



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 if you have any additional questions.

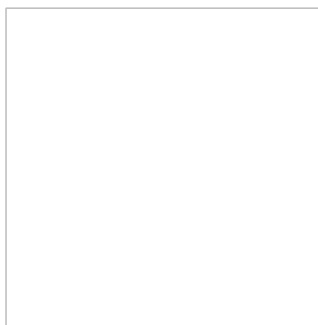


[digital support](#) |

[digital skills training](#) |

[laptop training](#) |

[PC training](#)



digitaloutreach.project@northtyneside.gov.uk



The Beacon Centre
Bedford St,
North Shields



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



Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)

