
's visit to Life



I am going to Life Science Centre in Newcastle!

I can get the train or Metro into Newcastle Central Station, and the science centre is only about a 300m walk away.

Or I can get the bus, which stops outside Newcastle Central Station.

If I travel by car, Life has its own chargeable car park, which is a 200m walk across a busy road.



Life Science Centre is a place where I can learn all about science and have fun.

I can explore interactive exhibits, play hands-on games, and enjoy science shows in the Science Theatre and Planetarium.

I can also visit The Great Dinosaur Escape, where I will see moving dinosaurs, follow a trail around the centre, and learn fun dinosaur facts. The dinosaurs can be large and make loud sounds, but I can choose how close I get to them and take a break if I need one.

I can also see LEGO® brick models of inventions, including the Metro.

When I go inside Life Science Centre, I will see a friendly member of staff in a **dark green top or jumper** at the reception desk.

They will say hello and scan our tickets.



At reception I can hire a Sensory Bag if I want one.

Sensory Bags contain things like ear defenders, fidgets and a printed copy of this visual story to support my visit.

Sensory Bags cost £10 to hire, but I get this back when I return the bag at the end of my visit.



There are eleven different areas of Life Science Centre I can explore.

They are:

- Making Studios
- Brain Zone
- Science Theatre
- Experiment Zone
- The Paddock
- Space Zone
- Wow Zone
- Lightbox
- Big Dino Den
- Play Zone
- Hello World

If I need the toilet while I'm at Life, I can look for the signs around the centre to see where they are.

There is a Changing Places toilet opposite the reception desk.

There are also toilets and accessible toilets next to Life Cafe on the ground floor, and next to the Hello World area on the upper floor.



Toilets near Life Cafe, ground floor



Toilets near Hello World, upper floor

GAIA

When I walk through the turnstiles at reception, there is a huge planet Earth hanging from the ceiling. This is called Gaia.

I can look at Gaia from close-up or far away, and there is a viewing platform upstairs. It is safe to walk underneath Gaia, but I don't have to do this if I don't want to.



Creativity Zone

There are hands-on, interactive exhibits straight ahead when I walk through the turnstiles at reception.

This includes a spinning table, a photo booth, a wind machine and some puzzles.

This area is near to the entrance so can get quite busy at the start of the day. I don't have to do any of the activities if I don't want to.



Sensory Key



Some of these can be quite loud, particularly spinning table and jukebox exhibitions.

Next to these exhibits, I can view the LEGO® Wall.

This shows inventions and historical moments made in LEGO®, like Stephenson's Rocket train or a Metro carriage!

These LEGO® models are behind a glass screen, so I can't touch them.



Making Studios

The Making Studios are next to the Creativity Zone. This is a hands-on area where I can use different materials to create things.

A friendly member of the team can explain the activity to me and help me if I need it.



Sensory Key



The hot glue gun won't feel sticky, if you touch it before the glue has dried it could burn you. The glue stick could make your fingers feel sticky.



An alarm might make a beeping sound as the Life team go in and out of the Making Studios office.

The 3D printers and laser cutter may make a humming noise while working.

Brain Zone

Brain Zone is to the right when I walk through the turnstiles at reception. Here, I can learn all about the human brain with some fun activities and games!

There are instructions around to explain the exhibits. Some of these exhibits might move, make a noise or light up when I play with them.



Sensory Key



Most of the exhibits in Brain Zone are on screens which play sound to help me learn or to complete an activity.



There are some exhibits in Brain Zone that are made to look a bit scary, but there is nothing in the area that can hurt me. I can find out more on the next page.

The Trap Door



It's not a real trap door, just a screen on the floor that shows different images when I press a big red button. The button says 'do not press', but I can press it if I want to.

The Toilet



It's not a real toilet, this is actually a drinking fountain. I don't have to drink from it if I don't want to.

Science Theatre

The Science Theatre is next to Brain Zone. This is where I can watch a live science show. I can check the screen by the entrance to see when the next show starts.

Only a limited number of people can go into the theatre at one time. I do not have to go in if I do not want to.

The current show is called The Fossil Show. During the show I may hear noises, see dinosaur creatures, and learn fun facts about prehistoric life.



Sensory Key



Sometimes, people in the audience might clap, cheer or make other noises.



