

# DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

# DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

# ReinventUs



# Contents

1. What is DiscoverMe?
2. How to get involved
3. Meet the team
4. Mindful Kitchen
5. Soothe and Self-care
6. Express Yourself
7. Neurodivergent Group
8. Sing it out
9. GameAholics
10. Code of Conduct
11. Volunteer with us!
12. Meet the Volunteers

# DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

#ReinventUs

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

Are you 16-25?  
Do you want to...

- FEEL EMPOWERED
- LEARN NEW SKILLS
- MAKE NEW FRIENDS
- GAIN CONFIDENCE
- TRY NEW THINGS
- HAVE FUN

Then DiscoverMe is for you!

## What is DiscoverMe?

DiscoverMe is North Tyneside Young Person's Recovery College, which supports young people's mental health and wellbeing.

## What does DiscoverMe do?

We offer a variety of sessions for 16-25-year-olds that aim to improve mental health and wellbeing.

All our sessions are co-produced with young people, which means your voice helps to shape DiscoverMe's future!

You can also volunteer with us.

## How can you get involved?

- Express your interest by following the QR code or link below.
- Fill in your details and we will get in touch with you.
- Or simply pop us a message or call using our details below.



Express your interest  
using the QR code or link  
below:  
[voda.org.uk/discoverme](https://voda.org.uk/discoverme)

To see what we get up to follow  
us on social media:

Facebook – @discoverme

Instagram – @discoverme\_reinventus

## GET IN TOUCH...

Sarah Bell

Mobile: **07598893116**

Pelumi Togun

Mobile: **07851523958**

Rachel Anderson

Mobile: **07543281722**

Office: **0191 643 2626**

Email: [discoverme@voda.org.uk](mailto:discoverme@voda.org.uk)

# Meet The Staff

**Sarah Bell – Senior Young Person’s Co  
Production Worker**  
Dislikes football  
Loves to Dance  
Loves to dip in the North Sea



**Pelumi Togun – Young Person Co  
Production worker**  
Dislikes Coffee  
Loves music  
Loves travelling on the road

**Rachel Anderson – Young Person Co  
Production Worker**  
Loves League Football (not international)  
Loves Heavy Metal  
Loves Travelling



# What's On?

## Regular Sessions

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

For Ages 16-25

## Mindful Kitchen

Learn how to cook healthy food on a budget, themed weeks including foods from around the world. Beginners welcome! Discover how food affects your mood! Meat and vegan options available.



### Where?

Barnardo's - The Base  
Whitley Bay  
NE26 2AJ

### When?

Every Monday  
1.30pm-3.30pm

Limited spaces so  
pre-booking required!



Book here!



# What's On?

## Regular Sessions

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

## Soothe And Self Care

For Ages 16-25

A session to explore self care ideas through the 5 ways to wellbeing – Connect with others, Be active, Learn new skills, Give to others and Live in the present.

### Where?

Barnardo's - The Base  
Whitley Bay  
NE26 2AJ

### When?

Every Monday  
5pm-6:30pm

Limited spaces so  
pre-booking required!

### SELF-CARE CHECKLIST

- Good sleep 
- Meditate 
- Exercise 
- Read book 
- Eat healthy 
- Drink more water 



### Book here!



# What's On?

## Regular Sessions

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

For Ages 16-25

# Express Yourself

Join us for a creative arts session to help you relieve stress and anxiety. This session offers you a safe space to connect with others and express yourself through a variety of art forms.

### Where?

East End Youth & Community  
Centre, George Street, North  
Shields NE30 1EL

### When?

Every Tuesday  
12.30pm-2.00pm

Limited spaces so  
pre-booking required!



Book here!





# What's On?

## Regular Sessions

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

For Ages 16–25

# Neurodivergent Group

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

### Where?

Whitley Bay Customer First  
Centre (Whitley Bay Library)  
York Road, Whitley Bay NE26  
1AB

### When?

Every Tuesday  
3.30pm to 5pm

Limited spaces so  
pre-booking required!



Book here!



# What's On?

## Regular Sessions

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

For Ages 16-25

## Sing It Out

A singing group to express yourself through music!  
This group is a supportive and creative space for  
everyone. Develop your talent or just enjoy the  
benefit of singing for wellbeing.

