



PLAN FOR THE PINCH THIS YEAR

Grow your confidence in dealing
with everyday money matters

FREE course for parents and carers

Wednesday 18th January 2023 1pm-3pm

At Merridale Primary School (in the bungalow)

ALL WELCOME



ADULT EDUCATION
WOLVERHAMPTON

Multiply

PLAN FOR THE PINCH THIS NEW YEAR

Grow your confidence in dealing with everyday money matters.

Are your costs and debts 'multiplying'?

Are you wondering how you will manage your finances this year?

Do not lose control; join this short 'Multiply' course and start gaining the knowledge, skills, and confidence you need that will help you better tackle the cost of living crisis and manage your financial wellbeing.

LOOK TO COOK – MEAL PREPARATION AND PLANNING

The focus of this course is to help you take advantage of some tips and tricks that could save you money as you plan better, eat more healthily and spend less. We will encourage you to start to see the benefits of cooking from scratch compared to a take away and to look at how to use a 'best value' approach when you are shopping and how to reduce food wastage.

Understanding how planning meals could help to save you money, time and energy is important when you have a busy family life. If you would like to develop some basic maths skills while you look at ways of better managing your finances this year, come and join one of our short courses in a venue in your local community.

Check out our website www.aes.wolverhampton.gov.uk, email enquiries@aes.wolverhampton or call and speak to a member of our student services team **01902 558180** to find out more.



Multiply

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WOLVERHAMPTON
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