

Making my money go further...

'Making my money go further' is a 4 week programme, which starts with a one-day workshop.

Every week you'll learn how to cook a healthy meal (all ingredients and resources provided for free, as well as refreshments across the day) and you'll work together to gain confidence in working out measurements, counting calories, measuring heart rates, dividing, budgeting and more.



Designed to boost your confidence in the use of numbers across everyday life and work, this programme will increase your ability to:

- use tips and tricks to make your money go further
- live healthier and happier for less
- calculate ingredients to minimise waste
- work out how to share amounts and portions
- understand receipts and bills, and more



Our sessions are fun and useful



We'll work together to boost your skills and confidence



Gain skills you can use everyday to live well for less



FREE
refreshments
and
healthy snacks

Supporting
North of Tyne
Combined Authority's
'Multiply'
programme

To find out more, email rachael.langlands@northumberland.gov.uk or call 07592 270 209