

Founding Supporter:



THE BIG NUMBER NATTER



Join the conversation with our
Number Natter session slides



WHAT IS THE BIG NUMBER NATTER?

WHAT?

The Big Number Natter is the UK's only nationwide conversation about numbers.

It's an opportunity to talk about how we feel about maths and love it or loathe it, everyone has something to say! You won't be doing any maths in this session – it's a chance to share your own thoughts and experiences. It's okay to be honest about how you feel – good or bad.

WHY?

Because half of the UK's working-age adults have the numeracy levels of a primary school child.

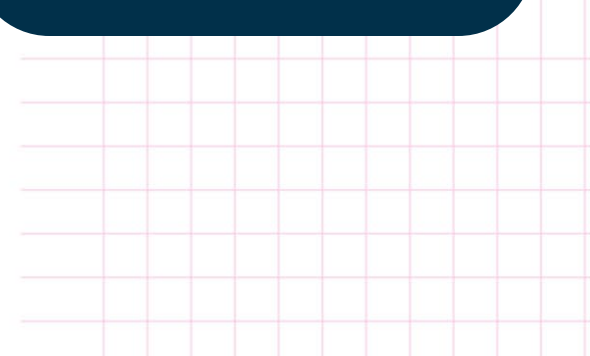
This can hold people back in different areas of their life and makes them more vulnerable to things like debt, unemployment, poor health and fraud. It can also make some things harder to deal with, like the rising cost of living.

But everyone can improve their numeracy, and talking about numbers is a fantastic first step to boosting number skills and confidence!

WHEN?

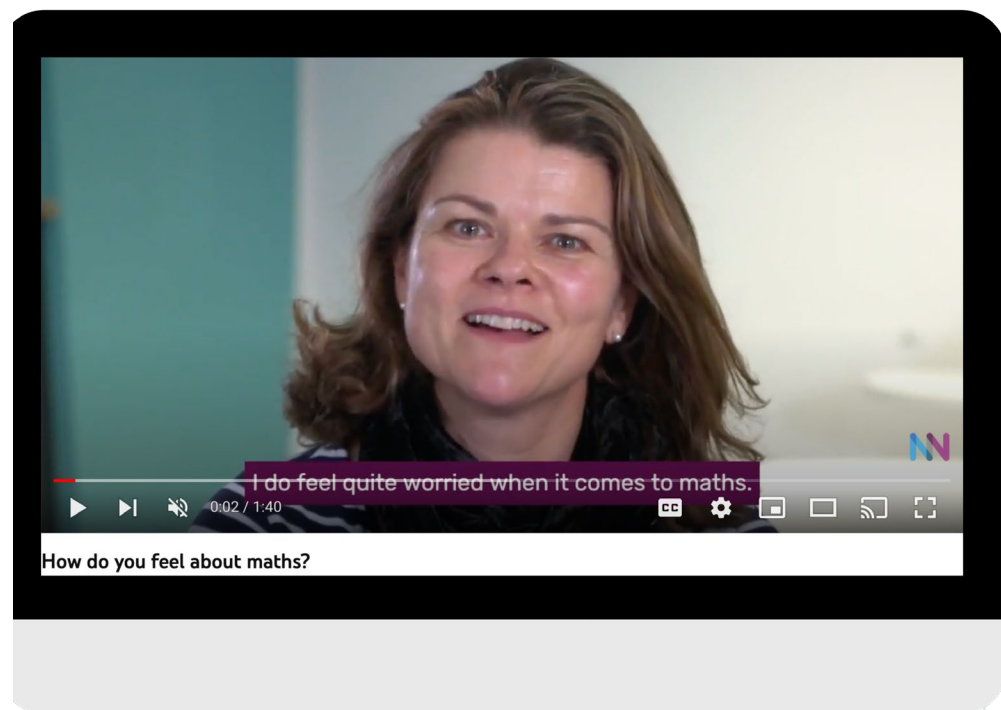
National Numeracy Day on Wednesday 17 May or anytime throughout May.

