

## Course details

### Course title

Budgeting Basics for Purfleet Trust (Multiply Norfolk)

### Course code

Q00015318

### Course date

Start: 04/07/24

End: 04/07/24

### Number of classes

2 sessions

### Timetable

Thu 4th Jul, 10:00 to 12:00

Thu 4th Jul, 12:30 to 14:30

### Tutor

Laura Howsen

### Fee:

Free

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

### Venue

Purfleet Pantry  
Southgates Roundabout  
King's Lynn  
PE30 5SX

## **Qualification name & awarding organisation**

Budgeting Basics for Purfleet Trust (Multiply Norfolk) ()

## **Level of study**

Beginners

## **Course overview**

This course will help you develop a healthy relationship with money. It will help get your money sorted and make sure you're getting the best deals. Our course can help you plan your money, stick to your budget and find better ways to make savings. This course is designed to support individuals with using numeracy skills to manage their money. Learners will gain support in becoming more confident using basic everyday maths skills and learn how to budget within their means for example you will learn how to create affordable meals within your own budget. You'll get practical budgeting tips you can apply in the kitchen and spotting a bargain when shopping and how to get the best value deals and offers to make your money stretch further.

## **Course description**

" Don't let numbers limit your potential. Gain Confidence, boost opportunities and excel in everyday work & life through our course. In this course, we tackle the common problem of increasing debt caused by the rising cost of living. We'll explore everyday expenses like energy bills, TV, phone, broadband, food, and transportation. The focus is on giving you practical skills and knowledge in numbers to help you manage your money better. You'll learn strategies to be proactive in handling your finances, easing the impact of growing living costs. Enrol on our course to gain useful insights and tools for better financial management.

On this budgeting course you will learn how to select nutritious ingredients to prepare wholesome meals without breaking the bank. Brainstorm recipe ideas with the class to make use of leftovers. Get tips on how to store food properly to avoid wastage. Learn how to save money when doing food shopping and other budgeting tips. By learning how to understand nutritional information, you'll be able to make better food choices. This will help you create filling and nutritious meal plans which will take less of a toll on your personal budget. We'll also cover how batch cooking can help you save time and money."

## What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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