

**SAINSBURY
CENTRE**

Living Art Sharing Stories

**SUMMER
BROCHURE
2026**

**WHAT IS
THE MEANING
OF LIFE?**



Gillian Wearing. Signs that say what you want them to say and not
 Signs that say what someone else wants you to say *MY GRIP ON
 LIFE IS RATHER LOOSE*, 1992-3, c-type print on aluminium
 © Gillian Wearing, courtesy Maureen Paley, London.



At the Sainsbury Centre this summer we want to know - *What is the Meaning of Life?*

Through a series of fascinating exhibitions and creative interventions, we delve into this fundamental question of human existence, from how we find happiness to who sets the rules we live by.

Living by the Rule: Contemporary meets Medieval makes us question the rules by which we often live so blindly. It compares the clear direction of medieval benedictine

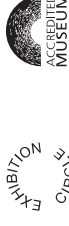
orders to the lack of agreed rules in the contemporary, and featuring incredible artworks spanning five hundred years, the exhibition challenges us to discover and question the rules we play by in our own lives.

Play Power delves into the concept of play in human cultures, and its significance in our daily lives. I think play is how we understand how to win or lose in the game of life. From childhood to old-age, playfulness in all its forms lets us predict human responses, assess risk and see the game within the game. Ultimately play helps us develop the strategies we all need to navigate the complexities of life.

Joy Like Time explores how memory, ritual and celebration intersect. It invites us to consider how art can provide a time portal through which to compare different aspects of our own lives because artworks themselves exist in a different time. This inspiring exhibition allows us to travel through time in a journey of self-reflection accompanied by some of the great artists of our age.

These shows bring together an extraordinary range of artists interested in this most profound of human questions and so I hope you enjoy coming along to find your own answers.

Jago Cooper
 Executive Director



**NEW SEASON:
WHAT IS THE MEANING OF LIFE**

16 May – 15 November 2026

**LIVING BY THE RULE:
CONTEMPORARY MEETS MEDIEVAL**

16 May – 4 October 2026



The spring season of exhibitions presents an exploration of how art can help us uncover what it means to be human – from rules, to play, to memories and values which span our lifetime.

FEATURING THE EXHIBITIONS

Living by the Rule: Contemporary meets Medieval
Until 4 October 2026

Play Power
Until 4 October 2026

Joy Like Time
Until 15 November 2026

Tree of Life: Seyi Adelekun
Until 30 May 2027

PLUS, ARTIST COMMISSIONS:
Life in the Multiverse: Libby Heaney
Until 4 October 2026

Catkins Forever: Plant Stories
Until 15 November

EXHIBITIONS TOURS

Free guided tours
Tuesday-Sunday, 11.30am.

Reserve your place at Gallery Reception

[Visit our website for more information.](#)

02 EXHIBITIONS

Tacita Dean Thrones (detail) 2021.
Courtesy of the Artist and Frith Street Gallery, London.



Living by the Rule: Contemporary meets Medieval reflects on the ‘rules’ that we live by today. Exploring the idea of routine and regulation, the exhibition vividly presents the richness and complexity of the dialogue between medieval experiments in a different way to live, and modern reflections upon how life is (and might yet be) organised.

Taking the Rule of St Benedict as its starting point, written in the 6th century as a guide for communal living – the exhibition brings together extraordinary objects from medieval monastic contexts with contemporary works by artists including Andrea Büttner, Tacita Dean, Ingrid Pollard, Elizabeth Price and Lucy Skaer.

The medieval works include the Hatton Codex, the earliest known copy of the Rule of St Benedict in the world (c. 700 AD); the Etheldreda Panels, one of only a handful of English medieval paintings to survive the Reformation; and the Ormesby and Macclesfield Psalters, the most important illuminated manuscripts of the 14th century.

The exhibition is supported by The Ruddock Foundation for the Arts, Pilgrim Trust, Sam Fogg, Paul Mellon Centre, Idlewild Trust, The Leche Trust, Barbara Whatmore Charitable Trust, Kress Foundation, International Centre for Medieval Art, The Worshipful Company of Clockmakers, A4 Arts Foundation, and those who wish to remain anonymous.

Andrea Büttner, *Dancing Nuns*, 2007. Courtesy of Hollybush Gardens, London;
David Kordansky Gallery, Los Angeles; Galerie Tschudi, Zuzo, and JanMöt, Brussels
© Andrea Büttner / VGBild-Kunst, Bonn 2025

EXHIBITIONS 03

PLAY POWER

16 May – 4 October 2026



Exploring the concept of play in human cultures, this exhibition reflects on the broader significance of play and how play is integrated into our daily lives. It asks whether we would live a more meaningful life if play were a central focus of day-to-day living.

Showcasing a variety of manifestations of play, both past and present, ranging from board games, games of chance, physical activity, creativity, video games and make believe, as well as ritual gambling and divination, the exhibition highlights the enduring role of play in shaping human societies.

