

# FREE skills workshops

For Central Bedfordshire  
and Bedford Borough  
residents



**SKILLS  
FOR LIFE**

**Multiply**

**We offer a range of free workshops in person or online to help you build confidence with the key skills you use in everyday life.**

**Take home a free £30 food voucher by attending all the workshops and/or all the sessions within the course!\***

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**Maths skills** – introductory workshops to build confidence with essential everyday maths skills and applying them to tasks at work and home.

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**Money skills** – 4 workshops to build confidence managing your finances, covering • Cost of living support • Budgeting • Understanding borrowing and debt • Making the most of your money. \*

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**Shopping skills** – (4 sessions) become a savvy shopper with these tips and tricks to make your money go further in supermarket and retail shops. \*

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**Cooking skills** – (4 sessions) building your knowledge of how to whip up quick and easy meals, and tips to make food go further in the kitchen. \*

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**Creative skills** – workshops to support fine motor skills, exploring maths skills through creative activities you can also do at home.

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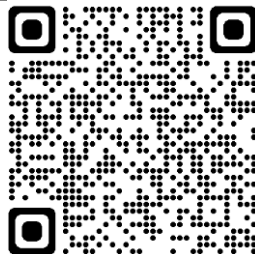
**Digital online courses** – short, flexible and free! Access at your own time, complete at your own pace... and there are lots to choose from!

**To find out more about upcoming skills workshops, please contact us**

Click the link or scan the QR code to fill in our simple enquiry form:

[www.centralbedfordshire.gov.uk/BESA-contact-us](http://www.centralbedfordshire.gov.uk/BESA-contact-us)

For further support, call 0300 300 8131



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Bedfordshire  
**Employment &  
Skills Academy**