



A new block of DiscoverMe sessions is starting across North Tyneside from the week commencing 26 October 2026, offering young people aged 16 to 25 the chance to try something new, meet others and build confidence in a friendly, supportive environment.

DiscoverMe is North Tyneside's recovery college for young people. It's free to join and open to anyone aged 16 to 25 living in North Tyneside, with no other eligibility criteria. Young people can choose the activities that interest them, with no obligation to attend everything.

Whether you enjoy getting creative, making music, gaming or cooking, or would like some practical help taking your next steps, plenty is happening this October and November.

What's On

Mondays

- Pages Of Possibility | 3:45pm to 4:45pm | Barnardo's The Base, Whitley Bay

Take some time out with creative journaling in a relaxed, low-pressure environment. It's a chance to reflect, get creative and connect with others. No experience is needed and all materials are provided.

- Mindful Kitchen | 5pm to 6:30pm | Barnardo's The Base, Whitley Bay

Learn how to make healthy meals on a budget while exploring the connection between food and mood. Everyone is welcome, whatever your level of cooking experience.

Tuesdays

- Future Focus Drop-In | 2pm to 4pm | Wallsend Library

Looking for some practical support with your next steps? Future Focus offers one-to-one help with CVs, cover letters and applications, finding volunteering opportunities, writing professional emails, making appointments and more.

Wednesdays

- Games & Wellbeing Hub | 5pm to 6:30pm | Howdon Family Hub

Unwind with board games, game consoles, pool, air hockey and mindful colouring. The Hub offers a welcoming space to relax, socialise and have some fun.

Thursdays

- Rock It Out | 5pm to 6:30pm | Whitley Bay Young People's Centre

Whether you're picking up an instrument for the first time or already play, Rock It Out gives you the chance to develop your musical skills, write music, sing karaoke or even start a band. Instruments are provided, or you can bring your own.

How To Get Involved

All DiscoverMe activities are free, but young people need to sign up to DiscoverMe and book onto sessions before attending.

Complete the DiscoverMe Expression of Interest form or visit the DiscoverMe webpage to find out more.



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<https://voda.org.uk/our-projects/discoverme/>



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