SAINSBURY
MUSEUM AND
ART CENTRE



HOW DO WE FIND LOVE?

13 NOV 2026 –
30 MAY 2027

WELCOME TO THE HOME OF LIVING ART



Art is a gateway to the human soul and these exhibitions create the perfect bridge to journey across. Love, in all its power and enigma, is given material form in the museum for people to explore and define their own relationship with it. *How Do We Find Love?* is one of the most exciting and life-enhancing exhibition seasons we have ever done at the Sainsbury Museum and Art Centre.

There is no greater moment of hope and human vulnerability than the instant before your lips touch another's for the first time. *The Last Human Kiss* immerses you in the raw beauty and fragility of this universal human connection and helps you find love in the world all around us.

Finding and falling out of love is the ultimate rollercoaster of life. *Ecstasy and Aftermath* is a thrilling show that takes you on that ride and helps you feel the velocity and fear along the way.

If anyone wants to know what love really is, they need to see *Love Stories*. The secret of human connection is captured by these extraordinary photographs and if you look at them through an open heart, the mystery of love can be seen and felt within.

This season, we also unveil our exciting new brand and name. Reverting back to the original name written in the museum's founding deeds, this rebrand signifies the bold new era in which the Sainsbury Museum and Art Centre has entered since our relaunch in 2023. Our new brand extracts Sir Norman Foster's early structural sketches and Otl Aicher's foundational design ethos of "intelligent geometry" to mark this radical new chapter.

So, I welcome you back in to the Sainsbury Museum and Art Centre, where art lives to answer the biggest questions facing humanity.

Jago Cooper
Executive Director

GATSBY

EXHIBITION CIRCLE

UKRI Research England

ACCREDITED MUSEUM

UEA University of East Anglia Norwich

↘
SAINSBURYMUSEUM.COM

Jago Cooper, Executive Director. Photo by Lee Mawdsley.

NEW SEASON
13 NOV 2026 –
30 MAY 2027

HOW DO WE FIND

This season explores the profound complexities of human relationships, desire and intimacy, from classical depictions of romantic gestures to contemporary, photographic projects looking at close relationships – whether they be romantic, familial, or platonic.

Timeless and universal in its scope, this exhibition series proposes that art is the sharpest tool we have for thinking about intimacy and asks audiences to sit with its complexities and contradictions.

LOVE LOVE
LOVE
LOVE
LOVE
LOVE
LOVE LOVE?
LOVE
LOVE
LOVE
LOVE LOVE



Auguste Rodin, *The Kiss*. 1901-4. Courtesy: Tate.

EXHIBITIONS

THE LAST HUMAN KISS
13 NOV 2026 – 11 APR 2027

ECSTASY AND THE AFTERMATH
13 NOV 2026 – 11 APR 2027

LOVE STORIES
18 DEC 2026 – 30 MAY 2027

EXHIBITION TOURS
TUE – SUN
11:45 & 14:45

Reserve your place at museum entrance.

Vist our website for more information.

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EXHIBITIONS

13 NOV 2026 –
11 APR 2027

THE LAST HUMAN KISS

The Last Human Kiss brings together contemporary artworks by some of the world's leading artists including Tracey Emin, Wolfgang Tillmans, Sally Mann, Sonia Boyce, Shilpa Gupta, Patty Chang, Dorothy Cross, Ty Locke, Sophie Barber, Oliver Beer and Zheng Bo together with historical objects and artworks to explore the kiss as a symbol through which societies have imagined intimacy, negotiated power, and given form to love itself.

From historical representations of the kiss between two people to a digital world of beyond-human expressions, *The Last Human Kiss* explores the kiss as a universal language through which desire, power, vulnerability and transcendence have been expressed and contested. Few gestures appear more natural, yet across cultures the meeting of lips has consecrated monarchs, sealed treaties, betrayed lovers, and quietly altered the course of history. The exhibition asks: if the kiss is not simply instinctive, but one of humanity's most enduring cultural inventions, what might it reveal about the fragile, contradictory and deeply social nature of being human?

Goldweight representing human couple, c.1700 – 1899, brass, Ghana, Africa . Donated by Robert and Lisa Sainsbury, 1973 © Sainsbury Museum and Art Centre. Photo by Denisa Ilie.



