



Living Well North Tyneside

Supporting Health and Wellbeing



Time: 5:00pm - 6:30pm



Cost: No Cost



Type: Face to Face

Weekly 5pm-6:30pm @ Barnardos - The Base, Whitley Bay Are you aged 16-25? Come along to this relaxing session and explore the world of self-care! Places are limited so you will need to book on by following this link: <https://voda.org.uk/our-projects/discoverme/whats-on/> Want to find out a bit more before booking? Please feel free to contact us!

Our soothe and self care sessions aim to give you new and tested ideas about how to look after you. You might already do some of these things or it might inspire you to try something different.

Our safe space welcomes all young people, and gives you an opportunity to connect with others who might be like you. We try different activities each week, which are co-designed by young people so hopefully you'll find something you like.

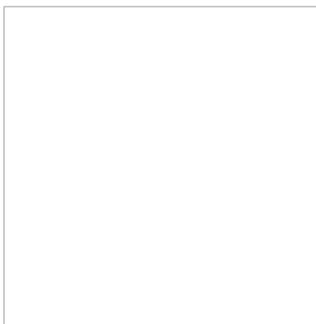
Things we have tried up to now have been exploring senses, arts and doodling, mindfulness, beach walks and baking. There is always something new to have a go at.



[self](#)
[young people](#) | [care](#) | [mental health](#) | [discover me](#)

Related Documents

- [DiscoverMe SelfCare.jpg](#)





sarah.bell@voda.org.uk



Barnardo's - The Base
26 Esplanade,
Whitley Bay



<https://voda.org.uk/discoverme/>



Last Updated - 15th February 2024

Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)