

EXPLORE

EXPLORE SEASON 4 VISITS

1. Gallery Visit 5th July Margaret Adams margieadams@talktalk.net

Meet at Gallagher and Turners Gallery on St Mary's Place. (Between Haymarket and Northumbria University) at 11.00. The curator Andrew Etherington will talk about the current exhibition and the background behind the gallery. There will be light refreshment.

2. Art(ists) Walk 12th July Margaret Adams margieadams@talktalk.net

Location: Jesmond Dene
Tuesday 12th July: 1.00 - 2.30 pm

Meet in main car park: contact Margaret for further details on the walk, what to bring and wear

3. 'Born to the Sea' visit to Sunderland **Wednesday 13th July** **Christine Burridge** christine.burridge@gmail.com

Meet at Sunderland station at 10.15 (as Gold Card for Metro can't be used until 9.30)

If coming by car - details from Chris Burridge.

Please let Chris Burridge know of 'Intention to Attend' and give a contact number (for 'emergency' use).

Also, at 12.45 - 1.00p.m. we should be at the Donnison School where a 'heritage Tea' will be provided for £7.00 a head

This is 2-3 sandwiches, scone and cream cake + tea/coffee

I **MUST** have confirmed numbers for this as the volunteers come in to help, and the food is ordered in specially.

There is a talk (Maritime) planned at the Donnison (if speaker available that day).

Urban walking, pavements, traffic etc. Normal care and attention should suffice.

Maritime Centre - a working environment, with an activity (caulking), due care and attention to be taken.

4. Bird/Flower/History Walks Steve Barrett sheila.steve@btinternet.com

Tues 5 July pm

Durham coast

Crimdon Dene mouth

Little tern colony on the beach. Pleasant walk. Flowers.

Tues 9 August pm

Gosforth Park NR. £3.50 entrance charge.

Summer birds in a lovely spot within the city boundaries. Trees and marsh and lake.

Holy Island 23 Aug all day

Birds, scenery and history. Safe Crossing is 1045am until 1705pm.

Above trips all use shared car.

Risk assessment for all. No severe climbs but all have moderate length walks and some uneven surfaces with small inclines. Stout shoes recommended.

Nothing a mobile pensioner can't cope with easily!

5. Historical Walk: Ousebrough Woods, Beamish Burn and Birkheads Gardens

July 12th 11.00 am

Jenny Peace rayandjen@f2s.com

Meeting place: lay by on Carberry bog Road

Take the A6076 from Sunnyside towards Stanley and then take the first minor road on the left. Continue along this road for about 2 miles. Turn right along Carberry bog road until lay-by on right. There is only space for about 5 cars.

Grid reference NZ 227543

Length 2 miles

Walking shoes needed

This walk is difficult to access without a car but I would be prepared to pick people up in the centre of Whickham to give them a lift.(0191 488 4033)

This walk entails walking down a road for 100 metres and then turning left onto a track which goes down to a bridge over the Beamish Burn where there is a sign giving information about the site. The walk continues along a track

beside the burn for a mile, at first heavily wooded and then opening out past meadows and a few cottages, remnants of the old village.

Steps are then retraced for 100 yards and the walk follows a path on the right up a long flight of steps where there is a problem with a large fallen tree, there is also no hand rail at times.

The walk continues over the hill and then goes down on a fairly good track which ends at the road where the cars are parked 20 metres to the left.

Good walking shoes are needed on this walk. The only problems are the steep climb on steps to the top of the hill, (takes about 15 minutes) and the large tree which has fallen down onto the steps and needs caution to get around.

Afterwards a short drive takes the group to Birkheads Secret Gardens where there is the opportunity for a drink and something to eat in beautiful surroundings and for those who wish, a visit to the gardens. (Free entry to cafe and nursery gardens but charge applies for main gardens)
(www.birkheadssecretgardens.co.uk)

6. Historical Walk: Causey Arch walk/lunch/coffee

Date July 19th 11.00 am Jenny Peace rayandjen@f2s.com

Meeting place: Causey Arch carpark on A6076 between Sunnyside and Stanley.

Walk to the oldest railway bridge in the world. The walk is about 2 and 1/2 miles long from the Causey Arch carpark along the Causey Burn to the Causey Arch itself. Then on the waggon way to East Tanfield station, returning on the same route until the Arch, where the walk crosses the bridge and returns to the carpark, on a track which follows the historic Tanfield railway line.

The walk, with stops, takes about 2 hours and there are plenty of seats on the way. There is a steep, stepped descent from the carpark to the Causey Burn and a long flight of steps up to the Arch, so good walking shoes are required. The rest of the walk is relatively flat. There are a number of wooden bridges crossing the burn which shouldn't prove problematic. This walk is not suitable for those with walking difficulties or in wheelchairs.

However a shorter, albeit not so interesting, route, from the carpark to the

Arch is available without steps, if necessary which allows wheelchair access.

There are no facilities on the walk.

There is a small cafe beside the carpark and two public houses opposite the entrance on the A6076 Sunnyside to Stanley road

7. York Art Gallery and York City Thurs 21st July

Travel by minibus so if you are interested would you please contact Maria (mgoulding@hotmail.co.uk) asap and by **Friday June 24th**
As this may be very popular, this is only open to members in the first instance.

