



# Multiply your confidence with everyday maths skills

Free skills workshops to support you in everyday life.

Delivered in Central Bedfordshire and Bedford Borough for adults (19+).

**Course information booklet for the Multiply programme**

From April 2024 to March 2025



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Funded by  
UK Government



Bedfordshire  
Employment &  
Skills Academy

## Make life a little easier! Build confidence with the maths and money skills that matter to you.

Do you find the thought of maths daunting? Although it can sometimes feel challenging, we all use numbers every day – at work, at home and when we're out.

Multiply workshops and online courses will help you feel more confident with the maths you come across in your daily life. These courses are free for adults aged 19 years and over in Central Bedfordshire and Bedford Borough (subject to meeting conditions). \*

There are free vouchers available to support your learning journey (subject to meeting conditions), so take a look at the courses on offer below! \*

### Multiply courses will help you feel more confident with:

- saving money and shopping for less.
- understanding what it means to borrow money and repay loans.
- accessing cost of living support you're entitled to.
- practicing useful skills through crafts and games.
- using number skills in tasks you come across in everyday life.

### What will you learn?

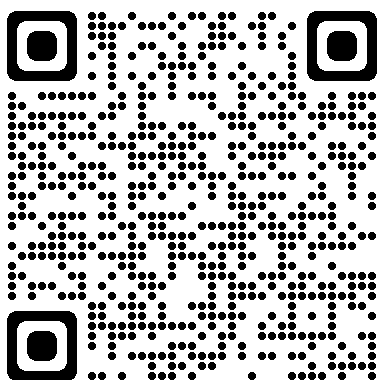
Multiply workshops and online courses are suitable for adults looking to feel more confident using numbers in everyday life, or to cover basic maths knowledge to progress onto an accredited maths qualification and higher-level training.

### How can you attend?

Small, social workshops are run in locations across Central Bedfordshire and Bedford Borough. You can also access a free suite of online courses to complete independently – anytime, anywhere.

### Scan the QR code to visit the webpage for more information and find the timetable of upcoming courses:

Or visit [www.centralbedfordshire.gov.uk/multiply-maths-skills](http://www.centralbedfordshire.gov.uk/multiply-maths-skills)



To enquire or book onto a course, please complete a short online enquiry form at [www.centralbedfordshire.gov.uk/besa-contact-us](http://www.centralbedfordshire.gov.uk/besa-contact-us).



## What Multiply courses can you attend?

### Money skills courses

Improve your confidence in managing your money. Click here to [search the list of money skills courses](#).

**If you attend four money skills workshops, you will receive a £30 supermarket voucher!**

(Workshops to attend to receive this offer: Cost of living support; Budgeting and saving; Understanding borrowing and debt; Making the most of your money). \*

- **Cost of living support** – 1 week workshop, 2 hours.

This workshop will support you with knowledge around the current cost of living rates and support available. Learn how to:

- Know where to look for what support is available to you and how you can save on bills.
- Look at some of the organisations offering financial information and advice.

- **Budgeting and saving** – 1 week workshop, 2 hours.

This workshop will give you the tools to create a budget for current and future spending and will look at ways to save money. You will be able to:

- Plan and manage a budget based on your needs and priorities.
- Make informed spending choices based on your budget size.
- Look at a range of ways to plan and keep track of incoming and outgoing money.

- **Understanding borrowing and debt** – 1 week workshop, 2 hours.

This workshop will support you with understanding the different aspects of what borrowing money means and the commitments to repaying loans. This course will help you to:

- Recognise the concepts of saving and borrowing money.
- Learn about what interest rates are and how this affects borrowing and repaying money.
- Learn about what APR is and its impact on money you've borrowed.
- Discuss different reasons for, and ways of, borrowing money.

- **Making the most of your money** – 1 week workshop, 2 hours

This workshop is designed to help you save money on your bills and feel confident with how to make the most of your money. Feel confident with:

- Comparing financial products and bills before purchasing e.g., a mobile phone contract.
- Recognising your consumer rights before and after making purchases.
- Knowing the right questions to ask before you buy to help you save money.

