



Living Well North Tyneside

Supporting Health and Wellbeing

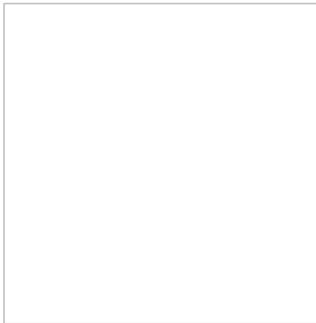
You can join as many or as few activities and workshops as you like, without any obligation. There are no criteria to join, you just have to be living in North Tyneside and aged 16-25.

We offer a variety of activities and workshops such as arts and crafts, music, gaming, sports and more. All of our sessions are co-designed and co-produced, which means your ideas matter. Take a look at our [What's On](#) page to find out more.

Sign up using our quick form: <https://bit.ly/TheDiscoveryCollege>



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01916432626



discoverme@voda.org.uk



Spirit of North Tyneside Wing
2nd Floor, Wallsend Customer First Centre
16 The Forum
Wallsend
NE28 8JR



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

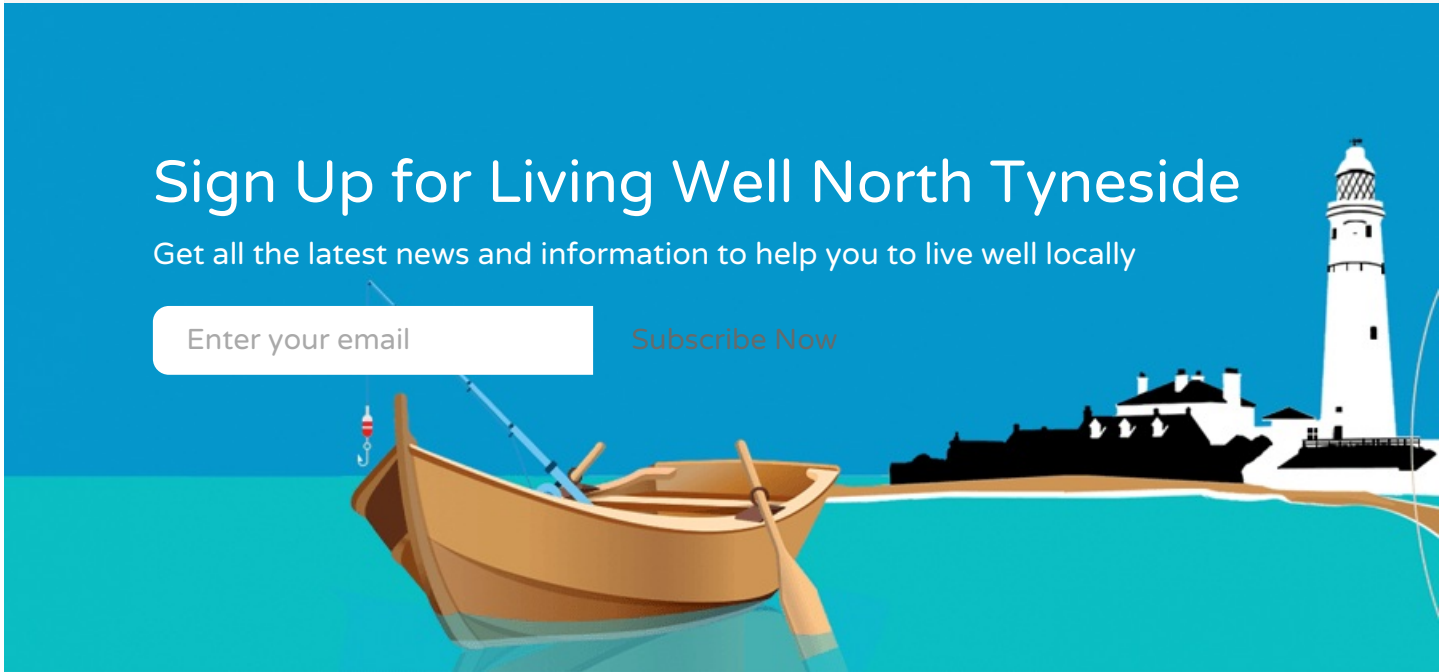


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