

LOWLANDS

WELCOMES

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WELCOME

On behalf of everyone at Lowry we'd like to welcome you to our building and hope that you enjoy your time with us.

Opened by the Queen on April 28th 2000, Lowry is an international multi-arts centre and the most visited visitor attraction in the North West. Sitting at the heart of one of the world's most successful cultural regeneration projects our building is home to the LS Lowry collection, three theatres (Lyric, Quays and Aldridge Studio) and an award-winning learning and engagement programme.

Lowry's theatres present over 1000 performances a year, reaching 500,000 audience members with our diverse programme of drama, opera, musicals, dance and comedy. Lowry Partner companies include National Theatre, Birmingham Royal Ballet, Rambert, Opera North, Access All Areas, Ockham's Razor, Far From the Norm and Lung – and the programme regularly features productions from the nation's most established companies, including Matthew Bourne's New Adventures, Royal Shakespeare Company, Akram Khan Company and Complicite.

Lowry has an extensive commissioning and artist development programme that showcases its commitment to the development of new work for theatre. Recent commissions and co-productions include Bank of Dave, High School Musical (with Hope Mill Theatre), 42 Balloons, Operation Mincemeat, A Squash and a Squeeze, Rambert's Peaky Blinders and Nigel Slater's Toast.

We hope you enjoy your time with us – and take the opportunity to learn a bit more about us and our work.

Steve Cowton and Matt Eames
Co-Heads of Theatres



42 Balloons, Lowry (2024)

KEY INFORMATION

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OPENING TIMES

Lowry is normally closed to the public on Mondays.

On other days we open at 11am and close after the final performance.

KEYS AND PASSES

All keys and backstage passes MUST be signed out and in and returned to Stage Door at the end of each performance/day. **Unreturned passes and keys are chargeable at £40.**

Visiting Company Members must display a security pass at all times while they are backstage. These will be issued by stage door upon arrival.

WI-FI

Name: Lowry-WIFI
Passcode: drawings24

TELEPHONE NUMBERS

Stage Door: 0161 876 2107
Box Office: 0161 876 2352
Lowry Bar & Kitchen: 0161 876 2121

PARKING AND TRANSPORT

Travelling by car

Please note there is **no parking** available at Lowry.

Parking is available in the nearby multi-storey car parks – the nearest of which is at the Quayside shopping centre opposite.

Visiting Company Members can pre-book daily car parking for £7.50 per day (usual rate of 4–6 hours is £8) in the Quayside Multi-storey Car Park which is only 200m from stage door. The car park now operates with a ticketless system – but if you bring proof of purchase to Stage Door we will be able to give you a code to redeem online.

[Day tickets can be bought here](#)

There are a limited number of car recharging points available within the Car Park

[Car Parking \(quaysidemediacityuk.co.uk\)](http://quaysidemediacityuk.co.uk)

Travelling by bicycle

Bicycles can be left at our bike rack at stage door – which is protected by CCTV – but bicycles, e-bikes or scooters must not be stored in dressing rooms or within the building. We have a couple of bicycle locks which can be borrowed from Stage Door if necessary.



Travelling by tram

The nearest tram stops are **Media City** or **Harbour City** on the Eccles or MedicCityUK line, or the **Imperial War Museum** on the Trafford Centre line.

Trams can be caught from either Piccadilly or Victoria Rail Stations, and also from Manchester Airport.

There is a wide range of useful information on our website – thelowry.com/pQM43S7/your-visit/plan-your-visit

Do please allow extra time for your journey if there are major events or fixtures at Old Trafford football or cricket Grounds.

KEY INFORMATION



THE VILLAGE

The Village is our backstage Green Room where visiting Company Members may meet and eat their own food. There are two vending machines – which serve free tea and coffee – fridges, microwaves and a toaster.

As The Village is a shared area, we ask all Visiting Company Members to treat the space with respect and to clear up after themselves. There are bins and cleaning materials provided for this purpose.

KEY INFORMATION



BACKSTAGE ACCESSIBILITY

All dressing rooms at Lyric Theatre, Quays Theatre, Aldridge Studio have accessible showers and toilets.

Lyric Theatre and Quays Theatre are accessible from backstage. Aldridge Studio stage can be adapted for wheelchair access.

Disabled parking is available on the service road by the loading dock.

Accessible backstage entry is via Stage Door and Quays Theatre.

