



Living Well North Tyneside

Supporting Health and Wellbeing

- Learning how to get the most out of your devices
- Gaining confidence with computer programs commonly used in the workplace
- Accessing the internet safely and avoid online scams

Whatever you want to learn on your phone, laptop or PC, come in for a chat.

Pop in to use our laptops for job searching anytime.

Whether you need to do some job search, need help and support with applications or are a first time user wanting to get online - we can help!

Our digital sessions are friendly, judgment-free, and typically delivered to small groups or 1-2-1 which allows your tutor to work at your pace.

We can help you learn about how to get the best out of your own devices.



[digital help](#) | [computer help](#) | [technology help](#)



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