



Living Well North Tyneside

Supporting Health and Wellbeing



Time: 10:00am - 12:00pm



Cost: No Cost



Type: Face to Face

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

Wednesdays 10am to 12pm at Wallsend Library

Thursdays 10am to 12pm at North Shields Library

For any more information please call VODA on 0191 643 2622 or email alex.woolley@voda.org.uk or lauren.amis@voda.org.uk

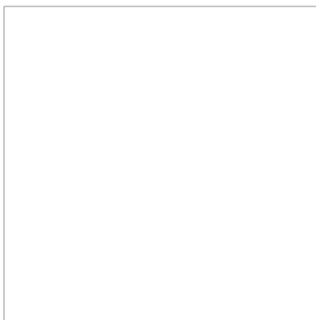
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[digital learning](#) | [digital](#) | [digital support](#)



 0191 643 2622

 alex.woolley@voda.org.uk

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

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

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