

NUMERACY TRAINING SUPPORT

3Food4U is working with Essex County Council to offer **FREE** online training courses to build confidence and ability to work with numbers in everyday practical situations.

There are three different courses to choose from-

1. **Marvellous and Meaningful Maths.** Delivered by TiEGr

Developed for **parents, grandparents and carers** of children under 5. Learn how to support children with playful maths activities. A fun activity-based course that will develop your confidence in basic maths and your child's ability to engage with and enjoy maths. Delivered over three 2 hour zoom sessions.



This course is attended online - **(recordings available if time or date does not suit)**

Everyone completing this course will receive vouchers worth £20

2. **Multiply: Number.** Delivered by Red Balloon Foundation – RBF

Being confident with numbers is important in so many situations in everyday life. This course will help you understand decimals, fractions and percentages; to follow recipes and take measurements, convert currencies and help your children with their homework.



3. **Multiply: Money.** Delivered by Red Balloon Foundation – RBF

When times are tough, having confidence to know how best to use our finance and manage the household budget is really important. This course is focused on building skills around money. You will become more confident and able to compare supermarket deals and mobile phone tariffs. It will help you compare different bank accounts and credit cards. To work out the interest on loans and understand the impact of inflation.

Both Multiply: Number and Multiply: Money are delivered online in ten 1 hour zoom sessions.

You do not have to attend every session, you can pick the one's you are most interested in and you can attend both courses if you wish. As an incentive to Multiply learners –

- After completing **two sessions** you'll receive through the post a **Multiply Learner Pack** (including a workbook, calculator and stationary set)
- After completing **four sessions** you'll receive a **£20 voucher and a certificate**
- After completing **eight sessions** you'll receive **a further £20 voucher and a certificate**
- After completing **ten sessions** you'll receive **a nationally accredited certification from ASDAN**

So if you complete both courses you can receive up to £80 and two nationally accredited certificates

If you don't have enough **data or devices** to attend the courses RBF will provide data vouchers / wireless hubs and tablets / laptops for the duration of the course. Help will also be provided in using the devices.

For more details and to register interest please contact Colette

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