov.uk/category/146/libraries](http://www.my.northtyneside.gov.uk/category/146/libraries)

**Slow Museums North Tyneside launch****Tuesday, 2 – 4pm**

Segedunum Roman Fort

Free

Slow Museum Afternoons support visitors who live with visible, invisible, intellectual or cognitive disability as well as their families and carers.

[www.slowshopping.org.uk](http://www.slowshopping.org.uk)

[www.twmuseums.org.uk/adult-health-and-wellbeing](http://www.twmuseums.org.uk/adult-health-and-wellbeing)

[Joanne.Charlton@twmuseums.org.uk](mailto:Joanne.Charlton@twmuseums.org.uk)

[info@slowshopping.org.uk](mailto:info@slowshopping.org.uk)

**Little Sparks****Tuesday 10am – 11.30am**

Byker Community Health Project:

Byker Community Centre

Free

North East Autism Society, partnering with Sage Gateshead and Great North Children's Hospital (GNCH), deliver a programme of Early Years sessions designed to engage and increase support of parents with pre-school children newly diagnosed with autism.

The programme helps create positive experience and support for families associated to their child's diagnosis, through the vehicle of music.

Restrictions:

NOTE\*\*This is a closed group so we will not be able to accept families arriving who have not been referred by their LEA social workers.

For more information contact

[carol.bowden@sagegateshead.com](mailto:carol.bowden@sagegateshead.com)

**Ukulele for beginners' workshop****Tuesday, 2 – 3pm**

Age Concern Tyneside South, 29 Beach Road, South Shields, NE33 2QU

Donations welcome

**Age recommendation** - 50+

Ring Beth on 0191 456 6903

Email [info@ac-ts.org.uk](mailto:info@ac-ts.org.uk)

Come and have a go at what is arguably the happiest instrument in the world. This workshop will take you through the very basics. Ukuleles will be provided (limited availability) so you can get a taste and join in an easy song.

**Illumination Art Workshop****Tuesday, 10 – 1pm**

Whist, South Shields. Salus House, 33 Mile End Road, South Shields NE33 1TA  
Free

**Age recommendation** - Women only (Adults)

Fozia Haider or Sharon Finnigan

0191 4564147

[Fozia.apnagar@gmail.com](mailto:Fozia.apnagar@gmail.com)

Apna Ghar and Whist are running a 1 day workshop with inspirational artist Esma Ugurluoglu. Esma was born in Istanbul, studied Traditional Turkish Arts and Illumination at the Sakarya University.



# Wednesday 12 June

## Art Diamonds

**Wednesday, 10am – 12noon**

Blaydon Library  
Free

Age - People of retirement age in Gateshead

Pop along and try an Art Diamond challenge. Bring a friend, neighbour or relative and encourage others to get creative. Or go along by yourself and our friendly staff will get creative with you.

For more information or to register for Art Diamonds news contact Karolynne on 0191 433 8492 or email [karolynnehart@gateshead.gov.uk](mailto:karolynnehart@gateshead.gov.uk)

Or Rachel Horton on 0191 433 3864 or email: [gatesheadlive@gateshead.gov.uk](mailto:gatesheadlive@gateshead.gov.uk)

## Music Spark activities

**Wednesday, 4:30pm**

Sage Gateshead  
45 minute  
Free

**Age recommendation** - 15 and over

[www.sagegateshead.com/get-involved/children-young-people/comusica/music-spark/](http://www.sagegateshead.com/get-involved/children-young-people/comusica/music-spark/)

[www.musicspark.bandcamp.com/](http://www.musicspark.bandcamp.com/)

Music Spark is a training and work experience programme at Sage Gateshead. Come and experience a 45 minute music activity planned and delivered by the Music Spark POD (Progression Opportunity Development).

There are three sessions to choose from during creativity and wellbeing week and content will vary from session to session, but expect a fun and interactive musical experience, and a chance to find out more about the ground breaking Music Spark Programme!

## Try me programme

**Wednesday, 3 – 5pm enrol for a daily workshop**

Bensham Grove Community Centre  
Sidney Grove  
Gateshead Council NE10 8HD  
Enrolment essential £5 per session

(or free if receiving universal credit)

**Age recommendation** - Over 19's only but please ask as some over 16's might be possible.

A week to try activities at Bensham Grove (learning centre) at reduced cost. Afternoons 10-14 June 3-5 pm there will be a try me activity: painting and drawing, calligraphy, fused-glass, pottery and silversmithing for over 19s and tour of this listed building afterwards.

Equipment provided

[www.benshamgrove.org](http://www.benshamgrove.org)

Facebook: Bensham Grove Community Centre



**The Silver Programme offers a wide variety of daytime musical activities for people over the age of 50.**

### Age recommendation

For people over the age of 50. Classes can be booked in person at Sage Gateshead Ticket Office, by phone on 0191 443 4661 or online at [sagegateshead.com](http://sagegateshead.com)

### Silver Shantymen Wednesday, 1 - 2.30pm

Sage Gateshead

£12.50 per half term (5 June – 3 July)

Rock And Pop Bands For singers of all abilities and intermediate to advanced instrumentalists

Peer led. For men interested in singing sea shanties. Membership is on an invite only basis.

### Silver Rock & Roll Band Wednesdays, 1.15 – 2.45pm

Sage Gateshead

£25 per half term (5 June – 3 July)

Join this Rock 'n' Roll band and learn to play all the classics - for those who love to Twist and Shout!

### Silver Sambanistas Wednesday, 11am - 12.30pm

Sage Gateshead

£25 per half term (5 June – 3 July)

This energetic samba band plays traditional and original pieces using traditional Brazilian drums and hand percussion.

### Tambours d'Afrique Wednesday, 1 – 2.30pm

Sage Gateshead

£25 per half term (5 June – 3 July)

Explore African rhythms using traditional instruments including djembes and bells.

### Silversmiths

**Wednesday, 11am – 12.30pm**

Sage Gateshead

£25 per half term (5 June – 3 July)

Blues, jazz and gospel choir.

### Shades Of Silver

**Wednesday, 11am – 12.30pm**

Sage Gateshead

£25 per half term (5 June – 3 July)

Sing a mixed repertoire, including popular classical, pop, music from the shows and more.

### Silver Divas

**Wednesday, 1 – 2.30pm**

Sage Gateshead

£25 per half term (5 June – 3 July)

Everything from popular songs to Broadway classics.

### Opera d'Argento

**Wednesday, 3 – 4.30pm Sage Gateshead**

£25 per half term

(5 June – 3 July)

Songs from operas, operettas, opera choruses and arias with occasional classical and sacred pieces and traditional folk songs. Suitable for anyone who can follow a part.

