

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S
RECOVERY COLLEGE!



ReinventUs

Book your place!



Or contact us for
more info:

Mobile: 07598893116

discoverme@voda.org.uk

For ages 16-25

Mindful Kitchen

Learn to cook a variety of dishes on a budget! Beginners welcome!
Meat and veggie options.



East End Youth and Community Centre, North Shields, 2:30pm to 4pm

Soothe and Self-Care

A relaxing session to practice different types of self-care!



Barnardo's The Base, Whitley Bay, 5pm to 6:30pm

Creative Writing Workshop

Do you enjoy writing? Gain some useful writing skills at this workshop!



Barnardo's The Base, Whitley Bay, 5pm to 6pm

Tuesday

Neurodivergent Social Group

This session is a safe space for anyone who identifies as neurodivergent. Come along and meet other young people and learn some healthy coping strategies.

Whitley Bay Big Local, 5pm to 6:30pm

Thursday

Life skills

Help and support on things like CV writing, job applications, budgeting, interview skills and more!

VODA, 2nd Floor, Wallsend Customer First Centre, 1pm to 2pm