NEW NE1 WEBSITE LAUNCHED!
Now there’s even more ways to stay connected in Newcastle

GET FIT FOR 2013
Too much cake at Christmas? This one’s for you

ST OS FEST
A stunning line-up for a very special charity

YOUR FREE FORTNIGHTLY GUIDE
02 JAN 2013 - 16 JAN 2013
We’re hoping that the festive period was a bit of fun for everyone, that your stomach has been lined and it’s now that time to re-energise and launch yourself into 2013. Take a look at our search for some of the best gyms in the city centre if you feel the need to get active this year, there’s some great places and some brilliant offers to be had for all the Mr Motivators out there!

We’ve also got a bit of a nod to the first ever St Os Fest – a very special music event with a top-drawer line-up and an even greater cause behind it. A gig not to be missed, so it’s time to get out of the holiday season and into some fitness and fun.

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Our handy guide to what’s on this fortnight

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Check out our tips for helping you get fit this January

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Your final chance to check out Discovery Museum’s Olympic exhibition

13 LEARN TO SKATE AT LIFE
Dancing On Ice star Susie Lipanova is on hand

PLUS
All the highlights of the next two weeks – your first stop shop for entertainment listings in Newcastle

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NE1 Ltd supporting business and events in Newcastle.
YES IT’S COLD OUTSIDE, AND WE KNOW YOU’VE EATEN/DRUNK TOO MUCH, BUT NEWCASTLE’S STILL ALIVE WITH ENTERTAINMENT. GET OUT THERE!

ALIVE WITH ENTERTAINMENT. GET OUT THERE!

EATEN/DRUNK TOO MUCH, BUT NEWCASTLE’S STILL YES IT’S COLD OUTSIDE, AND WE KNOW YOU’VE AFTER THE FESTIVE A BIT OF A TREAT SO IF YOU FANCY FINEST RESTAURANTS.

GETINTONEWCASTLE.CO.UK YOUR VOUCHERS CO.UK TO KEEP UP TO GETINTONEWCASTLE.

AFTER THE FESTIVE A BIT OF A TREAT SO IF YOU FANCY FINEST RESTAURANTS.

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THE BLONDE BARREL

A new bar has opened up in Times Square, taking over the old Twat Bar site. The Blonde Barrel is a sister bar of the successful No. 28, on Nelson Street. With the focus on top-notch food and drink in a relaxed and comfortable setting, this is a bar that’s worth checking out.

Quick Question

WHICH LOCAL CELEBRITY WOULD YOU LIKE TO GIVE A MAKE-OVER?

Denise Welsh, just so she can look as hot as the other Loose Women

LEANNE ORD, 29, NORTH SHIELDS

THE RED HOUSE PIES AND ALES

A new pie and mash restaurant has opened up on the Quayside, with the focus on simple pleasures and good, quality pies!

THE GRUFFALO’S CHILD @ SEVEN STORIES

Take the kids along to a very special screening of The Gruffalo’s Child at Seven Stories from Wednesday 2nd to Friday 4th January. The story centres around what happens to the little Gruffalo when she ignores her father’s request to not go looking for the big bad mouse. Follow it up with a shadow puppet workshop to make your own tales, running from midday.

Quick Question

WHAT’S THE BEST FREE THING TO DO IN NEWCASTLE?

Taking a long refreshing walk around the Quayside taking in all the sights. Especially on a cold but crisp and sunny day.

JOHN CRAMMON, 39, WHITLEY BAY

THESAGEGATESHEAD.ORG

THE SAGE IS HOSTING AN INTRODUCTION TO WINTER MUSIC SERIES, ON TUESDAY 15TH JANUARY THE SAGE IS HOSTING AN INTRODUCTION TO A WONDERFUL VARIETY OF CLASSICAL COMPOSERS. PROFESSOR DENIS MCCALDIN HEADS TO THE SAGE FROM LANCASTER UNIVERSITY TO TALK ALL ABOUT HOW THE LIKES OF SCHUBERT, TCHAIKOVSKY, VIVALDI AND MORE TOOK INSPIRATION FROM THE COLD DARK MONTHS OF WINTER.

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GET FIT FOR 2013!

Here’s one for you, the average Christmas dinner - you know, turkey, tatties, stuffing, gravy, carrots, sprouts, pigs in blankets, the full bin lid - weighs in with the emotionally crippling values of over 1000 calories and some 50g of fat. Throw in an everyman platter of cheese and biscuits, a glass of mulled wine, and your well-deserved slice of Christmas pudding, and your annual buffet of festive treats is almost double your daily fat and calorie intake. Now you know why Santa doesn’t limbo.

None of that really matters though, because the only thing more traditional than falling out with your relatives during the Doctor Who special is the resolute determination we all have in puffing out our chests, holding in our guts, and marching towards the nearest gym with the misguided belief that this year, it’s going to be different. But where to start? Well, thankfully the NE1 area is choc-full of places for you to tone, flex, stretch, heave, run, dance, squat, and swim your way to shedding those unwanted pounds and inches. No matter what you budget or capacity for enthusiasm.

For example, if it’s your standard treadmill and weightlifting fare you’re after, BodyZone in Carliol Square is 18,000sq ft of state-of-the-art fitness space. With a special cardiovascular zone (hugs and such) as well as a huge selection of free weights, saunas, and trainers, there’s also a wide selection of classes from aerobics, dance, zumba, circuit and, for those who enjoy having their legs jellied to almost slapstick levels, there’s even spin classes. All for a no contract membership of £15.99 a month.

For those of you who like a more vocational approach to fitness, F.I.T Club on High Bridge reassuringly offers to push you to your limit, and then beyond. Set up by a former marine, the club will drag you kicking and screaming your way to a peak physique through the medium of commando box, a combination of military and boxing techniques. Memberships start from £45 a month and there are classes Monday to Saturday with special beach sessions on a Sunday.