<p><b>Dance classes</b> Dance City All Dance City classes below are held at Dance City Newcastle.</p> <p><b>Pilates</b> Fitness and wellbeing class <b>Wednesday, 11am – 12pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - 55+ Level - Beginners</p> <p><b>Pilates</b> Fitness and wellbeing class <b>Wednesday, 12 – 1pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - All</p> <p><b>Baby Friendly Pilates</b> Parent and baby fitness and wellbeing class <b>Wednesday, 1 – 2pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> and level - See website for details</p> <p><b>Ballroom &amp; Latin</b> Dance class <b>Wednesday, 1.30 – 2.30pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - 55+ Level - All</p>	<p><b>Ashtanga Yoga</b> Fitness and wellbeing class Wednesday, 5.30 – 6.30pm £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - Intermediate Series</p> <p><b>Popping</b> Dance class <b>Wednesday, 6 – 7pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - All</p> <p><b>Egyptian Belly Dance</b> Dance class Wednesday, 6 – 7pm £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - Beginners</p> <p><b>Tap</b> Dance class <b>Wednesday, 6 – 7pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - Beginners</p>	<p><b>House</b> Dance class <b>Wednesday, 7 – 8pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - All</p> <p><b>Egyptian Belly Dance</b> Dance class <b>Wednesday, 7 – 8pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - Intermediate</p> <p><b>Street</b> Dance class <b>Wednesday, 7 – 8 pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - All</p> <p><b>Tap</b> Dance class <b>Wednesday, 7 – 8pm</b> £7 (for concessions and offers see website) <b>Age recommendation</b> - Adult Level - Intermediate</p>
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**Weaving group**

Wednesday, 10am – 1pm

Shingley Art Gallery

Free

**Age recommendation** - Adults

Contact Shingley Art Gallery Staff for more information.

Craft group: Join the weaving group at the Shingley for social and crafty entertainment. Beginners are welcome, as well as experienced practitioners and offer help with equipment and support for new members. Drop in any time, with no obligation to join.

**Live Well Symposium: Museums, Wellbeing and an Ageing Population****Wednesday, 9.00 – 4.30pm**

Location of event: Discovery Museum, Great Hall

Free

**Age recommendation** - 16+

What would a long term strategy look like for museums collaborating with people working in healthcare and wellbeing in relation to social connectivity, sense of belonging and identities in an ageing population?

Tyne & Wear Archives & Museums (TWAM) is hosting a regional symposium bringing together museum and gallery staff, creative people, health and wellbeing workers, older people organisations, academics and researchers and national funders.

The symposium will celebrate the Live Well project delivered by National Museums of Northern Ireland (NMNI) and TWAM, and use our learning as a springboard to share best practice across the sector when engaging older people.

To book: [www.ticketsource.co.uk/date/620596](http://www.ticketsource.co.uk/date/620596)

**Engineering****Wednesday, 10.30-11.30am**

Discovery Museum

£3.50 per child. Booking essential.

**Age recommendation** – children aged 2–4 with an accompanying adult.

Tiny Sparks is an award-winning play session for young children to find out about great scientists and their amazing achievements. Come and sing, play, make stuff and have fun.

Spark your children's imaginations with stories about scientific discoveries and inventions. Be inspired by intriguing and curious objects. This is an opportunity for tiny engineering, inventing, discovering, designing and operating.

Build their aspirations, expand horizons and dream big dreams for who they could be in the future.

This season we will be thinking about science, inventors and engineering.

This event is part of Play + Invent, Discovery Museum's new family programme for budding inventors, designers and makers. For more information visit [www.discoverymuseum.org.uk/play-invent](http://www.discoverymuseum.org.uk/play-invent)

**Bullet Journal Class****Wednesday, 2 – 3:30pm**

Newcastle Building Society at Cobalt 21A, Cobalt Business Park, Cobalt Park Way, Wallsend NE28 9EJ  
£2 per a person on arrival towards art supplies.

**Age recommendation**

From ages 12 upwards

Designed for beginners wanting to know more about Bullet Journal Class with a creative outlet that helps productivity. Bullet Journal Class is a useful tool for organisations, monitoring your mental or physical health and setting personal goals whilst letting your creative side run wild.

To sign up email [hayley\\_r2005@hotmail.co.uk](mailto:hayley_r2005@hotmail.co.uk) with the subject of – Bullet Journal Class. Emails should include the name and age of any participants. All participants will need to bring a note book (lined, dotted or plain paper).

**Storytelling for adults****Wednesday, 11.00am – 12.00 noon**

North Shields Library

Free

**Age recommendation** – Adults

Enquire at any North Tyneside Library or go to: <https://my.northtyneside.gov.uk/category/146/libraries>

Professional storyteller, Tony Wilson, will be telling stories for adults in a thoroughly entertaining session.

**Woodhorn Museum Poet in Residence****Tuesday, 10 – 4pm**

Woodhorn Museum Queen Elizabeth II Country Park, Ashington, Northumberland. NE63 9YF  
Cost - Membership is required for entry onto the museum site.

Join Judith Line at Woodhorn Museum, as poet in residence for the day she draws inspiration from the mining collections. Feel inspired by Northumberland's heritage and the objects to get involved and create your own piece.

[www.museumsnorthumberland.org.uk](http://www.museumsnorthumberland.org.uk)  
[www.facebook.com/WoodhornMuseum/](https://www.facebook.com/WoodhornMuseum/)  
Contact us: [hello@museumsnorthumberland.org.uk](mailto:hello@museumsnorthumberland.org.uk)  
01670 624455

**Illumination Art Workshop****Wednesday, 10 – 1pm**

WHIST South Shields. Salus House, 33 Mile End Road, South Shields NE33 1TA  
Free

**Age recommendation** – Adults (women only)

Fozia Haider or Sharon Finnigan 0191 4564147  
[Fozia.apnagar@gmail.com](mailto:Fozia.apnagar@gmail.com)

Apna Ghar and WHIST are running a 1 day workshop with inspirational artist Esma Ugurluoglu. Esma was born in Istanbul, studied Traditional Turkish Arts and Illumination at the Sakarya University.

**Reiki****Wednesday, 2 – 3pm**

Age Concern Tyneside South, 29 Beach Road, South Shields, NE33 2QU  
Donations welcome

**Age recommendation** - 50+

Join our fully qualified reiki practitioner and councillor for a relaxing session focusing on finding a personal calm.  
Ring Beth on 0191 456 6903  
Email [info@ac-ts.org.uk](mailto:info@ac-ts.org.uk)

**Silver Singers, South Shields****Wednesday, 10.45am - 12.15pm**

St Hilda's Church, Market Place, South Shields, NE33 1BH  
£25.00 per half term (4 June – 2 July)

**Age recommendation** - 50 +

Welcoming and sociable groups singing a wide-ranging mix of repertoire in parts to suit any level using tutors from Sage Gateshead but in venues around the region. This is a good starting point if you're not sure which singing style is for you. No experience necessary.