- **Become a savvy shopper** – 4 week course, 2 hour sessions

**If you attend the four sessions within this course, you will receive a £30 supermarket voucher! \***

This course aims to help save you money with your supermarket and retail shopping. It covers:

- Identifying supermarket tricks that make shoppers spend more.
- Planning and estimating a shopping list for food, essentials and gifts.
- Comparing shop prices on food items and considering the benefits of bulk buying.
- Looking at alternative retail outlets for buying clothes, gifts, books and home furnishings.



- **Cutting costs in the kitchen** – 4 week course, 2 hour sessions

If you attend the four sessions within this course, you will receive a £30 supermarket voucher! \*

This course will help you to make the food you've bought go further, covering:

- Finding quick and easy recipes to cook at a low cost.
- Menu planning, nutrition, portioning and scaling recipes to fit your household.
- Batch cooking, using leftovers and freezing food.
- Comparing nutrients and costs of homemade and pre-packaged food.

## Short creative number skills courses

Develop useful number confidence for everyday life through fun activities at these creative workshops. Click here to [search the list of short creative courses here.](#)

If you attend four creative number skills workshops, you will receive a £20 Amazon voucher! \*

(Workshops to attend to receive this offer: four of the bullet-pointed courses within the 'Short creative number skills courses' section at any location in Central Bedfordshire or Bedford Borough).

- **Create and paint by numbers** – 4 week course, 2 hour sessions.

This course explores how artists such as Van Gogh and Kandinsky have used shape and space in their artwork, resulting in symmetry and meaning. Learn about shape dimensions and sequencing in dot paintings and have a go at painting your own masterpiece on a small canvas. It is a practical course. There are 4 sessions in this course to attend, and you can take your canvas home afterwards.

- **Sewing skills for beginners** – 3 week course, 2 hour sessions.

If you have a few beloved clothing items you wish you knew how to repair, this course will teach you the basic sewing techniques to mend them. Practice the running stitch, back stitch and ladder stitch, as well as learning how to stitch up small holes, sew on patches and buttons, and problem solve when it might go wrong. No sewing machine is needed – a trusty needle and thread are provided to get you started. This course is for beginners with no sewing experience.

- **Sew your own draught excluder** – 2 week course, 2 hour sessions.

Come along and sew your own draught excluder to help keep the heat in your house, saving around £50-80 off household energy bills a year!

No sewing experience is necessary, and the materials to get you started are provided for you. Bring some old clothes or dried rice with you for week 2 to stuff your draught excluder and take it home to finish decorating it!

- **Origami paper crafts** – 1 week workshop, 2 hours.

This workshop explores the first steps to the art of origami for beginners. Practice your shape and symmetry skills to fold paper into pretty 3-dimensional objects! Tap into your artistic side to create beautiful decorative shapes such as lily and lotus flowers, boxes and bookmarks from paper.

- **Make a macrame knot keyring** – 1 week workshop, 2 hours.



This workshop will show you how to use coordination and measurements to create a colourful macrame knot keyring with a beautiful pattern which you can take home with you! The workshop will also promote well-being and mindfulness through creative pleasure.

- **Bingo and board games** – 1 week workshop, 2 hours.

Come along and join the fun playing bingo and board games and challenge yourself to find the right answer to brain teasers! This workshop will focus on a variety of maths concepts and sharpen your cognitive abilities.

- **Practice perfect plaiting** – 1 week workshop, 2 hours.

This is a hands-on workshop for beginners where you will explore how numeracy can be used to master French plaits and fishtail plaits! Hair dolls are provided.

- **Mindfulness maths** – 1 week workshop, 2 hours.

Our wellbeing is important, and ‘mindfulness’ is a technique allowing us to become more aware of our surroundings and our feelings. This workshop will help you practice mindfulness, whilst creating beautiful artwork pieces using useful numeracy skills.

- **Build a recycled bee hotel** – 1 week workshop, 2 hours.