If a Rocky/Rambo montage isn’t quite what you’re after, The Barre on Forth Street will put you through your paces with body sculpting, fat burning dance workouts. Offering to get your body ‘MTV video ready’, the studio offers countless different classes to suit all levels of ability and fitness on individual booking basis. An induction class, giving you the chance to see what it’s all about is available from only £6 though. There’s also the famous Newcastle City Pool on Northumberland Road, which now happily accommodates those looking to turn their casual >>

"THE NE1 AREA IS CHOC-FULL OF PLACES FOR YOU TO SHED THOSE UNWANTED POUNDS AND INCHES"
paddles into more strenuous strokes. Not to mention the sauna suites and massage facilities available. Run through Impulse Leisure, membership here affords you access to all 11 facilities across the area, including their gym in Eldon Leisure, and 100 weekly fitness classes. Membership starts at £45 per month but there are discounted rates available for the elderly, students, and those on forms of income support and other benefits. If you’re after a little bit of everything though, Northumbria University Sport Central isn’t just restricted to those super healthy, fitness obsessed, students you often see shuffling wearily to their midday lecture. Starting at £45 for an annual membership, you can get the complete package of fitness centre, swimming pool, climbing wall, group classes, squash court, and a golf simulator, and there are reduced memberships for students, staff, graduates, NUS members, and the elderly. However, all this talk of contorted exertion seems so 2012 to you, there’s always the wide range of self improvement options for the more new-age fitness enthusiast. NE1 has a surprisingly substantial holistic therapy scene, with The Therapy Zone on St James’ Terrace, and Integra Massage on College Street offering massages, exercises, and other forms of relaxation to gently nurture your sense of well-being. If that’s still not relaxing enough for you, then why not dip your toe into the soothing waters of hypnotherapy? Both The Cutter Hypnotherapy Consultants and Kathleen Miller, both also based on College Street, boast the power of weight control, anxiety-relief, stress management, and are even able to rid you of phobias. Like the phobia of going to a gym perhaps. Whatever your needs there’s something in the city to make sure that, come the nice weather, you’re not throwing your swimsuit across the room in a tizzy because you didn’t get yourself in shape this year. Again.

“THERE’S ALSO A WIDE RANGE OF SELF-IMPROVEMENT OPTIONS FOR THE MORE NEW-AGE FITNESS ENTHUSIAST

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www.twmuseums.org.uk/discovery

It’s your last chance to see Home & Away: North East Sport and the Olympics at the Discovery Museum, so why not try and rekindle that Olympic fever in the depth of winter? Drawing on a wide range of objects and images, the exhibition covers 200 years of the region’s sporting heritage with the stories of sporting men and women who have travelled the world representing Britain in the Olympic and Paralympic games. Hazel Edwards, manager of Discovery Museum, said: “The exhibition features a wide range of objects from our collections as well as new acquisitions and loans which tell the story of sport in the North East. “Many of these objects are on display to the public for the first time, which has been very exciting for us.” Supported by National Lottery and Tyne and Wear Archives and Museums’ Business Partners, the free exhibition will close on Monday 14th January, so get your sprinting shoes on and head down.

TOP TIPS FOR GETTING FIT

IT STARTS WITH A GOOD DIET
Start eating the right things and keep to a healthy diet. It helps you get more energy and keeps disciplined.

DON’T OVER DO IT
Make sure you build up to greater levels of fitness. If you haven’t even jogged to catch a bus for five years, taking on a 10 mile run won’t help – you’ll only get injured or end up dreading it.

GRAB A MATE
It’s harder to make excuses when you’ve got to phone someone and tell them you can’t make that run tonight or the gym tomorrow, so grab a partner to train with and make sure you both stay determined.

ENJOY IT
Exercise is much easier if you actually enjoy whatever it is your doing. Try different sports, those ones you’ve always fancied having a go at. When it’s a pleasure and not a chore it’s much easier to commit.

SET TARGETS
Keep goals and aims in mind. It means you know what you’re working towards and gives you that sense of achievement when you reach you goal.
**HOW TO BE A COMEDIAN**

Buy a suit, that’s what you need to do. Buy a suit unless you’re under 25. If you’re under 25 just take in 1200 calories a day so you can fit into skinny jeans (unless the fashion has radically changed again) and start ‘noticing things’. Start your stories with stuff like “before I tell you this story there’s three things you need to know about my mate Adrian”, mention beer mats a lot and do material about America’s Top Model or Twilight. Talk about how your Dad is crazy, oh and make sure you’ve spent AGES on your hair. Anyway back to the suit wearers. You have to be straight, preferably married and it does help to have kids. Domesticity sells these days. Hilarious musings about how your babies have ruined your life or how your teenage kids get away with a lot more than you did at that age is very much a forte in getting TV execs and top agents to thinking they’ve found the future of British comedy.

I once heard a prominent old North East comedian say that “you have to be the smartest man in the room, you must be immaculate”. That’s what I’ve been doing wrong all these years, I’ve just been trying to write original funny jokes. Traditionally ‘a dry’ season, the first two weeks of January tend to be fairly quiet, with most people sick of drink and payday too far away. However! All’s not lost for those who need to blow off steam, get out of the house, forget that diet and enjoy some proper live music.

**ST OS FEST**

Traditionally ‘a dry’ season, the first two weeks of January tend to be fairly quiet, with most people sick of drink and payday too far away. However! All’s not lost for those who need to blow off steam, get out of the house, forget that diet and enjoy some proper live music. On Friday 11th January music lovers can enjoy a quadruple-whammy of entertainment at Newcastle University Students’ Union, all in aid of a great cause, St Oswald’s Hospice. St Os Fest features a host of the region’s most popular bands – pop-punkers (turned recent a capella stars) The Futureheads lead the event, with Peter Brewis from Field Music and his partner Jennie Brewins from The Cornshed Sisters, Frankie & The Heartstrings, Little Comets and Stockton-based The Chapman Family all performing some rather unusual sets (not to mention a DJ set from Maximo Park’s Paul Smith).

