

## North East local guide and information

### Rutherford Cancer Centres

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### Welcome to the Rutherford Cancer Centre North East



### North East centre map



#### Address

Rutherford Cancer Centre North East, Bedlington, Northumberland, NE22 7FD

#### **Contact number**

01670 339 650

# Local contact numbers

#### Local taxi services:

NE Taxis	0191 4321000
Phoenix Taxis	01670 540 222
Blue Line Taxis	0191 262 6666

#### Local hospital contact numbers:

Northumbria Specialist Emergency Care Hospital0344North Tyneside General Hospital0344Royal Victoria Infirmary0191Freeman Hospital0191Alnwick Infirmary0344

0344 811 8111 (A&E) 0344 811 8111 0191 233 6161 (A&E) 0191 233 6161 0344 811 8111

#### NHS 111 - for urgent medical concerns

NHS 111 is much more than a helpline – if you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser.

Depending on the situation, the NHS 111 team can connect you to a nurse, emergency dentist or even a GP, and can arrange face-to-face appointments if they think you need one.

NHS 111 advisers can also assess if you need an ambulance and send one immediately if necessary.

#### **Bedlington Police Station**

Schalksmuhle Rd, Bedlington

0345 604 3043



## Local historical interests

- Alnwick Castle
- Bamburgh Castle
- Wallington Hall
- Belsay Hall
- Cragside House
- Segedunum
- Killhope
- Durham Cathedral

Bamburgh Castle

#### Wallington Hall

# Local historical interests

#### **Alnwick Castle**

Alnwick Castle is the second largest inhabited castle in the country; home to the Duke of Northumberland's family, the Percy's, for over 700 years. Combining magnificent medieval architecture with sumptuous Italianate State Rooms, Alnwick Castle is one of the UK's most significant heritage destinations and best days out in Northumberland.

#### **Bamburgh Castle**

Once home to the kings of ancient Northumbria, Bamburgh Castle is one of Northumberland's most iconic buildings. The Bamburgh Castle we see today is a relatively recent structure, built by famed industrialist the first Lord Armstrong at vast cost in late Victorian time. Lord Armstrong was also responsible for building Cragside House, Gardens and Estates.

#### Wallington Hall

Discover Wallington, a much-loved home to generations of the Trevelyan family and a magnificent estate where politics and play came together in the heart of Northumberland. Gifted to Northumberland by Sir Charles Philips Trevelyan socialist MP and 'illogical Englishman', this 13,000 acre estate has something for everyone.

#### **Belsay Hall**

A trip to Belsay is one of the best value family days out in North East England. Explore the grand medieval castle, later extended to include a magnificent Jacobean mansion and don't miss the stunning views from the top of the tower. Belsay Hall is an architectural masterpiece inspired by the temples of ancient Greece with its fabulous Pillar Hall. There are also huge grounds packed with an impressive array of shrubs and flowers.

#### **Cragside House**

Described in 1880 as 'a palace of the modern magician', Cragside House, Gardens and Woodland is a truly unique visitor attraction in the heart of Northumberland. Situated near Rothbury, it was the family home of Lord Armstrong, Victorian inventor and industrialist. Cragside was the first building in the world to be lit by hydroelectricity and a walk around the National Trust property reveals a wealth of ingenious gadgetry including fire alarm buttons, telephones, a passenger lift and a Turkish bath suite.

#### Segedunum

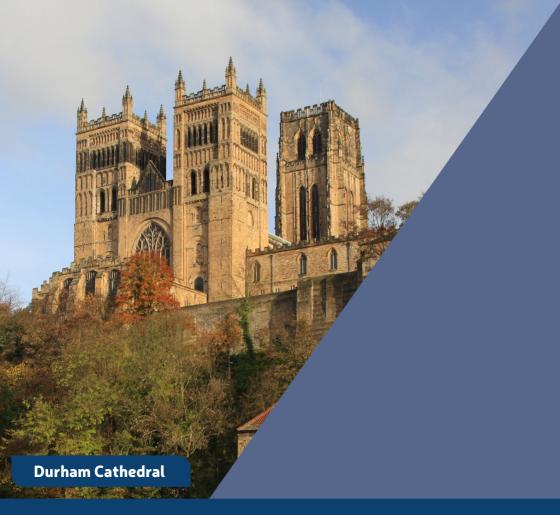
Segedunum is a major site on Hadrian's Wall. It is the most excavated fort along the Wall with surviving foundations of many buildings and part of the Wall itself. There is a large interactive museum plus full-scale reconstructions of a bath house and a section of Wall. The 35 metre high viewing tower provides outstanding views across this World Heritage Site.