This workshop explores size, shape, area and volume to create your very own recycled bee hotel. Using recycled resources, create a lovely habitat from a range of materials to support our bee population!

- **Make a wildflower seed ball** – 1 week workshop, 2 hours.

Get your ‘green fingers’ ready to make some soil balls filled with wildflower\* seeds to plant and watch your flowers bloom! (\*Type of seeds subject to season).

- **Sowing seeds in recyclable plant pots** – 1 week workshop, 2 hours.

This workshop is based around planting seeds in creative and sustainable ways, for example in egg boxes, containers and bottles. Make your own recyclable plant pot and sow with seeds – take yours away and watch them grow. Practice maths and money skills in this eco-friendly activity.

- **Festive seasonal shapes** (Christmas special) – 1 week workshop, 2 hours.

This workshop focuses on key maths skills embedded into festive themed arts and crafts. If you're looking to feel festive leading up to Christmas, come along to get crafty in the Christmas spirit! You can create paper decorations such as a Christmas star and a snowflake using numbers for precision. This is a practical course, and you can take yours home!

## **Maths skills course – preparing for an accredited maths qualification.**

Build on your foundational maths skillset to support your confidence with numbers and start your journey towards achieving an accredited Functional Skills maths qualification. Click here to [view this course](#).

- **Bitesize maths skills** – 6 week course, 2 hour sessions.

**If you attend the six sessions within this course, you will receive a £30 Amazon voucher! \***



This refresher course breaks down basic maths skills such as addition, multiplication, division and fractions, into bitesize learning to boost your confidence from the very beginning. This course will help you to:

- Refresh your skills and confidence with key maths skills.
- Feel more aware of where you use maths in your daily life at work and home.
- Progress onto a formal maths qualification.

## Independent online courses

Don't have time to attend a workshop? Don't miss out! You can complete a range of bitesize courses independently online. You can return to your progress whenever suits you and the feedback is automated. They are easy to access on a digital device. Click here to [search the list of online courses](#).

To receive a free log in, please complete a short enquiry form at [www.centralbedfordshire.gov.uk/besa-contact-us](http://www.centralbedfordshire.gov.uk/besa-contact-us).

**Sign up and complete your first e-learning module to receive a £10 Amazon voucher! \***

- **Multiply your confidence with numbers in your daily life** – approx. 2 hours.

This online module will help you to:

- Shop for the best price and understand different offers.
- Proactively plan your day.
- Make sense of statistics and graphics in the news.

- **Multiply your confidence with numbers at work** – approx. 2 hours.

This online module will help you to:

- Use a computer and desk safely, manage time and meet deadlines.
- Manage profit and loss and understand your payslips.
- Hit targets and meet expectations.

- **Multiply your confidence with numbers at home** – approx. 2 hours.

This online module will help you with:

- Cooking and using recipes and setting and keeping to a budget for a weekly shop.
- Understanding and managing diet and nutritional information.
- Measuring medicine doses and planning journeys.

- **Multiply your confidence with numbers for budgeting, saving and loans** – approx. 2 hours.

This online module will help you to:

- Understand budgeting and prioritising needs and wants.
- Understand situations where you may need to borrow money.
- Understand the impact of money on wellbeing.

- **Multiply your confidence with numbers for payslips and bills** – approx. 2 hours.

This online module will help you to:

- Understand a payslip, calculate different costs and expenses, and how to read bills.



- **Multiply your confidence with numbers with everyday money handling** – approx. 2 hours.

This online module will help you to:

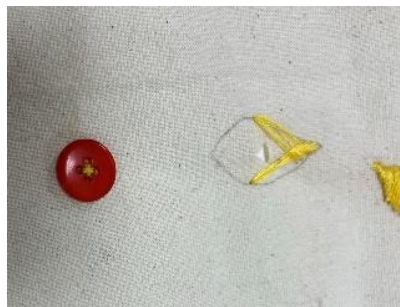
- Understand different payment methods and the cash payment transaction process.
- Understand how to avoid fraud, theft, and online scams.

