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
culturehealthandwellbeing.org.uk

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

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

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

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.

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 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 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

Art Diamonds
Monday, 10 June
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

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
**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 & 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.

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**Dance City**

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

**Ballet**

**Monday, 5 – 6pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Beginners

**Contemporary**

**Monday, 5 – 6pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Beginners

**Salsa**

**Monday, 6.30 – 7.30pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Beginners

**In Motion**

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

**Age recommendation** – Adult

**Level** – Beginners

**Contemporary Floor Work**

**Monday, 11.15am – 12.15pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Beginners

**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.

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**Vinyasa Flow Yoga**

**Monday, 5.30 – 6.30pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Beginners

**Ashtanga Yoga**

**Monday, 7.30 – 8.30pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Primary Series

**Ballet**

**Monday, 12.15 – 1.15pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Beginners

**Vinyasa Flow Yoga**

**Monday, 6.30 – 7.30pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Beginners

**Street**

**Monday, 6.30 – 7.30pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Beginners

**Salsa**

**Monday, 7 – 8pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – Improvers

**Pilates**

**Monday, 6 – 7pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – All

**Salsa**

**Monday, 7 – 8pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – All

**Ballet**

**Monday, 8 – 9pm**
£7 (for concessions and offers see website)

**Age recommendation** – Adult

**Level** – All

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**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
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

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

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

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

Art Diamonds
Tuesday, 10 – 12 noon
Leam Lane & 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

Tuesday 11 June
Try me programme
Tuesday, 3 – 5 pm 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.musicspark.bandcamp.com/

Silver Improver Mandolin
Tuesday, 1 – 2.30pm
Sage Gateshead
£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, 11am – 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
www.elderscouncil.org.uk
Teetotal in Victorian times

Tuesday, 12.30 – 2.30pm
Location of event:
George Street Social, 45–51 George Street, Newcastle upon Tyne, NE4 7JN
Cost: 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.

Dance classes

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

Barre
Dance class
Tuesday, 9.30 – 10.30am
£7 (for concessions and offers see website)
Age recommendation - Adult
Level - All

Tap
Dance class
Tuesday, 12 – 1pm
£7 (for concessions and offers see website)
Age recommendation - 55+
Level - Beginners

Afro Mix
Dance class
Tuesday, 5.30 – 6.30pm
£7 (for concessions and offers see website)
Age recommendation - Adult
Level - All

Fitsteps
Dance class
Tuesday, 5.30 – 6.30pm
£7 (for concessions and offers see website)
Age recommendation - Adult
Level - All

Flamenco
Dance class
Tuesday, 5.30 – 6.30pm
£7 (for concessions and offers see website)
Age recommendation - Adult
Level – Beginners

Musical Theatre
Musical Theatre class
Tuesday, 6.30 – 7.30pm
£7 (for concessions and offers see website)
Age recommendation - Adult
Level – All

Ballroom
Dance class
Tuesday, 6.30 – 7.30pm
£7 (for concessions and offers see website)
Age recommendation - Adult
Level – Beginners

Pilates
Dance class
Tuesday, 6.30 – 7.30pm
£7 (for concessions and offers see website)
Age recommendation - Adult
Level – Beginners

Barre in Victorian times
Tuesday, 12.30 – 2.30pm
Location of event:
George Street Social, 45–51 George Street, Newcastle upon Tyne, NE4 7JN
Cost: 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.

Whistler and nature, exhibitions tours
Tuesday, 12.30 - 1.10
Laing Art Gallery
40 minute
£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: laingartgallery.org.uk

Meet me at the Museum – Friends of Discovery

Tuesday, 10.30 – 11.30am
Meet at Discovery Museum Café
Free

Age recommendation - Adults

For more information: Telephone: (0191) 277 2330
or Email: info@fodms.com

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.
**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

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

**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

**Slow Museums North Tyneside launch**

**Tuesday, 2 – 4pm**

Segedumnum 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  
www.twmuseums.org.uk/adult-health-and-wellbeing  
Joanne.Charlton@twmuseums.org.uk  
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

**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

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.apnaghar@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 Or Rachel Horton on 0191 433 3864 or email: gatesheadlive@gateshead.gov.uk

**Music Spark activities**
**Wednesday, 4.30pm**
Sage Gateshead
45 minute
Free
Age recommendation - 15 and over
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).