### Where?

East End Youth & Community  
Centre, George Street, North  
Shields NE30 1EL

### When?

Every Thursday  
2.00pm to 3.30pm

**Limited spaces** so  
pre-booking required!



### Book here!



# What's On?

## Regular Sessions

DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S  
RECOVERY COLLEGE!

## Gameholics

For Ages 16-25

Share your passion for gaming in a fun, inclusive, and supportive community! This group offers a space to connect with like-minded individuals, participate in fun gaming sessions,

### Where?

YMCA North Tyneside  
Church Way, North Shields  
NE29 0AB

### When?

Every Thursday  
5.00pm to 6.30pm

**Limited spaces** so  
pre-booking required!



Book here!



# CODE OF CONDUCT

**DiscoverMe is a safe space for everyone.  
Here is our code of conduct for our sessions,  
created by young people:**

- **Respect:** Every individual matters
- **Boundaries:** A safe space to be yourself, remember your own and other people's boundaries. Only share what you feel comfortable with.
- **Confidentiality:** A trusting secure environment for all
- **Be kind:** Seeing the best in others
- **Take a break:** You are always welcome to take a break if needed
- **Personal responsibility:** Being accountable for your space/actions helps us to achieve our goals
- **Be mindful of other people's triggers:** Create an appropriate and respectful environment

# VOLUNTEER WITH US!

No qualifications or experience needed!

## DiscoverMe

NORTH TYNESIDE YOUNG PERSON'S RECOVERY COLLEGE!



DiscoverMe is co-produced by young people for young people, which means your ideas matter!

You must be between the ages of 16-25 to volunteer at DiscoverMe.



## VOLUNTEER ROLES...

### PLANNING & DEVELOPMENT AMBASSADOR

#### What will this involve?

Developing DiscoverMe and being part of all the behind the scenes work. This could include things like:

- Designing promotional material
- Supporting with social media or planning future sessions
- Attending discussions groups and 1 to 1's with staff to develop ideas and give your feedback

- Gain confidence
- Build experience
- Enjoy volunteer incentives
- Share your skills
- Help others with your lived experience.

### CO-FACILITATOR

#### What will this involve?

- Being part of the planning and preparation prior to a session being delivered
- Introducing your own interests/ideas and working with staff to develop this into a session
- Delivering sessions alongside staff

### WHAT DISCOVERME WILL OFFER

- Volunteer training and ongoing support from staff
- Skills and experience to put on your CV
- Expenses (you will be reimbursed for travel and food costs)
- Opportunity to meet other volunteers with regular social 'meet ups'. This is to ensure our volunteers' hard work is rewarded!

# Meet The Volunteers



## Amber

**I have a Border Collie called Meg  
I play piano and guitar  
I've just finished an Open University  
course in Criminology and Psychology  
after 4 years of hard work**



## Chesca

**My favourite season is Autumn  
My top 3 songs are - Alternative by  
RORY, Custer by Slipknot and Holly  
by Uninvited.  
I have 25 pairs of Vans trainers!**

## Brivan

**My Favourite music artists are, the  
Hoosiers, The Killers and Florence  
and The Machine.  
I love buses.  
I love drawing and singing.**

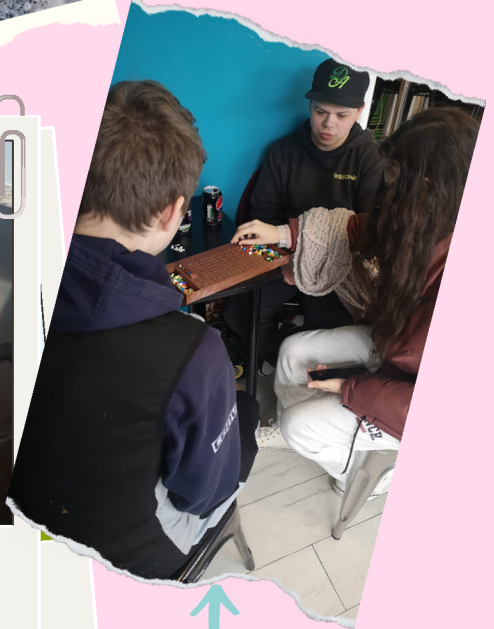


look

**Neurodivergent Group**



**Mindful Kitchen**



**Games**

**Soothe and Self Care**



**Volunteer Socials**