## Multiply courses in the community

Multiply workshops have been delivered in a wide range of venues to support residents attending, including libraries, community hubs, day centres, warm spaces, children’s centres and schools. Workshops have also been delivered in partnership with other support organisations such as Bedfordshire and Luton Recovery College, Community Voluntary Service, ACCM UK, and the British Pakistani Welfare Association – to name a few!

## Testimonials from Multiply learners

- *“I would definitely recommend Multiply money workshops to others – mums, dads, people with young families. Everyone of any age in fact!”*. From a learner after completing money skills courses.
- *“The Multiply courses have given me more motivation and belief that I can do something with my life that is good.”* From a learner inspired by completing creative number skills courses.
- *“I’ve already learned running stitch and back stitch. Don’t underestimate how much these skills can help with repairing clothing items!”* From a learner on the Sewing Skills for Beginners course.
- *“We really enjoyed making Diya (lamps) for Diwali and being creative with how we can apply number skills to these activities.”* From learners at a bespoke Diwali craft workshop.



## Bespoke skills courses for local communities and employers

Find more information on [bespoke courses to support local community groups](#).

Here’s a case study with **NSSL Supported Living**.

- In partnership with NSSL Group, Multiply courses have provided a safe space to learn for their residents, and they've been building confidence with practical maths and money skills to support their journeys to living more independently.



Find more information on [bespoke numeracy training for local employers](#).

Here's a case study with **Silsoe Horticultural Centre, Potting Shed café**.

- The café team is comprised of the Day Centre's customers with learning disabilities, and a 7-week numeracy-based training course with Multiply supported the staff to feel confident with number skills specifically around the tasks they carry out on a shift. They have been doing so well since partaking in the course in July 2023!

## What's next after attending Multiply courses?

### Further maths courses and accredited Functional Skills maths qualifications

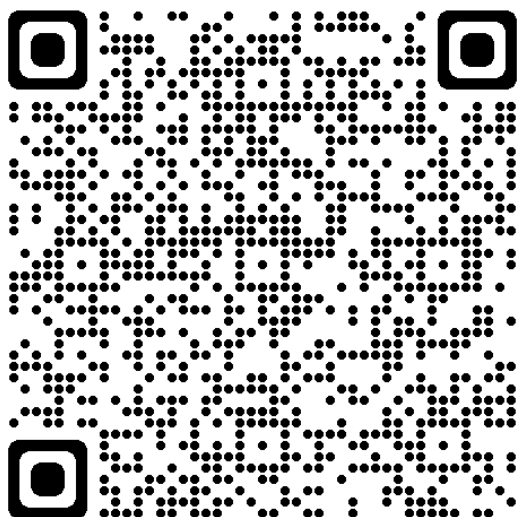
If you are interested in progressing onto further maths courses or a formal maths qualification, please visit our website at [www.centralbedfordshire.gov.uk/maths-courses](http://www.centralbedfordshire.gov.uk/maths-courses).

If you attend a Multiply course and progress onto higher level maths courses with BESA, you will receive a £20 Amazon voucher. \*

If you progress onto a Functional Skills maths qualification with BESA, you will also receive a £50 Amazon voucher! \*

### Other learning opportunities and employment support

For more information on how BESA can support you, please visit [www.centralbedfordshire.gov.uk/BESA](http://www.centralbedfordshire.gov.uk/BESA) or scan the QR code.



*Multiply courses are free for adults aged 19 years and over in Central Bedfordshire and Bedford Borough (subject to meeting conditions). \*Vouchers are available subject to meeting eligibility.*





## Contact us

**Find us online:** [www.centralbedfordshire.gov.uk/BESA](http://www.centralbedfordshire.gov.uk/BESA)

**Email:** [BESA@centralbedfordshire.gov.uk](mailto:BESA@centralbedfordshire.gov.uk)

**Call:** 0300 300 8131

**Write to:** Bedfordshire Employment and Skills Academy,  
Parkside Drive, Houghton Regis, LU5 5PY

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and Bedford Borough Council  
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Bedfordshire  
**Employment &  
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**SKILLS  
FOR LIFE**  
MULTIPLY