Classes can be booked in person at Sage Gateshead Ticket Office, by phone on 0191 443 4661 or online at [sagegateshead.com](http://sagegateshead.com)

**Resting in Awareness****Wednesday**

Choose from Option A, B, or C  
(You can attend either or both sessions)  
Option A: 17.15-17.35, Option B: 17.45-18.15,  
Option C: Both A & B sessions

Sunderland Museum & Winter Gardens,  
Burdon Road, Sunderland. SR1 1PP

FREE Introductory Mindfulness and  
Guided Meditation Event

**Age recommendation** - Open to any age  
(children under 16 must be accompanied by  
an adult)

Practicing Mindfulness has helped humans  
with stress for hundreds of years, is now  
becoming more mainstream and clinically  
recognised as helping with mental and  
physical health conditions.

Why not access free sessions being piloted  
in quiet, relaxing conditions in the Winter  
Gardens. Further sessions will take place  
during the summer months.

To book: Please visit our website [www.sunderlandmuseum.org.uk](http://www.sunderlandmuseum.org.uk)

For more information, please email  
[coaching@sunderland.gov.uk](mailto:coaching@sunderland.gov.uk) or phone Joe  
Glancy on 0191 5616102 or 0191 5612071

**Threads****Wednesday, drop in between  
1pm and 3pm**

Pottery Gallery, Sunderland Museum  
& Winter Gardens, Burdon Road,  
Sunderland. SR1 1PP

Free

Threads is a social group working with yarn  
and fabric and a variety of textile techniques:  
knitting, crochet, rag-rug and hand sewing.  
The aim of the group is to work on their  
individual projects and use show and tell  
to share their skills.

For more information, please email  
[museumlearning@sunderland.gov.uk](mailto:museumlearning@sunderland.gov.uk)  
or phone the Public Engagement & Learning  
Team on 0191 5618605.

**Thursday 13 June**

**Tai Chi class at Great North  
Museum: Hancock**  
Thursday, 2 sessions available 2– 3pm  
and 3 – 4pm  
Free

**Age recommendation** - any age

Limited places available - booking required  
via Eventbrite - <https://bit.ly/30jIF9R>

**Words from the Breath:  
poetry readings****Thursday, 2 – 3pm**

Lanchester Community Centre  
Newbiggin Lane, Lanchester DH7 0NT  
Free

The experience of breathlessness is one  
some must manage on a daily basis. These  
are people who are at risk of becoming  
invisible to society. Durham & Derwentside  
Breathe Easy group perform poetry, created  
with Catch Your Breath Writer-in-Residence  
Christy Ducker, to express their lived  
experience of breathlessness.

**Age recommendation** - Any age

Booking is recommended, but not essential.  
[www.catchyourbreath.org](http://www.catchyourbreath.org);  
[www.lifeofbreath.org](http://www.lifeofbreath.org); [www.eventbrite.co.uk/e/words-from-the-breath-poetry-readings-tickets-61429617640](http://www.eventbrite.co.uk/e/words-from-the-breath-poetry-readings-tickets-61429617640)

Twitter - @LifeofBreath

**Art Diamonds****Thursday, 2 – 4pm**

Gateshead Central Library  
Free

**Age recommendation** - People of  
retirement age in Gateshead

Every week during 2019, there will be  
Creative Challenges in 7 Gateshead  
Libraries. Drop in any time to have a go  
or join a group session led by library staff.

For more information or to register for our  
Art Diamonds news contact Karolynne on  
0191 433 8492 or email [karolynnehart@gateshead.gov.uk](mailto:karolynnehart@gateshead.gov.uk)

Or Rachel Horton on 0191 433 3864 or  
email: [gatesheadlive@gateshead.gov.uk](mailto:gatesheadlive@gateshead.gov.uk)

**Try me programme****Thursday, 3 – 5pm**

Bensham Grove Community Centre  
Sidney Grove  
Gateshead Council NE10 8HD

Enrolment essential £5 per session (or free if receiving universal credit)

**Age recommendation** - Over 19's only but please ask as some over 16's might be possible.

A week to try activities at Bensham Grove (learning Centre) at reduced cost. Afternoon's 10-14th June 3-5 pm there will be a try me activity: painting and drawing, calligraphy, fused-glass, pottery and silversmithing for over 19's and tour of this listed building afterwards. Equipment provided, enrol for a daily workshop.

[www.benshamgrove.org](http://www.benshamgrove.org)

Facebook: Bensham Grove Community Centre

**Loud & Clear Foster Family Music Making****Thursday, 9.30 – 11am**

Sage Gateshead  
Free

**Age recommendation** - children aged 0-5 years and their carers.

At Sage Gateshead we have a programme of work for Foster and Adoptive families with Newcastle and Gateshead Local Authorities as partners, we deliver a programme of Early Years sessions designed to engage and increase support of parents and foster carers with pre-school and KS1 children with care experience. The programme helps create a positive experience and support for families through the vehicle of music.

NOTE\*\*This is a closed group so we will not be able to accept families arriving who have not been referred by their LEA social workers.

For more information contact carol.bowden@sagegateshead.com

**Loud & Clear Move On Up - Foster Family Music Making****Thursday, 4.30 – 6pm**

Sage Gateshead  
Free

**Age recommendation** - Children aged 5 - 7 years and their carers.

At Sage Gateshead we have a programme of work for Foster and Adoptive families with Newcastle and Gateshead Local Authorities as partners, we deliver a programme of Early Years sessions designed to engage and increase support of parents and foster carers with pre-school and KS1 children with care experience. The programme helps create a positive experience and support for families through the vehicle of music.

NOTE\*\*This is a closed group so we will not be able to accept families arriving who have not been referred by their LEA social workers.

For more information contact carol.bowden@sagegateshead.com

**Music Spark activities****Thursday, 11am**

Sage Gateshead

Duration of event - 45 minute

Free

**Age recommendation** - 15 and over

Music Spark is a training and work experience programme at Sage Gateshead.

Come and experience a 45 minute music activity planned and delivered by the Music Spark POD (Progression Opportunity Development).

There are three sessions to choose from during creativity and wellbeing week and content will vary from session to session, but expect a fun and interactive musical experience, and a chance to find out more about the ground breaking Music Spark Programme!

