



# How to manage the cost of living

Working in partnership with:



## Multiply

**FREE  
COURSES  
FOR  
ADULTS**



# FREE WORKSHOPS

to help with the cost of living

Here at Colchester Institute we've developed some free workshops to help you budget with the cost of living and to support you with your finances.

## Budgeting

- Energy Saving
- Weekly household travel costs
- Home maintenance
- Utility bills
- Income & expenditure
- Banking
- Borrowing Money

## Work

- Introduction to Payslips, NI (National Insurance), Tax & Personal Allowance
- Pensions
- Filling out a timesheet
- Additional Pay
- Calculating holiday pay or extra income
- Planning your travel

## Shopping and Cooking

- Clever ways to save on shopping
- How to make meals, shop for them and cook them
- Health conditions and diet
- Healthy eating

For workshop dates and locations please scan the QR code



For more information contact:

Tel: 01206 712825 / 01206 814292 Email: [ncs@colchester.ac.uk](mailto:ncs@colchester.ac.uk)