

DiscoverMe

**NORTH TYNESIDE YOUNG PERSON'S
RECOVERY COLLEGE!**

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ReinventUs



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#ReinventUs

DiscoverMe

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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

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

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

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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
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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

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!

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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.**

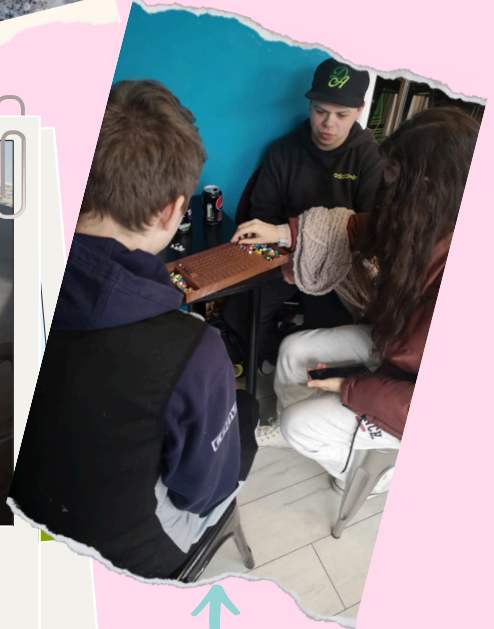
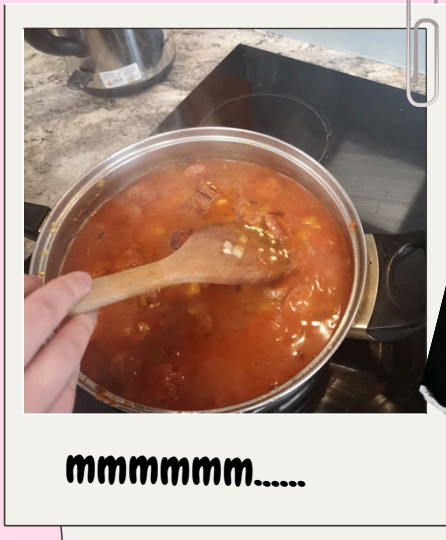


look

Neurodivergent Group



Mindful Kitchen



Games

Soothe and Self Care



Volunteer Socials