[www.sagegateshead.com/get-involved/children-young-people/comusica/music-spark/](http://www.sagegateshead.com/get-involved/children-young-people/comusica/music-spark/)

<https://musicspark.bandcamp.com/>

**The Silver Programme offers a wide variety of daytime musical activities for people over the age of 50.**

**Age recommendation**

For people over the age of 50. Classes can be booked in person at Sage Gateshead Ticket Office, by phone on 0191 443 4661 or online at [sagegateshead.com](http://sagegateshead.com)

**Silver Recorder Ensemble****Thursday, 3 - 4.30pm**

Sage Gateshead

£12.50 per half term (6 June – 4 July)

Peer led. Learn a wide variety of repertoire from medieval dance music to The Beatles.

**Silver Recorder Consort****Thursday, 3 – 5pm**

Sage Gateshead

£12.50 per half term (6 June – 4 July)

Peer led. An informal group of competent players who play mainly 5-8 part music written for early instruments. Music is provided and occasionally ordered from publishers, with members paying for their own copies.

**Rock And Pop Bands**

For singers of all abilities and intermediate to advanced instrumentalists



**Silver Guitar Club****Thursday, 10.30am - 12noon**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

Develop your playing in a wide range of styles and techniques.

**Silver Mandolin Orchestra****Thursday, 10.30am – 12noon**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

Improve and develop your mandolin skills in a friendly group.

**Silver Singers, Gateshead****Thursday, 11am – 12.30pm**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

Welcoming and sociable groups singing a wide-ranging mix of repertoire in parts to suit any level using tutors from Sage Gateshead but in venues around the region.

This is a good starting point if you're not sure which singing style is for you.

No experience necessary

**Sing & Strum****Thursday, 12.15 – 1.45pm**  
Sage Gateshead  
£25 per half term  
(6 June – 4 July)

This group focuses on playing guitar and singing, drawing on an eclectic range of songs.

**Pick & Mix****Thursday, 12.15 – 1.45pm**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

For those who want to learn advanced techniques including finger picking, soloing &amp; slide playing.

**Silver Improver Ukulele****Thursday 12.45 – 2.15pm**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

The next step once you have learnt the basics. Develop skills and gain confidence within a smaller group.

**Silver Ukulele Ensemble****Thursday, 12.45 – 2.15pm**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

Develop skills within a friendly group learning repertoire ranging from the roaring 20s through to the swinging 60s.

**Silver Beginner Guitar****Thursday, 2.15 – 3.45pm**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

This absolute beginner class will help you get to grips with the basics to then progress to our more advanced classes.

**Silver Ukulele Band****Thursday, 2.30 – 4.00pm**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

A fun and relaxed group with a varied repertoire.

**Silver Sensations****Thursday, 2.25 – 3.55pm** Sage Gateshead£25 per half term  
(6 June – 4 July)

This long running group plays all the rock and pop classics from across the eras. Membership is on an invite only basis - please contact silver@sagegateshead.com for more details.

**Roots Rock****Thursday, 4 – 5.30pm**Sage Gateshead  
£25 per half term  
(6 June – 4 July)

A rock band line-up along with acoustic guitars, ukuleles and mandolins covering the folk and country side of rock, both American and English.

**Lace Making****Thursday, 10 - 12 noon**Shiplay Art Gallery  
Free**Age recommendation - Adults**

Contact Shiplay Art gallery Staff for more information.

Join the lace making group at the Shiplay every Thursday and learn some new skills.

Beginners and experienced practitioners welcome.

Drop in any time, with no obligation to join.

**Patchwork and Quilting****Thursday, 1.30 – 3.30pm**Shiplay Art Gallery  
Free**Age recommendation - Adults**

Contact Shiplay Art gallery for more information. Craft Group: Join the patchwork and quilting group at the Shiplay every Thursday to find out more about this craft.

We welcome beginners as well as experienced practitioners and offer help with equipment and support for new members.

Drop in any time, with no obligation to join.

**Dance classes**

Dance City

All Dance City classes below are held at Dance City Newcastle.

**Ballet**

Dance class

**Thursday, 12 – 1pm**

£7 (for concessions and offers see website)

**Age recommendation - 55+ Level - Improvers****Slow Flow Yoga**

Fitness and wellbeing class

**Thursday, 1 – 2pm**

£7 (for concessions and offers see website)

**Age recommendation - 55+ Level - Beginners****Ballet**

Dance class

**Thursday, 5 – 6pm**

£7 (for concessions and offers see website)

**Age recommendation - Adult Level - Beginners****Barre**

Dance class

**Thursday, 5.30 – 6.30pm**

£7 (for concessions and offers see website)

**Age recommendation - Adult Level - Beginners****Flamenco**

Dance class

**Thursday, 6 – 7pm**

£7 (for concessions and offers see website)

**Age recommendation - Adult Level - Beginners****Ballet**

Dance class

**Thursday, 6 – 7 pm**

£7 (for concessions and offers see website)

**Age recommendation - Adult Level - Intermediate**



**Dance Workout**

Dance class

**Thursday, 6.30 – 7.30pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult Level - All**Tango**

Dance class

**Thursday, 7 – 8pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult Level - All**Creative Contemporary**

Dance class

**Thursday, 7 – 8.30pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult Level - All**Ballet**

Dance class

**Thursday, 7 – 8.30pm**

£7 (for concessions and offers see website)

**Age recommendation** - Adult Level - Advanced**Little Sparks****Wednesday 10am–11:30am**

Riverside Community Health Project

Carnegie Building

Atkinson Road, Newcastle upon Tyne, NE4 8XS

Free

North East Autism Society, partnering with Sage Gateshead and Great North Children's Hospital (GNCH), deliver a programme of Early Years sessions designed to engage and increase support of parents with pre-school children newly diagnosed with autism. The programme helps create positive experience and support for families associated to their child's diagnosis, through the vehicle of music.

NOTE\*\*This is a closed group so we will not be able to accept families arriving who have not been referred by their LEA social workers.

For more information contact [carol.bowden@sagegateshead.com](mailto:carol.bowden@sagegateshead.com)

**Teetotal in Victorian times****Thursday, 12.30 - 2.30pm**

George Street Social, 45-51 George Street, Newcastle upon Tyne, NE4 7JN

Free, but booking required

**Age recommendation** - Adults

Join Tyne & Wear Archives & Museums and The Road to Recovery Trust to explore the history of Lockhart's Cocoa Rooms, a chain of alcohol-free social spaces established in Victorian times.

Using museum objects and images, compare Lockhart's then with George Street Social now on 11 June. Get creative with ceramics on 13 June, inspired by Lockhart's crockery! For more information and to book your place, please contact: [suzanne.prak-sandilands@twmuseums.org.uk](mailto:suzanne.prak-sandilands@twmuseums.org.uk)

**Visit to Tilesheds Local Nature Reserve and Your Voice Counts drop-in****Thursday, 11am**

Baldon Community Association meet in the café.