It includes important artefacts and artworks such as an ancient Egyptian senet board game, Germaine Richier's *Chessboard, Large Version* (1959) and iconic toys, such as *Bird and Fish* (1970), designed by Patrick Rylands. It includes historical and contemporary art by artists such as Eileen Agar, John Armstrong, André Breton, Lygia Clark, Sir John Lavery and Leo Robinson.

TICKETS

Admission included in our Universal Ticket, available at Gallery Reception.

04 EXHIBITIONS

Shirley Baker, *Four girls playing on pavement in Hulme, Manchester, 1965*.
Estate of Shirley Baker/Mary Evans Picture Library.

LIVING AREA LIBBY HEANEY

16 May – 4 October 2026



There is a new addition to the Living Area this season, with Libby Heaney's immersive and participatory installation, *Life in the Multiverse*, located across the gallery. *Life in the Multiverse* invites us into Heaney's quantum, non-linear worlds as part of our *What is the Meaning of Life?* season.

Deliberately situating this season's question as subjective and individual, and at the same time, universal and cosmic, *Life in the Multiverse* invites us to feel part of something bigger than ourselves, inviting very different conversations with artworks in the Living Area.

Libby Heaney with work *Ent+*, 2022. Photo: Andrea Rosetti.

EXHIBITIONS 05

THE RULING OF MOTHER JULIAN: KATE PICKERING

2pm, 23 May 2026



Kate Pickering presents a new spoken word performance based on her longstanding interest in English anchorite and mystical writer, Julian of Norwich.

Mother Julian was a Christian medieval 'Anchoress' who committed herself to an enclosed life inside a small church cell in the heart of Norwich. She filled her life with intense prayer and contemplation and became well known for her radiant visions and writings. Julian's Revelations of Divine Love are the earliest surviving English-language works attributed to a woman.

Pickering's performance explores the patriarchal exclusions, restrictions and silencing that Julian once lived through. A series of readings from Julian's rule book are interspersed with her mystical texts and Pickering's own un/holy visions.

This performance forms part of the exhibition *Living by the Rule: Contemporary meets Medieval*.

TICKETS

Admission included in our Universal Ticket, available at Gallery Reception.

JOY LIKE TIME

20 June – 15 November 2026



Joy Like Time brings together work by artists Marina Abramović, Kalliopi Lemos and Gillian Wearing to consider how repetition, ritual, and the passage of time shape meaning in human life. Spanning decades of artistic practice, the exhibition reflects on how these internationally acclaimed artists frame time itself as a medium for making and artistic inquiry.

Taking their sustained and iterative creative practices as a starting point, *Joy Like Time* asks: If duration marks everything from commutes to lifespans, from harvests to histories, might it hold the key to creating a life full of meaning?

Responding to the exhibition season's question, Gillian Wearing says: "'What's the meaning of life?' reminds me of the question 'What's the meaning of art?' They're both flexible – open to interpretation and defined by whatever meaning you choose to give

them (or not give at all). To me what makes life meaningful apart from connection to other people, is the mystery of it all, and the fact that I want to keep navigating the unknowingness of life with curiosity and creativity."

Marina Abramović says: "Every human being has to discover their own meaning of life."

Kalliopi Lemos says: "Life is a passage / we enter it translucent / we exit it multi coloured / giving and receiving / getting enriched / our purpose to become / and honour its beauty."

Contemplations from all three artists are printed across the exhibition space, elaborating the central proposition of *Joy Like Time*: that meaning is not found once and kept, but made and remade, revised, rethought, and then shared – through what we sustain, what we mend, and where we place our attention.

