

# Christians Against Poverty (CAP)

## Croydon South

Registered Charity No.1185016



An 8-week confidence-building job club for individuals seeking employment. Our team are supportive and friendly and welcome members with a light lunch and warm smile. Members complete the course with enhanced confidence and new skills.

2020 Course Dates:

Monday April 20th - 15th June & 26th, 10am - 1.45pm and 26th October- 14th Dec @ Purley Baptist Church, Banstead Road, Purley, CR8 3EA. More Info contact:

Email: [office@purleybaptist.org](mailto:office@purleybaptist.org)

Tel: 020 8668 0422



.A well rounded 9-week course where we look at effective ways to thrive on a low income by implementing step by step improvements in key areas of our lives, such as: Healthy eating, Cooking, budgeting, Energy Efficiencies, Healthy relationships and a Healthy YOU.

Our members cook a delicious meal from scratch every other week which they take home along with the recipe card so they can repeat the magic at home. We offer coaching sessions on alternate weeks, where we support & encourage members to set & work towards certain goals.

2020 Course details:

Monday 3rd Feb - March 30th @ Christ Church Purley, Brighton Road, CR8 2BN  
12pm - 2.30pm

14th Sept - 9th November.

More Info contact: [lolabejide@capuk.org](mailto:lolabejide@capuk.org)/  
07709876278



**Nigel Davidson manages the CAP Croydon South Debt Centre**



Lola Bejide is the Life Skills Manager.



The CAP Money Course is a free course that will teach you budgeting skills and a simple, cash-based system that works. In just a few weeks, you will get to grips with your finances so you can budget, save and prevent debt. Whether you feel pretty organised or whether it's like a lucky dip every time you try to withdraw cash from your account, the CAP Money Course will help you take complete control of your finances.

2020 Course details:  
Saturday 20th June, 27th June & 4th July @10 am, Purley Baptist Church, Banstead Road, Purley, CR8 3EA.

Monday 9th, 23rd & 30th November, 12.30 - 2.30 @ Christ Church Purley, Brighton Road, CR8 2BN  
More Info contact: [capmoney@christchurchpurley.org.uk](mailto:capmoney@christchurchpurley.org.uk)



## Weighed down by debt?

Free debt counselling in your community from an award winning charity.



The CAP Croydon South Debt centre serves the local community providing free help to anyone who feels weighed down by debt. This is an appointment only service by ringing the CAP head office on 0800 328 0006.

Clients are visited in their own home at a time to suit them and are supported right up until they are debt free. The service is free of charge and available to anyone regardless of race, nationality, religion, age, gender, marital status, sexual orientation, or disability.

More details at [capuk.org](http://capuk.org) or email [nigeldavidson@capuk.org](mailto:nigeldavidson@capuk.org)