The theme of the event is Stars In Their Eyes, and all the artists will play as their musical heroes – for one night only! Ross Millard, guitarist with The Futureheads, is excited about the event. “We’re looking forward to St Os Fest because it’ll be a really fun start to the New Year. Lots of great musicians and bands, all together playing music that got them inspired in the first place – all in aid of a wonderful cause. It’ll be a one-off event, which makes it even more special, as people will get to see these bands like they’ve never seen them before!”

St Os Fest will support St Oswald’s Hospice’s continuing work to support families across the region. Hugh Medcalf, fundraiser at St Oswald’s, said: “We’re incredibly excited to be hosting such a unique event featuring a wealth of North East musical talent. It’s a really fun way to celebrate the fantastic music scene in the region while raising vital funds for the Hospice.”

Tickets cost £15 and are available from www.seetickets.com www.stoswaldsuk.org

**NE1 RELAUNCHES GET INTO NEWCASTLE WEBSITE**

NE1’s website, getintonewcastle.co.uk, has been given a revamp for the New Year. With unique visitors up 42% this year, and the site enjoying over 2 million page views per year, the site’s functionality has been stepped up. Smart phone and tablet traffic is up a staggering 195%, so there’s now an even easier way to stay in touch with what’s happening in Newcastle.

The site now offers a wider range of offers and information, with an improved map function that allows users to view content relevant to certain geographic areas of the city. Ideal when you’re searching for that perfect takeaway at 3am. You can also share content from the site on social networking sites and check out reviews from Trip Advisor.

With 12,700 pages housing a wide range of offers – including the extremely popular Restaurant Week vouchers – and special offers from a multitude of individual businesses and restaurants across the city, the extended content has been improved with better search and filter options.

There are also extended features to help you get involved. These include user’s top five recommendations for a host of different activities from the most popular offers to places to visit Santa, and a range of topical suggestions updated weekly. So now it’s even easier to Get Into Newcastle!

**GET OUT OF THE HOUSE, FORGET THAT DIET AND ENJOY SOME PROPER LIVE MUSIC**

**Tupac. Because his hologram at Glasto just didn’t do him justice**

**Which band would you love to see play Newcastle?**

Tupac. Because his hologram at Glasto just didn’t do him justice.

**Quick Question**

**Grant Butler, 26, Gosforth**

**Get out of the house, forget that diet and enjoy some proper live music.**

**Gavin Webster**

North east comedian Gavin Webster performs regularly at the Stand on High Bridge. His Northumbrian Assembly Night takes place every Sunday.

**Hello Tankers, we’re glad you’re enjoying our relaunch.**

By Ian West
January in football is an extra month of Christmas for parasitical agents. The natural equivalent is when grizzly bears gorge themselves on salmon returning to spawn in 6” of water, the pickings are ridiculously easy. Clubs desperate to cling to the Premiership teat are quoted Maharajah’s riches on behalf of the most mundane of trundlers. Newcastle aren’t in that bracket yet, but with our current first team squad no larger than the Andorran army, reinforcements are needed. We are in this situation because the manager failed to factor in Sod’s Law: The minute the last transfer window closed, our previously resilient first team started dropping like British tourists in the midday sun. The treatment room was only missing ‘Hawkeye’ Pearce from M.A.S.H.

The unpredictability of the month makes calling it a ‘transfer window’ an understatement, like calling Mozart an Austrian piano player, when it should be called ‘transfer roulette’. We did OK last January when we landed Csse, who kick-started a flagging campaign, but this hasn’t always been the case. It became almost traditional to sign the normally reliable Olivier Bernard on loan, sadly in his last showing his signature was still drying on the contract when he promptly put a sick note in. We got lumbered with Michael Bridges one January, who kept many striker’s clean sheets. The signs are generally modest, to put it politely.

The fun part is Jim White on Sky Sports, who always promises, manager give the impression he’s trying to put it in their once again busy with people hunting for bargains in the January sales and making use of the free car parking after 5pm in the Council multi-storey’s and shopping centre. The city is once again busy with people hunting for extravagant sales and making use of the free car parking after 5pm in the Council multi-storey’s and shopping till 8pm Monday to Friday.”

Stephen Patterson, NE1’s head of marketing, said: “It has been a busy festive period for Newcastle’s retailers. Footfall is up and there has been a real buzz and excitement in the city centre. The city is once again busy with people hunting for bargains in the January sales and making use of the free car parking after 5pm in the Council multi-storey’s and shopping till 8pm Monday to Friday.”

Here’s one handy little tip for those of you that have been shopping in John Lewis over the Christmas period: if there’s an item reduced in the January sales that you bought in the December sales then you can return it gratis! We have free parking after 5pm to take advantage of the extended opening hours all over the city – with most shops staying open till 8pm.

Topshop - Because who doesn’t love Topshop?
Topshop’s – It always has the best selection of clothes for every occasion, and with the next nearest shop being in Liverpool, you have to give it a visit.

H&M – Especially with their recent designer collaborations, H&M is always on my list. It’s affordable yet so chic and it always delivers.

Primark - Who doesn’t love catwalk inspired clothes for a fraction of the price?

You might think you know how to ice skate. In fact, you may recently have become an expert – slipping and sliding down Northumberland Street, using your Christmas shopping to balance yourself, grabbing hold of the nearest lamppost and using bins as occasional support. But trust me, this isn’t skating. This is winter.

Centre for Life are giving you the opportunity to really test and develop your skating skills at their Times Square ice rink, and with a celebrity teacher no less! The course comprises of a series of six one-hour lessons, beginning on 6th January (and running on subsequent Sundays, 10am-11am), with Susie Lipanova from ITV’s Dancing On Ice as your expert guide to the slippery sport. Susie will teach for 30 minutes, giving you handy tips on skating backwards, learning to stop, glides, dips, slaloms, jumps and, most importantly, staying upright.

