



# Living Well North Tyneside

Supporting Health and Wellbeing



**Venue:** The Base,



**Time:** 1:30pm - 3:30pm



**Cost:** No Cost



**Type:** Face to Face

Discover how to cook healthy meals on a budget while exploring the connection between food and mood. All skill levels are welcome.

All activities are for aged 16 to 25 and living in North Tyneside. Booking is required.



[young people](#) | [mindfulness](#) | [cooking](#) | [winter activities](#) | [discover me](#) | [discoverme](#)

## Related Documents

- [All DiscoverMe Activities](#)



07598 893116



sarah.bell@voda.org.uk



The Base,  
26 Esplanade,  
Whitley Bay



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



Last Updated - 8th August 2025