06 EXHIBITIONS

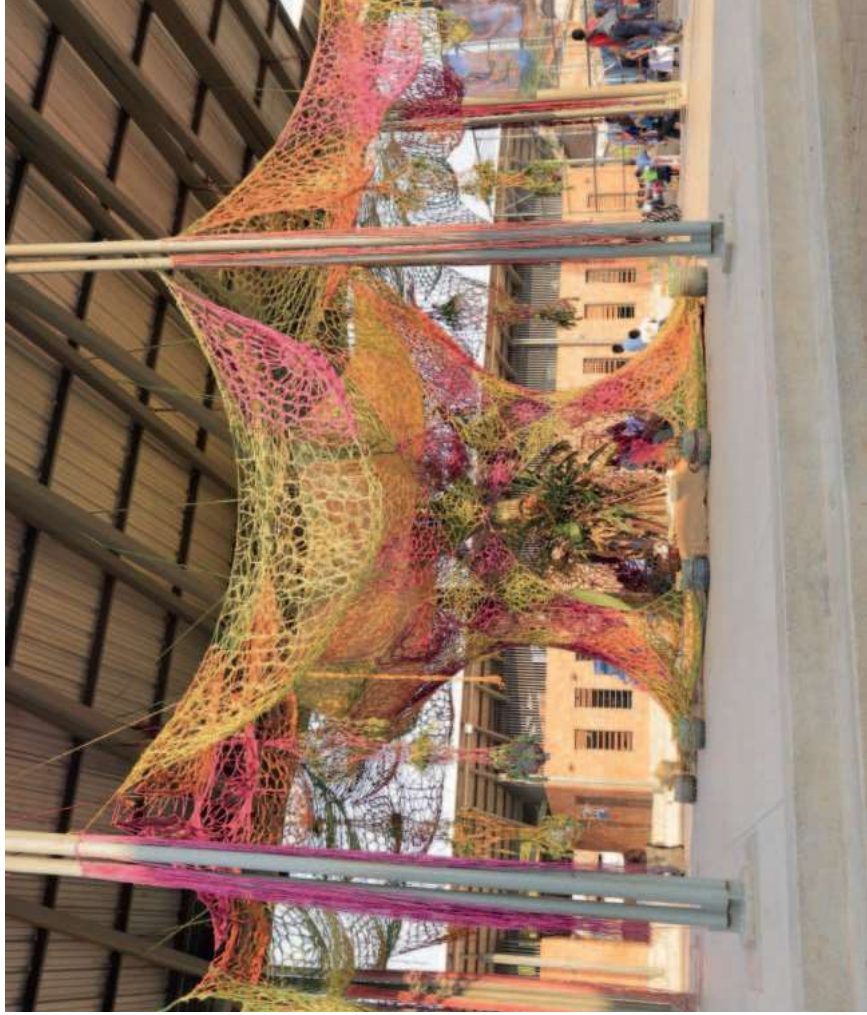
Kate Pickering, *Masthead: Building a Body of Belief* (2023) Performance lecture, Jan van Eyck Academie, Maastricht. Image courtesy: Jan van Eyck Academie.

Marina Abramović, *Red Period Blue Period*, single channel video, 1998. © Marina Abramović. Courtesy of the Marina Abramović Archives

EXHIBITIONS 07

TREE OF LIFE: SEYI ADELEKUN

20 June – 30 May 2027



Woven from hand-dyed sisal rope, *Tree of Life* is a tactile and immersive installation invites visitors to move in and around the tree's central hollow trunk. Drawing on multiple traditions, the tree emerges as a universal symbol of the interconnectedness of all life, personal growth, the cyclical nature of existence and acts as a bridge between physical and spiritual realms. In *Tree of Life*, Adelekun honours the significance of trees

as anchors of cultural memory, planetary health and ecological balance between the earthly and the divine. The work holds space for reflection, remembrance and reconnection with the forces that sustain life.

TICKETS

Admission included in our Universal Ticket, available at Gallery Reception.

CATKINS FOREVER: PLANT STORIES

20 June – 15 November 2026



Artist Ruth Ewan worked with people across Norfolk to unearth their personal stories relating to plants and trees.

Plants and trees are embedded in our lives in many ways. Trees are planted ceremonially as important personal and public markers, some taking on collective meaning and lore. Superstitions are acted out, rhymes are recited, and children's games are played with seeds and flowers. Particular species and their associated stories may be passed from

generation to generation or brought into our homes to mark an event or calendar ritual.

Ruth Ewan has created a new work based on a selection of plant stories drawn from an open call, and through a series of participatory workshops with community partners. *CATKINS FOREVER* encourages us to reflect on the interconnectedness of life, and ways that cultivating, propagating and growing can provide a sense of hope and meaning, especially in times of upheaval.



In 1526, Bishop Richard Nykke visited Norwich Cathedral Priory to see if the community was running smoothly. Each monk voiced his complaints, revealing that many things were not going well. The toilets were broken, barking dogs kept the monks up at night, and the food was often cold. Some monks were also committing serious breaches of Benedict's rules.

Excerpts from the Bishop's interviews with the Norwich monks, translated by Gerrit Verhoeven, adapted by Jessica Barker.

Edmund Norwich, prior of the cell of Aldeby: All major and important business is handled by the prior and three other monks, overruling everyone else. The prior is led by a counsel of three or four stupid people.

Richard Lopham, monk: I heard Robert Frammyngham saying that Thomas Sall, the third prior, removed his monastic habit,

dressed in secular clothes, and went into town at night. Robert does not know what he did there.

John Marten, monk: John Sall has his own room assigned to him, contrary to old customs and to the shame of the community. He often spends the night in his room, which means that evil suspicions arise against him. In his absence he leaves the keys with Robert Nottell, and some believe that women come over to visit him.

Monastic life has deteriorated more than usual and the *Rule* is poorly observed.

The wife of the tailor should be removed from the monastery to avoid a scandal.

