



Education & Skills
Funding Agency



HEALTH &
WELLBEING

CONFIDENCE TO DEAL WITH EVERYDAY HOUSEHOLD BUDGETING

COURSE SUMMARY:

The aim of this 10 hour course 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?

On this course we will explore personal and household expenditure, building on personal budgeting skills, reducing anxiety around changes that may impact on your financial situation. We will discuss money saving tips and simple changes we can all make that can reduce your outgoings. By the end of the course you will:

- ✓ **Identify** types of financial recording including spreadsheets that may support you to identify your expenditure and areas where you can save
- ✓ **Identify** essential, desirable or non-essential spending and the impact this may have on your spending choices
- ✓ **You will** have the opportunity to discuss person finances in safe environment, and be empowered to say "no I cannot afford this"
- ✓ **Identify** organisations that can offer advice and support
- ✓ **Have a** better understanding of Careers Education Information Advice and Guidance (CEIAG) and know where to source these from



AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

When you have completed the course you could consider our workshop and follow on 10 hour course 'Confidence in using a slow cooker'. You could also consider other Health & Wellbeing workshops, eg, Confidence, Stress Management, or Volunteering for Wellbeing.



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Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY