



Free courses
to help keep
on top of your
finances.

Multiply

FREE FINANCIAL WELLBEING SESSIONS

Enable East are currently offering free sessions to help you tackle the cost of living crisis. Split into workshops that look at budgeting, good financial practice and looking after your wellbeing, we are aiming to help people build positive relationships with money. Our course is designed to help you find ways to save and conserve, and to give you the skills to cope when it all gets a bit too much.

The learning will take place over the course of a day with plenty of breaks. There will be opportunities for each participant to break away into 1:1 sessions with the trainer to get personalised support and to expand on any parts of the workshops that you find useful. As an added bonus, every learner will receive a £10 supermarket voucher and certificate at the end of the day.

Participants must be 19+, based in Essex and not have level 2 qualifications (GCSE/O level) C or above

For more information or to make a referral, please contact:

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