

MULTIPLY FREE courses!

NORTHERN
Regional College

Multiply is an adult numeracy initiative funded by the UK government through the UK Shared Prosperity Fund. It is designed to help adults aged 19 and over enhance their numeracy skills, build confidence with numbers, support family learning, better manage finances and improve their career prospects.

 Funded by
UK Government

 Department for the
Economy
An Roinn
Geilleagair
www.economy-ni.gov.uk



Ballymena | Coleraine | Magherafelt | Newtownabbey



Join Multiply: Feed Your Family & Save on Groceries!

Want to learn how to make the most of your grocery budget while cooking nutritious, delicious meals? Whether you're shopping for one or feeding a family, our programme is designed to help you thrive!

What you'll get:

Top tips on budgeting for your grocery shop

Nutrition advice to keep your meals healthy & balanced.

Fun cooking sessions with meals to take home!

Open to all adults looking to save money while improving their kitchen skills. Don't miss out!

Friday 4th October 9am -1pm -Trostan Avenue, Ballymena & Coleraine.

Monday 30th September - 12:30 - 15:30 - Newtownabbey campus

Sign up today and start multiplying your savings and meals!

Open to any adult who has not received a GCSE Grade C in Maths, or if your skills are a little rusty don't hesitate to get in touch!

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For further information
please email multiply@nrc.ac.uk