Christians Against Poverty (CAP)

Christians Against Poverty (CAP) is an award winning debt counselling charity. CAP will help anyone regardless of their religious beliefs. CAP aims to ensure that nobody receives less favourable treatment on the grounds of race, nationality, religion, age, gender, marital status, sexual orientation or disability.

Debt Centres there are two centres at St Joseph's Church, Benwell and Regent Chapel, Gosforth where Debt Coaches are available to help individuals who are weighed down by debt.

Money course this is a money management course that teaches people budgeting skills and a simple, cash-based system that really works. This course will help anyone to get more in control of their finances, so they can save, give and prevent debt. For further information visit www.capmoney.org

Life skills an 8 week group course that gives people the confidence and decision making skills they need to survive life on a low income. Individuals are taught practical money saving techniques, such as cooking on a budget, living healthily on less, and making money go further. For further information visit I want help (see below)

Job clubs an eight week course that gives individuals the tools they need to find work, from writing a CV to brushing up on important interview skills. For further information visit I want help (see below)

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Telephone note: Free service

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