



Education & Skills
Funding Agency



HEALTH &
WELLBEING

CONFIDENCE TO DEAL WITH EVERYDAY HOUSEHOLD BUDGETING WORKSHOP

COURSE SUMMARY:

The aim of this three hour workshop is to build your confidence to make everyday decisions about your personal finances.

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)

WHAT WILL YOU DO ON THIS COURSE?

Through this workshop we will explore how we can develop our budgeting skills and start to identify steps we can take to reduce household costs. By the end of the workshop you will be able to:

- ✓ **Give** four examples of increased costs within your own household budget
- ✓ **Identify** steps we can take to reduce our energy costs
- ✓ **Identify** steps you may take to reduce household costs
- ✓ **List five** of your own top tips to save money
- ✓ **Identify** organisations that can offer advice and support
- ✓ **Have a** better understanding of Information, Advice and Guidance (IAG) and Careers Information Advice and Guidance (CIAG) and know where to source advice and support



AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

When you have completed the workshop, you can progress onto the longer 10 hour course which will continue to build your confidence around everyday budgeting. You could also consider other Health & Wellbeing workshops, eg, Confidence, Stress Management, or Volunteering for Wellbeing.



 **Suffolk**
County Council

REALISE
FUTURE-S

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY