

MULTIPLY



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UK Government

The Multiply Project : Advancing Adult Numeracy Skills in the Scottish Borders
Feb 2024



Hello from the Multiply Team

We are pleased to provide you with this first instalment of our newsletter.

Now 10 months into the project - we feel it is long overdue!

Our newsletters will keep you up to date with all developments in the Multiply project.

This issue includes:

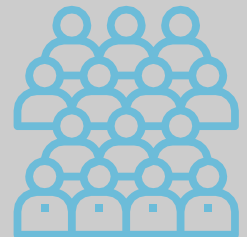
- Info and updates on our new Adult Learning Programme
- Current learning opportunities
- Upcoming funding opportunities
- Sustainable Practice
- A treat from our partners, Outside the Box

We would love to say a big thank you to our colleagues and partners for your continued support.

Multiply Progress: In a Nutshell

182

Scottish Borders residents
have registered on Multiply
to date



59%

of those registered are parents

30%

of those registered do not
currently hold a maths
qualification



Maths Anxiety

"Maths Anxiety is defined as a negative emotional reaction to mathematics, leading to varying degrees of helplessness, panic and mental disorganisation that arises among some people when faced with a mathematical problem." Maths anxiety can lead to stress, low self-esteem, poorly managed finances and decreased social mobility ([The Maths Anxiety Trust, 2023](#)).

There is no one-size-fits-all approach to addressing maths anxiety. However, research suggests that the largest barrier to improving numeracy is a learner's confidence. For some, this lack of confidence could be as a result of maths anxiety. Teaching maths skills does not always address this barrier of low confidence and in many cases deepens it. Instead, an attitudinal approach is required ([UK Parliament, 2019](#)).

Not all learners are motivated by the desire to acquire qualifications; but by intrinsic goals, for example, regaining confidence lost at school. Integrating basic numeracy skills provision into other learning activities can make numeracy courses more attractive, as can increasing the diversity of provision ([Mallows and Litster, 2016](#)).

The Multiply Adult Learning Programme Jan-March 2024

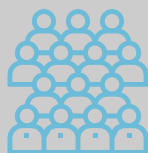
This research led us to develop the Multiply Adult Learning Programme (MALP), a universal offer for all Scottish Borders residents. As part of this, we are supporting a total of twenty local community groups and organisations, small businesses, and sole traders/freelancers, to deliver new and exciting learning opportunities with 'naturally occurring' numeracy. Our partners have raised their own profile along the way.

The MALP aims to allow participants to not only find new interests, or develop their skills in existing ones, but also increase their confidence with numeracy. For some adults, participating in a workshop will allow them to refresh their existing numeracy skills by applying them in a new setting. Furthermore, it is well-established that learning a new skill can improve wellbeing, which may be the motivation for new adult learners.

The MALP operates Borders wide, and so aims to reduce the isolation felt by some residents, granting them the opportunity to meet new people. This has been particularly beneficial over the winter months, encouraging people to get out and about, socialise, and even embrace the outdoors in some of the workshops on offer.

"(The workshop) has been so motivating for me on so many levels"

- a participant from Hand-built Pottery and Outdoor Crafts, provided by Beyond Earlston