Then you’ll have a chance to practice your new moves. Skate hire and a free cup of hot chocolate after each session is included in the price of £90 per person for the whole course. What are you waiting for? Get your skates on!
Early Bird Tickets for Evolution Festival Announced

Evolution Festival has announced early bird tickets are now on sale, so get out of that winter funk and start looking forward to the summer! Newcastle’s biggest music festival takes place on the Bank Holiday weekend of Sunday 26th and Monday 27th May, but tickets are frozen to last year’s prices for those who get in quick with weekend tickets costing £39.50 and day tickets at £29.50.

**Demand Is Expected To Be High**

Festival Director Jim Mawdsley explained: “We are working on our strongest line up to date and are overwhelmed by the quality of artists wanting to come and perform on the banks of the River Tyne at Evolution 2013. Last year was masive and we thought we’d give those who’ve been loyal fans the chance to buy their weekend tickets at last year’s prices.” Last year saw the likes Dizzee Rascal, Maximo Park and over 40 other artists over two stages. This is the first time this festival has offered the chance of an earlier ticket; hopefully a sign that big things are coming and demand is expected to be high.

www.evolutionfestival.co.uk

Your comprehensive Listings Guide to What’s on in Newcastle City Centre This FORTNIGHT

**Kids**

**Permanent Exhibitions**


**Every Day**

Story Times. Everyone enjoys a good story, so sit back, relax and enjoy Seven Stories’ resident storytellers to hear your favourite stories old and new. 11.30am & 2pm. Seven Stories, Ouseburn Valley, Newcastle. www.sevenstories.org.uk

**Wednesday 2nd January until Friday 4th January**

The Gruffalo’s Child Shadow Puppet Workshop. Monster roars and Gruffalo paws at the ready to create your own shadow puppet characters and puppet performances based on Julia Donaldson’s The Gruffalo Child. 12pm-1pm. Seven Stories, Ouseburn Valley, Newcastle. www.sevenstories.org.uk

**Thursday 3rd January**

Little Monks Cookery Club. For all 8-16 year olds with a burgeoning interest in all things food. These popular sessions are all about allowing kids to go at their own pace, making cooking fun and giving them some confidence in the kitchen. And anything they don’t eat, they can take home! 10am-3pm, £29pp per day, including lunch. Blackfriars, Friars Street, Newcastle. www.blackfriarsrestaurant.co.uk

**Saturday 5th & 12th January**


**Until Sunday 6th January**

**4D Motion Ride: Sleigh Ride.** Santa has an unfortunate accident just before midnight on Christmas Eve, Blitzen the reindeer and Bobo the elf are drafted in to help deliver the presents. Centre For Life, Times Square, Newcastle. www.life.org.uk

Little Elves New Year Workshop. Come down to BALTIC this festive season and get ready for the brand new year ahead! Father Christmas needs your help to clean out his cupboards and recycle all of the leftover decorations and materials used by the elves to make presents. Work with BALTIC artists to make artworks out of recycled materials and add your New Year’s resolution to it. In the run up to Christmas, why not use the little elves’ recycled materials to make your own unique presents for your family and friends. 2pm–4pm. free. BALTIC Centre For Contemporary Art, Gateshead. www.balticcentre.com

Little Bears Club. A club for under 5s and their parents/carers with lots of fun, rhymes, songs and stories. 10am-10.30am. City Library, Princess Square, Newcastle. www.newcastle.gov.uk

Little Story Explorers. Join Seven Stories’ Little Story Explorers for a fun-filled session on their exhibition, A Squash And A Squeeze. 2.30pm-3pm. Seven Stories, Ouseburn Valley, Newcastle. www.sevenstories.org.uk

**Monday 7th & 14th January**

Little Bears Club. A club for under 5s and their parents/carers with lots of fun, rhymes, songs and stories. 10am-10.30am. City Library, Princess Square, Newcastle. www.newcastle.gov.uk

Little Story Explorers. Join Seven Stories’ Little Story Explorers for a fun-filled session on their exhibition, A Squash And A Squeeze. 2.30pm-3pm. Seven Stories, Ouseburn Valley, Newcastle. www.sevenstories.org.uk

**Tuesday 8th & Thursday 10th January**

City Homework Club. Grid Club homework club is based on an award winning website with more than 500 fun learning activities for children aged 5 to 12. 4pm-5pm every Tuesday in term time only. Newcastle City Library, Princess Square, Newcastle. www.newcastle.gov.uk

**Friday 11th January**

Baby Disco. Shake off the winter blues with a good old baby boogie to googie and play! 2pm-3pm. Seven Stories, Ouseburn Valley, Newcastle. www.sevenstories.org.uk

**Saturday 12th January**

Discovery Dads. A new group for Dads and their kids (or any male carers and kids) at Discovery Museum. Come along on the second Sunday of every month for a self-led session with art and craft materials, toys and refreshments. Suitable for kids of all ages. Free entry and no booking required. 10am-12.30pm. Discovery Museum, Blandford Square, Newcastle. www.tnmuseum.org.uk/discovery

**Pre-School Day. Sessions which have been specially designed so that young children can enjoy and explore the Science Centre. Extra activities provided. £5.50 per adult, accompanying children under 4 free. Half hour skate option £2 per adult. Centre For Life, Times Square, Newcastle. www.life.org.uk

**Saturday 12th & Sunday 13th January**

Where’s Wally Weekend. Where’s Wally? Find out as we search Seven Stories – will you spot him? Where’s Wally 25th anniversary with craft activities and storytimes all weekend before adding your mark to their BIG picture which is taking over the Creation Station floor. Come dressed in red and white stripes to add to the chaos! Seven Stories, Ouseburn Valley, Newcastle. www.sevenstories.org.uk

**Tuesday 15th January**

**Friday 25th January**

In The Dark Science Theatre. Laser light and shadow show. Discover that light travels in straight lines and how polarizing sunglasses create weird and wonderful effects. Centre For Life, Times Square, Newcastle. www.life.org.uk
Until Saturday 14th January

