NOVEMBER 2024 EDITION

TOTAL TOPICS

TOTAL TRAINING PROVISION

TOPIC OF THE MONTH

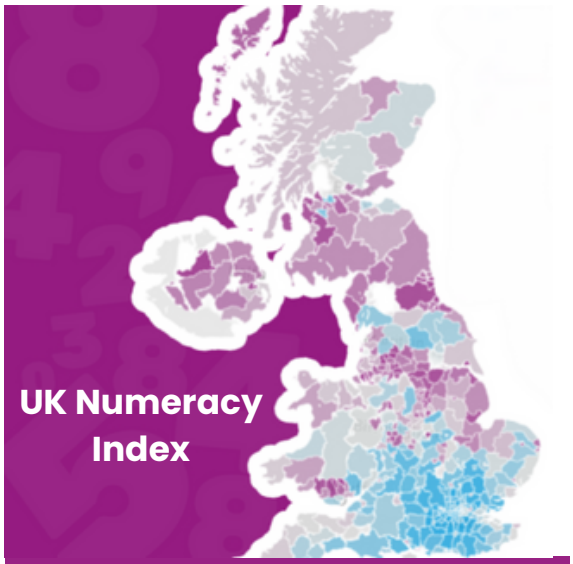
NUMERACY

NUMERACY

What is it?

Numeracy is the ability to understand and work with numbers. It involves having the confidence and skills to use basic maths in everyday life, such as managing money, measuring ingredients for a recipe, or helping children with their homework. Numeracy is not just about performing calculations; it's also about understanding how maths is used in the real world and being able to apply it to make informed decisions. This includes interpreting data, solving problems, and reasoning logically.

Numeracy and number confidence are significant issues in the UK. Many adults struggle with basic numeracy skills, which can impact their daily lives and job prospects.



The UK Numeracy Index ranks areas in the UK based on numeracy skills and confidence, highlighting regions needing the most support to improve numeracy. Click the image above to find out about numeracy skills in your area.

Key Numeracy Facts

Numeracy Levels: A quarter of UK adults have numeracy skills at an acceptable level, while around half have skills expected of a primary school child. This gap can affect everything from managing personal finances to career advancement.

Maths Anxiety: Many people experience anxiety when dealing with numbers. A study found that almost a third of UK adults actively avoid tasks involving numbers.

Economic Impact: Poor numeracy skills cost the UK economy significantly. Business leaders often underestimate this cost, which is actually around £388 million per week.

National Numeracy Initiatives: National Numeracy, a UK charity, works to improve numeracy skills and confidence.

Find out more about Numeracy here.

NUMERACY

Health & Wellbeing

Numeracy, or the ability to understand and work with numbers, plays a significant role in mental health and overall wellbeing. Here are a few key points on how they are interconnected:

Health Literacy: Numeracy is a crucial part of **health literacy**, which involves understanding medical instructions, managing medications, and making informed health decisions. Poor numeracy skills can lead to misunderstandings about health information, potentially resulting in poorer health outcomes.

Financial Wellbeing: Numeracy skills are essential for managing **personal finances**, budgeting, and making financial decisions. A lack of confidence in these skills can lead to financial stress, which is closely linked to mental health issues.

Mental Health: Struggles with numeracy can contribute to anxiety and stress. For instance, "**maths anxiety**" is a recognised condition where individuals experience intense fear and apprehension about math, which can affect their performance and overall mental health. Young people, in particular, report that difficulties with math can impact their mental health and confidence.

Daily Life: Numeracy affects many aspects of daily life, from cooking and shopping to understanding time and schedules. Improving numeracy skills can enhance one's ability to navigate daily tasks, thereby reducing stress and improving overall wellbeing.

Improving numeracy skills can have a positive impact on both mental health and overall wellbeing so always seek support if you are struggling in any way.

NUMERACY

EDI & British Values

Numeracy, equality, and diversity are interconnected in creating an inclusive educational environment. By promoting numeracy skills for all, regardless of background, we empower individuals to make informed decisions and participate fully in society.

Gender: About 54% of British girls do not feel confident learning maths, compared to 41% of boys. Women are more likely to describe themselves as "not a numbers person."
Age: Younger adults (aged 20-24) are more likely to have higher numeracy skills (67%) compared to older adults (aged 55-65), where only 39% have similar skills.
Ethnicity: Adults who are White (48%) or Mixed-race (50%) are more likely to have Level 2 or higher numeracy qualifications compared to Black (41%) or Asian (38%) adults.
Employment: Higher numeracy levels are associated with employment and higher income.
Income: Nearly three times more women (59%) than men (21%) report that their earnings have been negatively impacted as a result of not having a Level 2 maths qualification.