The Big Number Natter runs throughout the month of May and is part of the charity National Numeracy's annual campaign to build brighter futures through confidence with numbers.

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HOW DO YOU FEEL ABOUT MATHS?

Hear from other people about how they feel about maths – just click [on this link](#).



[Check out some of last year's
Big Number Natters](#)



HOW DO YOU FEEL ABOUT MATHS?

Share your thoughts:

- Write down one word that describes how you feel about maths - positive or negative. You can write it down on paper or in the online chat.
- Take it in turns to share your words.
- Can you pinpoint why you feel that way?
- Think about the words you just heard from others. Which ones stood out and why do you think that is?

Remember:

Listen to what others have to say

Everybody's thoughts are valid, whether they are positive or negative about numbers

Be patient and kind



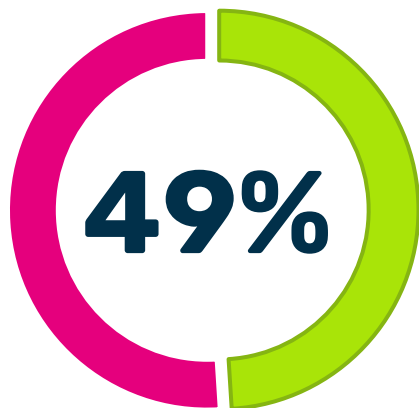
Often, these feelings can start with a bad experience at school, or it might be that they feel under pressure or fear failure. Some might have been told they're not a numbers person or might not have known where to get support.

However you feel about maths, you're not alone. Feeling this way isn't the same as being bad at maths, and it doesn't mean that you can't get better at working with numbers.



NUMERACY IN THE UK

The issue



of working age adults have the numeracy skills expected of children at primary school

Millions of children leave school lacking number confidence.



of school-leavers (18-24s) feel anxious about using maths and numbers. They are the most maths-anxious adult group in the UK.

MATHS ANXIETY AND DYSCALCULIA

Maths anxiety is thought to affect a large proportion of the population.

It has been defined as “**the panic, helplessness, paralysis, and mental disorganisation that arises among some people when they are required to solve a mathematical problem.**”*

Dyscalculia is often described as ‘dyslexia of numbers’ – it’s a cognitive impairment affecting the understanding of numbers.

It’s estimated that 3% of the population have dyscalculia – that’s more than 2 million people.

Plus, 60% of people with dyslexia – 3 million people - have maths learning difficulties too.

It’s a lot of people, and we’re in this together!

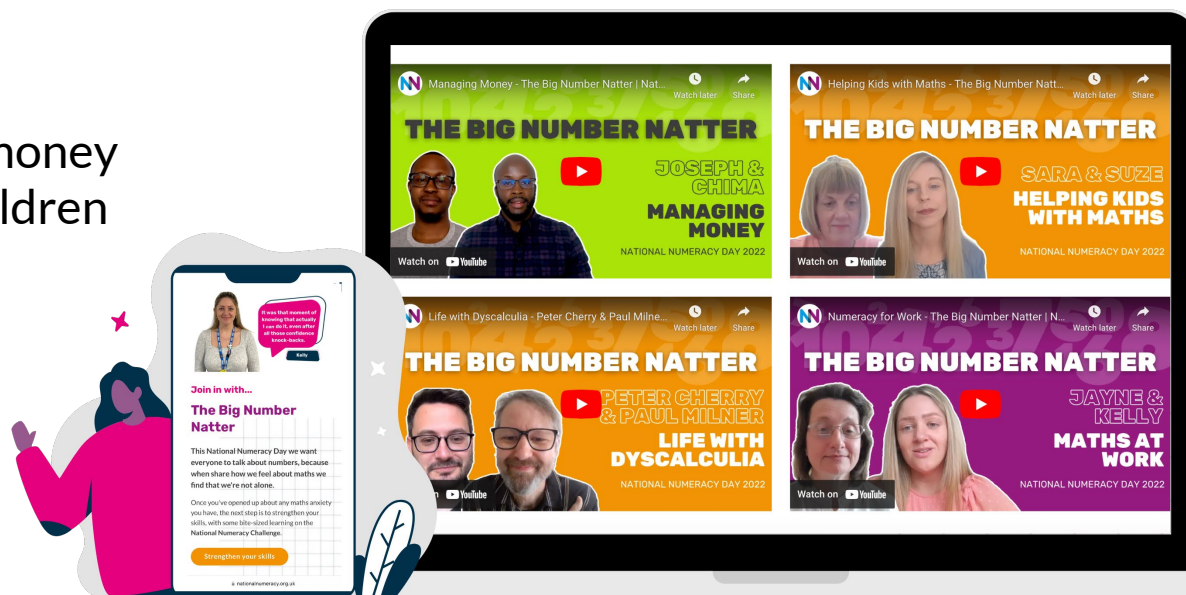
*Tobias and Weissbrod (1980)