ACCESS RIDERS

Contact TechnicalManagers@thelowry.com to speak about your/your company's access riders.

BACKSTAGE ACCESS VISUAL STORY

Backstage Access visual story is available upon request. Please email Grace Ng, Access Producer on grace.ng@thelowry.com

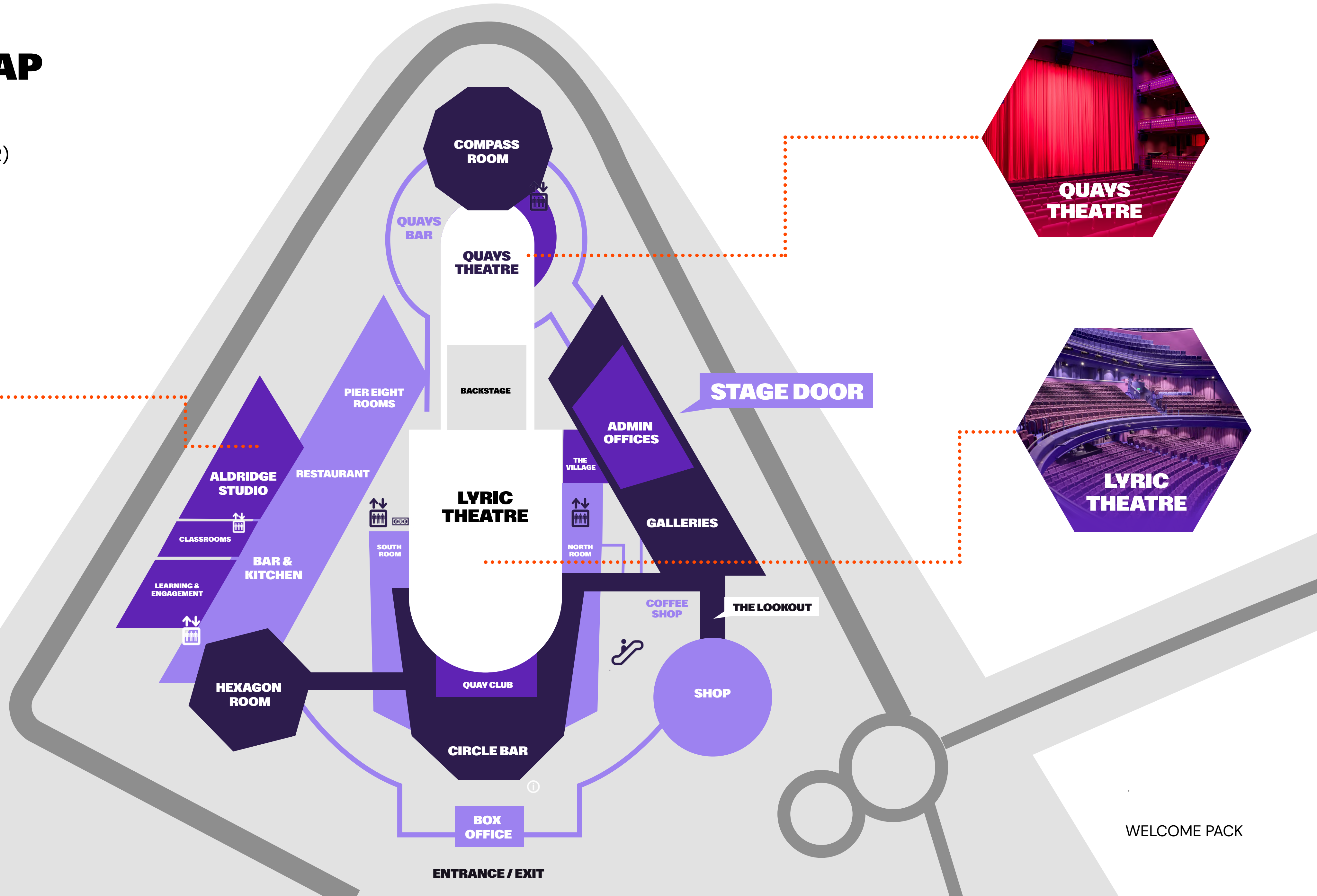
Further information about Front of House Access can be found on our website [here](#)

LOWRBY FACILITIES

BUILDING MAP

KEY

- LEVEL 1 (GROUND FLOOR)
- LEVEL 2
- LEVEL 3



FOOD & DRINK



RESTAURANT

At the Lowry Restaurant you can enjoy modern British flavours and hints of cultural influence in our dining room overlooking the Quays waterfront.