Robert Stanton, the fifth prior: I do not know of anything in the monastery that needs correction or reform. Except William Burton who is ignorant, does not want to be educated, and provokes arguments.

William London, monk: Thomas Sall, the third prior, is too strict.

John Sall, cantor and commoner: An order needs to be given that the condition and finances of the monastery are explained to the community once a year on the feast of St. Thomas. All the officers need to get their accounts ready by Lent.

*Hear more monastic complaints and see the manuscripts (books) owned by the Norwich monks in **Living by the Rule: Contemporary meets Medieval** (16 May–4 October).*



In a corner of our Living Area, there lives a coven. Cohabiting in the paint of an artwork by surrealist master, Leonora Carrington, is a ragtag, mythical group sharing high tea.

I sat down with the artwork to hear more about its magical life, from its stirring beginnings to its powerful presence at the Sainsbury Centre.

BP: You were born in the heat of Mexico City, a vibrant metropolis, surrounded by art, colour and culture. How have your inhabitants coped with the transition to the Sainsbury Centre?

OM: The roommates - I call them - struggled a little, I admit. I think they missed the buzz of the city more than the humidity. But you can't keep them from chaos for long! My girls are always concocting some alchemy over tea and before we'd even made it onto the wall, their magic had already rubbed off on everyone here! You think people alone could come up with such radical ideas for an anti-museum? Please! Give credit where credit's due!

And sure, they might act up occasionally, but who likes a boring guest at a tea party?

BP: In 1947, the term 'Old Maid' was a social cage, a way to dismiss women who lived outside the nuclear family. What can we learn about changing social attitudes from artworks like you?

OM: Leonora loved a joke. She'd sarcastically give us the labels that people tried to give her. The thing is, none of the roommates are lonely - how could they be?! They're independent and autonomous, just like all my neighbours in the gallery. And we all live together in a melting pot of cultures, ideas and attitudes spanning 6000 years and six continents. You can be anything you want at the Sainsbury Centre, and with so many perspectives coming in the building every day, you can be loads of things to loads of people all at once.

BP: So, do you like that people can meet you and not just study you?

OM: Don't get me wrong, it's nice to be worshipped from afar! But it's better when people get to know you, and you get to know them. And the roommates love the crumbs of human drama, heartbreak and dirt that fall at their feet. Just watch out for the Cat. She likes to trip people up when they get too close.

Read the full interview on the Sainsbury Centre Channel at [sainsburycentre.ac.uk/channel](https://www.sainsburycentre.ac.uk/channel).



Thursday 25 June

Metallica - Art in Heavy Metal

Copper, bronze, brass, iron, steel, silver and gold - bent, hammered, cast and welded into art.

Andrew Tarbuck and Polly Gould

Metal has been used for millennia to make utilitarian and artistic objects. Technological improvements have allowed artists to use an increasing variety of metals and alloys. We investigate a selection of metal pieces: who made them, how were they produced, what inspired their production and what do they say?

Tuesday 30 June

Are You Sitting Comfortably?

Giacometti and Bacon - the visual existentialists.

Paul Moss

This tour considers how Giacometti and Bacon work in very different ways to convey the alienation, isolation and identity loss characteristic of post-war existentialist thought. Giacometti is concerned with consciousness and presence, his fragile subjects seem isolated and distant. Bacon's visceral approach shows his sitters trapped by psychological trauma and inner violence.

Tuesday 14 July

White

White is the colour of...

Andy Maule and Jenni Brace

White represents purity, innocence, cleanliness, and peace, but is also used as a neutral-colour canvas to establish form and emotion. White paint, marble, ceramics, limestone, and plaster are widely used by sculptors. Looking at mostly contemporary work we will consider how/whether form and lighting contribute to these emotional states.

Tuesday 21 July

Shell Power

Why are shells so significant in art?

Sue Hull and Georgie Livingstone

Shells have been used throughout history in art: their translucence, beauty and fragility often signifying spiritual or protective qualities. We will look at how these found objects have been used by artists to produce important works of art.

Friday 31 July

And Did You Know...?

Same artist, differing media, different art forms.

Julie Roy and Lynne Middlemiss

The Sainsbury Centre collection contains several examples of artworks, in different media/formats by the same artist. Come and explore more from artists you may think you know – Leonora Carrington, Elisabeth Frink, Henry Moore, Lucy Rie and Antonio Saura.

Thursday 6 August

Francis Bacon

An acquired taste.

Andy Maule and Cathy Merry

In seeking a new way to depict the human figure and capture likeness in portraiture, Bacon has always polarised opinion. In Robert Sainsbury's words, "It's not the business of portraits to look like people, but to be an exciting arrangement of form and colour."

Wednesday 19 August

Top Down

Figures/artworks with intriguing hairstyles or headgear.

Dave Johnson and Jolyon Gough

Several artworks in the collection have hairstyles or headgear that reveal the personalities and cultural values of people from civilisations across the world. Join us to look at and discuss what is known about them and their power within those peoples.