NUMERACY FOR EVERYDAY LIFE

Watch one or more of the videos on the [National Numeracy Day hub](#).

Hear from others as they discuss the most popular themes for improving numeracy:

- at work
- for managing money
- for support children



NUMERACY FOR EVERYDAY LIFE

Now you've heard from others about how they've improved their numeracy, use the talking points below to open up a conversation with the group.

Everybody uses maths every day, whether they think about it or not.
Can you name some of the ways you use maths in everyday life?

In collaboration with the whole group, list all the different ways you use numbers at work.
Think outside of the box – it might not look or feel like maths.



Improving numeracy is no different to learning any other skill. Think of something you struggled to learn that is not maths.

- How did it make you feel?
- What steps did you take to overcome difficulties?
- Did you get there in the end?
- Why did/didn't you give up?

TOP TIPS FOR FEELING GOOD ABOUT NUMBERS

However you feel, you're not alone.

- By having a go and then sticking with it, you might find your feelings about maths change.
- Keep practising and your confidence and skills can grow.
- It's ok to be honest at work and at home about how you feel.

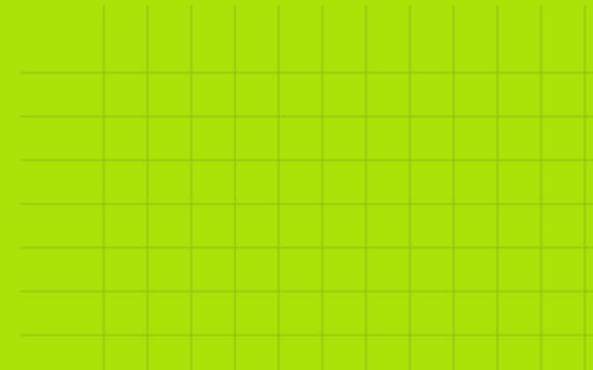


Remember:

- Talk about your feelings about maths
- Challenge your own beliefs
- Try not to compare yourself to others
- Find a comfortable space without distractions
- Take your time
- Set realistic goals



NEXT STEPS



JOIN THE WIDER CONVERSATION

The story behind your lucky number, top tips for bagging a bargain, doing calculations in your career, or helping kids with homework... whatever it is, we want to hear it!

At work: As a team or individually, share your Big Number Natter videos, photos or messages via your intranet or internal channels.

At home: Join the wider conversation – share your own perspective on your social media channels, using [#BigNumberNatter](#). Use the *'Ideas for Number Nattering on social media'* sheet if you need inspiration.



IMPROVE YOUR NUMERACY

Visit the [National Numeracy Day hub](#) to get lots of free and useful resources for children and adults.

Have a go at the [National Numeracy Challenge](#) – you can check your numeracy skills and start improving in just 10 minutes, anytime, anywhere.



Watch this video
to find out how
the Challenge
can help you!

