



# Living Well North Tyneside

Supporting Health and Wellbeing



**Time:** 9:30am - 10:30am



**Cost:** No Cost



**Type:** Face to Face

We offer personal, digital support, helping to identify your personal needs and goals and build day-to-day digital confidence.

Sessions cover a range of digital skills including (but not limited to):

- 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.

Contact [digitaloutreach.project@northtyneside.gov.uk](mailto:digitaloutreach.project@northtyneside.gov.uk) if you have any additional questions.



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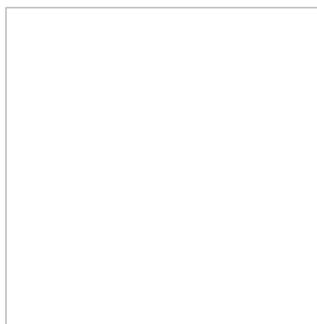
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0191 643 2288



[digitaloutreach.project@northtyneside.gov.uk](mailto:digitaloutreach.project@northtyneside.gov.uk)



Wallsend Customer First Centre  
The Forum,  
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# Sign Up for Living Well North Tyneside

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