



Living Well North Tyneside

Supporting Health and Wellbeing

We offer a variety of activities and workshops such as arts and crafts, music, gaming, cooking and more. All 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.

Sessions are on a rolling basis throughout the year and take place in 6-week blocks at a time, with a 3 week break in between.

Young people must complete our expression of interest form and be booked onto a session before they attend. A member of the team will contact the young person to give them more information and sign them up for the project.

[Express your interest here](#)



[young people](#) | [mental health](#) | [wellbeing](#) | [Recovery college](#) | [socialise](#)

DiscoverMe



07598 893116



discoverme@voda.org.uk



North Tyneside Voluntary Organisations Development
Agency (VODA)
Spirit of North Tyneside Wing,
2nd Floor, Wallsend Community Hub and Library,
16 The Forum,

Wallsend
NE28 8JR



<https://voda.org.uk/our-projects/discoverme/>

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