**Listings**

**Art**

Northern Spirit: 300 Years of Art from the North East. This major new permanent display will showcase nationally and internationally important work by artists and makers from the North East at the Laing Art Gallery, New Bridge Street, Newcastle. www.tmmuseum.org.org.uk/laing

Sixty Glorious Years. A new exhibition at Laing explores the history of the Queen’s Diamond Jubilee and shows how the region has changed. City Library, Book Exchange, Prince Charming, Newcastle. www.newcastle.gov.uk

Paul Noble Marble Hall. Turner Prize 2012 nominee, Paul Noble’s latest exhibition at the Laing Art Gallery includes his large-scale Villa Joe wool tapestry that is the centrepiece of Paul Noble Marble Hall display. Laing Gallery, New Bridge Street, Newcastle. www.tmmuseum.org.org.uk/laing

Until Sunday 6th January

Bojan Fajfric. The rich sporting heritage of the North East is celebrated in this new exhibition at Discovery Museum. Drawing on a range of objects and images, the exhibition will include sports played and followed in the region over the last 200 years as well as the stories of local sportmen and women who have traveled away to take part in the Olympic and Paralympic Games. Discovery Museum, Blanford Square, Newcastle. www.tmmuseum.org.org.uk/discovery

**Stage**

Obituary. The final chance to catch this special event. It’s a fantastic time paintings and prints spanning five decades of an artist’s life. Mary Webb has been exploring colour and form through bold abstract expressionism for almost five decades. Inspired by travel and landscapes, this retrospective exhibition of Webb’s works reflects in relation to the modernist tradition through painting, print and collage, as well as from the artist’s archive. Hatton Gallery, Newcastle University. www.ncl.ac.uk/hatton

Until Sunday 17th February

Jim Shaw: The Rinse Cycle. BALTIC Centre For Contemporary Art will present a major exhibition of the Los Angeles-based artist Jim Shaw in autumn 2012, following the success of his 1952 and part of a ground-breaking group of artists that graduated from CalArts in the late 1970s including Mike Kelley, Tony Oursler and John Miller. Shaw has one of the most distinctive visual imaginations of his generation. BALTIC Centre For Contemporary Art, Gateshead. www.balticmill.com

Jim Shaw: You Think You Own Your Stuff But Your Stuff Owns You. Based in Los Angeles, Jim Shaw’s ‘favourite haunts are the city’s numerous flea markets’. For Shaw, their presentations represent ‘the whole history of America’ and reveal its waste, consumption, tastes and histories. Much like his work, they bring a perverse order to the wilderness and wonder of the city. BALTIC 39, High Bridge, Newcastle. www.balticmill.com/39

**Talks & Workshops**

Phantoms At The Phil. Somebody really should alert the Psychology Research to the twice-yearly phenomenon known as Phantoms At The Phil. Since 2004 it has brought some of the funniest, creepiest and inspiring nightmares, as three authors dive willingly into the recesses of their natter imaginations to write new tales in a murky and hurkly vein. February 14th and 15th. Monday 6th and Tuesday 7th February at The Little Phil, Westgate Road, Newcastle. www.liamphil.org.uk

**KIDS**

Where’s Wally Weekend. Where’s Wally? Find out as we search Seven Stories – will you spot him? Where’s Wally 25th anniversary with craft activities and maybe even win a prize from the ‘Table of Tat’. May feature jokes and lots of ad libbing. Monday 7th January at The Stand, High Bridge, Newcastle. www.thestand.co.uk

Until Sunday 2nd February

Nick Fox: Nightsong. In Nightsong, visual representations of longing are explored through an examination of pictorial and symbolic narratives drawn from a hybrid of artefacts, mythologies and timetables. Van, First Floor, Commercial Union House, Pilgrim Street, Newcastle. www.vane-ge.co.uk

Until Friday 8th February

Cornish In Paris: Watercolours, Drawings & Sketches. In 1966 Norman Cornish was invited by Tyne Tees Television to make a documentary about his impressions of Paris. During the week that he was there, the film crew recreated Normal Cornish as he made various sketches of the people and places he visited. This small but compelling collection of sketches and watercolours Cornish is shown at his best depicting individual scenes of restaurants and bars and restaurant interiors. University Gallery, Northumbria University, Sandford Road, Newcastle. www.northumbria.ac.uk/universitygallery

Until Saturday 9th February

Frameing Ic: Pre-Nineteenth Century Paintings From The Hatton Collection. A selection of pre-nineteenth century treasures from the Hatton Collection, shown for the first time in many years after conservation funded by Newcastle University and the Friends of the Hatton. Focusing on religious themes, the paintings include a superb Duerer’s The Cross after Daniele daVolterra, an intriguing Lamentation after Hugo van der Goes and early work from the fifteenth century Flandin alarice and two important seventeenth century Lombard paintings: a characteristic St Francis In Ecstasy and The Drunkenness Of Noah, a major work by Camillo Procaccini. Hatton Gallery, Newcastle University. www.ncl.ac.uk/hatton

Until Wednesday 13th February

Mary Webb. A retrospective exhibition of works exploring colour and form through bold abstract paintings and prints spanning five decades of an artist’s life. Mary Webb has been exploring colour and form through bold abstract expressionism for almost five decades. Inspired by travel and landscapes, this retrospective exhibition of Webb’s works reflects in relation to the modernist tradition through painting, print and collage, as well as from the artist’s archive. Hatton Gallery, Newcastle University. www.ncl.ac.uk/hatton

Until Saturday 2nd February

Frans Widerberg: Dreamer In A Landscape. Using a limited palette of red, blue and yellow, Widerberg conjures a light which sometimes evokes the aurora borealis and at others a nuclear apocalyptic. This blazing primordial luminosity is as present in his ostensibly calm watercolours of Liguria, in northern Italy, as it is in his more dramatic scenarios. University Gallery, Northumbria University, Sandford Road, Newcastle. www.northumbria.ac.uk/universitygallery