Most of this area is dimly lit, so I can see the demonstrations on stage properly.



During sections of the show the colours and the intensity of the lights will change.

Science Now! Hub

Near the Science Theatre, there is a small staircase and lift leading down to the Science Now! Hub. Here, I can learn all about nature-inspired materials.

I can play quizzes on touch screens, look at cool objects from a research lab and watch videos about academic research.



Sensory Key



Speakers will play sounds of nature in this area, which might feel uncomfortable.

Experiment Zone

Experiment Zone is next to Science Now! Hub. It is a large area inside glass walls where I can carry out science experiments using real chemicals and equipment.

For safety reasons, Experiment Zone is for people aged 7+ only. Under-13s need to be supervised by an adult while they work.



Sensory Key



Some of the experiments can include strong smells from the chemicals.



To the right of the entrance to this area, the staff door may set off an alarm sound as people come in and out.



When I visit Experiment Zone, there will be a range of different activities to choose from.

There are touchscreens on the benches that will tell me what I need to do.

If I need help, I can ask a member of staff in a **dark blue polo top or jumper**.

They will give me instructions so I can do the experiments safely.

I can decide whether I would like to try these experiments, or not.

I will be asked to wear a lab coat and goggles for safety reasons. If I am worried about this, I can speak to a member of the team.



The Paddock

The Paddock is opposite Experiment Zone. I can see different dinosaurs here.

The dinosaurs move, so there might be some sudden movements and loud noises but they can't hurt me.



Sensory Key



The dinosaurs make loud 'roar' sounds.



The dinosaurs are made to look a bit scary, but there is nothing in the area that can hurt me.

Space Zone

In Space Zone, there are lots of fun things I can explore:

- International Space Station
- Sphere - digital globe
- Mission Control
- Planetarium



Sensory Key



Some exhibits have automatic beeping noises and voiceovers playing. Different exhibits may be heard at the same time.



The International Space Station exhibit is brightly lit.



Most of Space Zone is dimly lit compared to the rest of the centre.



In the International Space Station, I can smell the smells of space.



Mission Control has lots of screens in it for me to play on, and includes lots of blue lights.

The Sphere is a large globe with seating that is showing a short film called IMPACT! about the asteroids and their impact on Earth's history.



Sensory Key



When a show starts in the Sphere, the lights will be turned down so I can see the show better.



Sphere shows feature voiceovers and sometimes music which can be loud.

The Planetarium

The Planetarium is an enclosed dark area where I can watch a range of different shows.

Part way through the show, the images on the dome may move quickly which can be disorientating, but this doesn't last long. I can look away for this bit, or close my eyes for a few seconds and the feeling will go away.

There are rows of seats that recline so I can see the domed screen really well when I sit back.

Sensory Key



When a show starts in the planetarium, the lights will be turned down so I can see the screen better.



Planetarium shows feature voiceovers and sometimes music which can be loud.



There will be a screen outside the Planetarium entrance to tell me what time the shows are on, and space to queue.

A limited number of people will be able to go into the Planetarium at one time.

A friendly member of the Life Team will be at the door if I need any help.



Wow Zone

Wow Zone is a part of the science centre with lots of fun and interactive things to play with.

There are instructions around to explain how to use the exhibits. Some might move, make a loud noise or light up when I play with them.

There are exhibits I can play with on my own, and others that will require teamwork. I can work with my family or friends if I want to.

Sensory Key



Lots of the exhibits in this area are noisy and can make a buzzing noise.

The hydrogen power tower makes a loud bang as it launches a ball inside a tube. I will be able to hear this even if I'm not using it.



Some exhibits in this area involve bright lights.



The heat camera shows an infrared image of your body using colours like blue, green, yellow and red. You can also touch the metal shapes to see how they affect the display – they may feel cold to the touch.



Some of the things I can look out for in Wow Zone include:



'The Big Machine' has lots of mechanisms which I can push, pull, twist and turn to move plastic grain-like pellets around.



There are two 'pulley chairs' which I can sit in and pull myself up using the rope. I can go up quite high, but there is a seatbelt I need to wear to keep me from falling out. When I let go of the rope, I'll come down slowly.