Hours:
Lunch or Pre-matinee from 12pm – 2pm
Dinner or Pre-Theatre from 5pm – 7pm



BAR & KITCHEN

Grab a drink or a bite to eat and soak up the atmosphere. You'll find the bar right next door to the restaurant and only a few steps from our theatre auditoriums.

Hours:
Tues–Fri, 11am until after the performance interval
Sat & Sun, 10am until after the performance interval
Food served daily from 12pm until 30 minutes before curtain on show days and until 4pm on other days.



COFFEE SHOP

Located next to our Lowry shop which is well worth visiting.

Open all day until the last interval.



SHOP

Explore our carefully curated range of gifts and LS Lowry inspired products.

25% OFF

Visiting companies receive 25% discount off all food and drink and purchases in the shop. Please show your visitor pass and let staff know which performance you are working with.

ENVIRONMENTAL SUSTAINABILITY

The Theatre Industry has a substantial impact on the environment. Lowry is committed to doing what we can to minimise this where possible – but we can't do it by ourselves. Therefore we would love for you to take a look at [Lowry's Green Rider](#) and follow the guidance where you can.

Some of our initiatives so far:

- 75% of staff are Carbon Literacy trained
- Introducing E-tickets to reduce paper usage
- No print season brochures or flyers in the building
- Increasing plant-based dishes on our menus
- 0% of waste goes to landfill
- Removing all single use plastics in our catering outlets
- Asking all members of staff to use reusable cups and water bottles
- LED lighting across 85% of the building
- Using environmentally friendly cleaning products
- Achieving Theatre Green Book Sustainable Operation and Sustainable Buildings Baseline



ANTI RACISM TOURING RIDER

Lowry have adopted the Anti-Racism Touring Rider as an important statement of intent and will work with colleagues from across the industry to implement this.

As a working venue and galleries, whether it be in our building or beyond, we have made a commitment to meet the baseline actions of the rider between companies, artists, comedians, musicians and community participants on a touring production.

One of these actions include demonstrating our commitment to creating spaces free of bullying and harassment by reading the Equity Safe Spaces Statement at the start of every get-in/ rehearsal and a Raising An Issue Form. To find out more, please take a look at the Anti Racism Touring Rider [here](#)

For more information, visit www.antiracismtouringrider.co.uk and <https://www.equity.org.uk/advice-and-support/dignity-at-work/creating-safe-spaces>



ANTI-RACISM TOURING RIDER

GOOD TO KNOW

GOOD TO KNOW

PETS AND ANIMALS

We regret that pets and animals are no longer allowed in dressing rooms – apart from Guide Dogs and Assistance Dogs.

TAXIS

1010 Taxis: 0161 794 1010; 0161 793 1010; 0161 281 1010

SALTAX: 0161 737 2222

GARAGE

EP Cars Ltd, 45 Waybridge Industrial Estate, Daniel Adamson Road, M50 1DS, 0161 3763 587

CHILDCARE

Find local childcare providers on Salford City Council website below.

All childcare options in Salford: [directory.salford.gov.uk/kb5/salford/directory/family.page?familychannel=0](https://www.salford.gov.uk/kb5/salford/directory/family.page?familychannel=0)

List of verified child minders: [directory.salford.gov.uk/kb5/salford/directory/results.page?familychannel=2&qt=&term=](https://www.salford.gov.uk/kb5/salford/directory/results.page?familychannel=2&qt=&term=)

DOCTORS

Please note that we do not have a 'theatre doctor'. In the first instance please contact the NHS on 111 who will advise on the availability of local GPs who are able to see temporary residents. We have first aiders in the building, please contact Stage Door when in need.

CLOSEST HOSPITAL A&E

Salford Royal Hospital, Stott Lane, Salford, M6 8HD, 0161 789 7373

Please find a list below of health service providers in the local area, which have been included based on their **locality**.

