



Living Well North Tyneside

Supporting Health and Wellbeing



Venue: Barnardo's The Base,



Time: 5:00pm - 6:30pm



Cost: No Cost



Type: Face to Face

Are you creative, like to journal and want to connect, chat and get support from like minded peers? Join us for a creative journalling session.

[Express your interest here](#)

This activity is for young people aged 16 - 25 who live in North Tyneside.



[young people](#) | [stress relief](#) | [discoverme](#) | [creative journalling](#)



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



Last Updated - 13th August 2026