Duration 1 hour 30 mins

Free

Meet at the Your Voice Counts drop-in at Baldon Community Association to visit Tilesheds Local Nature Reserve and the edible landscape there, planted by Countryside Volunteers South Tyneside, returning to the drop-in for a drink and some healthy snacks. All people with learning disabilities and/or autism welcome.

Please note tea, coffee and breakfast available to purchase at Baldon Community Association.

People don't need to book but they can contact: Danielle Falcus: 0191 4786472  
[Danielle.falcus@yvc.org.uk](mailto:Danielle.falcus@yvc.org.uk)  
[www.yvc.org.uk](http://www.yvc.org.uk)

**Story Tyne:****Writing for Different Audiences****Thursday, 6.30pm**

Killingworth Library

White Swan Centre Citadel East,

Killingworth NE12 6SS

Duration of event 1-2 hours

Free

**Age recommendation** - Adults

Story Tyne is our annual short story competition for aspiring writers. Sue Miller, Judith O'Reilly and Trevor Wood will be in conversation with Vic Watson. Booking is essential

Enquire at any North Tyneside Library or go to:

<https://my.northtyneside.gov.uk>

# Friday 14 June

## Women of Tyneside: Legacy!

**Friday, 9am – 4pm**

Great Hall, Discovery Museum

£7

A day of inspiring presentations from some of the region's most talented and influential women to celebrate and commemorate Tyneside's first Festival of Women. Join Baroness Joyce Quin, chair of Tyne & Wear Archives & Museums, as she presents this not-to-be-missed event.

For more information and to book go to [Womenoftyneside.org](http://Womenoftyneside.org)

## Try me programme

**Friday, 3 – 5pm enrol for a daily workshop**

Bensham Grove Community Centre  
Sidney Grove Gateshead Council  
NE10 8HD

Enrolment essential £5 per session (or free if receiving universal credit)

**Age recommendation** - Over 19's only

but please ask as some over 16's might be possible.

A week to try activities at Bensham Grove (learning Centre) at reduced cost. Afternoon's 10-14th June 3-5 pm there will be a try me activity: painting and drawing, calligraphy, fused-glass, pottery and silversmithing for over 19's and tour of this listed building afterwards. Equipment provided.

[www.benshamgrove.org](http://www.benshamgrove.org)

Facebook Bensham Grove Community Centre

## Culture Hub Special @The Comfrey Project

**Friday, 10am – 12noon**

The Comfrey Project, Windmill Hills Centre, Chester Place, Gateshead, NE8 1QB

(Entrance from Bensham Road, at the council car park site)

Free

**Age recommendation** - Everyone welcome!

Exploring Heritage and Traditions with Ben Jones from Dingy Butterflies CIC.

What traditions can we start as a community to understand the various places we come from and where we want to be in the future? The session will involve discussion, exploring through writing and drawing, enacting and performance and photography.

Call 0191 4477801

or email [katherine@thecomfreyproject.org.uk](mailto:katherine@thecomfreyproject.org.uk)

For more info go to

[info@thecomfreyproject.org.uk](mailto:info@thecomfreyproject.org.uk)

## Comfrey Community Creatives@ The Culture Hub!

**Friday, 1 – 3pm**

The Comfrey Project, Windmill Hills Centre, Chester Place, Gateshead, NE8 1QB (Entrance from Bensham Road, at the council car park site)

Free

**Age recommendation** - Everyone welcome!

From sewing to singing, come along and share in music, ceramics and other different craft activities from around the world.

Contact us on 0191 4477801 or [katherine@thecomfreyproject.org.uk](mailto:katherine@thecomfreyproject.org.uk)

For more info go to

[info@thecomfreyproject.org.uk](mailto:info@thecomfreyproject.org.uk)

## The Silver Programme offers a wide variety of daytime musical activities for people over the age of 50.

**Age recommendation**

For people over the age of 50. Classes can be booked in person at Sage Gateshead Ticket Office, by phone on 0191 443 4661 or online at [sagegateshead.com](http://sagegateshead.com)

## Silver Recorder Players

**Friday, 10.30am - 12.30pm**

Sage Gateshead

£12.50 per half term (7 June – 5 July)

Peer led. For players who are ready to move on from the beginner group.

## Silver Beginner Recorder

**Friday, 2.30 - 4pm**

Sage Gateshead

£12.50 per half term (7 June – 5 July)

Peer led. Get to grips with the recorder, open to all abilities whether you can read music or not. Rock And Pop Bands For singers of all abilities and intermediate to advanced instrumentalists

## Solid Rock

**Friday, 11am - 12.30pm**

Sage Gateshead

£25.00 per half term (7 June – 5 July)

A band focusing on more modern rock classics from the '80s, '90s and '00s.

We currently have seven established Steel Pan Bands. Each group plays its own set of popular repertoire. You may need to catch up with old repertoire as well as learning new tunes. Please contact the Silver Programme to find out more about which group would be best for you [silver@sagegateshead.com](mailto:silver@sagegateshead.com)

## Steel Sapphires, Steel Pan Band

Steel Pan Band

**Friday, 9.30 – 11am**

Sage Gateshead

£25.00 per half term (7 June – 5 July)

## Steel Gems, Steel Pan Band

Steel Pan Band

**Friday, 11am - 12.30pm**

Sage Gateshead

£25.00 per half term (7 June – 5 July)

<p><b>Blue Steel, Steel Pan Band</b> Steel Pan Band <b>Friday, 1 – 2.30pm</b> Sage Gateshead £25.00 per half term (7 June – 5 July)</p>	<p><b>Silver Skiffle</b> <b>Friday, 3.00 – 4.30pm</b> Sage Gateshead £25.00 per half term (7 June – 5 July)</p> <p>Traditional skiffle band featuring guitar, mandolin, ukulele, washboard, singing, and tea-chest bass, playing '20s and '30s blues, American and English folk songs.</p>	<p><b>Tap</b> Dance class <b>Friday, 12.30 – 1.30pm</b> £7 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - 55+ Level - Intermediate</p>
<p><b>Pandemonium, Steel Pan Band</b> Steel Pan Band <b>Friday, 2.30 – 4pm</b> Sage Gateshead £25.00 per half term (7 June – 5 July)</p>	<p><b>Silver Soul</b> <b>Friday, 3.25 – 4.55pm</b> Sage Gateshead £25.00 per half term (7 June – 5 July)</p> <p>A choir singing popular soul repertoire from both sides of the Atlantic.</p> <p>All Dance City classes below are held at Dance City Newcastle.</p>	<p><b>Fitsteps</b> Dance class Friday, 1.45 – 2.45pm £7 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - 55+ Level - All</p>
<p><b>Silver Improver Guitar</b> <b>Friday, 1 – 2.30pm</b> <b>Sage Gateshead</b> £25.00 per half term (7 June – 5 July)</p> <p>The next step from beginner guitar, hone your skills and experience.</p>	<p><b>Get Moving</b> Dance class <b>Friday, 11.15am – 12.15pm</b> £7 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - All Admits carer</p>	<p><b>Ballet Primary</b> Dance class Friday, 4.30 – 5.30pm £6 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - 4 - 6 years Level - All</p>
<p><b>Quicksilver</b> <b>Friday, 1.45 – 3.15pm</b> Sage Gateshead £25.00 per half term (7 June – 5 July)</p> <p>Sing arrangements of classic pop songs, accompanied by a small band.</p>		<p><b>Afro Mix</b> Dance class <b>Friday, 5 – 6pm</b> £7 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - Adult Level - All</p>

