

## 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.

All courses are delivered by **The International Education Group [TiEGr]**



**Courses to choose from-**

### 1. Marvellous and Meaningful Maths - Early Years [Children 0 to 5 year]

Developed for [parents, grandparents and carers](#) . This is a fun activity-based course that will develop your confidence in basic maths and your child's ability to engage with and enjoy maths.

You will learn –

- How to support children with playful maths activities
- How to talk to your child about everyday maths
- How to make mathematical language easy to understand
- The requirements and subjects covered in early years maths teaching

The course is delivered in three 90 minute online zoom sessions.

Recordings of the live sessions are available if you miss a session.

**[Coming soon – Key stage 1 course for parents of children 5 to 7 yrs and Key stage 2 course for parents of children 7 to 11 yrs. Designed to help you understand, guide and support your children through their primary school maths education.**

**If you are interested in the Key stage 1 or 2 course let Colette know]**

### 2. Family Finance and Budgeting

This course will provide practical tips and strategies for creating and managing the family budget.

You will learn -

- Cost saving tips for shopping and meal planning
- How to compare and find the best deals (e.g. for mobile phones or loans)
- How to save on utility bills and household expenses
- How to keep track of expenses
- How to manage your debts

The course is delivered in three 90 minute online zoom sessions.

Recordings of the live sessions are available if you miss a session.

**Everyone completing these courses will receive vouchers worth £20  
[All three sessions must be completed to qualify for the vouchers]**

**For more details and to register interest please contact Colette**

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