EXHIBITIONS

13 NOV 2026 –
11 APR 2027

ECSTASY AND THE AFTERMATH

Ecstasy and the Aftermath considers relationships beyond the exhilarating early days, asking what is left after love has ended. The exhibition draws on feminist politics and queer ecologies to examine love not merely as a private vulnerability, but as an essential strategy for survival and radical act of resistance. Works by celebrated artists including Francis Bacon, Somaya Critchlow, Judy Chicago, Marina Abramović and Jonathan Baldock will sit alongside artists including Dyana Gravina, Ingrid Berthon-Moine and Polly Penrose, for whom this is their first institutional show.

Love has long been imagined through myth and symbol: as union and rupture, longing and transformation, a force that simultaneously destroys and creates. As part of the Sainsbury Museum and Art Centre's latest investigative season, *How Do We Find Love?*, *Ecstasy and the Aftermath* takes love not as romantic sentiment but as a political, mythic and collective force.

Ithell Colquhoun, *The Tree of Veins*, 1940-41.
Bequeathed by Ithell Colquhoun to the Tate Archive. © Tate



EXHIBITIONS

18 DEC 2026 –
30 MAY 2027

LOVE STORIES

Love Stories explores love as it shapes our everyday lives. Bringing together the work of ten internationally acclaimed photographers, the exhibition moves beyond traditional romantic narratives to reveal intimate stories of friendship, family, partnership, community and selfhood, capturing the complex mix of mundane, humorous, painful and joyful emotions at the heart of human relationships.

Works on show range from Richard Billingham's *Ray's a Laugh* series documenting the lives of his parents, Ray and Liz, in their flat in England's Black Country, to Martin Parr's sardonic *Bored Couples*, exploring how individual assumptions and context influence how we interpret photographs. Shown for the first time in the UK, Akihito Yoshida's tender series *The Dialogue of Two* and *The Absence of Two* documents the relationship between his grandmother and her grandson, the photographer's cousin, Daiki. A series of striking self-portraits in *Somnyama Ngonyama* by Zanele Muholi reclaim Black identity, while Sunil Gupta and Charan Singh's *Lovers Revisited* presents an intergenerational dialogue celebrating queer love and visibility. The exhibition also includes work by, Masahisa Fukase, Ollie Adegbayo, Isabel Okoro and Carol Allen-Storey.

Ollie Adegboye, *Theo Collard-Peters*, London 2022. Copyright and courtesy of the artist.



Henry Moore, *Mother and Child*, 1932. Donated by Robert and Lisa Sainsbury, 1973 © Sainsbury Museum and Art Centre. Photo by Lee Mawdsley.

WHAT'S ON

LIVING AREA

Meet the art. This is where our permanent collection lives, and where Living Art interventions invite you to meet this collection in new and exciting ways.

Spend time with artworks from across 6,000 years and don't be surprised if one spends time with you.

VENTURE

Become an artwork: spot the empty glass case, step inside and see how it feels to swap places with the art.

RECLINE

Tell a secret: look up. Giacometti's painting hangs from the ceiling. Tell the artwork a secret you would never tell a human being.

FORGE

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

CONNECT

Connect with your favourite works through the Living Art and Sharing Stories audio tours on Smartify. More on *page 18*.

WANDER

Wander through the gallery in any way you choose. Borrow a museum copy of A Handbook for Living Art: your pocket guide to meeting art. Purchase in our shop and take to any museum in the world.

For more details, read our Handbook for Living Art or scan below:

LIVING AREA TOURS
FREE GUIDED TOURS
TUE-SUN,
11:00 AND 14:00.

RESERVE YOUR PLACE AT GALLERY RECEPTION.



Sculpture Park. Photo by Lee Mawdsley.



Living Area Smatify Tour. Photo by Lee Mawdsley.

WHAT'S ON

SMARTIFY AUDIO TOURS SOUNDESCAPES

FREE

HOW TO USE

Download the free Smartify app and begin your Living Art journey.

Click explore and search for Sainsbury Museum and Art Centre.

Living Art audio tour: meet the collection in ways you've never tried in a museum before.

Sharing Stories audio tour: hear how people all over the world engage with art

SCAN AN OBJECT

Scan an artwork: hold up your phone to any artwork and read its life story.

Save objects to your personal digital collection.

SMARTIFY

↘
SMARTIFY.COM



Living Area. Photo by Lee Mawdsley.

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?

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

Pick up a pair of headphones and listen to an artwork's soul.

Compositions are available via the Sainsbury Museum and Art Centre website, Smartify app, and in the Living Area. In December 2026, we're launching a further series of SoundEscapes across the Living Area and Sculpture Park.

