



Through CAP Life Skills I learned about budgeting and changed my habits. Because I'm spending differently now, I save so much money. Last year I was able to go on holiday with my kids.

Beverley | CAP Life Skills member



This has been the best thing I have ever done! I've made friends and have gained loads of confidence.

Jenny | CAP Life Skills member



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

New ways to live for a brighter future

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



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

Book your free place by contacting

eileenriordan@caplifeskills.org

Course info

Thursday, 6th February
2020 @ 7-30pm.

Venue: London Riverside
Church,
Parsloes Avenue,
Dagenham,
Essex RM9 5PT

CAP
LIFE
SKILLS

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Find your nearest course
caplifeskills.org

Charities
Combating
Poverty
CAP

New ways to live for 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.

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 in a relaxed and fun environment, you'll discover real ways to save time, money and hassle in your day-to-day life and learn practical skills from our trained coaches.

Will it work?

CAP Life Skills was created by Christians Against Poverty (CAP), an award-winning national charity that helped 24,300 people in 2018 alone. Through CAP Life Skills, we're confident you'll take control of your spending, learn new ways to live well on a budget and build healthy habits in your relationships.

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 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 create a simple budget that works for you. This will help you gain better control over your money and lighten the pressures money can bring.