



Living Well North Tyneside

Supporting Health and Wellbeing



Venue: Barnardo's The Base Young Peoples Centre



Time: 5:00pm - 6:30pm



Cost: No Cost



Type: Face to Face

Are you aged 16-25? This session is a safe space for anyone who identifies as neurodivergent. Come alone, socialize with other young people, and learn healthy coping strategies!

We understand that life can be a challenge for some neurodivergent people. We welcome you to our group, which was created by young people who wanted to create a safe space for you to be yourself. Through a range of activities, all of which are co-designed by young people for young people, you will have the chance to meet other young people who identify as neurodivergent.

We run a relaxed and informal group where we get creative. We give you a chance to be listened to about things that are important to you—including special interests! You can also share your ideas about how we can run our sessions.



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



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