PHYSIOTHERAPISTS/SPORTS MASSAGE

Elite Performance Physio Manchester, Federation Gym, 60 Spear Street, M1 1AW, 07538 932131

Therapy-First Physiotherapy, Media City, The Greenhouse, Salford, M50 2EQ, 07545 767 067

Metro Physio, 30 Crescent, Salford, M5 4PF, 0161 745 7551

Sean Physio & Performance, Federation Gym, Unit 2, 60 Spear St, Manchester M1 1AW, 07707 762 763

CHIROPRACTOR

Salford Chiropractic Clinic, Sorrell Bank House, 23 Bolton Road, Salford, M6 7HL, 0161 736 9855

VOCAL COACH

Anne Leatherland – Vocal Intuition (primarily via Zoom at short notice) 07854 045050

HAIR AND WARDROBE

Nikki Armstrong
havingahairmare@gmail.com

DENTISTS

YOR Dental, Unit 1 Digital Park 3 Pacific Way, Salford, M50 1DR, 0161 503 0915

Windsor Dental Practice, Belvedere Road, City Centre, Salford, M6 5EQ, 01753 868666

Revive Dental Care, 2 Bexley Square, Manchester M3 6BZ, 0161 834 5166

PHARMACIES

Boots Pharmacy, Regents Park, Ordsall Lane, Salford M5 3TP, 0161 834 9316

G Pharma, Dakota South, Salford M50 2PU, 0161 877 8999

K's Chemist, Ordsall Health 120 Phoebe Street, Salford M5 3PH, 0161 872 7257

OTHER FACILITIES

OTHER AMENITIES & FACILITIES

NEWSAGENT AND POST OFFICE

The nearest newsagent and post office are in the QuaySide shopping centre.

SUPERMARKETS

Sainsburys Local, Michigan Tower, Media City, M50 2HG,
Open 7am – 11pm

Tesco, Trafford Road, Salford Quays, M5 3AW,
Open 6am – 11pm

Co-op, Red Road, MediaCity, M50 2BS,
Open 6am – 11pm on Mon-Sat, 11am – 5pm on Sun

GYM

Virgin Active Salford Quays (50 yards from Lowry),
QuaySide Mall, Salford Quays, M50 3AH, 0161 876 6111

[Salford Quays Gym & Health Club | Virgin Active](#)

Day passes and special deals are available – please enquire directly at the gym.

CINEMA

Vie Cinema, QuaySide Mall, Salford Quays, M50 3AG,
0870 998 1878

RESTAURANTS

There are numerous restaurants on the Lowry Plaza, facing Lowry and in MediaCity.

Lowry Plaza	Nandos, Craftbrew, Café Rouge, Turtle Bay, UNAGI, Bella Italia, Pond Quay, The Alchemist and Pizza Express.
MediaCityUK	Pret a Manger, Wagamamas, Prezzo, The Dockyard, Marco's New York Italian, The Botanist, Love Conquers All, Penelope's Kitchen and Pokusevski's
Central Bay & Kargo Food Hall	New foodhall in MediaCity bringing 20 different independent kitchens including Tang, Leopard Pie, Bab K, Jerk Junction and Tzatziki all under one roof.
11 Central	11 Central bar and microbrewery based at Central Bay, is a brand-new concept inspired by unexpected combinations.
Quayside Mall	Various fast food restaurants including Subway, Burger King, Harry Ramsden's, Chicken Cottage and Costa.



ANDREW LAW GALLERIES

We hope that during your visit you will have an opportunity to visit the Andrew Law Galleries and see our permanent exhibitions:

OPENING TIMES

Our new **FREE** immersive gallery experience. This is a unique opportunity to immerse yourself in the sights and sounds of LS Lowry's iconic painting, *Going to the Match*, in the UK's first FREE permanent immersive experience.

MODERN LIFE: THE LS LOWRY COLLECTION

Lowry houses the largest public collection of paintings and drawings by LS Lowry in the world. Featuring some of his most famous and important works this exhibition shows an artist remarkable for his diversity and fearless innovation.

LOWRY 360 OPENING TIMES

TUE - FRI	11:00AM - 5:00PM
SAT - SUN	10:00PM - 5:00PM
MON	CLOSED
FREE DAILY TALKS ON LOWRY	12:00PM - 2:00PM

The Galleries also host contemporary exhibitions which change over time. Find out more information about what's on in the galleries [here](#).



MAP OF MEDIA CITY

A useful map showing Lowry and surrounding locations across Media City. Courtesy of our partners at Media City.

For more information, visit www.mediacityuk.co.uk/visit-us/

MEDIA CITY

Spend the day.