Read more here on the numeracy and number confidence gender gap.

NUMERACY

Safeguarding & Prevent

Poor numeracy skills can significantly impact safeguarding by increasing financial vulnerability, health risks, and social isolation. Individuals with low numeracy may struggle with managing finances, understanding medical instructions, and securing stable employment, making them more susceptible to various forms of abuse and exploitation. Safeguarding strategies should include numeracy education, financial literacy programs, and accessible health information to help protect these individuals and improve their overall well-being.

Poor numeracy skills can significantly increase the risk of **financial abuse**. **Financial abuse** involves exerting control over another person's financial resources, such as stealing money, misusing assets, or restricting access to financial information. Signs include unexplained withdrawals, missing money, pressure to make financial decisions, and unpaid bills despite having funds. To combat this, it's crucial to seek help from organisations like Age UK and improve financial literacy to protect against abuse.

Find out more about financial abuse and support available here.

NUMERACY

Digital

Improving numeracy skills is crucial for personal and professional development, and there are several digital tools and programs designed to help with this. These tools can help build confidence and competence in numeracy, making everyday tasks easier and opening up more opportunities in the workplace.

Digital Tools to Support Numeracy Skills

National Numeracy Challenge: This is a free online tool that helps adults improve their numeracy skills at their own pace. It offers a variety of resources and exercises tailored to different levels of ability.
Multiply Programme: Launched by the UK government, this program provides free courses for adults who want to improve their maths skills. It includes both in-person and online options, making it flexible for different schedules.
Khan Academy: This well-known educational platform offers free courses in mathematics, ranging from basic arithmetic to advanced calculus. It's a great resource for self-paced learning.

BBC Skillswise: This website offers free resources to help adults improve their literacy and numeracy skills. It includes videos, quizzes, and games to make learning more engaging.
Mathway: An app that can solve a wide range of math problems and provide step-by-step solutions. It's useful for understanding how to approach different types of math problems.

More on the Multiply Programme and National Numeracy below.

SKILLS FOR LIFE
Multiply

The Multiply programme is a UK government initiative aimed at improving numeracy skills among adults. It aims to enhance everyday numeracy skills, which can help with tasks such as managing household finances, supporting children's education, and improving job prospects. Businesses can provide numeracy training for their employees, potentially boosting productivity and retention.

If you are 19+ and live or work in the West Yorkshire or Sheffield City regions then we have Multiply funding to support you.

To find out more contact one of our team, Connor or Jason.

We can tailor courses to your needs but also have courses created around the use of spreadsheets and processing data, money management looking at finances and budgeting as well as maths refreshers for parents or carers who may be trying to support children with homework.

Don't live or work in these areas then click here to find funding and courses in your area.

4TH - 8TH NOVEMBER 2024

Number Confidence Week

Number Confidence Week is an annual event aimed at helping people feel more confident using numbers in everyday life. This year, it runs from November 4th to 8th and focuses on addressing the gender gap in number confidence, as women often feel less confident with maths than men.

National Numeracy
NUMBER CONFIDENCE WEEK

The week includes a variety of free resources and activities designed to boost number confidence, such as tips and advice from confidence coaches, real-life stories of overcoming maths anxiety, and special events with celebrity ambassadors. There are also specific resources for schools and organisations to help spread number confidence more widely.

Find out more information here and how you can get involved.

CPD

AI Webinars

Interested in AI or want to learn more then why not access these free webinars.

📅 Tuesday 5 November, 10am:
Introduction to prompt writing

Success with generative AI like Chat GPT or Gemini depends on good prompt writing. This session explains how to be specific, responsible, and get what you need from generative AI.

📅 Friday 15 November, 1pm:
Getting started with AI

An introduction to different types of AI, including generative AI like Chat GPT, and things to consider if you're thinking about using AI at your organisation.

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M	T	W	T	F	S	S
Movember - Mens Mental Health Epilepsy Awareness Month Anti-Bullying Week (11-15th Nov)				1 Diwali	2	3
4 Number Confidence Week	5 Bonfire Night	6	7	8	9	10
11 Remembrance Day	12	13 World Kindness Day	14	15 Children in Need	16	17 Road Safety Week
18	19	20	21	22	23	24
25	26	27	28 Thanksgiving	29	30	