**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
Facebook: Bensham Grove Community Centre

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

**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, 3 – 4.30pm**
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.
<table>
<thead>
<tr>
<th>Dance classes</th>
<th>Pilates</th>
<th>Egyptian Belly Dance</th>
<th>House</th>
<th>Weaving group</th>
<th>Live Well Symposium: Museums, Wellbeing and an Ageing Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dance City</td>
<td>Fitness and wellbeing class</td>
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<td>Dance class</td>
<td>Wednesday, 10am – 1pm</td>
<td>Location of event: Discovery Museum, Great Hall</td>
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<td></td>
<td>Wednesday, 11am – 12pm</td>
<td>Wednesday, 6 – 7pm</td>
<td>Wednesday, 7 – 8pm</td>
<td>Shipley Art Gallery</td>
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<td>Age recommendation - Adult Level - Beginners</td>
<td>Age recommendation - Adult Level - Intermediate Series</td>
<td>Age recommendation - Adult Level - All</td>
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<td>Pilates</td>
<td>Fitness and wellbeing class</td>
<td>Dance class</td>
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<td>Age recommendation - Adults</td>
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<td>Wednesday, 11am – 12pm</td>
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<td>Wednesday, 7 – 8pm</td>
<td>Contact Shipley Art Gallery Staff for more information.</td>
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<td>£7 (for concessions and offers see website)</td>
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<td>Craft group: Join the weaving group at the Shipley 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.</td>
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<td>Age recommendation - 55+ Level - Beginners</td>
<td>Age recommendation - Adult Level - All</td>
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<tr>
<td>Baby Friendly Pilates</td>
<td>Dance class</td>
<td>Egyptian Belly Dance</td>
<td>Dance class</td>
<td>Age recommendation - 16+</td>
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<td>Wednesday, 1 – 2pm</td>
<td>Dance class</td>
<td>Wednesday, 7 – 8 pm</td>
<td>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?</td>
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<td>£7 (for concessions and offers see website)</td>
<td>Wednesday, 6 – 7pm</td>
<td>£7 (for concessions and offers see website)</td>
<td>Tyne &amp; Wear Archives &amp; 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.</td>
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<td>Age recommendation and level - See website for details</td>
<td>£7 (for concessions and offers see website)</td>
<td>Age recommendation - Adult Level - All</td>
<td>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.</td>
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<td>Ballroom &amp; Latin</td>
<td>Dance class</td>
<td>Age recommendation - Adult Level - Beginners</td>
<td>Age recommendation - Adult Level - All</td>
<td>To book: <a href="http://www.ticketsource.co.uk/date/620596">www.ticketsource.co.uk/date/620596</a></td>
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Woodhorn Museum Poet in Residence

**Wednesday, 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
www.facebook.com/WoodhornMuseum/
Contact us: 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 456 6903
Fozia.apnaghar@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.

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

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.

Bullet Journal Class

**Wednesday, 2 – 3:30pm**
Newcastle Building Society at Cobalt 21A, Cobalt Business Park, Cobalt Park Way, Wallsend NE28 9EJ
£2 per 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 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).

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

Tiny Sparks: Science and 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

Bullet Journal Class

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Contact us: hello@museumsnorthumberland.org.uk
01670 624455

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
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; www.lifeofbreath.org; 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
Or Rachel Horton on 0191 433 3864 or email: gatesheadlive@gateshead.gov.uk

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

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
For more information, please email 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 or phone the Public Engagement & Learning Team on 0191 5618605.
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.

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

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!

https://musicspark.bandcamp.com/

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.

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

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

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

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 & 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 Band
Thursday, 2.30 – 4.00pm
Sage Gateshead
£25 per half term (6 June – 4 July)
A fun and relaxed group 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 within a smaller group.

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.
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

Visit to Tilesheds Local Nature Reserve and Your Voice Counts drop-in
Thursday, 11am
Boldon Community Association meet in the café. Duration 1 hour 30 mins
Free
Meet at the Your Voice Counts drop-in at Boldon 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 Boldon Community Association.
People don’t need to book but they can contact: Danielle Falcus: 0191 4786472 Danielle.falcus@yvc.org.uk www.yvc.org.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

**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
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
For more info go to 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
For more info go to info@thecomfreyproject.org.uk

**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

**Steel Sapphires, Steel Pan Band**
**Friday, 9.30 – 11am**
Sage Gateshead
£25.00 per half term (7 June – 5 July)

**Steel Gems, Steel Pan Band**
**Friday, 11am - 12.30pm**
Sage Gateshead
£25.00 per half term (7 June – 5 July)

**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

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£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

