

South Shields Museum and Art Gallery

The South Shields Museum and Art Gallery explores the history of South Tyneside through art and interactive exhibits. There are permanent displays as well as regular temporary exhibitions. Donations welcome, admissions free. They run regular family friendly activities.

Museums, culture and heritage can help to improve your health and wellbeing. They have free museum object boxes that you can borrow. You can use these can be used as part of a guided session. [Read more about their free health and social care resources.](#)

It's is one of 9 museums managed by [North East Museums.](#)

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Facebook: <https://www.facebook.com/southshieldsmuseum/>

Cost: Free

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