

## Course details

### Course title

Multiply: Everyday Lifeskills for Thornage Hall 2

### Course code

Q00018831

### Course date

Start: 03/10/24

End: 17/10/24

### Number of classes

3 sessions

### Timetable

Thu 3rd Oct, 13:30 to 16:00

Thu 10th Oct, 13:30 to 16:00

Thu 17th Oct, 13:30 to 16:00

### 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**

Thornage Hall Independent Living  
Sharrington Road  
Thornage  
Holt  
Holt  
NR25 7QH

## **Level of study**

Beginners

## **Course overview**

This follow-on course, funded through Multiply in Norfolk, aims to further empower individuals with essential everyday life skills. Learners will engage in practical sessions covering topics like budgeting, art, digital literacy, and effective communication. Tailored to the evolving needs of the Thornage Hall community, the course emphasises hands-on learning and real-world applications to enhance independence and confidence. Whether you're looking to improve your financial management, acquire new skills, navigate technology, or boost interpersonal skills, this course offers the tools and support needed to thrive in daily life.

## **Course description**

Building on the foundational skills acquired in the initial course, this follow-on program, funded through Multiply in Norfolk, aims to further empower individuals with essential everyday life skills. Learners will delve deeper into practical sessions covering a broad spectrum of topics, including budgeting, art, digital literacy, and effective communication. Specifically tailored to meet the evolving needs of the Thornage Hall community, the course emphasises hands-on learning and real-world applications to enhance independence and confidence.

In the budgeting component, participants will refine their financial abilities, building strategies for making informed financial decisions and creating spending plans. Art sessions will continue to foster creativity and self-expression while introducing more challenging projects and further developing numeracy skills. Digital literacy training will enable learners to navigate technology with greater proficiency, ensuring safe and efficient use of more sophisticated digital tools. Communication activities will focus on refining interpersonal skills, promoting clearer self-expression and more effective relationship-building.

Whether you aim to further improve your financial management, acquire new skills, or boost your confidence in technology and communication, this course offers the tools and support needed.

Designed exclusively for the Thornage Hall community, this course helps participants take the next step toward greater independence.

## **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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