# Household Support Workshops



The following two-hour workshops are completely **FREE** of charge if you are aged 19+ and a permanent resident in Hampshire:

# **Healthy Cooking on a Budget**

This workshop is perfect for anyone who would like to learn how to prepare cost efficient and nutritious meals. Explore the cost saving benefits of using a slow cooker and sample a delicious home-cooked meal.

## Manage your Household Budget

This workshop is for individuals who would like to explore ways to manage their household budget and reduce bills. Explore the benefits and incentives available and know where to get help and support to make your money go further.

### **Digital Skills**

Learners will receive support to use a digital device to explore ways to access useful information that can save time and money.

## How to Apply?

Search for the workshop you would like to attend at: <u>Learning in Libraries – Hampshire County Council Shop</u>

For more information, please speak to a member of library staff or email our team at: <a href="mailto:adult.learning@hants.gov.uk">adult.learning@hants.gov.uk</a>