#### Killhope

Killhope is a multi award winning Victorian Mining Museum, and a gold standard Green Tourism destination. Killhope offers a grand day out for the whole family, whether looking for fun or to immerse yourself in history. Equipped with mine hat, cap lamp and wellies, accompany one of our friendly guides on an unforgettable tour of Park Level Mine.

#### **Durham Cathedral**

Durham Cathedral has been a place of worship, welcome and hospitality for almost a millennium, inspiring all who come. Highlights include the twelfth-century Galilee Chapel with its original medieval wall painting, the towering sandstone pillars in the Nave, and the stunning Rose Window in the Chapel of the Nine Altars. Open Treasure is a new world-class exhibition route which is transforming public access to some of Durham Cathedral's most spectacular spaces, including the fourteenth-century Monks' Dormitory and the monastic Great Kitchen.



#### Good to know:

You can find out more about English heritage and inspiring landmarks by visiting visitengland.com.

#### The Tyne Bridge

# Local attractions for families

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- The Tyne Bridge
- White House Farm
- Blue Reef Aquarium
- Gruffalo Spotters Trail at Hamsterely Forest
- Diggerland
- Broom House Forest Park
- Woodhorn Museum
- Grace Darling Museum
- Beamish

White House Farm

🗧 🛛 Blue Reef Aquarium

## Local attractions for families

#### The Tyne Bridge

Linking Newcastle upon Tyne and Gateshead, the Tyne Bridge is the most celebrated and most iconic of the seven bridges crossing the River Tyne. The Tyne Bridge was designed by the engineering firm Mott, Hay and Anderson and was built by Dorman Long and Co. of Middlesbrough who later went on to build Sydney Harbour Bridge, which opened three years later in 1932.

#### White House Farm

The Farm is a great place for families, schools and group visits of all ages enabling visitors to see, handle and feed a variety of animals from traditional breeds to more unusual and exotic species. There is always a full programme of hands on activities from meeting mini beats & reptiles, hugging a bunny, stroking anything from a snake to a skunk, being mesmerised by meerkats and marmosets to having a hoot with the Owls!

#### **Blue Reef Aquarium**

The underwater world is a fascinating place, home to tens of thousands of creatures. Wander through the aquarium to meet species from all over the world, including the tropical waters of the Caribbean and the UK's native shores. From rays and coral reef fish, to seals and otters, there are plenty of amazing marine creatures to spot. Blue Reef Aquarium Tynemouth is also home to a clever green iguana and some mischievous monkeys.

#### **Gruffalo Spotters Trail at Hamsterely Forest**

Bring the Gruffalo and characters to life with the brand new Gruffalo Spotters and exciting augmented reality app. Download the Gruffalo spotter app at home, then visit Hamsterely Forest. Along the trail look out for clues which lead to footprint marker posts. It is aimed at younger children but the whole family can enjoy following clues and collecting evidence.

#### Diggerland

Diggerland is the ultimate adventure theme park experience where children and adults can ride, drive and operate real diggers, dumpers and other full-size construction machinery. Diggerland is the perfect destination for action, fun and thrill packed family days out.

#### **Broom House Forest Adventure**

Open farm and adventure trail with fun for all the family. Forest adventure is an adventure on Durham's doorstep. A maze of trails leads from tree-based challenges to hidden surprises. Enjoy the trills of the zip wire and whizz down the giant slide.

#### Woodhorn Museum

Discover Northumberland's history and proud mining heritage at Woodhorn – a museum and home to Northumberland Archives, near Ashington. Woodhorn is based in original colliery buildings with a stunning new building, inspired by the monster coal cutting machines that were once used deep underground. It's entertaining and interactive displays paint a picture of life in this former mining community.

#### **Grace Darling Museum**

Grace Darling was 22 years old when she risked her life in an open boat to help the survivors of the wrecked SS Forfarshire on 7 September 1838. With her father, she rowed for over a mile through raging seas to reach them. The courage that Grace and her family showed on that day is now legendary. The museum, first established in 1938, has been rebuilt and now includes the famous rescue coble, Grace's dresses, letters and family belongings and a cornucopia of commemorative ware.