Until Saturday 12th January at Theatre Royal, Grey Street, Newcastle. www.ncl.ac.uk/hatton

The final chance to catch this special event. It’s a fantastic time
SUNDAY 6TH JANUARY

Whatever Happened To Baby Jane? BRINGING IN BABY: Quarter (11am)

MONDAY 7TH JANUARY

Midnight’s Children (12pm)

TUESDAY 8TH JANUARY

Whatever Happened To Baby Jane? TYNESIDE BAR FREE FILM WEEK: Darren Aronofsky (9.10pm)

WEDNESDAY 9TH JANUARY

BRINGING IN BABY: Quartet (11am)

THURSDAY 10TH JANUARY

TYNESIDE BAR FREE FILM WEEK: Darren Aronofsky (9.10pm)

STARTS FRIDAY 11TH JANUARY

Les Miserables

FRIDAY 11TH JANUARY

TYNESIDE BAR FREE FILM WEEK: Darren Aronofsky (9.10pm)

SATURDAY 12TH JANUARY

CHILDREN’S FILM CLUB: Tinkerbell And The Secret Of The Wings 2D (10.30am)

MONDAY 14TH JANUARY

TYNESIDE BAR FREE FILM WEEK: Quentin Tarantino Week (9.10pm)

Safety Not Guaranteed (Starts Monday 14th)

TUESDAY 15TH JANUARY

MEET THE FILMKER: The Space Between + filmker Q&A (6pm)

TYNESIDE BAR FREE FILM WEEK:

Quentin Tarantino Week (9.10pm)

WEDNESDAY 16TH JANUARY

BRINGING IN BABY: Les Miserables (11am)

SEVEN STORIES, OUDEBURN VALLEY, NEWCASTLE.

www.sevenstories.org.uk

WEDNESDAY 2ND JANUARY UNTIL FRIDAY 4TH JANUARY

The Gruffalo’s Child (10.30am & 2pm)

CULTURE LAB, SPACE 4/5, KINGS WALK, NEWCASTLE UNIVERSITY, NEWCASTLE

WEDNESDAY 16TH JANUARY

CINEMA POLITICA – “97% Owned by the People”

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EVERY WEDNESDAY

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EVERY THURSDAY

SUNDAY 6TH JANUARY

GAVIN WEBSTER’S NORTUMBERIAN ASSEMBLY FEAT. Anthony J Brown, Kate Fox.

7pm, £10. The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk

WEDNESDAY 9TH JANUARY

RED R.A.W. FEAT. John Scott, George Zach, £2.

The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk

THURSDAY 10TH JANUARY

THE THURSDAY SHOW FEAT. Bennett Arron, John Scott, Erich McElroy, Andy Fury, Mrs Barbara Nice, £7. The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk

FRIDAY 11TH JANUARY

THE FRIDAY SHOW FEAT.

Bennett Arron, Silky, Erich McElroy, Andy Fury, Mrs Barbara Nice, 7pm, £15. The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk

SATURDAY 12TH JANUARY

THE SATURDAY SHOW FEAT.

Mrs Barbara Nice, £8. The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk

SUNDAY 13TH JANUARY

GAVIN WEBSTER’S NORTUMBERIAN ASSEMBLY FEAT. Mrs Barbara Nice, 7pm, £9. The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk

MONDAY 14TH JANUARY

THE SUGGESTIBLES, £7. The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk

TUESDAY 15TH JANUARY

Mrs Barbara Nice: Mrs Nice, 7pm, £10. The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk

WEDNESDAY 16TH JANUARY

RED R.A.W. FEAT. Nick Cranston, Ria Lina, 7pm, £2. The Stand, High Bridge Street, Newcastle.

www.thestand.co.uk
FRIDAY 4TH & 11TH JANUARY
Salsa-Andor. Salsa lessons and dancing for all levels every Friday night, 7.30pm until late. £5. Black Swan Bar & Venue, Newcastle Arts Centre, Westgate Road, Newcastle. www.salsa-andor.co.uk www.newcastle-artscentre.co.uk

SATURDAY 5TH JANUARY
Teenage Writing Group. Professional writer Carina Redmemon will be running informal workshops aimed at writers aged 13 to 19. A great opportunity for young people to come together to share work with others and get feedback. Newcastle City Library, Princess Square, Newcastle. 10.30am-12pm. 0191 261 9755

TUESDAY 8TH & 15TH JANUARY
SalSeduce. A great salsa experience every Tuesday night. We cater for absolute beginners through to advanced dancers. With great atmosphere and cheap drinks it is guaranteed to kick start your week. Every Tuesday Night, 7pm. £7. Madison Bar, Lazzi Lane, Newcastle. 0191 878 24984

FROM SUNDAY 6TH JANUARY
Learn To Skate. A six-week course beginning on 6th January, learn to skate with former Dancing On Ice star Susie Lipanova, suitable for beginners and those wishing to brush up on their skills. Suitable for ages 5+, 10am-11am, £90 per course. Booking required. Centre For Life, Times Square, Newcastle. www.centreforlife.org

FROM MONDAY 7TH JANUARY
Theatre Course For Adults. This 10 week course gives adults the opportunity to enjoy a variety of practical sessions, focusing on different aspects of theatre each term. All workshops are led by theatre specialists. £30 per term, 11am-12.30pm. Theatre Royal Studio, Grey Street, Newcastle. www.theatreroyal.co.uk

FROM THURSDAY 10TH JANUARY
Unlocking The Secrets Of Classical Music. A five week introduction to classical music led by Stephen Waller. Hear tunes from the last 1500 years and get a taste of the repertoire that people who wrote them discovered. This amazing genre from the lighter side of classical music. The Li’l Pop Club meets on the second Thursday of every month. Books are not provided. 7pm. Free. The Sage Gateshead, St Mary Square, Gateshead www.thesagegateshead.org

