



Living Well North Tyneside

Supporting Health and Wellbeing

- 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.

- Wallsend Working Well every Monday, 9:30 – 10:30
- North Shields Working Well every Wednesday, 9:30 – 10:30

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.

Contact digitaloutreach.project@northtyneside.gov.uk if you have any additional questions.



[digital
help](#) |

[computer
help](#) |

[technology help](#)



0191 643 2288



digitaloutreach.project@northtyneside.gov.uk



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<https://www.skillsnorthtyneside.org.uk>



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