

# NUMERACY FOR LIFE AND WORK

Want to feel more confident with numbers?

Join our friendly drop-in sessions to improve your numeracy skills for everyday life, home, and work.

## Number Knatter

Chat about using numbers in everyday situations.

## Confidence with Numbers

Build confidence with calculations and practical number skills.

## Online Learning Tools

Explore websites and apps to practise numeracy anytime.

Learn, practise, and gain confidence in a supportive environment.



**Weekly on Wednesdays starting 1 July  
at 2.30pm-4pm  
at the Brickfield Centre, Portland Place,  
Epsom KT17 1DL**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:  
01372 375400, text 07929 024722,  
email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
or scan our QR code →



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