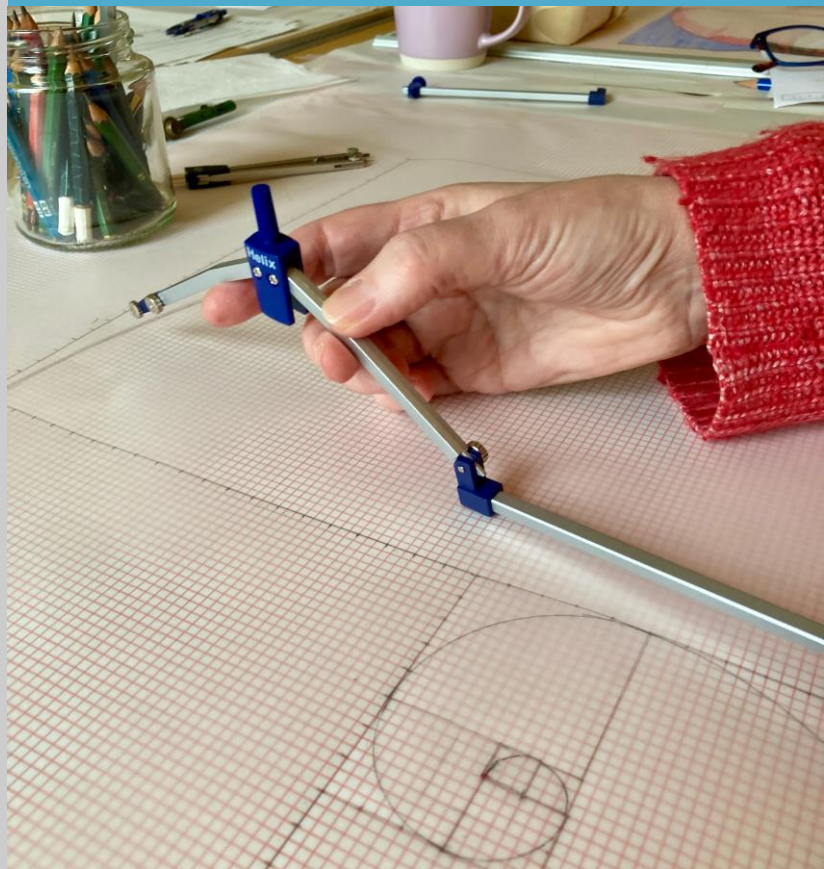
115

Scottish Borders residents are attending workshops in the Multiply Adult Learning Programme to date

"I feel so much more confident in the shops. I am able to work out the percentage of a discount now and know if it's a good deal for me or not."

- a learner working with a Multiply tutor

Enhance Your Numeracy Skills Today



Multiply: Advancing Adult Numeracy Skills

FREE Learning Opportunities for Adults 19+ years:

- **One-to-One/Group Numeracy Tuition with Scottish Borders Council Adult Learning Tutors**
- **Numeracy Support for Parents and Carers with First Class Learning**
- **National 5 Maths at Borders College**
- **National 4 Maths with Scottish Borders Maths Tuition**
- **National 4 Mathematics online with the University of the Highlands and Islands**
- **Work-based learning programme with opportunity for employment at Micrea Research and Development, Hawick**
- **Music Making Workshop with Creative Coathanger**
- **Dungeons and Dragons style role-playing games with Cameron Hall**

Register at [Multiply - Scottish Borders Helix](#)
Enquire at multiply@scotborders.gov.uk

"Maths at school wasn't fun, it's lovely to learn in such a creative way. Using your hands and learning in a more tactile way (is better) with something as scary as mathematics"

- a participant from Hand-built Pottery and Outdoor Crafts, provided by Beyond Earlston

The Multiply Adult Learning Programme August 2024 - February 2025

In August 2024, delivery of the second Multiply Adult Learning Programme will begin, in which we intend to offer an even bigger selection of opportunities through the Autumn until February 2025.

We will again be looking for local groups, organisations, small businesses, and sole traders/freelancers to deliver workshops as part of this programme.

Further details of the second round of the Multiply Workshop Fund will be released in mid-April to mid-May, so keep your eyes peeled for updates on our council webpage and social media.

