

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S
RECOVERY COLLEGE!



#ReinventUs

Book your place!



Or contact us:

Mobile: 07598893116

discoverme@voda.org.uk

www.voda.org.uk/discoverme

For ages 16-25

Mindful Kitchen

Monday

Discover how to cook healthy meals on a budget while exploring the connection between food and mood. All skill levels are welcome.

Barnardo's The Base, Whitley Bay, 1:30pm to 3:30pm

Soothe and Self Care

Join us for a session exploring self-care through the 5 Ways to Wellbeing: Connect, Be Active, Learn, Give, and Live in the Moment. Discover new ideas and connect with others!

Barnardo's The Base, Whitley Bay, 5:00pm to 6:30pm



Express Yourself

Tuesday

Come along to a safe space where you can connect with others and express yourself through various art forms

East End Community Centre, North Shields, 1:00pm to 2:30pm

Neurodivergent Group

A safe space for anyone who identifies as neurodivergent. Meet other young people and learn some healthy coping strategies.

YMCA North Tyneside North Shields 5pm-6:30pm



Social Group

Wednesday

Come along to this group to connect with other young people in a relaxed environment.

Howdon Community Hub, NE28 0PP 5pm-6:30pm



Sing it Out!

Thursday

Come and join us for a fun afternoon of expressing yourself and letting loose with singing and karaoke.

East End Youth and Community Centre, North Shields, 2.00pm to 3:30pm

Game Masters: Dungeons and Dragons

Join us for an epic Dungeons & Dragons adventure! No prior experience necessary!

YMCA North Tyneside, North Shields, 5:00pm to 6:30pm

