



# Living Well North Tyneside

Supporting Health and Wellbeing

We are currently running a drop-in session at Wallsend Library in Wallsend Customer First Centre on Wednesday mornings between 10am and 12pm. Pop along if you would like some face to face digital support with a smart phone, tablet or laptop.

We can help with:

- Getting you online
- Smartphones and tablets
- Using the NHS app FaceTime/Skype/Zoom
- Social media and emails
- Online food shops
- Paying bills online

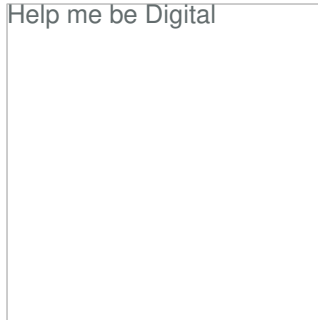


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Help me be Digital



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



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