<p><b>Teen Ballet</b> Dance class Friday, 5 – 6pm £6 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - 11 – 15 years Level - All</p>	<p><b>More Ballet</b> Dance class <b>Friday, 5.30 – 6.30pm</b> £6 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - 4+ years Level - All</p>	<p><b>Contemporary</b> Dance class <b>Friday, 6 – 7pm</b> £6 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - 11 – 15 years Level - All</p>
<p><b>Boys Moves</b> Dance class Friday, 5 – 6pm £6 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - 7 – 15 years Level - All</p>	<p><b>Bollywood</b> Dance class Friday, 6 – 7pm £7 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - Adult Level - All</p>	<p><b>Urban Vibes</b> Dance class <b>Friday, 6 – 7pm</b> £7 (for concessions and offers see website)</p> <p><b>Age recommendation</b> - Adult Level - Intermediate</p>

### Urban Sketchy Walks

**Friday, 3 time slots available 11am – 12 noon, 1 – 2pm and 3 – 4pm.**

Meet at Hatton Gallery, main entrance.

Free

**Age recommendation** - 16 + years

Take some time from your daily routine and see Newcastle from an artist's perspective. Explore the landscape and capture your surroundings on paper. .

Please come dressed appropriately for all weather with comfortable footwear.

Materials will be provided.

Book here: [www.hattongallery.org.uk/whats-on](http://www.hattongallery.org.uk/whats-on)

# Saturday 15 June

## New Writing North Young Writers' Groups

Come and explore creative writing with a professional writer at one of our writing groups. Our groups are a friendly and relaxed environment to try out new styles, make friends and develop your talents. You don't need to have done any creative writing before to join in. Our groups are free to attend and open to any young person aged 12-19.

### Saturday

Amble – 10 – 12 noon,  
Amble Library

Cramlington – 10 – 12 noon,  
Concordia Leisure Centre

Gateshead – 10 – 12 noon,  
Gateshead Central Library

Newcastle – 11 – 1pm,  
Newcastle Central Library

South Shields – 11 – 1pm,  
The Word, South Shields

Free

**Age recommendation** –  
12 – 19 years

Email: [youngwriters@newwritingnorth.com](mailto:youngwriters@newwritingnorth.com)

<http://newwritingnorth.com/nwn-young-writers/young-writers-groups-2/>

Facebook: NWN Young Writers

Twitter: @nwnyoungwriters

Insta: @nwnyoungwriters



## Spirits of the Sea

**Saturday, performances at 10:30, 13:00 & 14:30**

The Hullabaloo, Borough Road,  
Darlington, DL1 1SG

Duration 40 minutes

£7.00

Family Ticket: Save £4 on the purchase of 4 tickets. Must include a minimum of one adult.

**Age recommendation** – 7 – 11 years  
and their families.

Spirits of the Sea has been specifically developed as a creative entry point into issues of mental health for KS2 children, particularly around ways to tackle anxiety and depression.

Step inside a mystical mariner's hut with a storyteller and musician to hear the enchanting tale set in ancient times when people bundled their worries and nightmares into sacks and cast them into the sea.

Follow the one little girl able to calm the sea and teach the children that it is better to let their worries play in the wind than sink beneath the waves.

To book and for more info: 01325 405405  
[www.theatrehullabaloo.org.uk](http://www.theatrehullabaloo.org.uk)

## Loud & Clear Move On Up - Adopter Family Music Making

**Saturday, 1 – 2.30pm**

Sage Gateshead

£3 per family.

**Age recommendation** -

Children aged 0-5 years and their parents.

At Sage Gateshead we have a programme of work for Foster and Adoptive families with Newcastle and Gateshead Local Authorities as partners, we deliver a programme of Early Years sessions designed to engage and increase support of parents and foster carers with pre-school and KS1 children with care experience. The programme helps create a positive experience and support for families through the vehicle of music.

NOTE\*\*This is a closed group so we will not be able to accept families arriving who have not been referred by their LEA social workers.

For more information contact [carol.bowden@sagegateshead.com](mailto:carol.bowden@sagegateshead.com)

## Paint and Sip Party Saturday, 12-2pm & 2.30-4.30pm

ShIPLEY Art Gallery  
Bensham Grove Community Centre  
Sidney Grove  
Gateshead  
NE10 8HD  
£12.95 per person

**Age recommendation** - 14+

The latest craze from the USA arrives in the North East! Come and join our step by step art class where art and fun meet.

You can now choose from over 20 exciting new paintings, receive group tips and one to one advice from expert artists.

Create your own masterpiece while socialising and painting, all the while guided by our expert artists in a fun and casual environment.

It's the perfect way to spend a couple of hours with friends, family or workmates.

Drinks, snacks, music, plus all materials and equipment are provided. In under 2hrs you will have your own masterpiece to take home and keep forever.

This event is run by the Paint and Sip Party Co. For more information please visit [www.paintandsippartyuk.co.uk](http://www.paintandsippartyuk.co.uk)

## Try me programme Saturday, 3 – 5pm enrol for a daily workshop

Bensham Grove Community Centre  
Sidney Grove Gateshead Council  
NE10 8HD

Enrolment essential £5 per session (or free if receiving universal credit)

**Age recommendation** - Over 19's only but please ask as some over 16's might be possible.

A week to try activities at Bensham Grove (learning Centre) at reduced cost. Afternoon's 10-14th June 3-5 pm there will be a try me activity: painting and drawing, calligraphy, fused-glass, pottery and silversmithing for over 19's and tour of this listed building afterwards. Equipment provided.