Wednesday 26 August

Body Language

How can the human form in art express or symbolise different emotions and qualities?

Linda Chapman and Bo Davis

curiosity, generosity, courage, transience – we will look at how artists of all eras make the figure into a powerful form of expression.

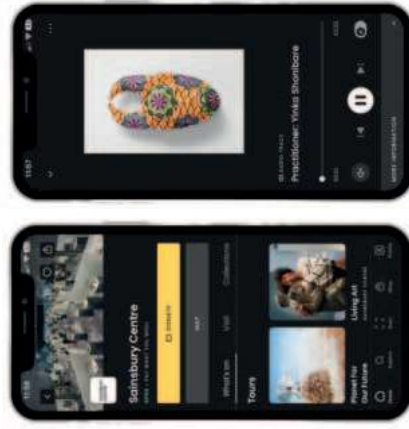
An aerial photograph of the Sainsbury Centre for Modern Art, a modern building with a white facade and large glass windows, situated on a green lawn. In the foreground, there is a large, abstract sculpture made of red and orange metal. To the right of the building, a long, low, glass-enclosed walkway extends across the grass. In the background, there are trees with autumn foliage and a large, multi-story building. The sky is blue with some clouds.

‘In a museum landscape increasingly shaped by branding, footfall and spectacle, the Sainsbury Centre offers us a simpler idea but one that has a powerful message: Art can be part of everyday life.’

Joanne Shurvell, Forbes

Bird's-eye view of the Sainsbury Centre and Sculpture Park. Photo: Donovan Jones

SMARTIFY AUDIO TOURS SOUNDESCAPES FREE



FREE SMARTIFY TOURS

Through the Smartify app, you can listen to our audio experiences and discover new ways to meet the art in our collection.

HOW TO USE

1. Download the free Smartify app at [Smartify.org](https://smartify.org) or scan the QR code:
2. Click 'Explore' in the app and search for 'Sainsbury Centre'
3. Browse our audio tours

SCAN AN OBJECT

Just click 'scan' and point your camera at an object to find out more.

You can also save objects you have scanned to your smartphone in a personal digital collection which you can share with others on Smartify.



SOUNDESCAPES

Imagine your favourite film, or the best party you have ever been to, and take away the music. What would that experience have been without its soundtrack? That's how visiting an art museum can feel like.

SoundEscapes, in collaboration with Sound and Music, has brought in together ten of the UK's most exciting composers to capture the essence of a work of art in the Centre's collection via one-minute musical pieces.

With these compositions, each object in the collection is able to better tell its life story and engage with audiences in a new and dynamic way, all through the power of music.

The compositions are available via the Sainsbury Centre website, Smartify app, and in the Living Area.



Sound and Music

LIVING AREA

FREE guided tours Tuesday-Sunday, 11am and 2pm.
Reserve your place at Gallery Reception.

There is no right or wrong way to meet art or behave in a museum. You don't have to be an art lover to love the Sainsbury Centre.

Allow yourself to connect with art and go on an emotional journey.

We believe that art is alive and available for everyone to enjoy and experience in their own way.

Venture into our Living Area and become part of the gallery itself by entering into the glass box.

Recline underneath Alberto Giacometti's painting *Diego Seated* and tell the work a secret you wouldn't tell anyone else.

Forge relationships with art by hugging Henry Moore's *Mother and Child* sculpture, embrace her and hug her.

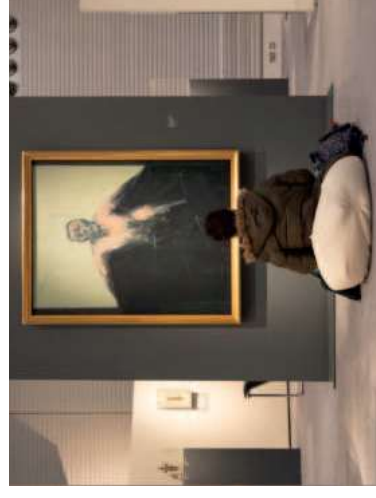
Connect with your favourite works through the Living Art and Sharing Stories audio tours on Smartify.

Wander through the gallery in any way you choose. Meet the collection in new and engaging ways, much like you'd meet other people.

For more details, read our *Handbook for Living Art* or visit: sainsburycentre.ac.uk/whats-on/livingart

LIVING AREA TOURS

Free guided tours Tuesday-Sunday, 11am and 2pm. Reserve your place at Gallery Reception.



SCULPTURE PARK TOURS: SUMMER 2026 FREE

We are providing a fresh look at the Sculpture Park for 2026. There are new tours and new sculptures to enjoy. Volunteer guides are offering five new tours.

Sculpture Park Tours include a hot drink and cake in The Terrace Café, followed by a tour of the Sculpture Park. Please arrive from 10.30am to enjoy refreshments before the tour which begins at 11.00am.