Sound and Music

SPOTLIGHT TOURS

THU 7 JAN

Shell Power

Sue Hull and
Georgie Livingstone

We will look at how shells have been used by artists to produce important works of art.

TUE 12 JAN

White

Andy Maule and
Jenni Brace

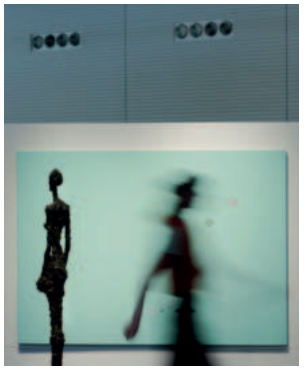
White represents purity, innocence, cleanliness, and peace – also being used as a neutral-colour canvas. Find out how or whether form and lighting contribute to these emotional states.

WED 13 JAN

Top Down

Jolyon Gough and
Dave Johnson

Join us to look at the hairstyles or headgear of several artworks in the collection, which reveal the personalities and cultural values of people from civilisations across the world.



FRI 15 JAN

And Did You Know?...

Julie Roy and
Lynne Middlemiss

Come and explore more from artists you may think you know ...Leonora Carrington, Elisabeth Frink, Alberto Giacometti, Henry Moore, Lucy Rie and Antonio Saura.

TUE 12 JAN

Metallica - Art in Heavy Metal

Andrew Tarbuck and
Polly Gould

We investigate a selection of metal pieces: who made them, how were they produced, what inspired their production and what do they say?

SAT 23 JAN

About face

Bo Davis and
Diane Freeborn

What can we interpret and learn from the portraits and sculptural faces within the collection?

WED 27 JAN

Not Just a Pretty Face

Chris Jones and
Amanda Braden

Bomberg, Auerbach and Bacon's use of thick, twisted paint conveyed a new way of representing and understanding the individuals that they painted.

WED 24 FEB

Home Front

Alison Day and
Vicki Hingley

The Sainsburys collected artworks for display in their home. Find out about the Sainsburys domestic use, function and depiction of these works.

Spotlight Tours cost £7.50 which includes a hot drink and cake in The Terrace café. Please arrive from 10:30am to enjoy refreshments before the tour begins at 11:00am.

Pre-booking is essential. See website for more details.

Living Area. Photo by Lee Mawdsley.

LEARNING: CHILDREN AND FAMILIES

BIG SUNDAY FAMILY ACTIVITIES

Meet an artwork and make an artwork.

Join us on the first Sunday of every month for a FREE drop-in event in the gallery with activities for all ages.

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

10:30 - 15:00

SUN 01 NOV
Love our Planet: Land

SUN 06 DEC
Love our Planet: Sea

SUN 03 JAN
Love our People: Takes All Sorts

SUN 07 FEB
Love Our People: Special Somebodies

SUN 07 MAR
Love our People: Strength in Numbers

SUN 04 APR
Love Ourselves: Spring Self-Care

SUN 02 MAY
Love Ourselves: Unique You

GALLERY FRIENDS DROP-IN AFTERNOONS

FREE, school holiday activities for families to do together.

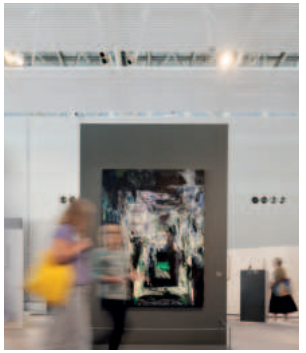
14:00 - 16:00

TUE 22 DEC
Luminescence

TUE 16 FEB
Love Letters

TUE 16 FEB
Spring Self-Care

TUE 16 FEB
Spring Self-Care



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MINI STUDIO PRESCHOOL WORKSHOPS

Bookable studio workshops for little artists and their adults.

Once a month on Tuesday mornings.

Tickets cost £10 per child. Bursary places are available.

YOUNG ARTISTS STUDIO (7-11)

Bookable studio workshops for ages 7-11. Every half term holiday.

Tickets cost £15 per child. Bursary places are available.

Living Area. Photo by Lee Mawdsley.



DIAGRAMS OF LOVE: WRITING WORKSHOPS WITH ROSE HIGHAM-STAINTON

Taking inspiration from bell hooks' understanding of love as an active and participatory practice, this course approaches love as a way of relating to others, to ourselves, to our communities and to the world around us. Across the sessions, we will explore an expanded field of love, beyond the familial and romantic:

Love as practice — enacted through attention, commitment and action.
Love as care — the everyday acts of nurturing ourselves and others.
Love as politics — a force for solidarity and resistance.
Love as transformation — as something that can create meaningful change.