[www.benshamgrove.org](http://www.benshamgrove.org)  
Facebook Bensham Grove Community Centre

All Dance City classes below are held at Dance City Newcastle.		
<b>Ballet Primary</b> Dance class <b>Saturday, 9.30 – 10.30am</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 4 – 6pm Level - All	<b>Hip Hop</b> Dance class <b>10.30 – 11.30am</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 11 – 15 years Level - All	<b>DC Youth Company</b> Dance Company <b>Saturday, 11.30am – 1pm</b> £8.50 (for concessions and offers see website) <b>Age recommendation</b> - 11 – 15 years Level - By audition only
<b>Hip Hop</b> Dance class <b>Saturday, 9.30 – 10.30am</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 7 – 11 years Level - All	<b>Ballet Junior</b> Dance class <b>Saturday, 10.30 – 11.30am</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 7 – 11 years Level - All	<b>Saturday Dance Club 1</b> Dance class <b>Saturday, 11.30am – 1pm</b> £8.50 (for concessions and offers see website) <b>Age recommendation</b> - 7 – 11 years Level - All
<b>Tiny Tappers</b> Dance class <b>Saturday, 10 – 11am</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 4 – 8 years Level - All	<b>Contemporary Club</b> Dance class <b>Saturday, 11am – 12 noon</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 7 – 11 years Level - Improvers	<b>Creative Break 2</b> Dance class <b>Saturday, 12 – 1pm</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 11 – 15 years Level - All
<b>Contemporary Club</b> Dance class Saturday, 10 – 11am £6 (for concessions and offers see website) <b>Age recommendation</b> - 7 – 11 years	<b>Creative Break 1</b> Dance class <b>Saturday, 11am – 12 noon</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 7 – 11 years Level - All	<b>Pop Steps</b> Dance class <b>Saturday, 12 – 1pm</b> £6 (for concessions and offers see website) <b>Age recommendation</b> - 4 – 6 years Level - All

**Active Birth Yoga for Pregnancy**

Fitness and wellbeing class

**Saturday, 2 – 3.30pm**

£7 (for concessions and offers see website)

**Age recommendation** and level - See website for details**Girlz Only**

Girls only dance class

**Saturday, 1 – 2pm**

£6 (for concessions and offers see website)

**Age recommendation** - 11 – 15 years

Level - All

**Art Cart drop in family fun****Saturday, 10am – 12 noon**

Hatton Gallery, Newcastle University

Donations welcome , free entry

**Age recommendation** - All welcome

Come and get creative with Hatton's Art Cart! Full of help-yourself art activities for families to do together.

Telephone: (0191) 277 8877

Textphone: 18001 0191 277 8877

info@hattongallery.org.uk

**Picture of the Month with Friends of the Laing****Saturday, 11am****Duration 45 minutes**

Laing Art gallery

Free, donations welcome.

Take a break from the hustle and bustle of the city centre every Saturday morning with a free talk from the Friends of the Laing Art Gallery. Find out more about some of the paintings in our collection and share your experience with fellow art lovers. This month the painting we will be exploring is the Miracle of the Gallows (c.1415-75) by Dieric Bouts the Elder (attributed to).

friendsoflaing@gmail.com

General enquiries:

info@laingartgallery.org.uk

**Saturday art classes****Saturday, 10.15 - 11.45am**

Laing Art Gallery

£5 per person

**Age recommendation** - 10-15 years

Activities include making an Abstract Weaving, a Plaster Cast and Mosaic, and drawing a Futurist City in perspective. This group aims to be fully inclusive and anyone with additional needs is welcome. If you would like to have an informal conversation with the tutor before attending, please contact the Laing learning team on learning@laingartgallery.org.uk.

Run in partnership with Arts Connect.

Pre booking essential online at  
www.laingartgallery.org.uk



# Sunday 16 June



All Dance City classes below are held at Dance City Newcastle.

## Ballet

### Dance Class

Sunday, 11.30am – 12.30pm  
£7 (for concessions and offers see website)

**Age recommendation** - Adult  
Level - Beginners

## Ballet

### Dance Class

Sunday, 12.30 – 1.30pm  
£7 (for concessions and offers see website)

**Age recommendation** - 55+  
Level - Beginners

## Vinyasa Flow Yoga

### Fitness and wellbeing class

Sunday, 1.30 – 2.30pm  
£7 (for concessions and offers see website)

**Age recommendation** - Adult  
Level - All

## Heritage Train Rides Father's Day Special

Sunday, 11.30am,  
12.30pm, 2pm & 3pm  
Stephenson Railway  
Museum, North Shields  
Adult £7, concessions £5,  
Family (2 adults and 2  
children) £17

Treat dad to a heritage train ride on Father's Day. All dads/grandads visiting on Sunday 16 June with at least one offspring can ride all day with a half price Day Rover ticket.

No booking required, just turn up. More info: 0191 200 7146 or [www.stephensonrailwaymuseum.org.uk](http://www.stephensonrailwaymuseum.org.uk)

## Archaeology Walk - Before The Romans Came

Sunday, 10:30am  
Housesteads Car  
Park, Housesteads,  
Northumberland  
£5

An exhilarating guided walk with stunning views taking in a prehistoric burial cist and settlement, carved stones, the largest Roman Fort on Hadrian's Wall, the site of a medieval castle and associated fish ponds with some 19th-century industrial archaeology thrown in for good measure.

To book your ticket, visit: [www.northumberlandnationalpark.org.uk](http://www.northumberlandnationalpark.org.uk)

Twitter / Facebook: @NlandNP

## Looking down on Elsdon Guided Walk

Sunday, 10.30am

Starting at Elsdon Tea Room, Elsdon,  
Northumberland

Cost - £8 (Under 16s go free)

A circular walk around Elsdon taking in views northwards to the Cheviots from Gallow Hill named from its role in the time of the Border Reivers.

To book, visit: [www.northumberlandnationalpark.org.uk](http://www.northumberlandnationalpark.org.uk)  
Twitter / Facebook: @NlandNP



## Sunderland BIG Bike Ride

Sunday, 9:30 am start

St Peter's Campus, Sunderland University  
£11 per person. Entry includes technical t-shirt, goody bag and finishers medal

**Age recommendation** - All ages welcome

Join Active Sunderland for a weekend of cycling kicking off with the family ride on Saturday 15 June. For those wanting more of a challenge Sunday 16 June will see hundreds of cyclists setting off on 20 or 35 mile routes.

[www.sunderland.gov.uk/bigbikeride2019](http://www.sunderland.gov.uk/bigbikeride2019)

Facebook - Active Sunderland

Twitter - @ActiveSland

Email - [active@sunderland.gov.uk](mailto:active@sunderland.gov.uk)

Telephone - 0191 561 4697

## Rock the Romans

Sunday, 1pm – 4pm

Arbeia South Shields Roman Fort

Free, but a donation is welcome

Rivelino are back by popular demand, with support act The Tracies.

