

It made me think about what I'm spending and helped me save for different things. The CAP Life Skills Coaches were very good and really approachable. I know I can come back anytime and ask them questions. **]**

- Lisa



My favourite part of the course was learning how to cook on a budget; what you can do with all your leftovers rather than put them in the bin, and learning how to control your money with budget. It's making a big impact on family life. **]**

- Sarah and Simon



My family are a bit closer; there's no stress or worries and hopefully I'll have saved enough money for a holiday this year! We're a lot happier now. **]**

- Sarah



New ways to live for a brighter future

Joining your local CAP Life Skills group will give you the life skills and confidence you need to build a brighter future.

] CAP are serious, highly professional, deeply committed and, above all, they will treat you as a human being of infinite value, who just needs some help to find your own way forward. **]**



Justin Welby, Archbishop of Canterbury and CAP's patron

Church: Old School House

St. Patrick's Ballymoney

CAP Life Skills Coach:

Susan + Sandra

Telephone:

0775 360 2957

Email:

susan@kenbarrough@capuk.org

All CAP Life Skills groups are free but booking is essential.

High Lunch provided!



facebook.com/CAPuk



@CAPuk

info@caplifefskills.org

caplifefskills.org

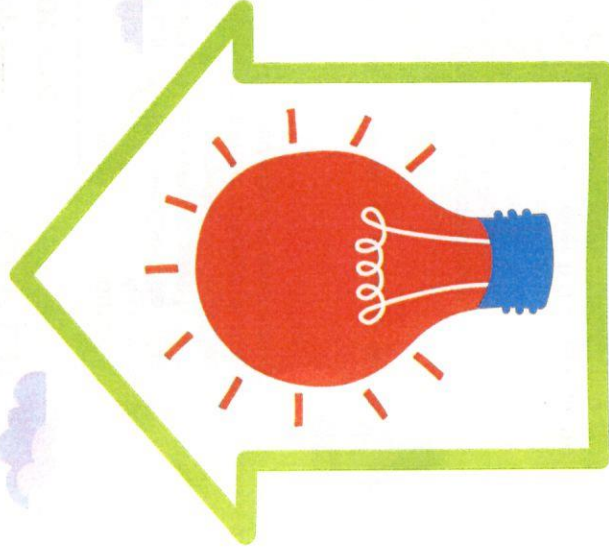
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Check the back of this leaflet to find out more about your local CAP Life Skills group

New ways to live for a brighter future

A friendly group where you'll discover the life skills you need to survive on a low income



christians against poverty

CAP
life skills

caplifefskills.org

new ways to live for a brighter future

What is CAP Life Skills?

Money impacts all areas of our lives: what we can't afford, our relationships, what we eat, our health and wellbeing and much more. Your local CAP Life Skills is a friendly group where you'll gain practical skills and discover new ways to live for a brighter future.

How do I know CAP Life Skills for me?

If you want to stay on top of your household bills, see if your money goes further, eat well on a budget or grow your self-confidence, then CAP Life Skills is for you! It teaches you real ways to save time, money and live in your day-to-day life. You'll learn practical skills from our trained coaches alongside like-minded people in a relaxed and fun environment.



Will it work?

CAP Life Skills was created by Christians Against Poverty, an award-winning national charity. To create CAP Life Skills, we took the principles of our CAP Money Course (from which over 11,000 people benefit a year) and made it more in-depth and wider-ranging so you can live a better life.

Is it just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We monitor our services to ensure that everybody receives the same caring service regardless of race, nationality, religion, age, gender, marital status, sexual orientation, or disability.



Community

We know that when it comes to saving money and making lifestyle changes, there's so much we can learn from each other. Everyone finds dealing with the pressures of life a stressful and lonely challenge at times. That's why CAP Life Skills is designed to be a fun and relaxed place where you'll meet other people in similar situations, who understand you and can encourage you.



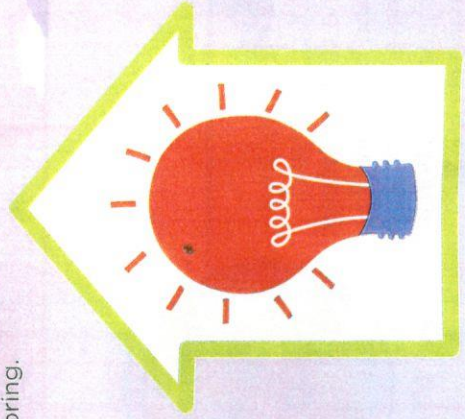
Course

Part of CAP Life Skills is an eight-session course to teach you practical money-saving techniques, such as cooking on a budget, living healthily on less, and making your money go further. We will also give you top tips for dealing with life's pressures, and helping you take control of your future. These sessions will be set in a relaxed environment with a mixture of practical activities and informal discussions.



Coaching

Knowing exactly where your money is coming from and where it is going each month isn't easy. You will have the opportunity to benefit from informal one-to-one support from a trained CAP Life Skills Coach who will help you to think about your spending choices and work towards a simple budget. This will help you gain better control over your money and lighten the pressures money can bring.



I'm a huge fan of CAP. Why not invest in learning how to budget and put in place a simple system? There's nothing better to start you on the path to having more money in your pocket.



Martin Lewis,
Money Saving Expert