Sustainable Practice

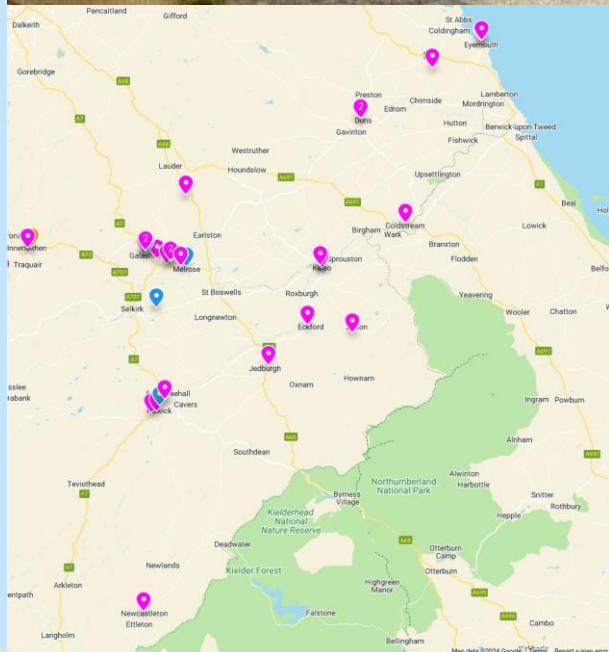
Learning for Sustainability is an international priority (UNESCO 2013). It involves learning to live within the environmental limits of our planet and to build a just, equitable and peaceful society. It is concerned with every level and type of learning and the provision of quality education for all.

- SBC Learning for Sustainability Strategy

We are always conscious of and adopt sustainable practices when promoting and delivering our Multiply learning opportunities.

We would be interested to collaborate with partners to further explore sustainability, including finding out what this means for Borders residents and how it can shape their daily lives. It is our aim to deliver a sustainability themed workshop which supports numeracy development in the next Adult Learning Programme.

If you are interested in supporting the delivery of a workshop like this, please do get in touch.



Where can I find my nearest Multiply course?



Meet the Multiply Partner

Mat Clements from Where's the One? has been funded by Multiply to deliver 4-week maths and music programmes called 'Upbeat'. Mat is a community musician with an interest in how music can inspire wider learning - he uses drums and percussion to create a relaxed and inclusive learning environment, which then extends into looking at the maths behind the rhythms. Recipient organisations so far have been Heath in Mind in Peebles and Works+ in Galashiels, with an upcoming course planned with Singing for Wellbeing in Newcastleton. Participants on the courses comment that they "had a nice fun space, (with) no judgement," and that "it was a really cool mix of having a bit of a challenge but then using music as a coping strategy. This might seem small, but it was a big achievement."

Resource of the Month

This month's is from White Rose Maths and gives top tips for working out percentages. Click [here](#) to watch the video.

You can also find lots of other useful resources in our [Multiply Padlet](#).



Multiply courses are tailored to suit busy schedules.

Our classes are offered in the evenings and weekends for your convenience.

One to one tuition can be arranged at a time and location that suits you!



Linking Ideas for Nourishment
Knowledge & Support

RED PEPPER, TOMATO & COURGETTE SOUP

INGREDIENTS (SERVES 4)



1 tablespoon of
olive oil



2 medium onions



3 cloves of garlic



2 red
peppers



2 courgettes



1 vegetable stock cube &
500ml boiling water



tin of chopped
tomatoes

Why not put your numeracy skills to the test in the kitchen by making this delicious soup? Could even be served cold for summer.

This easy-to-follow recipe was created by our partners Outside the Box, who are delivering adult cooking classes as part of their LINKS project in Eyemouth with support from Multiply.

If you would like a copy of the cookbook including all recipes from the project, please get in touch at multiply@scotborders.gov.uk



1
Peel and chop the
onions and garlic.



2
Wash and chop the red
pepper and courgettes



3
Dissolve the stock
cube in boiling water.



4
Heat the oil in a large
saucepan, add the onions,
and cook for 5 minutes
stirring occasionally



5
Add the garlic,
peppers and
courgettes, cook for
a further 5 minutes.



6
Add the tomatoes
and stock to the
saucepan. Stir well,
then leave to
simmer over a
gentle heat, for
about 15 minutes.



7
Blend the soup or serve
chunky if preferred.