FROM FRIDAY 11TH JANUARY
8-11 Years Drama Class. £40 per term, 5pm-6.30pm. Theatre Royal Studio, Grey Street, Newcastle. www.theatreroyal.co.uk

FROM SATURDAY 12TH JANUARY
Behind The Scenes Tours Of The Natural Science Store. This is a rare opportunity to see some of the wonderful collections of the Great North Museum: Hancock in the Resource Centre which is based at Newcastle’s Discovery Museum, where thousands of artefacts from the Museum’s collections not currently on display are held. Suitable for children: minimum age 8 years. 10am-12pm, free but booking essential. Great North Museum: Hancock, Royal Botanic Garden, Newcastle. www.centreforsurveys.org.uk/greatnorthmuseum

TUESDAY 15TH JANUARY
Sport, History And British Culture 1700-2000. Richard Holt discusses how Britain shaped sport and culture, and how this culture of sport shaped Britain. Richard was co-curator of the British Sport and Northumbria exhibition at the National Portrait Gallery 1999, and more recently co-writer of the BBC Radio 4 series Sport And The Brits, presented by Claire Balding in February 2012. 6pm, free. The Lit & Phil, Westgate Road, Newcastle. www.litandphil.org.uk

Exploring Music. Four Seasons – Introduction To Winter Music. Join Denis McCalder, Professor Emeritus of Music at Northumbria University, as he introduces you to composers such as Schubert, Vivaldi, Tchaikovsky and Handel. This course is for those wishing to brush up on classical music led by Stephen Waller. 7.30pm, £30 for full course. The Sage Gateshead, St Mary Square, Gateshead www.thesagegateshead.org

WEDNESDAY 16TH JANUARY
Introductory Russian. This is an introductory taster session to Russian. If there’s enough interest the plan is to run six two-hour sessions. Whilst informal, the sessions aim to provide an idea of how the language is constructed. 2pm-4pm, free. The Lit & Phil, Westgate Road, Newcastle. www.litandphil.org.uk

FROM FRIDAY 18TH JANUARY
Rhythm Section Featuring Big Ron XL & Guests. Apartment Luxe Bar, Collingwood Street, Newcastle. www.apartment-luxebar.com

QUIDS-In
10.30pm, £1. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambu-newcastle.co.uk

SATURDAY 19TH JANUARY
Future Boogie feat. Smoove & Tim Shaw, 11pm, free. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk

THURSDAY 24TH JANUARY
Rebel. Digital, Times Square, Newcastle. 0191 261 9753

Club Night
Rhymin’ Time
8pm, £5. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambu-newcastle.co.uk

QUIDS-In
10.30pm, £1. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambu-newcastle.co.uk

SATURDAY 26TH JANUARY
Rebel. Digital, Times Square, Newcastle. 0191 261 9753

Rock @ LXY feat. DJ Mel, 8pm. LXY, Northumberland Road, Newcastle. www.theheadofsteam.co.uk

Listings
World HQ Uplifting Grooves, 11pm, World Headquarters, Carliol Square, Newcastle. www.worldhqnewcastle.co.uk

SUNDAY 6TH JANUARY
Rhythm Factory, 10pm, £3. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambu-newcastle.co.uk

MONDAY 7TH JANUARY
B.T.E Digital, Times Square, Newcastle. www.ynp7music.co.uk

Monday Night Reggae, 10pm, free. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk

TUESDAY 8TH JANUARY
Skates. Northumbria University Students Union, Sandysfield Road, Newcastle. www.ymlu.northumbria.ac.uk

WEDNESDAY 9TH JANUARY
Game Over Student Night: Wiggz (Dirty Pop), James Hughes (Vice City), 10.30pm, £5. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambu-newcastle.co.uk

THURSDAY 10TH JANUARY
Rebel. Digital, Times Square, Newcastle. 0191 261 9753

Rhythm Section Featuring Big Ron XL & Guests. Apartment Luxe Bar, Collingwood Street, Newcastle. www.apartment-luxebar.com

SATURDAY 5TH JANUARY
Blush: Chris Schröder, 10pm, £5. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambu-newcastle.co.uk

Dreamboys Show, 6.30pm, £29. Tiger Tiger, The Gate, Newcastle. www.tigertiger-newcastle.co.uk

Hoo Har! feat. DJs Steve & Simon, 11pm, free. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk

L87 & Pegz, 11pm, free. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk

Liam Carty, Paris, James Vargas, Steve Dunn, Apartment Luxe Bar, Collingwood Street, Newcastle. www.apartment-luxebar.com

Love. Digital, Times Square, Newcastle. 0191 261 9753

Jukebox, 11pm. The Other Rooms, Times Square, Newcastle. www.theotherrooms.com

The Bunker, 10pm, £3. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk

TUESDAY 8TH JANUARY
Skates. Northumbria University Students Union, Sandysfield Road, Newcastle. www.mlu.northumbria.ac.uk

WEDNESDAY 9TH JANUARY
Game Over Student Night: Wiggz (Dirty Pop), James Hughes (Vice City), 10.30pm, £5. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambu-newcastle.co.uk

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Love. Digital, Times Square, Newcastle. 0191 261 9753

Jukebox, 11pm. The Other Rooms, Times Square, Newcastle. www.theotherrooms.com

The Bunker, 10pm, £3. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk

Lament

WEDNESDAY 2ND JANUARY
Game | Over Student Night: Wiggz (Dirty Pop), James Hughes (Vice City), 10.30pm, £5. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambu-newcastle.co.uk

CLUBS

WEDNESDAY 2ND JANUARY
Jukebox, 11pm. The Other Rooms, Times Square, Newcastle. www.theotherrooms.com

The Bunker, 10pm, £3. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk
The Club over 2 floors: Resident Steven Dunn, Paris, James Vargas, James Cummings, Wayne C McDonald. Apartment Luxe Bar, Collingwood Street, Newcastle. www.apartment-luxecat.com

World HQ Uplifting Grooves, 11pm. World Headquarters, Cathiel Square, Newcastle. www.worldhqnorthumbria.ac.uk