Tickets cost £7.50 and booking is essential.

Wednesday 27 May Hidden Sculptures

Bo Davis
60 to 90 minutes

Thursday 11 June

Bodies, Beasts and Birds

Polly Gould
60 to 90 minutes

Thursday 23 July

Bodies, Beasts and Birds

Philippa Farrant
60 to 90 minutes

Friday 19 June

Art in Nature: Sculptures Around the Broad

Julie Roy and Jennie French-Constant
60 to 90 minutes

Thursday 13 August

Art in Nature: Sculptures Around the Broad

Sally Howard and Carol Stephenson
60 to 90 minutes

On both tours volunteers from Norfolk Wildlife Trust will work with Sainsbury Centre guides.

Friday 17 July

Spirit of the Land

Andy Maule
60 to 90 minutes

Friday 21 August

Spirit of the Land

Carol Hinds
60 to 90 minutes

And for those who want a brief introduction to the outside sculptures:

Tuesday 16 June

A Stone's Throw: An Accessible Tour of the Sculpture Park

Chris Jones and Matt Cross
45 minutes

Thursday 30 July

A Stone's Throw: An Accessible Tour of the Sculpture Park

Cathy Merry
45 minutes

Tuesday 2 June

Sculptures: Inside and Outside The Sainsbury Centre

Bo Davis

Thursday 9 July

Sculptures: Inside and Outside The Sainsbury Centre

Polly Gould

Friday 24 July

Sculptures: Inside and Outside The Sainsbury Centre

Carol Hinds

SCULPTURE PARK FAMILY FRIENDLY SCULPTURE PARK TOURS FREE

FAMILY FRIENDLY SCULPTURE PARK TOUR:

An exciting tour is being offered for families to explore some of the sculptures in the Sculpture Park.

All children welcome but particularly suitable for 7 to 11 year olds.

The tour will take you around some of the sculptures with activities and stories along the way

FREE

Starts at 11.00am and finishes at 12.00 noon

Places are limited so please book for each child who will be taking part.

Each child will need to be accompanied by an adult.

Tours will include a selection of works in the Sculpture Park and will include outdoor walking through grassy parkland. Please dress for the weather and wear sturdy footwear.

Please report to gallery reception on arrival.

DATES AND GUIDES:

Saturday 6 June

Chris Jones

Saturday 4 July

Carol Hinds

Thursday 6 August

Polly Gould



Did you know that you can scan artworks in our Sculpture Park using the Smartify App, as well as using Smartify inside the Sainsbury Centre?

Join us on a journey of discovery around the Sculpture Park, with your guide, Lucy Wheeler, and meet the artworks in different ways.

Leave behind the familiar cycles and stresses of everyday life and take part in creative exercises that encourage you to look, think, and play.

Or simply tune into your senses throughout, bringing awareness to what you can see, hear, smell and taste. Scan the QR above to take part.

LEARNING:

CHILDREN AND FAMILIES

Visit sainsburycentre.ac.uk for details



MINI STUDIO

Term-time workshops for parents, carers, and preschool children of all ages.

Take part in relaxed guided exploration followed by multisensory play with a Sainsbury Centre artist.

Book your place on our website. Bursary places are available.

12 May

10.30am – 12.00pm

Spring Greens

Sorrel Muggridge

Join Sorrel in an exploration of all things green and leafy in the Sculpture Park and Studio. Come dressed for whatever the weather is doing! Mini Studio: Term-time workshops for parents, carers, and preschool children of all ages. Take part in relaxed guided exploration followed by multisensory play with a Sainsbury Centre artist.



9 June

10.30am – 12.00pm

Building Blocks

Ian Brownlie

Collect, connect and construct in response to artworks in the gallery. Mini Studio: Term-time workshops for parents, carers, and preschool children of all ages. Take part in relaxed guided exploration followed by multisensory play with a Sainsbury Centre artist.

14 July

10.30am – 12.00pm

Ball Games

Dot Howard

Roll up! Or down, or maybe bounce a-round. This Mini Studio takes balls and ball games as our inspiration. Mini Studio: Term-time workshops for parents, carers, and preschool children of all ages. Take part in relaxed guided exploration followed by multisensory play with a Sainsbury Centre artist.

20 WHAT'S ON

Mini Studio. Photo by Kate Wolstenholme.
Big Sunday. Photo by Kat Mager.

LEARNING:

CHILDREN AND FAMILIES

Visit sainsburycentre.ac.uk for details



BIG SUNDAY

Join us on the first Sunday of every month for an event with activities for all ages.

Meet an artwork and make an artwork, with Sainsbury Centre artists and the learning team.

There will also be a communities section for ages 15+: Explore our reflective community space and take part in a collaborative project.

FREE drop-in activities; no need to book.