#### **Beamish**

Experience a real sense of the past at Beamish and discover what life was like in North East England in the 1820s, 1910s and 1940s. Beamish is a living, working museum, set in 300 acres of beautiful Durham countryside. Costumed folk bring to life the Town, Pit Village, Home Farm and Pockerley Old Hall.



#### Good to know:

CO-OPERA

Visit dayoutwiththekids.co.uk to find more things to do and information on days out in Newcastle upon Tyne.



Beamish

#### **Farne Islands**

# Nature and national parks

• Alnwick Garden

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- Kielder Water & Forest Park
- Kielder Observatory
- Farne Islands
- Hadrian's Wall
- Derwent Waterside Park
- Lowforce
- Highforce
- Crook Hall and Gardens
- Durham University Botanical Gardens
- The Gardens, Wynyard

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Hadrian's Wall

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# Nature and national parks

#### **Alnwick Garden**

The Alnwick Garden is one of the world's most ambitious new gardens. Designed by Jacques and Peter Wirtz, the garden is a wonderful combination of spaces, themes, quirkiness and play. The Garden is a space designed to be enjoyed by all your senses, with a collection of over 4,000 plant varieties to discover, thousands of seasonal blooms and countless opportunities to get wet and play in the garden's water sculptures.

#### **Kielder Water & Forest Park**

Home to northern Europe's largest man-made lake and England's largest forest, Kielder Water & Forest Park is one of Northumberland's best attractions. It is perfect for families who love nature, water sports, exploring, walking, cycling and much more.

#### **Kielder Observatory**

Famed for having the darkest night skies in England thanks to minimal light pollution, Kielder & Water Forest Park is a star gazers' heaven and is home to the Kielder Observatory alongside Northumberland National Park who is seeking Dark Sky Reserve Status. Kielder & Water Forest Park is currently in the process of bidding for Dark Sky Park Status. If successful, together they will create the world's third largest area of protected starry skies.

#### **Farne Islands**

Scattered a couple of miles off the coast near Seahouses, this cluster of islands was declared by broadcaster Sir David Attenborough as his favourite place in the UK to see nature at its best.

#### Hadrian's Wall

Joining the Great Barrier Reef and Yellowstone National Park as a designated UNESCO World Heritage Site, Hadrian's Wall is one of England's greatest landmarks. Hadrian's Wall is the best preserved frontier of the Roman Empire and the nation's finest Roman monument with great stretches of the Wall intact in Northumberland.

#### **Derwent Waterside Park**

Try the beautiful reservoir walk that showcases the views across the water and surrounding landscapes, giving you the perfect atmosphere to reconnect with your loved ones or yourself. Enjoy a family lunch at one of the picnic areas and relax while the kids run around and let loose in the play park. There is an abundance of wildlife for you to see amongst the pretty wild flowers.

#### Low Force & High Force

Part of the River Tees in beautiful Upper Teesdale. Low Force tumbles over the Whin Still, a layer of hard dolerite rock (known locally as whinstone). The Whin Sill was formed 295 million years ago from molten rock, which cooled and solidified underground. Today, after millions of years of erosion it is exposed as rocky landscape features at Low Force, High Force and other places in Upper Teesdale. High Force suddenly and spectacularly drops 70 feet into a plunge pool below, making it England's highest uninterrupted drop of water.



#### **Crook Hall and Gardens**

Described in the Sunday Telegraph as 'stunning', Crook Hall, a medieval Manor house built circa 1217 is one of the oldest inhabited houses in Durham City. The Hall provides a spectacular backdrop to the 5 acres of stunning gardens which are laid out in a series of rooms such as the Shakespeare Garden, the Cathedral Garden and the Secret Walled Garden.

#### **Durham University Botanical Gardens**

Don't miss all that the Botanic Garden has to offer, attractions that appeal to young and old alike. Wander through the Alpine Garden, winter Garden, Bamboo Grove and the recently developed Woodland Garden and wild flower meadow. The views change throughout the year with vibrant poppy and cornflower displays in the summer to rich warm colours in the autumn, all this in 18 acres of parkland, just minutes from Durham city centre.

#### The Gardens, Wynyard

The Gardens at Wynyard Hall are fast becoming one of the North's leading visitor attractions. They have been accredited in Visit England's Attraction Quality Scheme. Admission includes entry to the Walled Garden, Marquee and Edible Gardens, plus the farm shop, café and glasshouse.





