



Living Well North Tyneside

Supporting Health and Wellbeing

- physical and mental health.

We have regular sessions with employers so you can find out what they are looking for in candidates. They'll tell you about career opportunities at their business.

- Confidential, tailored advice and support
- Workshops and courses to build your skills
- Advice from health professionals
- Help with job search, applications and interview coaching
- Opportunities to meet with local employers
- Computer access and digital support
- Health and wellbeing advice and support services
- Career planning and support to build your professional network

Drop in on Tuesdays between 10am and 2pm.



[employment support](#) |

[career advice](#) |

[job support](#) |

[work training](#)

Related Documents

- [Working Well Dudley DropIns.png](#)



 0191 643 2288



employability.skills@northtyneside.gov.uk



John Willie Sams Centre
11, Weetslade Crescent
North Tyneside
NE23 7HS



<https://skillsnorthtyneside.org.uk/support/employment-support/>



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