The 'air cannon' exhibit involves launching a tennis ball using the force of air. One end of the tube is wide and contains a bowling ball. The tube then narrows at the other end, containing a tennis ball. When I drop the bowling ball, I can fire the tennis ball out the top of the tube.

Lightbox

Lightbox has lots of fun and interactive things to play with. There are instructions around to explain how to use the exhibits. Some might move, make a loud noise or light up when I play with them.

There are exhibits I can play with on my own or I can play with my family or friends if I want to.



Sensory Key



Lots of the exhibits in this area are noisy, such as 'String Wave' which has a loud whipping noise, 'The Tornado' which makes a whooshing noise and 'The Chladni Plate' which has a low, but loud humming noise. I may also hear other visitors playing around me in this area.



Some exhibits in this area involve bright lights, such as the 'String Wave', 'Coloured Shadows' and 'Water Play'.

Some of the things I can look out for in Lightbox include:



I can move a giant 'string' of light to make glorious, glowing shapes with 'String Wave'.



I can play with digital water in a huge projection just by moving my body with 'Water Play'.



I can step inside a six-metre-high swirling tornado tower, and create my own twister with 'The Tornado'.

Big Dino Den

There is a dimly lit orange corridor I can go down into the Big Dino Den.

There are lots of moving dinosaurs here. Some are very big.

The dinosaurs can move and make very loud noises, but they cannot hurt me.

I can follow the trail and learn dino facts as I explore.



Sensory Key



The dinosaurs are made to look a bit scary, but there is nothing in the area that can hurt me.



The dinosaurs make very loud 'roar' sounds.



It is dimly lit with dramatic lights pointing up at the dinosaurs. Some areas may feel darker than others, but it is safe to walk around.



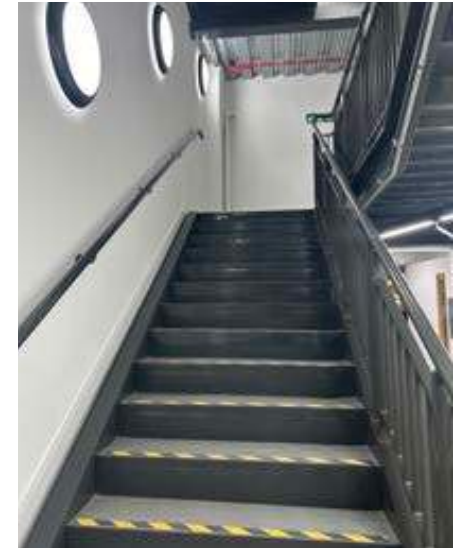
There are three ways I can get to the upper floor of the centre.

I can go up a stairwell next to the Making Studios.

I can go up in the lift, which is by Life Café.

There is also a ramp that circles the whole centre, so that visitors with push chairs and wheelchairs can get to and from the upper level, easily. I can use this if I don't want to use the lift.

I can get onto this ramp from Brain Zone



Hello World

Hello World takes up half of the upper floor in the science centre. Here I can look at Gaia from a different angle, and draw and write about what I see. There is also a Book Nook where I can read about the world and nature.

If I want to, I can display my thoughts and artwork on the gallery wall.



Sensory Key



I might overhear noise from visitors in Play Zone and a 'white noise' sound from the Gaia exhibition downstairs.

Play Zone

Play Zone is on the other half of the upper floor. Play Zone is specially for under-7s and includes a boat, market stalls and other fun things to play with.



Sensory Key



During busy times, this area might get very noisy.

Times Square Café

If I want to buy food to eat in, I can visit Times Square Café.

Times Square Café is open every day to the public as well as science centre visitors.

There are friendly staff (in black polo tops and aprons) around to help me if I need anything.

If I have brought my own packed lunch, I can eat this in the packed lunch area downstairs. A member of staff can show me where this is.



Sensory Key



I might smell strong food and drink smells in the café as the staff prepare orders for other people.



The blender can make a loud noise.

Sometimes, it might be necessary to evacuate the science centre. If this is the case, I will hear an alarm sound and a voiceover on a loud speaker politely asking me to exit the building.

If I'm unsure about how to exit the building, I can ask a member of staff.

I should then go to the Assembly Point, which is behind Market Keepers.



Enjoy your visit!



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If you think there is something we should add to this visual story, please let us know by emailing info@life.org.uk