

With you on your journey to a brighter future



What is CAP Life Skills?

We know life can be challenging when living on a low income. It impacts what we can or can't afford, our relationships, what we eat, our health and wellbeing and much more. Your free local CAP Life Skills group is a friendly place where you'll gain practical skills and discover new ways to live for a brighter future. CAP Life Skills was created by Christians Against Poverty (CAP), an award-winning national charity that helps more than 22,000 every year.



How do I know CAP Life Skills is for me?

If you want to stay on top of your household bills, see your money go further, eat well on a budget, grow in self-confidence or improve your relationships, then CAP Life Skills is for you! Alongside like-minded people, you'll discover ways to save time, money and hassle in your day-to-day life and learn practical skills from our trained coaches.



Is it just for Christians?

No. Our services are available to all individuals regardless of age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation. We take appropriate measures to monitor this.



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

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 taking control of your future. The sessions include a mix of practical activities and informal discussions.



Coaching

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 create a simple budget that works for you. You'll gain better control over your money and lighten the pressures of low income life.





Through CAP Life Skills, I learned about budgeting and changed my habits. Before, I'd been just buying anything without thinking, but I learned to look at something I wanted and think that I might not need it. Because I'm spending differently now, I save so much money. I've actually been able to go on holiday with my kids.

Beverley – found joy and freedom through CAP Life Skills



For me, CAP Life Skills was ideal. I'd been isolated for so long. I bonded with the other group members and have ended up with a group of good friends. Life Skills helped me to gain confidence and I just feel totally different – so much brighter and more colourful now. This has been the best thing I've ever done!

Jenny – looking forward to the future thanks to CAP Life Skills

CAP
LIFE
SKILLS

With you on your journey to a brighter future

Join a friendly community and gain skills to lift the pressure of low income life

Book your free place by contacting:

Andy Payne
CAP Life Skills Manager
andypayne@caplifefskills.org
07368 641686

More about your local CAP Life Skills

Starting 14th September 2022 10:30 - 12:00 noon

CAP Life Skills
St Austell Foodbank
Light & Life Centre
Unit 4 Brunel Business Park
St Austell
PL25 4TJ

CAP
LIFE
SKILLS

With you on your journey to a brighter future

Join a friendly community and gain skills to lift the pressure of low income life



caplifefskills.org

CAPuk CAPuk_org CAPukorg

Charity Registered No: 1097217 (England & Wales), SC038776 (Scotland). CAP is authorised and regulated by the Financial Conduct Authority. Product Code: 102971v1

Find your nearest course
caplifefskills.org

christians
against
poverty

CAP