Each session will begin with an artwork from the exhibition that offers a point of departure for thinking and writing. Through close looking, discussion and writing, we will use the artworks to reflect on different aspects of love. No writing experience is necessary, and there's no expectation to share your work.

These workshops are open to anyone aged 18 and over.

10:00 - 12:30

FRI 13 NOV
Love as practice

FRI 11 DEC
Love as care

FRI 15 JAN
Love as politics

FRI 19 FEB
Love as transformation



Ithell Colquhoun, *The Tree of Veins*, 1940-41. Bequeathed by Ithell Colquhoun to the Tate Archive. © Tate

HYDROMANCY, Museum Late guest curated by Harun Morrison. Photo by Kat Mager.

WHAT'S ON
PUBLIC PROGRAMME

YOUNG ASSOCIATES

Young Associates is a programme for young people aged 16-25 years old to develop their own creative projects at the Sainsbury Museum and Art Centre. Guided by artists, curators and researchers, Young Associates take part in a series of workshops to make work to present as part of the Sainsbury Museum and Art Centres public programme. Young Associates is open to all aged 16-25 who would like to try out new ideas and join a network of new collaborators.

TUESDAYS WEEKLY FROM
02 FEB -
09 MAR

16:30 - 18:15



Visit the website for further information and to book tickets.

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Fallin' (2025), commissioned by pp+a, performed as part of *Fierce Festival* 2025, Leeds. Photo by Rachel Bunce.



TREE OF LIFE WITH SEYI ADELEKUN

Throughout the season, Seyi Adelekun will lead events drawing on ideas from their installation *Tree of Life*, offering moments to reflect on our relationship with nature, and the ancestral knowledges that continue to sustain, nurture and guide us.

MUSEUM LATE CURATED BY NICOLA SINGH

Our next Museum Late, curated by our artist-in-residence Nicola Singh, will see the museum transform through performance and sound to consider vocal expressions of love.

Seyi Adelekun.
Photo by Randa Toko

WHAT'S ON

SCULPTURE PARK

FREE

Our 100-acre Sculpture Park is situated across the University of East Anglia campus, and is open to everyone to enjoy art, architecture and the natural environment. There are over 20 artworks, including works by artists such as Lynn Chadwick, Leiko Ikemura, Liliane Lijn and Ro Robertson.

You can scan artworks in the Sculpture Park using the Smartify App, as well as using Smartify inside the Sainsbury Museum and Art Centre. Experience SoundEscapes in the Sculpture Park using Smartify. Look out for the QR codes on our signage next to Ackroyd and Harvey's *Beuys' Acorns*, Elisabeth Frink's *Mirage I* and *Mirage II*, and Laurence Edward's *Man of Stones*.



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SMARTIFY.COM

Sculpture Park. Photo by Lee Mawdsley.

VISIT

SHOP



EXCITING NEWS

Our online shop is now open. Explore our carefully curated range of books, gifts, art supplies and more, all available for delivery or click and collect.

SOMETHING UNIQUE

Shop contemporary homewares and jewellery, books, children's toys, beautifully illustrated greetings cards, art supplies and more.

NEW THIS SEASON

Don't miss the latest publication and exclusive merchandise for our *How Do We Find Love?* season. In store and online.

MEMBERS DISCOUNT

Members get 10% off.*

Become a member and help to safeguard a unique cultural resource where people encounter new ideas, different perspectives and extraordinary works of art.

See page 28 for more details.

Shop. Photo by Lee Mawdsley.

*Exclusions apply.

VISIT

THE TERRACE CAFÉ



Sit back and enjoy views of the Sculpture Park from The Terrace café, with coffee from multi-award-winning roasters Square Mile. Or, 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 form leading suppliers from across the region, including cakes and scones from Hestia Patisserie, Figbar, and Sticky Fingers Blinding Bakes.

If you're out walking your dog, pop into The Terrace café for a takeaway drink and treats for your four-legged friend.

SPECIAL OFFERS INSPIRED BY HOW DO WE FIND LOVE?

