

SKILLS FOR LIFE

Multiply

**FREE workshops at
the Higgins Bedford**

**Want to become a
savvy shopper?**



**Attend all four sessions of this FREE course
to take home a free £30 food voucher.***

Would you like help to:

- Get wise to the tricks supermarkets use to get you to part with your money
- Plan a shopping list on a budget and understand the benefits of bulk buying
- Understand supermarket pricing techniques (price per kilo and grams)
- Shop for less in retail and alternative shops (charities, eBay)

Session 1 - Tuesday 11th July 2023, 11:00 – 13:00

Session 2 - Tuesday 18th July 2023, 11:00 – 13:00

Session 3 - Tuesday 25th July 2023, 11:00 – 13:00

Session 4 - Tuesday 1st August 2023, 11:00 – 13:00

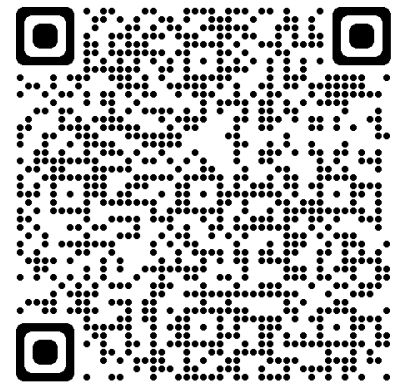
*Subject to eligibility (19+; live or work in Bedford Borough or Central Bedfordshire; no Level 2 maths qualification)

Where?

The Higgins Bedford
Castle Lane, MK40 3XD

Book your place!

Sign up at The Higgins or scan the QR to complete the online booking form



For more support contact us at
Academy@centralbedfordshire.gov.uk
or call us on 0300 300 8131

Central
Bedfordshire



Central Bedfordshire Council
and Bedford Borough Council
working together



Bedfordshire
**Employment &
Skills Academy**