### Sporting

- Newcastle United Football Club
- Sunderland Association Football Club
- Newcastle Falcons
- Durham Cricket Club



SPORTS

## Sporting

#### Newcastle United Football Club

Newcastle United Football Club is an English professional association football club based in Newcastle upon Tyne, that currently plays in the Premier League, the top tier of English football. Newcastle United was founded in 1892 by the merger of Newcastle East End and Newcastle West End, and has played at its current home ground, St James' Park, ever since. The ground was developed into an all-seater stadium in the mid-1990s and now has a capacity of 52,354.

#### Sunderland Association Football Club

Sunderland Association Football Club is an English professional football club based in the city of Sunderland, Tyne and Wear. Sunderland currently plays in the EFL Championship, the second tier of English football. Since its formation in 1879, the club has won six top-flight (First Division, now the Premier League) titles. Sunderland play their home games at the 49,000-capacity all-seater Stadium of Light having moved from Roker Park in 1997. The original ground capacity was 42,000 which was increased to 49,000 following expansion in 2000.

#### **Newcastle Falcons**

The Newcastle Falcons (formerly Gosforth FC/Newcastle Gosforth until 1996) is an English rugby union team that plays in the English Premiership. The club was established in 1877 and played under the name of Gosforth Football Club until 1990. The Falcons is currently the only professional rugby club in north east England, with one Premiership and four domestic cups to their name.

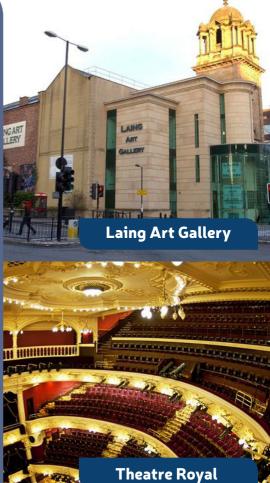
#### **Durham Cricket Club**

Durham County Cricket Club is one of eighteen first-class county clubs within the domestic cricket structure of England and Wales. It represents the historic county of Durham. Since the 2014 season the Twenty20 team has been called the Durham Jets. Founded in 1882, Durham held minor status for over a century and was a prominent member of the Minor Counties Championship, winning the competition seven times.



# Theatres and entertainment

- Laing Art Gallery
- BALTIC Centre for Contemporary Art
- Theatre Royal



## Theatres and entertainment

#### Laing Art Gallery

The funds to build the Laing Art Gallery were provided by Alexander Laing, a Newcastle businessman who had made his money from his wine and spirit shop and beer bottling business. The gallery today is home to an internationally important collection of art, focusing on British oil paintings, watercolours, ceramics, silver and glassware. The Laing Art Gallery holds regularly changing exhibitions of historic, modern and contemporary art, and events including artist and curator talks and family activities.

#### **BALTIC Centre for Contemporary Art**

BALTIC Centre for Contemporary Art is a centre for contemporary art located on the south bank of the River Tyne alongside the Gateshead Millennium Bridge in Gateshead, Tyne and Wear, England. It hosts a frequently changing programme of exhibitions and events, with no permanent exhibition. It opened in 2002 in a converted flour mill.

#### **Theatre Royal**

The Theatre Royal is a Grade I listed building situated on Grey Street in Newcastle upon Tyne. The theatre currently hosts a variety of shows, including ballet, contemporary dance, drama, musicals and opera. Almost all of the shows that come to the Theatre Royal are part of national British tours, and in a typical year the theatre will have 30 to 35 visiting shows.

# Shopping experience

- Metro Centre Gateshead
- Eldon Square Shopping Centre
- Royal Quays
- Dalton Park

Local guide

#### **Metro Centre Gateshead**

Mountain Warehouse

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#### **Royal Quays**



## **Shopping experience**

#### **Metro Centre Gateshead**

The Gateshead Metro Centre is the largest shopping centre in Europe covering a massive 1.8 million sq. ft and boasting over 330 shops, restaurants, bars and entertainment venues. There is also a ten pin bowling alley and Odeon cinema located at the Metro Centre.

#### **Eldon Square Shopping Centre**

Eldon Square is a shopping centre in Newcastle upon Tyne, England. It opened in 1977. Until the 1970s Eldon Square was a famous part of Georgian Newcastle as designed by John Dobson in about 1824. However, it was largely and controversially demolished in the 1970s, with only the eastern terrace left standing.