In case of bad weather, the activities will move indoors.

3 May

10.30am – 3.00pm

Outdoor Explore Family session

Meet us outside to make an artwork with Annie Brundrit, inspired by the seven Beuys Oak Trees growing in the Sculpture Park.

7 June

10.30am – 3.00pm

Outdoor Explore Family session

Jess Morgan will help us to create wiggly shapes and lines inspired by drawings in the newly-opened Play Power exhibition.

5 July

10.30am – 3.00pm

Outdoor Explore Family session

Join Rose Feather in a playful lets-pretend exploration of the artworks living in the Sculpture Park.

2 August

10.30am – 3.00pm

Outdoor Explore Family session

Create fun kinetic helter-skelter marble-run artworks inspired by Tatlin's big red tower in our Sculpture Park, with Francesca Cant.

WHAT'S ON 21

Big Sunday. Photo: Kate Wolstenholme.



LEARNING: CHILDREN AND FAMILIES

Visit sainsburycentre.ac.uk for details



YOUNG ARTISTS' STUDIO

Studio-based workshops in the school holidays for those who would like to learn more about artworks on display at the Sainsbury Centre, learn or practice practical skills, and meet other like-minded young artists.

Book your place on our website.

Bursary places are available for families on a low income and looked-after children.
Email: Rachel.Anstey@uea.ac.uk

28 May

10.30am – 3.30pm

Young Artists Studio 7-11

A day-long workshop with Anna Brass

Examine medieval marginalia; the mysterious, marvellous and occasionally cheeky little

pictures and notes that decorate old, handwritten texts. In this drawing – focussed workshop you'll work with Anna and other young artists to create your own doodled responses to artworks in the Sainsbury Centre.

21 July, 23 July and 25 July

10.30am – 4.00pm

Young Artists Studio 12-16

A three-day project with Rose Feather, Marnie Hardy and Ian Brownlie

A three-day project for 12-16 year-olds, with Rose Feather, Marnie Hardy and Ian Brownlie. Work with three artists over three days of workshops to hone your collage, painting and 3D construction skills. Take inspiration from works in the Sainsbury Centre and curate a selection of your own work for display in the gallery.

22 WHAT'S ON

Young Artist's Studio. Photo: Rach Anstey-Sanders.

THE SHOP



WHAT'S NEW

We're thrilled to be working with Stepping Stones, a Norwich based charity that supports adults with learning difficulties. Come see their beautifully designed cards, stationery and wrapping paper. We also now stock East End Press, a Scottish company that produces hand-made cards, decorations, and garlands exclusively from 100% recycled paper.

DISCOVER SOMETHING UNIQUE

From contemporary homewares and jewellery, to books, children's toys, and beautifully illustrated greetings cards, there's something for everyone at the Sainsbury Centre Shop.

FEELING INSPIRED?

Shop our range of art supplies, including recycled card stocks, pastels, inks, and charcoals. Or, pick up one of our vibrant leather-bound journals, perfect for sketching your favourite works in the Living Area.

NEW THIS SEASON

Don't miss the latest publication and exclusive merchandise for our current big question, *What is the meaning of Life?* available now in the Sainsbury Centre Shop.

MEMBERS GET 20% OFF*

Not a member yet? Join today and enjoy this discount along with other benefits. See page 22 for more details.

*Exclusions apply

LEFT & RIGHT: East End Press

VISIT 23

THE TERRACE CAFÉ

Tuesday–Friday: 9.30am–4.30pm
Saturday–Sunday: 10am–4.30pm



Sit back and enjoy views of the Sculpture Park from The Terrace Café, with coffee from multi-award-winning roasters Square Mile, serving a menu of popular espresso-based drinks and single origin filter coffee.

Or if you prefer, choose from our selection of refreshing soft drinks and teas from the Norfolk Tea Co.

Enjoy one of our delicious sandwiches filled with high quality local ingredients, including plant-based options!

Or choose from our selection of sweet and savoury snacks from leading suppliers from across the region, including cakes and scones from the amazing Hestia Patisserie, the award-winning Figbar, and Sticky Fingers Blinding Bakes.

And if you're out walking your dog, pop into the Terrace Café for a takeaway drink and treats for your four-legged friend!

Members receive a 10% discount on their entire order.

MODERN LIFE CAFÉ

Tuesday–Friday: 9am–5pm
Saturday–Sunday: 10am–5pm



Enjoy our West End restaurant and look out onto our Sculpture Park.

From morning pastries through to a premium menu serving sourdough toasties, salad bowls, full counter service hot lunch and homebaked cakes and scones, the Modern Life Café has you covered for every mood.

Picnic boxes and pizza deals are available for children, plus top quality espresso-based coffees, luxury hot chocolates and a range of loose-leaf and fresh teas all on offer alongside a range of soft drinks, wines, beers and cider.