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

**Steel Gems, Steel Pan Band**
**Friday, 11am - 12.30pm**
Sage Gateshead
£25.00 per half term (7 June – 5 July)
Blue Steel, Steel Pan Band
Steel Pan Band
Friday, 1 – 2.30pm
Sage Gateshead
£25.00 per half term
(7 June – 5 July)

Pandemonium, Steel Pan Band
Steel Pan Band
Friday, 2.30 – 4pm
Sage Gateshead
£25.00 per half term
(7 June – 5 July)

Silver Improver Guitar
Friday, 1 – 2.30pm
Sage Gateshead
£25.00 per half term
(7 June – 5 July)
The next step from beginner guitar; hone your skills and experience.

Quicksilver
Friday, 1.45 – 3.15pm
Sage Gateshead
£25.00 per half term
(7 June – 5 July)
Sing arrangements of classic pop songs, accompanied by a small band.

Silver Skiffle
Friday, 3.00 – 4.30pm
Sage Gateshead
£25.00 per half term
(7 June – 5 July)
Traditional skiffle band featuring guitar, mandolin, ukulele, washboard, singing, and tea-chest bass, playing 20s and 30s blues, American and English folk songs.

Silver Soul
Friday, 3.25 – 4.55pm
Sage Gateshead
£25.00 per half term
(7 June – 5 July)
A choir singing popular soul repertoire from both sides of the Atlantic.
All Dance City classes below are held at Dance City Newcastle.

Get Moving
Dance class
Friday, 11.15am – 12.15pm
£7 (for concessions and offers see website)
Age recommendation - All
Admits carer

Tap
Dance class
Friday, 12.30 – 1.30pm
£7 (for concessions and offers see website)
Age recommendation - 55+
Level - Intermediate

Fitsteps
Dance class
Friday, 1.45 – 2.45pm
£7 (for concessions and offers see website)
Age recommendation - 55+
Level - All

Ballet Primary
Dance class
Friday, 4.30 – 5.30pm
£6 (for concessions and offers see website)
Age recommendation - 4 – 6 years
Level - All

Afro Mix
Dance class
Friday, 5 – 6pm
£7 (for concessions and offers see website)
Age recommendation - Adult
Level - All

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
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.

**New Writing North Young Writers’ Groups**
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

**New Writing North Young Writers’ Groups**
Email: youngwriters@newwritingnorth.com
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

**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

**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

**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
Facebook Bensham Grove Community Centre

**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
Facebook: NWN Young Writers
Twitter: @nwnyoungwriters
Insta: @nwnyoungwriters

**New Writing North Young Writers’ Groups**
Saturday, 10 – 12 noon, New Writing North Young Writers’ Groups
Darlington Library
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.

New Writing North Young Writers’ Groups have 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
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

**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
Twitter / Facebook: @NlandN

**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) 200 7146 or www.stephensonrailwaymuseum.org.uk

**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

**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
Twitter / Facebook: @NlandNP

**Vinyasa Flow Yoga**
Fitness and wellbeing class
**Sunday, 1.30 – 2.30pm**
£7 (for concessions and offers see website)
**Age recommendation** - 55+
**Level** - Beginners

**Sunday 16 June**

**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

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

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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
Facebook – Active Sunderland
Twitter - @ActiveSland
Email – active@sunderland.gov.uk
Telephone – 0191 561 4697

**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
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 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.
Shipley Art Gallery
Free
Contact Shipley 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 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.

**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
### Discovery Museum
Blandford Square, Newcastle upon Tyne.
NE1 4JA
Tel: (0191) 232 6789
General enquiries: info@discoverymuseum.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

### 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

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

### 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 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

### Arbeia South Shields Roman Fort
Baring Street, South Shields.
NE33 2BB
Telephone: (0191) 277 1410
General enquiries: info@arbeiaromanfort.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

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

### Tyne & Wear Archives
Blandford Square, Newcastle upon Tyne.
NE1 4JA
General enquiries: info@twarchives.org.uk, tel: (0191) 277 2248
For more information about Creativity and Wellbeing Week go to:
www.creativityandwellbeing.org.uk

For more information about Culture, Health and Wellbeing Alliance go to:
www.culturehealthandwellbeing.org.uk

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