#### **Royal Quays**

The Royal Quays Outlet Centre has over 50 of your favourite stores and hundreds of your favourite brands at irresistible outlet prices all year round seven days a week plus regular entertainment and live events all set within a unique environment. At Royal Quays Outlet Centre it's easier than ever to find high quality fashion and great brand bargains for less.

#### **Dalton Park**

At Dalton Park you can have it all and save up to 50% off high street prices on your favourite brands every day. There are over 60 outlet shops to visit, selling over 200 brands and designer labels, great places to eat and places for the kids to play. Dalton Park has a great selection of restaurants and food outlets including a 7 screen cinema, Cineworld.



### Accommodation

- Macdonald Linden Hall Golf & Country Club
- Holiday Inn Newcastle Gosforth Park
- Mal Maison
- Hilton Newcastle Gateshead
- Ramside Hall Golf & Spa
- Staybridge Suites Newcastle
- Coastal Retreats
- Beachcomber Cottage



#### **Hilton Newcastle**



#### Ramside Hall Golf & Spa

## Accommodation

#### Macdonald Linden Hall Golf & Country Club

Set in the heart of stunning Northumberland countryside, the Macdonald Linden Hall Hotel's extensive indoor and outdoor leisure facilities offer something for everyone. Restore your inner calm in our Vital Health and Wellbeing Club or entertain business visitors on the driving range.

#### Holiday Inn Newcastle - Gosforth Park

Holiday Inn Newcastle - Gosforth Park hotel sits in a peaceful setting close to the junction of the A1 and A19 roads. It's less than 15 minutes' drive from Newcastle International Airport and a 20-minute drive to central Newcastle's shops and attractions. Direct trains run to Newcastle from Cramlington Station, 7 minutes away by car.

#### Mal Maison

Malmaison Newcastle features 122 luxurious rooms and suites with power showers, comfy beds, and super-fast Wi-Fi. Whether it's an early morning breakfast meeting or a romantic getaway for two, you'll enjoy a relaxed and welcoming ambience that gets ramped up for the evening. Just 15 minutes' walk from the shops and clubs in the city centre, this is one of the most aspirational hotels in Newcastle city centre.

#### Hilton Newcastle Gateshead

The Hilton Newcastle Gateshead is an ideal Quayside location, within walking distance of nightlife, shopping and attractions. Enjoy stunning river and city views throughout various areas of the hotel.

#### Ramside Hall Golf & Spa

Ramside Hall Hotel, Golf and Spa is set within 350 acres of private grounds near Durham. Ramside Hall is home to the most exciting pair of risk and reward golf courses in County Durham, with two immaculately kept 18-hole championship courses.

### Self-catering

#### Staybridge Suites Newcastle

Staybridge Suites Newcastle provides a relaxing, home from home, apartment-style accommodation a short stroll from the Quayside district and less than a 15-minute walk from Newcastle Central Station . It also benefits from easy road access with the A167(M) motorway only a five-minute drive away. Newcastle International Airport (NCL) is 15 minutes away by car, and Gateshead centre is just a 10-minute drive over the River Tyne.

#### **Coastal Retreats**

Enjoy stunning coastal views of the dune-backed beaches of Beadnell and Bamburgh. Tread the rocky shores of Craster and get a sense of a turbulent historical past as you walk the famous route to Dunstanburgh Castle. Soak up the hallowed ground of Holy Island and the wild nature preserves of the Farne Islands and Budle Bay. Take a telescope and observe this amazing natural habitat at play or join in the fun down on the beach, sand surfing, building sandcastles or watching the sun go down with a beach barbeque to keep you fed and toasty.

#### **Beachcomber Cottage**

Beachcomber Cottage is only a short walk to the promenade, beach and village centre. This cosy cottage is a perfect base for exploring all of Northumberland being close to a great road network. The Rutherford Cancer Centre North East is only a 10 minute drive away.



## **Transport links**

#### Bus Travel in Northumberland

Northumberland has an extensive network of local bus routes and the county benefits from great coverage for residents and visitors.

Much of the network runs without subsidy from the local authority. Choosing to get around by bus is better for the environment than travelling by car.

#### Tyne and Wear Metro

With 60 stations and fast frequent trains, Metro is the perfect way to explore Tyne & Wear.

#### Local Taxi Service

 NE Taxis
 0191 4321000

 Phoenix Taxis
 01670 540222

### Rutherford Cancer Centres

#### **Rutherford Cancer Care Limited**

0800 210 0402 | enquiries@therutherford.com | therutherford.com

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