SATURDAY 12TH JANUARY
Bluhs: Chris Schruder, 10pm. £5. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambunewcastle.co.uk
Dreamboys Show, 6.30pm. £29. Tiger Tiger,The Gate, Newcastle. www.tigertiger-newcastle.co.uk
Hoo Har! feat. DJ Steve & Simon, 11pm, free. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk
L87 & Peeg, 11pm, free. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk
Liam Carty, Paris, James Vargas, Steve Dunn, Apartment Luxe Bar, Collingwood Street, Newcastle. www.apartment-luxecat.com
Love, Digital, Times Square, Newcastle. 0191 261 9755

SATURDAY 12TH JANUARY
Caravan, 8pm. £22. The Sage Gateshead, St Mary’s Square, Gateshead. www.thesagegateshead.org
Northern Sinfonia: Three Baroque Tenors, 7-30pm. £32-£10. The Sage Gateshead, St Mary’s Square, Gateshead. www.thesagegateshead.org
Whole Lotta Led, 7pm. O2 Academy, Westgate Road, Newcastle. www.o2academynewcastle.co.uk

SATURDAY 12TH JANUARY
Carnival, 8pm. The Sage Gateshead, St Mary’s Square, Gateshead. www.thesagegateshead.org

SATURDAY 12TH JANUARY
Propaganda, 11pm. O2 Academy, Westgate Road, Newcastle. www.o2academynewcastle.co.uk
Rock @ LYH feat. DJ Mel, 9pm. LYH, Northumberland Road, Newcastle. www.theheadofsteam.co.uk

SATURDAY 12TH JANUARY
World HQ Uplifting Grooves, 11pm, World Headquarters, Cathiel Square, Newcastle. www.worldhqnorthumbria.ac.uk

SATURDAY 12TH JANUARY
Rhythm Factory, 10pm, £5. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambunewcastle.co.uk

MONDAY 14TH JANUARY
B.I.T.E. Digital, Times Square, Newcastle. 0191 261 9755

MONDAY NIGHT Reggae, 10pm, free. Head of Steam, Neville Street, Newcastle. www.theheadofsteam.co.uk

TUESDAY 15TH JANUARY
Skates. Northumbria University Students Union, Sandyford Road, Newcastle. www.mynsu.northumbria.ac.uk

WEDNESDAY 16TH JANUARY
Game | Over Student Night-Wiggy

(Dirty Pop), James Hughes (Vice City), 10.30pm. £5. Bambu Nightclub, Units 3 & 4, Grainger Quarter, Newcastle. www.bambunewcastle.co.uk

TUESDAY 8TH JANUARY
Acoustic Circus Open Mic Night, 9pm, free. Bob Teasgop Pub, Sandhill, Newcastle Quayside

FRIDAY 11TH JANUARY
Limehouse Lizzy, 6.30pm. O2 Academy, Westgate Road, Newcastle. www.o2academynewcastle.co.uk
St Os Fest Stars In Their Eyes feat. The Futureheads, Peter & Jennie Brewis, Frankie & The Heartstrings, The Chapman Family, DJ Paul Smith, 7pm. Newcastle University Students Union, Kings Halls, Newcastle. www.musu.co.uk
The Baghdaddies, 7pm, free before 9pm £5 after. Hoochie Coochie, Pilgrim Street, Newcastle. www.hoochiecoochie.co.uk

SATURDAY 12TH JANUARY
Caravan, 8pm. £22. The Sage Gateshead, St Mary’s Square, Gateshead. www.thesagegateshead.org
Northern Sinfonia: Three Baroque Tenors, 7-30pm. £32-£10. The Sage Gateshead, St Mary’s Square, Gateshead. www.thesagegateshead.org
Whole Lotta Led, 7pm. O2 Academy, Westgate Road, Newcastle. www.o2academynewcastle.co.uk

SUNDAY 13TH JANUARY
Northern Sinfonia: Russian Masters, 8pm, £16. The Sage Gateshead, St Mary’s Square, Gateshead. www.thesagegateshead.org

TUESDAY 15TH JANUARY
Acoustic Circus Open Mic Night, 9pm, free. Bob Teasgop Pub, Sandhill, Newcastle Quayside
Kendrick Lamar, The Rascals, Scruffizzer, 7pm. O2 Academy, Westgate Road, Newcastle. www.o2academynewcastle.co.uk

WEDNESDAY 16TH JANUARY
Heath Quartet Presented by Newcastle International Chamber Music Society, 7.30pm, £19-£8. The Sage Gateshead, St Mary’s Square, Gateshead. www.thesagegateshead.org

ONE-OFF EVENTS

SUNDAY 13TH JANUARY
Student Sunday: Beat the student blues with £5 for buffet, entry into poker tournament and FIFA tournament, both with guaranteed cash prizes. G Casino, St James Boulevard, Newcastle. www.grosvenorcasinos.com/life 

UNTIL SUNDAY 24TH FEBRUARY
Skating@Life. Now in its 12th year, Skating@Life is an integral part of Newcastle Gateshead’s flourishing Winter Festival and offers skating sessions, lessons, parties and packages throughout its 15 week season. Special evening Rink (and 4D Motion) Ride evening offer. See website for extended timetable and prices. Centre For Life, Times Square, Newcastle. www.life.org.uk

LAST WORD...

Well, the world didn’t end. Unfortunately though that means you’re now lumbered with the continued pressures and concerns that reality unfortunately tethers to itself. Don’t worry though, because you’ve still got us to help you where to get fit this year, figuratively on the menu for Newcastle’s Restaurant Week, but we’ll be at the Bolshoi Ballet at the Tyneside Cinema, getting our cha-cha-cha on for Strictly Come Dancing Tour at the Metro Radio Arena, and finding an alternative Burns Night at Life Science Centre.

FOR MORE VISIT getintonewcastle.co.uk

NEXT ISSUE IS OUT 16 JAN 2013

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