The York Art Gallery has been extensively refurbished recently. Further details on www.yorkartgallery.org.uk

8. Hepworth Gallery and Yorkshire Sculpture Park Thursday Aug 11th

Travel by minibus so if you are interested would you please contact **Trish Hutson** (hutson.patricia@gmail.com) asap and by **Friday July 8th**.
As this may be very popular, this is only open to members in the first instance.

Hepworth Gallery

Yorkshire's newest art gallery brings together work from Wakefield's art collection as well as pieces by contemporary artists and rarely seen works of Barbara Hepworth. This summer, works by Stanley Spencer as well as items from University of Cambridge's Kettle's Yard gallery will also be on display. All information may be found at www.hepworthwakefield.org

Yorkshire Sculpture Park

As well as a permanent display set in five hundred acres of stunning landscape and five indoor galleries, there is a programme of seasonal exhibitions which this summer includes several of Not Vital's works in stainless steel. Details are available at www.ysp.co.uk

9. Salts Mill and Saltaire town Sat 3rd Sept

Travel by minibus so if you are interested would you please contact Maria (mgoulding@hotmail.co.uk) asap and by **Friday June 24th**.
As this may be very popular, this is only open to members in the first instance.

Further details of this former mill turned art gallery with works by David Hockney on www.saltsmill.org.uk

There is plenty to explore in the Victorian model village (now a world heritage site) which surrounds the mill. For more information try www.saltairevillage.info

10. Outdoor sketching trip at the Quayside. Saturday 10th Sept. Helen Watson hmswatson@talktalk.net

10.30am to 1.0pm and it will be led by Silvia Mendoza Vera. Meeting place: tbc. If it's wet, we may shelter in the Sage.

Note: members will be asked for a small contribution.

EXPLORE SEASON 4: ACTIVITIES BASED IN CUH.

1. History: The Battle of Jutland Quentin Mitchell

quentin@qmittchell.freemove.co.uk

Thursday 7th July 10.30-12.00 Green Room

2. Biology: Animal Behaviour Claire Watson

Helen Watson at hmswatson@talktalk.net

Mon 18th July 10.30-12.30 Green Room

1 Studying culture in Japanese Snow Monkeys

You have probably seen images of hot-spring bathing monkeys surrounded by snow. In fact, only one group of monkeys in the whole of Japan does this. At the most basic level, culture rests on learning information from others. Some groups of certain species show behaviours that other groups do not. Studying monkeys and apes, the living links to our evolutionary past, can help us understand the origin of complex human cultures.

2 Animal Behaviour and Well-being

This is an introduction to how the study of animal behaviour can be applied to optimise animal well-being in captive environments. Focus has shifted from simply minimising the negative to enhancing the positive. Providing conditions so that animals can do activities they are motivated to do in the wild is key. From meerkats to monkeys, parrots to penguins; there will be many illustrative images and videos.

3. Literature: Maria Goulding/Viv Johnson mgoulding@hotmail.co.uk

Weds 13th July, 27th July, 10th Aug, 24th Aug 2-3.30 White Room

Reading aloud, discussion. We will be selecting reading from **two** collections.

(i) Women and fiction: stories by and about women. ed. Susan Cahill
Publisher Signet classics,.

There are several second hand copies available on Waterstones Marketplace.

There are 50 plus available on Amazon uk some new, some second hand.

For some reason it isn't accessible by title, you have to input Susan Cahill.

(ii) The Story: Love, Loss & The Lives Of Women 100 Great Short Stories

edited by Victoria Hislop. Publisher

This should be readily available new or second hand and in a kindle version.

Please note: Men are very welcome!

4. Poetry: Maria Goulding

mgoulding@hotmail.co.uk

Weds 7th Sept, 21st Sept

2 - 3.30 White Room

Poems from Staying Alive, Neil Astley, Bloodaxe Books

Many copies available from Waterstones Marketplace at 70p plus postage.

5. Art: Jack Massey

jackmassey87@gmail.com

Mon July 25th Aug 1st

10.45-12.15 Green Room

To encourage people to consider even apparently uninteresting paintings rather than read the accompanying description and move on rapidly seeking something they 'like'.

Interested members mail 2 max images to me (I'd prefer images rather than titles as quality isn't guaranteed from the web and there are several ways of doing this which I can discuss at any introductory session). These will be shown as image only without any other information.

I will collate these into a power point presentation and show artist / dates etc after discussion.

The member should come prepared to prompt rather than lead a discussion on any of the following: who was painter, when painted, genre, influences (before / after), colours (re mood) and should we wish - tone re contrast, space, scale and proportion etc. Experience suggests things develop into

wide ranging discussions on any or all of these issues and don't require much prompting.

Finally, member concerned to read out short summary of their preparation before moving on.

6. Victorian Art: Sheila Hull

ben-hull@hotmail.com

Mon 15th Aug, 22nd Aug 10.45-12.15 Green Room

The art of any time or place tells us much about the values of their time. What does the art and artists of the 19th century tell us about life in Victorian Britain?