Kick back among the remains of this ancient site to enjoy a rock music show against the backdrop of our magnificent West Gate.

You're welcome to bring a packed lunch to this live music event, and your picnic blanket too.

And why not bring your dad since it's Father's Day? We'll also have Codrophenia Fish 'n' Chip van onsite.

Please note that this event is weather permitting; if you are travelling to this event we recommend that you call the museum ahead on (0191) 277 1410.



# Events happening throughout the week

## Paradise Garden

**Monday – Saturday, just drop in during normal Library opening hours.**

Upstairs Gallery, Gateshead Central Library, Prince Consort Road, Gateshead NE8 4LN  
Free

For more information contact [libraries@gateshead.gov.uk](mailto:libraries@gateshead.gov.uk) or telephone (0191) 433 8410

A collection of printed, decorative textiles artwork, created by the Feel Good Women's Group with Artist Michelle Wood, working alongside GemArts. This support group for women from diverse backgrounds has created the paradise garden designs incorporating images of peacocks, birds, elephants, trees, flowers, brought to life with vibrant colours and gold lustre.

This project forms part of GemArts Arts, Health and Wellbeing programme, working with diverse communities across Gateshead and Newcastle, using creative engagement to address isolation and loneliness. Funded by Gateshead Council's Making Every Contact Count.

## Magic Carpet

**Tuesday, available any time throughout the day subject to availability.**

Shingley Art Gallery  
Free

Contact Shingley Art Gallery for more information.

Borrow a Magic Carpet to enjoy with your baby or toddler anywhere in the gallery.

Made by artists, these special bags fold out into creative play mats, complete with a selection of toys, treasures and creative activity ideas to help little ones enjoy the exhibitions. Choose a black & white or colourful Magic Carpet and embark on a playful adventure around the exhibitions.

## Studio 6: Creativity and Wellbeing week

Dance City are inviting health and wellbeing practitioners to come and use their brand new Studio 6 free of charge as part of Creativity and Wellbeing week. The doors will be thrown open to qualified instructors to try out the space, develop their ideas and test out classes or wellness sessions on potential participants.

Dance City will be expanding their wellness programme from September and so are looking to develop new relationships with practitioners.

If you would be interested in using the space and equipment then please contact Chloe Stott at [chloe.stott@dancecity.co.uk](mailto:chloe.stott@dancecity.co.uk) to book your free slot.

To find out about any free wellness sessions happening during this week, visit the Dance City website at [www.dancecity.co.uk](http://www.dancecity.co.uk).

## Borderline Funny - Hadrian's Wall imagined in funny cartoons Throughout creativity and wellbeing week 10 – 16 June

Segedunum Roman Fort  
Entry Children under 16 - FREE  
Adults \*£5.95, Season Ticket \*£14  
Concessions (over 60s & students) \*£3.95,  
Concession Season Ticket \*£10

The exhibition coincides with the 14th Pilgrimage to Hadrian's Wall in July 2019. This decennial event will see almost 250 'Pilgrims' tour the Wall for a week, reviewing the latest discoveries from the past ten years. Borderline Funny is a new exhibition exploring the depiction of ancient Rome's great northern frontier of Hadrian's Wall in cartoons.

It is the first time an exhibition dedicated to cartoons about Hadrian's Wall has been shown.

Featuring cartoons from the 19th - 21st centuries, some funny, some satirical, including new original work produced for the exhibition referencing contemporary topics such as Brexit and US politics.

General enquiries: [info@segedunumromanfort.org.uk](mailto:info@segedunumromanfort.org.uk)

**Discovery Museum**

Blandford Square, Newcastle upon Tyne.  
NE1 4JA  
Tel: (0191) 232 6789  
General enquiries:  
info@discoverymuseum.org.uk

**Laing Art Gallery**

New Bridge Street, Newcastle upon Tyne.  
NE1 8AG  
Telephone: 0191 278 1611  
Textphone: 18001 0191 278 1611  
General enquiries: info@laingartgallery.org.uk

**Hatton Art Gallery, Kings Road**

Newcastle University  
Newcastle upon Tyne. NE1 7RU  
Telephone: (0191) 277 8877  
Textphone: 18001 0191 277 8877  
General enquiries: info@hattongallery.org.uk

**Great North Museum: Hancock**

Barras Bridge, Newcastle upon Tyne.  
NE2 4PT  
Telephone: (0191) 208 6765  
Textphone: 18001 0191 208 6765  
General enquiries: info@  
greatnorthmuseum.org.uk

**Shiplay Art Gallery**

Prince Consort Road, Gateshead. NE8 4JB  
Telephone: (0191) 477 1495  
Textphone: 18001 0191 477 1495  
General enquiries:  
info@shiplayartgallery.org.uk

**Arbeia South Shields Roman Fort**

Baring Street, South Shields.  
NE33 2BB  
Telephone: (0191) 277 1410  
General enquiries:  
info@arbeiromanfort.org.uk

**South Shields Museum & Art Gallery**

Ocean Road, South Shields.  
NE33 2JA  
Telephone: (0191) 211 5599  
General enquiries: info@  
southshieldsmuseum.org.uk

**Segedunum Roman Fort**

Buddle Street, Wallsend, North Shields.  
NE28 6HR  
Telephone: (0191) 278 4217  
Textphone: 18001 0191 278 4217  
General enquiries: info@  
segedunumromanfort.org.uk

**Stephenson Railway Museum**

Middle Engine Lane, North Shields.  
NE29 8DX  
Telephone: (0191) 200 7146  
Textphone: 18001 0191 200 7146  
General enquiries:  
info@stephensonrailwaymuseum.org.uk

**Tyne & Wear Archives**

Blandford Square, Newcastle upon Tyne.  
NE1 4JA  
General enquiries: info@twarchives.org.uk,  
tel: (0191) 277 2248

**Sage Gateshead**

St Mary's Square, Gateshead Quays.  
NE8 2JR.

**Dance City Newcastle**

Temple Street Newcastle upon Tyne NE1 4B  
Visit [www.dancecity.co.uk](http://www.dancecity.co.uk) or call the Ticket Office on 0191 261 0505.

**Gateshead Central Library**

Prince Consort Road, Gateshead NE8 4LN  
libraries@gateshead.gov.uk or telephone  
(0191) 433 8410

For more information about Creativity  
and Wellbeing Week go to:

**[www.creativityandwellbeing.org.uk](http://www.creativityandwellbeing.org.uk)**

For more information about Culture, Health  
and Wellbeing Alliance go to:

**[www.culturehealthandwellbeing.org.uk](http://www.culturehealthandwellbeing.org.uk)**

#### Disclaimer

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