



Living Well
North Tyneside
Supporting Health and Wellbeing

Young Person's Discovery College (DiscoverME)

DiscoverME is VODA and Barnardo's brand-new collaborative project, funded by North Tyneside CCG, that aims to support young people aged 16-25, to better manage their own mental health and wellbeing. It is a supportive space for young people to come along to and learn new skills to better understand themselves and their own mental health. We want young people to feel empowered to lead a happy, more fulfilling life.

DiscoverME will offer workshops and activities that are co-designed and co-produced by young people. Young people will be provided the opportunity to volunteer alongside staff if they would like to, whether that be facilitating a session they are interested in, or getting involved with some behind the scenes work such as planning and preparing sessions.

Access to the college will be free to all 16-25-year-olds living across North Tyneside.

Young people can express their interest via our website : <https://voda.org.uk/discovery-college/>

Some further information:

- There is **no criteria** for young people to join, just a willingness to get involved and learn some new skills!
- DiscoverME **does not** replace any existing Education provision.
- DiscoverME is offering **non-clinical support**.
- Young people must **self-refer**, and this cannot be done by a professional. However, professionals are welcome to contact Jess or Kirsty with any interested young people.
- Once a young person has signed up, it is **not compulsory** that they attend a certain amount of sessions.
- There is **no set time limit** in place for young people to access the service. They can continue to attend up until the **age of 25**.



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<https://voda.org.uk/discovery-colle>



Last Updated - 20th June 2022

Services

No Services

Events

No Events

Activities

No Activities