VENUE HIRE

The iconic architecture of the Sainsbury Centre makes our venue the perfect setting for any special event. We can host corporate events, group visits, location filming, studio workshops and more, as well as offering a range of catering and accommodation options.

BOOKINGS

If you would like to contact us about booking an event, please email: Laszlo Szucsko, Cafe, Events & Hospitality Manager
l.szucsko@uea.ac.uk

BECOME A MEMBER

Join us today

Visit sainsburycentre.ac.uk/members for details

FREE
WELCOME
PACK

EXPERIENCE A YEAR OF ART

Whether you are gifting a loved one or treating yourself, our memberships help to fund groundbreaking exhibitions, support vital community outreach, and ensure that art remains accessible to all.

All members receive a complimentary welcome pack, and enjoy these exclusive benefits:

- FREE, unlimited admission to the Sainsbury Centre
- Special exhibition previews
- Priority booking for tours and events
- 20% discount in the Sainsbury Centre Shop*
- 10% discount at The Terrace Café
- A members-only newsletter
- Access to exclusive events and tours
- FREE members-only parking permit

Join today and become part of a museum that is redefining how we experience art.

STUDENT MEMBERSHIP

Free student membership is available to all University of East Anglia and Norwich University of the Arts students.



26 VISIT

*Exclusions apply

A visitor enjoying the *Roots of Resilience*. *Tesfaye Urgessa* at the Sainsbury Centre. Photo: Kat Mager.

Support the Sainsbury Centre Where Art is Alive

The Sainsbury Centre exists thanks to the generosity of others, from the gift of Sir Robert and Lady Lisa Sainsbury in 1978 to the current day support of individuals, trusts and foundations, and corporate partners. This support enables the Centre to stage world-class exhibitions, to deliver inclusive family and communities programmes, and produce radical new content on our digital channels and in the museum space.

If you are interested in supporting the Sainsbury Centre and enable more people to experience groundbreaking art, please contact:

SC.Development@uea.ac.uk



Visitors during the *Museum Late, Hydromancy*. Photo: Kat Mager



HEAR MORE

For Living Art in
your inbox, sign up
to our newsletter

Be the first to hear about new exhibitions
and exciting events at the Sainsbury Centre

Sign up today:
mailchi.mp/sainsburycentre/sign-up

Young visitor in the Living Area. Photo: Paul Kuzemczak.

VISITOR INFORMATION

Visit sainsburycentre.ac.uk for details

INFORMATION

Sainsbury Centre
University of East Anglia,
Norwich Research Park,
Norwich NR4 7TJ

01603 593199

OPENING TIMES

Tuesday–Friday: 9am–6pm
(Special exhibitions open at
9.30am)

Saturday–Sunday: 10am–5pm
Closed Mondays, including
Bank Holidays

ENTRY

Enjoy the permanent
collection and all special
exhibitions with our
Universal Ticket. A Universal
Ticket isn't required for the
Sculpture Park. Tickets are
on a 'Pay If and What You
Want' basis, meaning you
choose how much you'd
like to pay, and are available
at the Gallery Reception.
No prebooking is required.
For additional access

needs, please contact us
at scva@uea.ac.uk or call
01603 593199. If you are a
member, please present
your membership card at
Gallery Reception. As a
non-profit museum, we
rely on ticketing income
to support all our activities.

PLAN YOUR VISIT

ACCESS

There is level access on
the ground floor to our
Permanent Collection,
Modern Life Café, Sainsbury
Centre Shop, The Terrace
Café, and accessible toilets.
There is lift access to the
Mezzanine Gallery, and lift
and ramp access to the
Lower Galleries.

MODERN LIFE CAFÉ

Monday: Closed
Tuesday to Friday:
9am–5pm
Saturday and Sunday:
10am–5pm

Last orders taken at 4.45pm

THE TERRACE CAFÉ

Monday: closed
Tuesday to Friday:
9.30am–4.30pm
Saturday and Sunday:
10am–4.30pm

Last orders taken at 4pm

PARKING

Visitors are welcome to park
at the Sainsbury Centre car
park. Please register your
vehicle number plate at
Gallery Reception within 20
minutes of parking to avoid
any charges.

ANNOUNCEMENTS

SCHOOL VISITS

School visits to all our
exhibitions are welcome
throughout the year. For
more information on school
visits and workshops,
please email:
scvagroupvisits@uea.ac.uk

VENUE HIRE

The Sainsbury Centre
regularly hosts corporate
events, group visits, location
filming, studio workshops and
more. To contact us about
booking an event and our
range of catering options,
please email:
events.scva@uea.ac.uk

GROUP BOOKINGS

If you would like to make a
group booking, please email:
scva@uea.ac.uk

CONNECT WITH US

Search [@sainsburycentre](https://www.instagram.com/sainsburycentre)

f in o d p

@TheSainsburyCentre