TOGETHER DEAL

Enjoy two delicious cakes, two regular hot drink, and a luxury truffle for just £16.95

TERRACE LUNCH TREAT FOR TWO

Enjoy one sandwich, two regular hot drink, and a luxury truffle for just £14.95
(Available 11:00-15:00)

SHARE THE LOVE DEAL

Enjoy two regular hot drinks and a cake to share for £9.95

MORNING MOMENTS DEAL

Enjoy one patisserie item and two regular hot drinks for just £8.95
(Available until 11:30)

The Terrace Café. Photo by Andy Crouch.

VISIT

MODERN LIFE CAFÉ

Choose from morning pastries, sourdough toasties, salad bowls, hot food and home-baked cakes and scones whilst looking out onto our West End garden and Sculpture Park.

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 Museum and Art Centre makes our venue the perfect setting for any event. We host corporate events, private functions, family celebrations, group visits and more in a range of spaces, surrounded by art.

BOOKING

Chat to us about booking an event.

Laszlo Szucsko,
Cafe, Events & Hospitality Manager
l.szucsko@uea.ac.uk



Modern Life Café. Photo by Lee Mawdsley.

Living Area. Photo by Lee Mawdsley.

VISIT

MEMBERSHIP

MUSEUM MEMBERSHIP

Membership is not only about receiving the wonderful benefits; it is about safeguarding a unique cultural resource where people encounter new ideas, different perspectives and extraordinary works of art.

As a Sainsbury Museum and Art Centre Member, you become part of a community that believes these experiences matter. Your support helps us to care for our collections, present world-class exhibitions, acquire new artworks, and keep art accessible for all.

SUPPORTING EXTRAORDINARY EXPERIENCES

Membership is one of the most meaningful ways to support the Sainsbury Museum and Art Centre and our work. As a way of thanks, your membership comes with:

Free entry to all our exhibitions, no need to book in advance.

10% off in the Sainsbury Museum and Art Centre shop and online shop*.

10% off in The Terrace café.

Special newsletters about our exhibitions and behind the scenes+.

Priority booking for Sainsbury Museum and Art Centre events+.

Invitations to exclusive events and exhibition openings+.

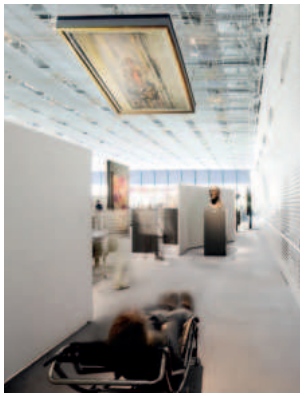
Free parking^.

MEMBERSHIP LEVELS

Individual Membership (£50), ideal if you're visiting on your own.

Individual + 1 (£60), perfect if you want to bring a guest.

Individual + Guests (£80), for those looking to visit with up to 8 guests.



* Exclusions apply.

+ Please 'opt in' to receive email communications to receive our newsletter, priority booking notices and invitations.

^ Register your car at reception on your first visit to benefit from year-round parking.

Living Area.
Photo by Lee Mawdsley.



VISIT

VISITOR INFORMATION

KEY INFORMATION

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

OPENING TIME

TUE TO FRI
09:00 - 18:00

SAT TO SUN
10:00 - 17:00

Closed Mondays,
including Bank Holidays.

ENTRY

Enjoy the permanent collection and all special exhibitions with our Universal Ticket.

Our Universal Ticket gives you access to the full Living Art experience, including our Big Question seasonal exhibitions, the Living Area (the Robert and Lisa Sainsbury Collection), our 100-acre Sculpture Park, and free daily exhibition tours.

Entry tickets can be free, or you can choose to support the Sainsbury Museum and Art Centre through your contribution, which helps us to care for our collections, present world-class exhibitions, acquire new artworks, and keep art accessible for all.

PLAN YOUR VISIT

ACCESS

There is level access on the ground floor to our Permanent Collection, Modern Life Café, Sainsbury Museum and Art 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

Mon Closed

Tue to Fri
09:00 – 17:00

Sat to Sun
10:00 – 17:00

THE TERRACE CAFÉ

Mon Closed

Tue to Fri
09:30 – 16:30

Sat to Sun
10:00 – 16:30

Last orders taken at 16:00.

PARKING

Visitors are welcome to park at the Sainsbury Museum and Art Centre car park for free.

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 iconic architecture of the Sainsbury Museum and Art Centre makes our venue the perfect setting for any event.
We host a range of events, surrounded by art. Get in touch: 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

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YouTube
Pinterest

ART LIVES HERE



SAINSBURY MUSEUM AND ART CENTRE

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